

# St. Michael's Trumpet

CELEBRATING 5 DECADES OF MINISTRY AND MISSION

MOVING FORWARD IN FAITH



## PASTOR'S MESSAGE

What has Lent been like for you this year?

For me, unexpected sorrow stirred into a pot of confusion sort of describes it. But the experience of providing our pastor with compassionate leave and responding to her and Jeff's need to heal has transformed my Lenten pilgrimage to Easter. God is bringing me, and I suspect all of us, down a unique path this year.

Rather than solely an introspective 40 days of self-examination, of reining in temper, tongue and attitudes, of tallying my oh-so-human "oops," Lent has taken a radically different focus. Two beloved members of our Church Family are suffering deeply, and God has blessed us with a chance to minister through this altered Lenten call to action. As I witness the form and intent of responses to that call throughout our congregation, the magnitude of the Spirit's love pouring through our hands in this gift of service blows me away!

Perhaps most obvious is the bravery of our deacons as they take on central responsibility for the many Lenten services. Leading the worship, preparing for and presenting the sermons, guiding the guest pastors arriving each Sunday to consecrate our communion ... this is a lot to handle. But that's not all. Our deacons are also dividing the pastoral ministries of visits and emergency response among them. Every member of our congregation is being held in tender, watchful care by these called-to-serve lay leaders.

Add to the deacons' gifts the shining example of lay readers participating in the sermon-plays. Those youth and adult voices keep bringing us powerful reminders that every Child of God carries part of Christ's message of accepting love and profound caring. As the plays unfold, each voice from the Bible opens our hearts to a clearer understanding of God's astonishing use of his flawed and foolish children to accomplish His purpose. As a healthy parcel of flaws myself, their messages reassure me mightily, even as they give me a good kick in the tail.

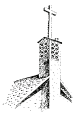
Consider our music leaders' using the ministry of melody and verse to strengthen our worship and hone our understanding of Scripture. Allison and Elizabeth empower our choirs to gather our congregation's voices in song-prayer, continuing to hold up the call to "sing psalms of praise to him" (Psalm 95). It is much more challenging to coordinate all of this when the sermons involve so many participants, but these two women gracefully handle it.

God has called many hands to our Lenten response. Think of our dear friend Lillian, always blessed with such tender care by both Janet and Jeff. Christine Jones has taken the lead on making sure this Senior Singer is safe and well, running point on parish

*"... isn't that what being Children of God is all about in the first place? To grow in God's love and pass the blessing of Christ's grace through the working of the Spirit in our every action?"*

### Several Points of Interest in this issue:

- \* **Lenten Schedule**
- \* **Easter Services**
- \* **Youth Events**
- \* **Sunday Forum Schedule**



## PASTOR'S MESSAGE Continued

efforts to help out. Coordination Meister Paula fields even more questions, routes even more calls, and has still managed to get the Trumpet out to us. Our church and education wing continue to have maintenance and repair needs met by our lay people on the Building committee, and each week monetary gifts flow in from members and are tallied by ... that's right, more lay people, who also see to paying the bills.

Brothers and sisters, God will transform the pain of our dear sister Janet and brother Jeff in God's good time into a blessing we cannot imagine. It is neither our place nor our responsibility to know when and how. That gift will someday belong to Jeff and Janet, for God holds them close. What you and I have at this very moment is a Lenten call to pray, to ponder, and to participate in the response of our congregation to need. What we will have in the future is a better understanding of how each of us can be called to serve ... as pray-er and driver, as leader and servant, as counter and cook, as singer and cleaner, even as writer ... where we never imagined we might. We will better serve others because of our learning so well how to serve our own Church Family.

And isn't that what being Children of God is all about in the first place? To grow in God's love and pass the blessing of Christ's grace through the working of the Spirit in our every action?

*Dear Lord, may we lay this Lenten experience at the foot of Your cross on Good Friday and offer it with our prayers that Janet and Jeff know how tenderly You are carrying them even in this valley. And when we wake on Easter morning to find Your tomb empty and Your resurrection promise fulfilled, may our gifts of service to each other blossom into the joyous celebration of the gifts you have lavished upon our Church Family.*

*This article was written by Liturgical Assistant, Mary Eileen Wood. Pastor Janet asked her to write an article for this issue of the Trumpet.*

### Guest Pastors:

April 3: Rev. Gail Wolling

April 10: Rev. Richard Yost

April 17: Rev. Peter Suarez

April 21, (Maundy Thursday) : Rev. Gail Riina

April 22, (Good Friday): Diana Luscombe, Diaconal Deacon

April 24, Easter: Pastor Janet, Communion Celebrant;

Rev. Dawn Rodger or Rev. Peter Suarez

May 1: Rev. Joe McGarry, Contemporary Evening Worship



## Lenten Series Continues



### *Christ In the Strangest Places: Foreshadowed, Fulfilled, Forever*

Our journey of encountering Christ in the strangest places continues each Wednesday evening at 7 p.m. through April 13.

