

# St. Michael's Trumpet

CELEBRATING 5 DECADES OF MINISTRY AND MISSION

MOVING FORWARD IN FAITH



## PASTOR'S MESSAGE

*"Healer of our every ill, light of each tomorrow,  
give us peace beyond our fear, and hope beyond our sorrow."*

*Evangelical Lutheran Worship* Hymn #612

*"Shepherd me,  
O God, beyond  
my wants, be-  
yond my fears,  
from death into  
life."*

Dear Friends –

You have received, or will soon be receiving, a letter from St. Michael's Congregation Council telling you the sad news that my husband Jeff and I have begun a marital separation. We have known each other for 33 years and been married for 29 years, and this decision has been devastating for both of us, but nonetheless needful at this point. We have been struggling with issues in our marriage throughout this past year, and continue to try to work through that struggle as we have been, with counseling, prayer, and the support of family and friends. Jeff and I ask that you keep us in your prayers as we continue to try to reconcile our differences.

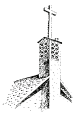
All of this has left me in a state of emotional, mental, and physical exhaustion at this point. I need to recuperate and build up both my personal and pastoral wellness and strength. After consultation with my counselor, and conversations of discernment with clergy colleagues, the Dean and the Bishop, Deacons, our Staff and Council, I have realized that I need to take extended time off – the term "compassionate leave" seems an appropriate description for this time away from my pastoral duties and responsibilities. As consented to by vote of our Congregation Council at our meeting February 28, I will be on such a leave for the season of Lent, from after the worship services on Sunday, March 6, returning to worship leadership on Easter Sunday, April 24.

The first week of this time away I will be going to a spiritual retreat center on Cape Cod, which includes a workshop on "Navigating Life's Transitions", and then remaining there for a personal retreat time guided by their staff. Then I will be spending time staying with a dear friend in NYC. Plans beyond that have yet to be determined.

A plan for worship and pastoral coverage is being worked out to make sure St. Michael's needs will be met during my time away. Money to pay for supply clergy expenses will come from the Pastor's Discretionary Fund in the Mission Endowment Fund. Please note: As per the discussion at this past Monday's Council Meeting regarding coverage for worship services and the shortage of available supply pastors,

### Several Points of Interest in this issue:

- \* **Lenten Schedule**
- \* **Youth Volleyball Marathon**
- \* **Vanderkamp Summer Programs**
- \* **White Sock Campaign**



## PASTOR'S MESSAGE Continued

the decision was made to eliminate the 8 a.m. Sunday service during Lent, starting Sunday, March 13. I hope that those regular 8 a.m. attenders will join in the 10:30 a.m. service during this time I'm on leave. Central Crossroads Conference Dean Pastor Dave Roppel and I are working out the details of these plans, and all will be in place before I leave to go on retreat.

My heartfelt gratitude to the staff and lay leadership of St. Michael's for their compassion, understanding, prayers and support during this difficult time. Heartfelt thanks as well to my clergy colleagues for their support, prayers, and stepping up to help with worship leadership and pastoral responsibilities while I am gone. You are all truly a blessing during this trying time.

*"Shepherd me, O God, beyond my wants, beyond my fears, from death into life.*

*Gently you raise me and heal my weary soul,*

*You lead me by pathways of righteousness and truth,*

*My spirit shall sing the music of your name.*

*Shepherd me, O God, beyond my wants, beyond my fears, from death into life."*

**Evangelical Lutheran Worship** Hymn #780

In Christ,

### 2010 Final Financial Report

As we have calculated the final figures for January - December 2010:

>Expenses exceeded Income by \$6,000

\*This shortfall was covered from the remainder of two undesignated bequests received in 2010 from the estates of Evelyn Doster and Hilda West

>Expenses were \$7,000 under budget

>We lost over \$30,000 in the regular giving of members due to members who moved or died

Detailed financial reports are available through the Church Office.

Many thanks to all our Council and Committee members and Staff for their frugal stewardship of our congregation's finances during these tough financial times.

And many thanks for all who continue to financially support the mission and ministries of St. Michael's. We need all of us to give as generously as we can for God's work done through our hands in our congregation.