April 6 - • "Invest" • Jeremiah 32:25

Jeremiah buys a field in wartime

The Service will be led by: Elizabeth Constantine

This week's soup is: Seafood Chowder

Served by WELCA

April 13 • "Finish" • 1 Kings 11:3

Solomon can't finish what he started

The Service will be led by: Diana Luscombe and Youth Group

This week's soup is: Pasta Cheeseburger Soup

Served by Confirmation Class

New Testament Group

**All are welcome!**

### EASTER FLOWER ORDER



NAME \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

*(\$17.50 LILY, OR TULIP (CIRCLE ONE))*

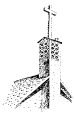
*\$20.00 SPRING WALL BASKET)*

DEDICATION \_\_\_\_\_

I WILL DONATE MY PLANT TO THE CHURCH \_\_\_\_\_

I WILL PICK UP MY PLANT \_\_\_\_\_

**THE LAST DAY TO ORDER IS: APRIL 10**



## Director of Youth and Family Ministries

Diana Luscombe, Diaconal Minister, 468-0953  
stmhc\_dianadm@twcny.rr.com

### High School Youth News

#### Volleyball Marathon

On March 11, 13 of the youth from St. Michaels, and four of their friends, joined 119 other youth for the 32nd Annual Central Crossroads Conference Volleyball Marathon. Together with some matching funds from Thrivent the youth raised **over \$6000** to help support the ministries of Lutheran Charities of Central New York by playing volleyball **ALL NIGHT LONG!!!** Many thanks to all who participated and to all who supported them.

#### Youth Meeting

The high school youth group met on Sunday, March 20 over lunch to discuss plans for the rest of the year including inviting those who will be confirmed in June. They also did some more decorating in the youth room. We will meet again in May.

Congratulations to Juniors Erik Breault and Colleen Meyer who were inducted into the National Honor Society at West Genesee High School on March 21!

### Confirmation Corner

#### Serving Soup Suppers in Lent

Our confirmation ministry participants have been asked to help serve two of the Wednesday evening Lenten

soup supper's. Some members of the group served on Wednesday, March 16. The next opportunity to serve will be on Wednesday, April 13 at 6 PM. Please join us for dinner, Bible study and worship Wednesday evenings during Lent.

#### Easter Breakfast

This year the traditional St. Michael's Easter breakfast is going to look a little different. It will be hosted and served by the confirmation group. The menu will consist of eggs, sausage, fruit, cereal, juice, bagels, danish/coffeecake, coffee, milk, tea. The proceeds will go to the Jenna Youth Ministry Fund and Vanderkamp Center. Please come out and celebrate the resurrection of our Lord with your church family!

#### 8th Grade Retreat

On May 14 the four 8<sup>th</sup> Graders preparing for confirmation will head to Vanderkamp for a daylong retreat. The retreat will focus on what it means to *Confess Our Faith, Confirm Our Convictions* and *Claim Our Call* as baptized Christians.

#### Mohawk Valley Lutheran Confirmation Camp

June 26 – July 1

Confirmation Camp is coming up once again! All youth participating in the confirmation ministry program at St. Michael's are asked to attend confirmation camp at least one summer during their two-year program. This week of camp at Vanderkamp is run

by rostered and lay leaders in the Central Crossroads Conference, ELCA, and the curriculum focuses on themes pertinent to youth participating in confirmation ministry programs. This year's theme is ***The Parables***. A \$50 deposit is due by May 1. **In 2011 all youth who attend from St. Michael's will receive a \$100 scholarship from the Jenna Youth Ministry Fund to help defray the cost.** Please look for more information to be coming soon. If you have any questions please contact Caren Paventi.

**\*\* Please note the time change for class on April 17 to 3-5 PM due to the showing of the movie Jesus Christ Superstar.\*\***

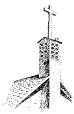
### Family Ministry

#### Movie: Jesus Christ Superstar

On Sunday, April 17 we will be showing the movie, Jesus Christ Superstar in the adult library beginning with lunch at 12:30 PM. Please RSVP to Diana by Friday, April 15 if you plan to attend. You can call, send an e-mail or send a message on Facebook.

#### Sunday Evening Celebrations

Led by Pastor Joe McGarry of St. Marks Lutheran Church in Baldwinsville, our next Sunday evening worship service on April 3 will begin with a potluck dinner at 6 PM hosted by our confirmation families. **The potluck dinner is open to everyone.**



## Director of Youth and Family Ministries continued

Worship will follow dinner at 7 PM in the Fellowship Hall. This month we will use the service of **Holden Evening Prayer** with communion. There will once again be “make-your-own ice cream sundaes” following worship. Please join us to experience this more contemporary worship service. If you have thoughts or ideas pertaining to this worship experience please contact Pastor Janet ([RevJFP@twcny.rr.com](mailto:RevJFP@twcny.rr.com)) or Elizabeth Constantine ([evcmusic@gmail.com](mailto:evcmusic@gmail.com)).

### Youth and Family Ministries Team

The team will meet on Thursday, April 7 at 7 PM in the Youth Room (the blue room next to the adult library) to explore ideas for the rest of the school year and into the summer months. If you have ideas to share or would like to be a part of this team, please let Diana know.

*The Jenna Youth Ministry Fund is available to help defray costs of participation in youth events and trainings if needed. Please talk to Diana)*



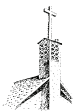
To support youth and family ministries at St. Michael's, we ask that you donate your soda cans, water bottles, and glass bottles with deposits to the redemption center located behind the Thrifty Shopper and Rite Aide on West Genesee St. When you bring your bottles and cans please tell them you would like the mon-

ies put on the St. Michael's account. Money collected from the redemption center go into the Jenna Youth Ministry Fund, the St. Michael's fund that encourages our youth and adults to participate in youth and family ministries oriented events. **Thank you! In the last several months we have collected \$77 from your donations. Thank you!!**

Jesus lived that he might die and died that we might live.  
~ Anonymous

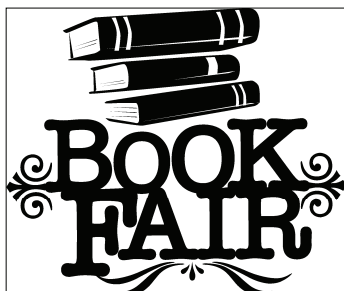
- Mark your calendar**
- Apr. 3 Confirmation Ministry 4 - 6 PM  
Potluck Dinner 6 PM  
Sunday Evening Celebrations 7 PM
  - Apr. 7 Youth and Family Ministries Team Meeting 7 PM
  - Apr. 13 New Testament Small Group Serving Soup Supper
  - Apr. 17 Movie: Jesus Christ Superstar 12:30 - 2:30 PM with lunch  
Confirmation Ministry 3-5 PM
  - Apr. 24 Easter Breakfast hosted by Confirmands
  - May 1 Confirmation Ministry 4 - 6 PM  
Potluck Dinner 6 PM  
Sunday Evening Celebrations 7 PM
  - May 14 8th Grade Retreat at Vanderkamp
  - May 15 Confirmation Ministry 4 - 6 PM
  - May 22 Old Testament Coffee Hour
  - June 12 The Rite of Confirmation
  - June 19 Celebration of First Communion
  - June 26 - July 1 Mohawk Valley Lutheran Confirmation Camp

\*We would like to know what our youth and families are involved in outside of the church so we might come out and be supportive. Please let me know when you are involved in a school play, band concert, sporting event, etc. and I will add it to our schedule. Also, share your accomplishments with your church family so we can all celebrate with you!\*



## Library Corner

Carol Argus - 469-4995



**SPRING BOOK FAIR**

**APRIL 3 & 10**

*In the Fellowship Hall  
Following Worship Service*

*Here is an opportunity for you to purchase Christian books and other items for Easter baskets and gifts, while supporting the learning ministries of our church Adult and Children's Libraries.*

## Traveling Parishioners

*Catching up on our travelers over the last several months, they have visited:*

*Christ Episcopal Church-  
Rochdale, MA*

*Joy evangelical Lutheran  
Church, Ocala, FL*

*Our Savior Lutheran Church,  
Vero Beach, FL*

*Faith Lutheran Church,  
Andover, MA*



**CALLING WOMEN TO PRAYER  
on Sat., April 2, 9:00 A.M.  
In the Church Library**

**Our theme for this month is  
"Praying in Color"**

**Hope to see you there!**

## Thrivent Financial for Lutherans

**Money: It doesn't have to be hard to discuss**

Surveys show that money is the No. 1 cause of stress among married couples.

Money is also one of the most difficult subjects to talk about.

It takes time, energy and open communication for you to understand each other's attitudes around finances.

One thing that can help is using "I messages." Other people are more likely to listen and respond positively when you focus on your own feelings,

rather than what someone else did wrong.

**Here's how:**

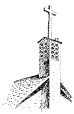
- **"I feel..."** Make a clear statement about how you feel.
- **"when you..."** Name the specific behavior that causes you to feel this way.
- **"because..."** Explain why this is upsetting.

Example: "I feel scared when you buy things we haven't discussed ahead of time because I worry we won't be able to save enough to help the kids pay for college."

Marriage is a financial partnership as well as an emotional commitment. Open communication helps you jointly steward your resources. If you have

questions about your financial situation, contact your Thrivent Financial for Lutherans representative today.

**Kyle F. Mumpton, CFP, Rich Hummel or Rich Roth**  
[Kyle.Mumpton@Thrivent.com](mailto:Kyle.Mumpton@Thrivent.com)  
**315-451-0252**



## Lutheran Campus Ministry

**You Are Invited**  
**Annual Central Crossroads Conference**  
**Festival of Music and Basket Auction**  
**to Benefit**  
**Lutheran Campus Ministry**  
**Sunday, April 10, 2:00-5:00 p.m.**  
**St. Paul's Lutheran Church**  
**Liverpool, NY**

**Distinguished Disciples**  
**Dr. Donald Mills Synod LCM Chair**  
**Rev. Alice Moberg-Sarver and**  
**Judy Eyer, Westside Ministries**

**FUN, FOOD, AND FELLOWSHIP**  
**Cost- \$5.00 per person and \$10.00 per family**

### **Auction Items:**

Infamous "Death by Chocolate" Basket donated by Thrivent  
 Gift Certificates for Ichiban Japanese Steakhouse  
 donated by First English Lutheran Church  
 "Tastefully Simple" Baskets donated by Trinity Herkimer  
*(For more wonderful offerings go to  
 Lutheran Campus Ministry Face book page)*

### **Entertainment:**

Central Crossroads Mass Choir  
 Tevin Habeebullah, *Caro Mio Ben*  
 The Buchmann Family  
 Festival of Nations Organ and Percussion Ensemble  
 Brad Defrees on banjo with Friend  
 Syracuse Dance Company  
 Allison Henry Piano Solo  
 The Rose of Sharon Quartet by William Bilins w.  
 John and Jane Woodman  
 Sing- Along with Mary Eileen Woods