Pastor Janet

For the Finance Committee



## Lenten Series

# Lent



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

Two tablets of stone, a few vessels of oil, simple markings, a small army, a remote field, a solemn oath—these are some of the strangest people, places and things through which God revealed Godself to God's people in the Old Testament. The Old Testament is chock-full of passion themes, from the serpent being crushed in Genesis 3:15 to Isaiah's Fourth Servant Song. Yet this series looks at some of the lesser-known Old Testament passion themes and focuses on them by means of single words. We begin our journey of encountering Christ in the strangest places on Wednesday, March 16, and continue each Wednesday evening at 7 p.m. through April 13. Beginning March 16 a Soup Supper at 6 p.m. will precede worship.

March 9 - Ash Wednesday • Traditional Service

March 16 - • "Nothing" • 2 Kings 4:1-7  
Elisha provides for a widow

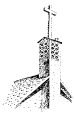
March 23 - • "Marked" • Isaiah 44:5  
God marks his people

March 30 - • "Enlist" • Judges 6:16  
Gideon's call

April 6 - • "Invest" • Jeremiah 32:25  
Jeremiah buys a field in wartime

April 13 • "Finish" • 1 Kings 11:3  
Solomon can't finish what he started

All are welcome!



## Director of Youth and Family Ministries

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

### High School Youth News

#### Feasting and Fellowship

On Sunday, Jan. 23 members of the group gathered at IHOP to feast together before worship. A great time was had eating good food, being playful and even talking about some serious topics.

#### Ice Skating in Clinton Square

**Sunday, Feb. 13** a group of our High School Youth and a friend ate lunch together and then ventured to Clinton Square in downtown Syracuse to go ice skating. A good time was had by all without too many bruises! We offer many thanks to Elizabeth Constantine for planning the outing and to Jan Kunkle for driving.

#### Youth Meeting

Our next High School Youth meeting will be on Sunday, March 20 from 12-2 PM in the youth room. Please bring ideas and supplies for working on making the youth room homier (fabric, paint, posters, etc.). Lunch will be provided. Please bring your own beverage.

## Confirmation Corner

#### Serving Soup Suppers in Lent

Our Confirmation Ministry participants have been asked to help serve some of the Wednesday evening Lenten soup suppers. The Old Testament Small Group will serve on Wednesday, March 16 at 6 PM. The New Testament Small Group will serve on Wednesday, April 13 at 6 PM. Please join us for dinner and worship all five Wednesday evenings during Lent.

#### Mohawk Valley Lutheran Confirmation Camp

June 26 – July 1

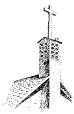
Confirmation Camp is coming up once again! All youth participating in the Confirmation Ministry program at St. Michael's are asked to attend Confirmation Camp at least one summer during their two-year program. This week of camp at Vanderkamp is run by rostered and lay leaders in our ELCA Upstate NY Synod Conferences, 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. Please look for more information to be coming soon. If you have any questions please contact Caren Paventi at [carenmp@live.com](mailto:carenmp@live.com)

#### Winter Break Ski Trip

Thank you, thank you to Jeff and Tracey Till who took a group of youth skiing over winter break to Song Mountain. Here is a link to YouTube to see a video of the ski trip: [http://www.youtube.com/watch?v=WzK26JIG9uU&feature=mfu\\_in\\_order&list=UL](http://www.youtube.com/watch?v=WzK26JIG9uU&feature=mfu_in_order&list=UL)

#### Sunday Evening Celebrations

Get ready to roll into Lent with one last celebration done Mardi Gras style at our March 6 Sunday Evening Celebration which will include a Fat Tuesday themed potluck dinner at 6 PM followed by a worship service in the Fellowship Hall at 7 PM. **The potluck dinner is open to everyone and is hosted by the Confirmation Ministry families.** We will *not* do "make-your-own ice cream sundaes" this month following worship; instead we will stick with the theme and have some sort of traditional Mardi Gras dessert 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

Members of the Youth and Family Ministries Team have been busy in this last month planning and executing youth events and opportunities for our Confirmation Ministry participants. Thank you to all for your hard work and dedication! The next team meeting will be Thursday, March 24 at 7 PM in the Youth Room (the blue room next to the Adult Library). If you have ideas to share, or would like to be a part of this team, please let Diana know, e-mail stmlc\_dianadm@twcny.rr.com

### Volleyball Marathon

The 32nd Annual Volleyball Marathon of the Central Crossroads Conference, ELCA will be held at Syracuse University on Friday, March 11. This event serves as a fundraiser for *Lutheran Charities of Central New York* which supports such ministries as: The Samaritan Counseling Center, Vanderkamp Center, The Watertown Urban Mission, Lutheran Campus Ministry, Appleseed Productions, The Ministry of the Central Crossroads Conference, and the Food Pantry.