**Shannon Kane Memorial Performance:**  
*Flute and Clarinet Duet*

*Performed by Ashley Smith and William Santiago*

**Please see Jane Woodman or Ling Allen  
 for tickets.**

## Learning at the Crossroads

**Learning at the Crossroads**  
**Saturday, April 9**  
**9:30 a.m. - 2:30 p.m.**  
**\$20.**  
**includes continental**  
**breakfast and lunch**  
**Luther Memorial Church**

**"Communities of the**  
**New Covenant"**  
**Led by**  
**Rev. J. Mark Lawson**  
**UCC Pastor and Adjunct**  
**Professor of Religious Stud-**  
**ies at LeMoyne College**

This workshop will pro-  
 vide an overview of the  
 New Testament, giving  
 attention to how and why  
 the canon developed, as

well as how the various  
 books represent different  
 approaches to living out  
 the new covenant in Je-  
 sus Christ. It will be led  
 by Rev. J. Mark Lawson,  
 Ph.D., Pastor of United  
 Church of Christ in Bay-  
 berry, Liverpool.

Registration forms are  
 available on the Narthex  
 table. Pre-registration is  
 required.

## Sunday School

*Jan Kunkle-468-2400*  
*Laura King- 380-7325*  
*Co-Superintendents*

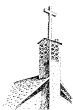
You are invited to Sunday  
 School on Easter Sunday at  
 9:15 am for a special Easter  
 story and Easter craft. There will  
 not be regular Sunday School  
 that day.

First Communion Sunday will be  
 June 19. Letters will be going  
 out shortly with information  
 about that.

Have a blessed Easter!

## Cinema/Sandwich

	Bring your lunch and join us in the Fellowship Hall at noon.	
	Then we view the movie in the Library after lunch on Mon., April 11.	
	We will view: "Fever Pitch"	



## Property Committee Report

*Bill Kunkle, 468-2400*

April is here! While winter will probably act up a bit, it's time to think about spring cleaning – **Saturday, May 14, with a rain date of May 21<sup>st</sup>.** Within the next couple of weeks, the sign-up posting for the annual St. Michael's spring cleanup will appear in the Narthex. Attached will be a list of chores that must be done and a place to sign up. Are there additional jobs that you feel need to be addressed? Feel free to add any to the list, so we don't miss a thing. Seems there is always more work than we have helping hands. Let's change that this year; every helper will be appreciated and well used.

The committee will be getting quotes for parking lot paving to be done this summer. Quotes for the upper lot alone and for a combination of both lots will be requested. This project is expected to be quite expensive due to the current price of petroleum.

The new telephone system has been programmed and is on line. Changing messages to conform to holidays and events will be much easier. Also, it will be quicker to leave a mes-

sage just by pressing "O" during the greeting. No more waiting for the greeting to finish. A big thank you to David Espersen for his hard work installing the new phone system.

Request for proposals will be going out this month for the lawn mowing season. We will not be inviting last years' contractor to participate.

## Tabitha's Crafters

*Deacon Joan Rasi,  
487-0792*

April 16th will be our last meeting until next September; there will be NO May meeting this year. As usual, throughout the summer months please continue to drop off any items you make. Just leave them on our display table.

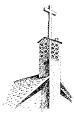
We are in special need of prayer shawls, infant/preemie sweaters and hats, lap afghans, and the seafarer scarves. Also needed are the Knit for Kids sweaters which can be made out of either acrylic yarn or cotton yarn. We still have a lot of the yarn that was donated to us and it's all sorted by color and waiting to be made into something. The yarn is in the boxes next to and under our display table. You are welcome to use it for projects to be donated to our cause. Often there is enough yarn of one color to make lap afghans or even full-size afghans! While lap afghans are given to nursing homes, the full size ones go to Vera House.

If you are looking for a spring or summer project, please consider making something for our ministry. Need patterns for your projects? Let me know and I will see that you get them.

A big thank you goes out to those of you who

anonymously drop things off that you have made. We don't always know who you are but are very thankful that you care enough to keep making things for us!

**NEXT MEETING:**  
April 16th at 10:30 AM in the Fellowship Hall.



## Altar Guild

Ruth McConnelee  
488-3078

Altar Guild will meet on Monday, April 4, at Ruth McConnelee's home, 111 Barcroft Drive, Camillus. We will begin our meeting at 7:00 p.m.

If you would like to learn more about Altar Guild, please call Ruth with questions.

Don't forget to order your Easter Altar flowers. They add so much to our Sanctuary at Easter. Thank you for your response.



## Service Guild

Ruth Coe - 487-0477

We will meet at church on Tuesday, April 12. Carol Argus will provide dessert, do devotions and check the kitchen.

We were delighted to welcome new member Lois Fehlau to our group.

We are looking for projects to do at our meetings - any ideas are welcome. The kitchen cleaning will take place after Easter, date to be announced.

## Mary Circle

Emily Zieres - 422-7873

Mary Circle will meet on Wednesday, April 6, at 9:30 a.m. in the Fellowship Hall. Our hostess this month will be Dot Heesemann. We hope to begin our Bible Study on the Book of Ruth. Please bring your Bible. All women are invited to join us for coffee and cake and to share in Christian fellowship and the study of God's word.