There is a \$12 per youth registration fee for the event which covers snacks, pizza and an event T-shirt. The 7-12 graders who attend from St. Michael's are being asked to raise a minimum of \$30 each as their contribution to this event. If you would like to support our youth and these ministries please make donations to: Ellen Smith, Brad Till, Truman Derrick, Sophia Derrick, Deirdre Garrison, Gerald Dennee, Leah Knapp, Ryan Healy, David Smith, Aren Burnside, Colin Riley, Nick Bell, Kaitlin Cash, Eric Isgar.

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



In order to help 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 monies put on the St. Michael's account. Money collected from the redemption center will be put in the Jenna Youth Ministry Fund, the St. Michael's fund that encourages youth and adults to participate in youth and family ministries oriented events. Thank you!

### Mark your calendar

Mar. 4-5 Solvay High School Presents the Musical *My Fair Lady*; Westhill High School Presents the Musical *Anything Goes*

Mar. 6 Confirmation Ministry 4 - 6 PM  
Mardi Gras Potluck Dinner 6 PM  
Sunday Evening Celebrations 7 PM

Mar. 11-12 Volleyball Marathon

Mar. 16 Old Testament Small Group Serving Soup Supper

Mar. 20 High School Youth Meeting 12-2 PM

Faith in Action 9:15 AM

Confirmation Ministry 4 - 6 PM

Mar. 24 Youth and Family Ministries Team Meeting 7 PM

Apr. 3 Confirmation Ministry 4 - 6 PM

Potluck Dinner 6 PM

Sunday Evening Celebrations 7 PM

Apr. 10 Confirmation Group Visit to the Vineyard Church

Apr. 13 New Testament Small Group Serving Soup Supper

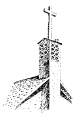
Apr. 17 Confirmation Ministry 4-6 PM

June 26 – July 1 Mohawk Valley Lutheran Confirmation Camp

\*I would like to share information about what our youth and families are involved in outside of the church so we might be able to 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.\*

*Relying on God has to begin all over again every day as if nothing yet had been done.*

- CS Lewis



## Library Corner

Carol Argus - 469-4995

Back Again!

Our Spring Book Fair will be held on April 3 and 10 following both services in the Fellowship Hall. Come, browse, and select a book for your personal use or one to add to an Easter Basket! We will have selections for all ages. Proceeds will be used to expand both our libraries.

Watch for our Lenten display of books to borrow for your inspirational Lenten reading.

## Traveling Parishioners

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

*Christ Episcopal Church-  
Rochdale, MA*



**CALLING WOMEN TO PRAYER  
on Sat., March 12, 9:00 A.M.  
CANCELLED**

**THIS MONTH BECAUSE OF THE BI-  
BLE STUDY: "MAKING SENSE OF  
SCRIPTURE" JOIN US NEXT MONTH  
AS WE CONTINUE OUR PRAYER  
TIME.**

**Hope to see you there!**

## Thrivent Financial for Lutherans

### Are your retirement assets rolling in the right direction?

Changing jobs or retiring can affect your retirement assets, especially if you leave your retirement account behind or take a cash distribution. Make a simpler, wiser choice by opening a Thrivent Financial Rollover IRA today. You'll receive guidance from a financial professional who'll help assess your current financial situation, determine your unique goals, and help you with appropriate asset allocation and regular rebalancing of your assets.

Enjoy lower minimum requirements and: Tax-deferred growth potential.\* More control over your investments and possibly more investment options.

Penalty-free, lower tax-free distributions (up to \$10,000) before age 59½ for major life events such as buying your first home. 24-hour access to your account.

For more information, contact your local Thrivent Financial for Lutherans Office and speak with Kyle F. Mumpton, Richard Roth, or Richard Hummel at 315-451-0252.

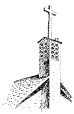
\*Withdrawals from an IRA prior to age 59½ may be subject to a 10% early withdrawal penalty tax. Insurance products issued or offered by Thrivent Financial for Lutherans, Appleton, WI. Not all products are available in all states. *Securities and investment advisory services are offered through Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN 55415,*

*800-847-4836, a FINRA and SIPC member and a wholly owned subsidiary of Thrivent Financial for Lutherans. Thrivent Financial representatives are registered representatives of Thrivent Investment Management Inc. They are also licensed insurance agents of Thrivent Financial.*

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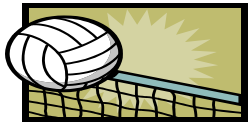
For additional important disclosure information, please visit [Thrivent.com/disclosures](http://Thrivent.com/disclosures).



## Lutheran Campus Ministry



Lutheran Campus Ministry Festival & Silent Auction Sunday, April 10. Come and celebrate the coming of spring with us. Good eats, great music, treasures and fun for all who support brining the Gospel to Syracuse University campus.



Youth Volleyball Marathon for Lutheran Charities Overnight Friday, March 11 through March 12.

Thank you for your support of Lutheran Campus Ministries.

## Learning at the Crossroads

Learning at the Crossroads  
March 5

9:30 a.m. - 2:30 p.m.

\$20.

includes continental  
breakfast and lunch

Luther Memorial Church

“The Old Testament  
and Grace”

Led by

Pastor Diane Wheatley

Grace has been the foundation of Gods' interaction with people from the very beginning.

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

People often speak as if the Old Testament presents a God of Law and the New Testament the message of Grace. However, a survey of the Old Testament will provide dramatic evidence that

## Sunday School

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

The Sunday School children sent Valentines that they made to our missionaries, David Wunsch and Kate Lawler and their children Emily and Matthew serving in Argentina. Some were in Spanish. The children are bilingual.

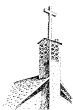
The Lent and Easter season is coming up on March 9. We will be sending COIN BOXES home with the children to save extra family change for

our church to the glory of God. We will also provide a nice Lenten devotional with stickers for the family to do together each day.



### Time to Spring Ahead

DAYLIGHT SAVINGS TIME  
BEGINS MARCH 13.  
MOVE YOUR CLOCKS AHEAD  
ONE HOUR!



## Property Committee Report

Bill Kunkle, 468-2499

The Property committee has gone somewhat into hibernation this winter, as both money and mandatory issues are in short supply. There are, however, some things that need to be addressed or at least mentioned as future considerations.

**Roof leaks.** As those of you who frequent the Educational Wing may have noticed, the “Old Faithful” of leaks has returned. The constant drip in the hallway leading to the back entrance (by the Men’s Room and in the Sexton’s Room) has reared its ugly head. Two summers ago this roof, along with the Chapel and front entryway, were re-sealed and upgraded with additional flashing and new drip edge. Due to the large amount of snow we have received this year the one leak has returned soaking the hallway and four places in the Sexton’s Room. The temporary fix for this is to get up on the roof and shovel the ice and snow away from the adjoining roof. A more permanent repair will be done in the spring.

**Telephone system.** The new telephone system including hardware, software, and messaging systems has been completed. Many thanks to Dave Espersen for all of his hard work in getting the work done.

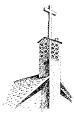
**Safety issues.** Church Mutual, our insurance carrier conducted a safety inspection of the facilities last fall. The recommendations have been 95% completed. Still to be done is the installation of emergency lighting in the Choir Loft and the Narthex. These items will be completed within the next month. A completion form has been returned to Church Mutual reflecting compliance.

**Sanctuary lighting.** As some of you have mentioned, it’s going dark in church. Two of the high rise lamps are burned out and need replacing. In the past we have had free access to a lift that permitted us to reach this height and all lamps were replaced at the same time. Unfortunately, the lift is no longer available. The cost to rent one is \$220 per day plus a \$600 deposit. For an electrician to do the job it would cost \$840. Other methods of lamp replacement are being investigated.

**Paving.** You all know that both parking lots will require paving this year, next year at the latest. This is an expensive project and funds will have to be available before we continue. Failure to address the problem will result in the deterioration to the extent that all of the existing black top would have to be removed and new excavation and base materials installed in addition to new pavement, a much costlier decision.

**Emergency doors.** Emergency doors are those things that are never used or noticed until you need them. Three of ours are currently in need of replacement. The east door in the Educational Wing, one in the Fellowship Hall, and the back door by the storage shed. While still usable, these doors require a hefty push to get them open, which is hard for a child or an elderly person to do.