### All Women are Invited

### ANNUAL ECUMENICAL COVERED DISH DINNER sponsored by

St. Joseph's Altar & Rosary Society  
5600 W. Genesee St.  
Parish Center  
Camillus

Thurs., April 7  
6:30 p.m.

Bring a dish to pass and come to enjoy a social evening with the women of our Camillus church communities.

## Sunday Night Worship

### Pot Luck and Worship

### Holden Evening Prayer with Communion Service

Sunday, April 3

Fellowship Hall

Guest Preacher:

Rev. Joe McGarry,

Pastor, St. Mark's Lutheran Church,

Baldwinsville

Pot Luck Dinner - 6:00 p.m.

Worship - 7:00 p.m.

All are Welcome

## Notes from the Choir Loft

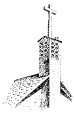
Allison Evans Henry, Adult Choir Director, 695-6677

Thank you to our dedicated Adult Choir members who devote their time and talent to our music ministry here at St. Michael's Church. They rehearse each Wednesday evening to prepare beautiful anthems each week for our worship services. They also provide anthems and special music for memorial services as needed.

The congregation and I appreciate their faithfulness to their ministry and this church.

We have been rehearsing anthems through Holy Week and Easter for some time now and look forward to sharing them with you.

Are you interested in joining the choir? Please see me on a Sunday morning before or after worship and we will set you up with a time for an easy audition. It will consist of singing a hymn and a few simple melodies.



## Sunday Forum

### THE GREATEST STORY

A BIG-PICTURE OVERVIEW OF THE BIBLE, IT'S STORY, AND HOW THAT STORY CONNECTS WITH OUR OWN STORIES.

In April we continue our Big-Picture Overview of the Bible and it's story for us.

Join us as we complete our Bible Study

- April 3            The Power of God for Salvation: The Letters of Paul
- April 10        So Great a Cloud of Witnesses: General Letters
- April 17        Come Lord Jesus: Revelation
- April 24(Easter) No Sunday Forum
- May 1            Jesus People: The New Testament Story for Us

Facilitator for this exploration: Lucille Teufel.

Join us for lively discussion and some insight into our faith-filled ancestors.

Lucille Teufel  
Deacon, Adult Christian Education



#### Food Pantry List

- Soups, dry or canned
- Macaroni, spaghetti, rice
- Beans, all kinds
- Tuna fish, Spam, stews
- Pork & beans, kidney beans
- Tomatoes and spaghetti sauce
- Peanut butter and jelly
- Macaroni and cheese
- Canned vegetables / fruit
- Cereals
- Juice
- Jell-o and desserts

*Please continue to save paper and plastic bags.*

**St. Paul's Food Pantry**  
is located at  
Brown Memorial Methodist  
Church, 228 Davis St.,  
Syracuse

**Open:**  
Tues.: 5:00-7:00 p.m.  
Wed.: 10:00 - Noon  
Thank you for your  
continued support !

*Joanne Blake  
469-1417  
St. Michael's Liaison  
to St. Paul's Food Pantry*

## Food Pantry

*Joanne Blake - 469-1417, Liaison to St. Paul's Food Pantry, Syracuse*

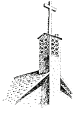
We are very busy on the fourth Friday of each month. We pack many bags for families of 2, 3,4,6,10,12 or more. We therefore empty the shelves quickly. Your donations are greatly appreciated.

We **cannot** use the bags from the following stores: Pet-Smart, Post Standard paper, Fed X, Wine Bottle or Rite Aid. We **can** use Wegman's, Price Chopper, Tops, EcoHippo, Byrne Dairy (large), Staples, and Christmas Tree Shops

Please refer to the list that is on the right hand side of this

page for your shopping convenience.

Many thanks for your support.



## Health and Wellness

Deacon Christine Jones,  
468-5902



Spring is here and that means it's time to shed that extra winter weight. Experts recommend at least 30 minutes of exercise a day. Most of us feel overwhelmed with the idea of finding 30 minutes in our day for exercise.

Fitness experts know this and say doing something is better than doing nothing.

You don't have to sweat or get out of breath to benefit from physical activity. Any movement is good for you. While watching TV, you can just stand up and sit down three times during each commercial; this will strengthen your legs and help protect you from falls.

Here are other simple ways to increase your physical activity every day.

You can burn 400 or more calories an hour while cleaning your house – cleaning the floors, vacuuming carpets, washing windows and scrubbing tiles.

Climb stairs instead of taking the elevator. You can burn 10 calories for each flight of stairs.

During a 20 minute walk around the block

with your neighbor you can burn 100 calories.

Yard work and gardening count, too. Hoeing can burn up to 360 calories/hour; cutting the lawn with push mower burns 400 plus calories/hour.

Playing with your children or grandchildren in the yard for an hour after supper can burn 300 plus calories.

So get moving!