**Church sign.** The beautiful sign we had installed after the big storm in the nineties is starting to show signs of weathering. The gold lettering has started to wear off as well as the white background. This is a project the sign company can do. A final cost would be determined by how much work was actually done.



## Altar Guild

Ruth McConnelee  
488-3078

We will be meeting at St. Michael's on March 7, at 7:00 p.m. We welcome you if you are interested in learning more about Altar Guild.

We will begin ordering Easter altar flowers on March 20. Watch for the envelopes in the pews.

Thank you for your support of this ministry.



## Service Guild

Ruth Coe - 487-0477

We will be meeting on Tuesday, March 8 at the church. We hope the snow will be waning and more ladies come out to the meeting. Ruth Coe will give the devotions and LaVerne Powell will provide dessert. We will be in charge of the WELCA quarterly meeting on Thursday, March 10. It will be a Pot Luck Supper, as usual, but come for the delicious dessert that we are serving. The storage closet in the Fellowship Hall has been cleaned - PLEASE put things back where you found them. Thanks for your cooperation!

## Mary Circle

Emily Zieres - 422-7873

Mary Circle will meet on Wed., March 2, at 9:30 a.m. in the Fellowship Hall. Our hostess will be Joanne Blake. We will be writing notes to our special needs members. We invite you to join us for coffee and fellowship. Pray for good weather!



## Sunday Night Worship

**Mardi Gras Pot Luck  
and Worship**  
**with a New Orleans Flavor  
at St. Michael's**  
**Confirmation Ministry Class**  
**4:00-6:00 p.m.**  
**followed by**  
**Pot-Luck Supper - 6:00 p.m.**  
**Worship - 7:00 p.m.**  
**All Welcome!**

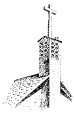
## Notes from the Choir Loft

By Ann Givens, Choir Member  
Organist/Choir Director  
Allison Evans Henry has selected a number of meaningful and beautiful music pieces for the Lenten and Easter seasons from St. Michael's outstanding music library. The choir has been rehearsing these for weeks and will not fail to move you when you hear "Remember" by Larry Harris on Ash Wednesday and "Fanfare for Palm Sunday" by K. Davis. Other pieces which reflect the scriptures of the day include "Go Not Far From Me, O God," "God So Loved the World," "Greater

Love Hath No Man," "The Lord is My Shepherd," and Bach's "Out of the Depths."

I attended St. Michael's for many years but never attended the Ash Wednesday, Maundy Thursday and Good Friday services until I joined the choir. They are the most moving and meaningful services of the year to me, but I wish that more members would attend.

Choir members will keep practicing and keep singing because we love it. The congregation is very appreciative of our effort and of Allison's, but we would like to reach those who aren't there. We welcome you.



## Sunday Forum

### WHAT DO MOSES, KING DAVID AND THE APOSTLE PAUL HAVE IN COMMON?

Come and find the answer at Sunday Forum, 9:15 a.m. in the Church Library. We are on a journey to know more about our Bible and the story it tells us about our God and our faith. Through February and into March, we are exploring the interesting history and writings of the Old Testament.

### THE GREATEST STORY

### A BIG-PICTURE OVERVIEW OF THE BIBLE, ITS STORY, AND HOW THAT STORY CONNECTS WITH OUR OWN STORIES.

Mar. 6: The Old Testament Story for Us: PEOPLE OF PROMISE

Mar. 13: The Gospels, Part 1: THE WORD BECAME FLESH

Mar. 20: The Gospels, Part 2: WHO DO YOU SAY THAT I AM?

Mar. 27: Acts: YOU WILL BE MY WITNESSES

Apr. 3: The Letters of Paul: THE POWER OF GOD FOR  
SALVATION

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

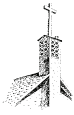
We are very busy on the fourth Friday of each month. We pack many bags for families of 2, 3,4,6,10,12 or more. We therefore empty the shelves quickly. Your donations are greatly appreciated.

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



March is National Nutrition Month. This gives us an opportunity to take a few minutes to look at some current food trends.