*As Paul instructed in Galatians 5:16:*

*I say, walk and live in the Holy Spirit; then you will certainly not gratify the cravings and desires of the flesh.*



**Monday  
APRIL 18  
1:30 - 6:30 p.m.**

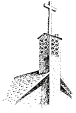
**St. Michael's  
Fellowship Hall**

**Please call  
1-800-448-3543  
to schedule an  
appointment.**

### PRAYER REQUESTS

Your prayers are requested for the seriously and/or chronically ill and for our homebound and adult care residence members, and relatives and friends:

Ken Barry  
Peg Hermann  
Bob Keane  
Diana Luscombe  
Beverly Mandigo  
Anita Pichaske  
Phyllis Prigge  
Cliff Rode  
Alice Schoenhals  
Herman Schultz  
Mary Smith  
Ann Spencer



## Christian Outreach

Mary Eileen Wood - 468-1025



God seems intent on stretching us this month by calls to serve those far away as well as close. Innocents trapped between factions in Libya. Earthquake and tsunami victims in Japan. And still the hurricane victims in Haiti and New Orleans struggling to rebuild. My head spins as the mailbox this month also contains plenty of local calls to faithful response.

Do you find it a comfort that God calls us not "to do it all" but instead "to do what we can"? That when we lie down to sleep, our last thoughts can be, "Dearest Lord, I have tried to find Your path through this day. Here's what's still in my basket at day's end. Thank You that Your hands will carry the basket through the night, and Your loving voice will wake me in the morning when I'll find ... well, whatever You have waiting tomorrow."

### White Ribbon Campaign



[www.verahouse.org](http://www.verahouse.org)

We will have volunteers at the White Ribbon Table in the narthex after church on

Sunday, April 3<sup>rd</sup> and 10<sup>th</sup> to provide you with information about domestic and sexual violence, and accept your \$1 donations for a white ribbon or bracelet.

**Storybook Project** 601/528-2384 or [Gail.Bead@lssi.org](mailto:Gail.Bead@lssi.org)

A mom or dad in prison reads aloud a picture book for a child who then receives the book plus the CD of that beloved voice ... what a simple way to protect and strengthen families! If you want to help with postage, donate new books, or find out how to do this in Upstate NY, contact Gail.



### Tobacco-Free Onondaga County

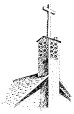
[www.TobaccoFreeOnondaga.org](http://www.TobaccoFreeOnondaga.org) 435-3280

My dad died of lung cancer, my grandfather, an uncle and a dear friend of emphysema. Please know that preventing a teen from starting to smoke is a BIG DEAL! Operated by the County Health Dept, TFOC works with retail chain outlets to reduce tobacco product marketing, and with businesses and organizations to make parks, playgrounds and campuses tobacco free. If you would like write a letter to the editor, request meetings with local officials, or sign their online petition, visit them online.

*On Easter morning, the little ones will look excitedly for eggs, candy or other treats to fill their baskets of artificial grass. May each of us members of St. Michael's look with the same enthusiasm for the basket God has waiting for us filled with God's love, grace and calls to serve.*

*Praise be to God!*

*Mary Eileen*



## Women of the ELCA



Ling Allen-672-5213  
Emily Zieres - 422-7873

A "thank you" to all who purchased blankets for Church World Services on the Blanket Sundays last month. I'm happy to report that we received donations for 95 blankets. As so many in our world struggle to recover from natural disasters these blankets will be readily used and much appreciated.

The Central Crossroads Conference of the Women of the ELCA will hold its **Spring Assembly on Saturday, April 30, 2011 at First English Lutheran Church**, right here in Syracuse. The program will be **"Cherish Our Children"**, a national Lutheran ministry of prayer, education, relationship-building, and action to prevent child sexual exploitation. Guest speaker Dianne Klafehn is chair of the task force on "Cherish the Children" for the Upstate New York Synod. Anyone connected with children (and isn't that all of us, for they are our future), mothers, grandmothers, teachers, care-givers, are urged to attend and hear Dianne's important message about our children's safety. We will begin the day at 9:30 a.m. with registration and coffee. The registration fee is \$6.00 and includes lunch. The Assembly will close by 2:30 p.m. with a Holy Communion Service. Please sign up by Easter Sunday, April 24, on the sheet in the Narthex.

Please keep in mind our two Ingathering Projects for 2011 - "Health/Hygiene Kits" for the people of Zimbabwe and Zambia and "Little Dresses for Africa." You will find the Health Hygiene Kit list of items needed listed on another page in the "Trumpet." Please place the needed items in the box marked "Health Kits" under the coat rack in the Fellowship Hall. On the WELCA in the Fellowship Hall is a "Little Dresses for Africa" display. If you sew, pick up our simple directions for making these dresses. Watch the Trumpet and our Sunday bulletins for the Saturday workshop to assemble dresses. For that workshop we need: cotton fabric (at least ¾ yard-no less), bias tape, elastic, clean pillowcases in good condition. The donation box for "Little Dresses" is under the display. You may also make monetary donations toward the Health Kits or dresses. Check should be made out to "Women of the ELCA" and given to Ling Allen, Emily Zieres or through the Church Office. Please mark "Health Kits" or "Dresses" on the memo line of your check. The monies will be used to purchase needed items or cover the shipping costs.

Remember also the "White Sock Campaign." Karen Settembre will bring white socks for men, women and

children to the WELCA Triennial Gathering in Spokane, WA. Ministries in Spokane will use your socks as part of their work to support the homeless. Add your sock donations to the same fabric box under the WELCA table in the Fellowship Hall.

Other important WELCA dates for your calendar are:

\*Thurs. May 26 - Executive Board Meeting at 7:00 p.m.

\*Thurs., June 9 - Quarterly Dinner Meeting at 6:30 p.m. Hostess: Mary Circle; Program: Dolls for "Little Dresses for Africa"

\*July 12-16 - WELCA Triennial Gathering/Convention, Spokane, WA

\*Sept. 9-11 - WELCA Upstate NY Synod Convention, Canandaigua, NY

### Ten Tons of Love

Mark your calendars for Ten Tons of Love program that will be in May. We do not have a date as yet. First English and other volunteers will truck a huge amount of items left behind by Syracuse University students from their dorms and off-campus apartments to the First English Lutheran Church on the corner of James and Townsend Streets. While strong men will help unload the trucks, women will sort and organize food and household goods, and fold all the clothes. First English then distributes these items among

### Upcoming Events:

April 4 - 7:00 p.m. Altar Guild

April 6 - Mary Circle, 9:30 a.m.

April 7- Covered Dish Dinner, St. Joseph's, 6:30 p.m.

April 12- Service Guild, 7:00 p.m.

April 30- Spring Assembly, First English Lutheran Church, 9:30 a.m.-2:30 p.m.

those in need in Syracuse.

Weekday shifts include lunch; sign up for:

Full-day

10:30 a.m. to 3:00 p.m.

Morning

10:30 am. to 1:00 p.m.

Afternoon

12:30 pm to 3:00 pm)

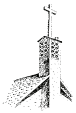
Want to serve without the crowds or locked-in schedule? First English needs nutritious lunches for about 35 volunteers every work day! Prepare the meal as a family or a church team. Please contact Emily Zieres 422-7873 with any questions, and watch for sign-up sheets.

### ANNUAL ECUMENICAL COVERED DISH DINNER

St. Joseph's Catholic Church  
5600 W. Genesee St.

Thurs., April 7  
6:30 p.m.

Bring a dish and join with women of our Camillus church communities.



The Sunday of the Passion (Palm Sunday)

April 17

Rev. Peter Suarez, Communion Celebrant

Worship at 10:30 a.m.

Child Care at 10:30 a.m. service

Sunday School at 9:15 a.m.



Maundy Thursday

April 21

Rev. Gail Riina, Guest Preacher

Service of Holy Communion – Nave - 2:00 and 7:00 p.m.

Good Friday

April 22

Diana Luscombe, Diaconal Minister, presiding

Tenebrae Service of the “Seven Last Words of Christ” - 7:00 p.m.

EASTER SUNDAY

Celebration of the Resurrection of Our Lord

April 24

Pastor Janet, Communion Celebrant

Rev. Dawn Rodgers or Rev. Peter Suarez, Guest Preacher

Easter Dawn Service of Holy Communion – 6:30 a.m.

Easter Breakfast served by Confirmation Class - 7:30-9:30 a.m.

Fellowship Hall

Sunday School Easter Event - 9:15 a.m.

Festival Service of Holy Communion - 10:30 a.m.

No Nursery Care or Little Lambs during 10:30 a.m. service



*You Are Invited to Attend the  
Annual Easter Tradition at St. Michael's*

**EASTER MORNING BREAKFAST**

April 24  
7:30-9:30 a.m.

St. Michael's Fellowship Hall  
Sponsored by Confirmation Class

*Ten percent of the money raised will given to Vander-  
kamp and the rest will be donated to the Jenna Fund .*

**COST:**

Adults - \$ 5.00  
Children age 3 - 12 - \$2.00  
Under 3 - Free  
Family Maximum - \$20.00

**MENU:**

Eggs, Sausage, Fruit Cup,  
Cold Cereals, Orange Juice, Bagels  
Coffee Cakes  
Milk, Coffee, Tea



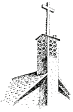
*Sign up Sheets are in the Narthex and*



**INGATHERING  
2011-Speical Project  
Hygiene Kit**

- ★ One hand towel, medium to dark color (16"X 28")
- ★ One washcloth, dark color
- ★ One bath-size bar soap- in wrapping
- ★ One adult-size toothbrush-in wrapping  
NO toothpaste
- ★ One comb, wide tooth
- ★ One nail clipper -No metal files or emery boards
- ★ Six band-aids prefer- 1/2"x 3/4";  
Please do not add other items.  
All items should be new.
- ★ Please leave your supplies in the storage bin so marked in the Fellowship Hall. Thank you!

*Women of the ELCA*



### St. Michael's Mission Statement

*We believe God calls  
St. Michael's Lutheran  
Church to be  
a community of Christian  
faith for all people,  
to worship God together,  
to nurture growth in the  
Christian faith,  
and to use our God-given  
gifts  
to serve each other,  
our community,  
and our world.*

## St. Michael's Lutheran Church

A Congregation of the Evangelical Lutheran Church in America (E.L.C.A.)  
Upstate New York Synod

Rev. Janet Fechner-Pelletier, Pastor  
Diana Luscombe, Diaconal Minister, Director of Youth and Family Ministries  
Allison Evans Henry, Organist/Adult Choir Director  
Elizabeth Constantine, Children's and Youth Choirs Director, Contemporary Worship  
Rev. Kenneth C. Heuermann, Pastor Emeritus

## Deacons

St. Michael's Deacons are people who have been trained at the Hartwick Seminary Theological Institute sponsored by the Foothills Conference, and are commissioned to perform specific tasks within our congregation, as extended volunteer service, without financial reimbursement.

Christine Jones: (468-5902) Liturgical Assistant, Health and Wellness Issues  
Caren Paventi: (484-6257) Liturgical Assistant, Christian Education, Visitation  
Joan Rasi: (487-0792) Caring Outreach, Wellness Issues  
Betty Rising: (487-3932) Liturgical Assistant, Visitation  
Lucille Teufel: (474-0732) Liturgical Assistant, Christian Education, Visitation  
Emily Zieres: (422-7873) Liturgical Assistant, Adult Christian Education

## Congregation Council

President: Christine Jones (468-5902)  
Vice-President: Emily Zieres (422-7873)

### Committees

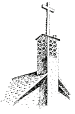
Christian Education: Jan Kunkle, Council Liaison, (468-2400)  
Christian Outreach: Mary Eileen Wood, Chairperson (468-1025)  
Evangelism: Emily Zieres, Council Liaison (422-7873)  
Fellowship: (non Council) Patti Garrison (299-4279) and Karen Smith (487-7894), Coordinators  
Finance: Don Daily, Chairperson (487-2114)  
Missions: Karen Settembre, Contact Person (488-0537)  
Property: Ed Haven, Liaison, (487-3465),  
Bill Kunkle, Chairperson, (468-2400)  
Staff Support: Pastor Janet, Council Liaison (487-2324)  
Stewardship: Vacant  
Worship and Music: Christine Jones, Chairperson (468-5902)  
Youth and Family: Jan Kunkle, Council Liaison (468-2400)

### Congregational Officers

Secretary: Dorothy Wrase Hares (638-1992)  
Treasurer: John Woodman, (299-8799)  
Financial Secretary: Gail Meyer (488-5619)

## Seminarian

Christopher & Katie McKinstry: 7301 Germantown Ave., Philadelphia, PA 19119,  
PH: 315-720-4202, E-Mail: christoher.mckinstry@gmail.com



## Memorials

Given For:	Given by:
<i>Inge Kopp</i> <i>November 15, 2010</i>	Ida Tuite Joanne Oram

## Lutheran World Relief

YOU CAN HELP!

On March 11, a magnitude 8.9 earthquake struck Japan near the town of Sendai, triggering tsunami warnings across the Pacific Ocean. The initial earthquake was followed by 30-foot waves, devastating Japan's coastal areas. On March 22, another earthquake, with a preliminary magnitude of 6.0 struck the northeastern region of Japan in an area already devastated by the initial earthquake. There were no reports of injuries or fatalities as a result of this latest quake. The region has experienced powerful and frequent aftershocks since the initial earthquake occurred.

The death toll continues to mount as assessments of the damage continue. People in affected areas remain in need of food, water and other emergency aid. Communication and transportation systems are badly damaged and fuel and electrical shortages are further hampering relief efforts. The humanitarian needs are compounded by the possibility of increased exposure to radiation from damaged nuclear reactors in the affected area and the possibility of widespread evacuations if leaks cannot be controlled.

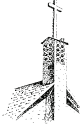
In the earliest stages of any disaster, the most effective way to help is with cash gifts so that responders can meet immediate and urgent needs.

Lutheran World Relief will respond to the devastation in Japan through our partners in the Lutheran Church—Missouri Synod (LCMS) and the Evangelical Lutheran Church in America (ELCA). Additionally, LWR will provide support to our partner Church World Service (CWS) in Japan. CWS is providing emergency relief to some 25,000 people now living at 100 evacuation sites in northeastern Japan, focusing on areas where basic needs of food, water, sanitation, electricity and fuel are not being met.

Given the destruction and complexity of this disaster, LWR continues to explore if Quilts and Kits may be helpful in response to the disaster. Importing humanitarian supplies into a developed country is a difficult process and our staff is researching the possibilities

**If you would like to support the people of Japan through Lutheran World Relief, please send your donation to:**

**Lutheran World Relief - Japan Earthquake/Tsunami  
P.O. Box 17061  
Baltimore, MD 21298-9832  
USA  
or  
Give offering for this need at St. Michael's Lutheran Church**



**St. Michael's Lutheran Church**

5108 W. Genesee St., Camillus, NY 13031

Ph: 315-487-9360 F: 315-487-7623

E-mail: [stmlc@twcny.rr.com](mailto:stmlc@twcny.rr.com)



Handicapped Accessible

Address Service Requested

APRIL 2011



NON-PROFIT  
U.S. POSTAGE PAID  
PERMIT NO. 9  
CAMILLUS, NY 13031



**EASTER SUNDAY**

**Celebration of the Resurrection of Our Lord**

**April 24**

**Pastor Janet, Communion Celebrant**

**Rev. Dawn Rodgers or Rev. Peter Suarez, Guest Preacher**

**Easter Dawn Service of Holy Communion - 6:30 a.m.**

**Easter Breakfast served by Confirmation Class - 7:30-9:30 a.m.**

**Fellowship Hall**

**Sunday School Easter Event - 9:15 a.m.**

**Festival Service of Holy Communion - 10:30 a.m.**

**No Nursery Care or Little Lambs during 10:30 a.m. service**