The cold, snowy Upstate New York winter always gets me in the mood to prepare and enjoy; **“Slow Food”**. This is the opposite of “Fast Food”. The slow food movement started in 1986 in Italy, and encourages preparing foods that relate to a culture and that the experience is pleasurable. It can include the ingredients, production, preparation as well as the joy of consuming food. Many times I sense that we look at meals as an interruption to our day – so the idea of slow food is perhaps a way of saying thanks to God for providing us with daily food. Perhaps we could try to have a “slow food” potluck dinner at St. Michael’s as a way to taste each others favorite recipes.

“Clean food” has no official definition, however the term is used to suggest “beyond organic” for critics that feel current USDA organic standards are too low. So this would mean the food is available in season, locally grown, 100% organic and in its natural state. Some Jewish and Christian groups

use the term to refer to the dietary codes of the Old Testament. For some people, “clean food” incorporates harmony and love into the kitchen.

“Local” is another term that is frequently used. It refers to the proximity of a food’s origin in relationship to where the food is being purchased. This idea is sensitive to food miles and encourages buying from farmers’ markets or growing your own food. If you want to be part of the **“locavore movement”** you might want to calculate how many miles your food has traveled, which can be easily done by going to <http://www.organiclinker.com/food-miles.cfm>. A few moments of evaluating a recent meal that you ate can be quite an eye opener.

“Sustainability” is used to encourage locally produced ingredients but will also continue to be a term used in reference to food packaging. The term **“processed”** food is falling out of favor as shoppers are turning away from complicated additives and have a decreased interest in a long shelf life. This is why the response of some shoppers has been to have foods that are **“fresh every day”** and they are seeking to know their butcher, baker and cheese maker. **“Social responsibility”** will continue to grow as a trend in supermarkets with the focus on reducing hunger, just treatment of workers and other fair trade concerns, as well

as humane animal treatment.

If you hear of a food term you are not quite certain what it means, feel free to contact me. Here’s hoping that you are having joy – three times a day – as you eat the food that God has given us.

Dorothy Wrase Hares, RD

*Dorothy wrote the article this month for Christine Jones’ column, since Dorothy is a Registered Dietician.*

### 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:

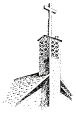
- Ken Barry
- Peg Hermann
- Bob Keane
- Diana Luscombe
- Beverly Mandigo
- Anita Pichaske
- Phyllis Prigge
- Cliff Rode
- Alice Schoenhals
- Herman Schultz
- Mary Smith
- Ann Spencer



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

**St. Michael’s**  
**Fellowship Hall**

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



## Christian Outreach

Mary Eileen Wood - 468-1025

*The Beatitudes are filling our Epiphany at church. I love Pastor's reminder that Jesus spoke to us just as intimately, just as directly, as to the people watching him as he spoke. And that what He offered was not laws or regulations. Rather, He taught us a guide to building relationships. With God. With each other. With the Spirit that resides within each of us.*

*Anyhow, I imagine sitting down to listen, and thinking how to live what I hear Jesus saying.*

*My relationship with the Spirit Within is not like a candle stored in a box. It is fire and movement and response. My relationships with others are the same - about seeing need and responding. I love someone and that calls me to express it in actions, in words, in decisions about time and money and where and who I am to be.*

*So ... am I blessed or the blessing, or both? In Outreach, that's a real question because again and again people say, "I received more than I gave" when they help someone else. The Spirit doesn't pour through en route to someone we help and leave us unchanged. Everything God touches is blessed!*

**White Ribbon Campaign "No Excuse for Abuse"**  
[www.verahouse.org](http://www.verahouse.org)

**March 22** is the kick-off breakfast at the OnCenter, and **March 25** marks the official launch of the 2011 White Ribbon Campaign for Onondaga County. People will gather in Clinton Square and tie white ribbons on all of the poles as they walk to Armory Square; the campaign ends on **April 2**. It would be a true blessing if someone would join me at the breakfast on

**March 22!** The cost is \$25/person, and my roomy blue Civic has seating for three others so you wouldn't even have to park. The more people in our congregation who know the core of this year's message, the more powerful our support of this ministry will be.

### Other Christian Outreach Opportunities

*Here's what has arrived in the mailbox since the last issue. God doesn't always send his call to us by the USPS or the WWW ... but it can happen. Read this prayerfully each month. See if something resonates in that unique way marking a "God call" - and act upon it.*



**Dakota Boys and Girls Ranch 800-344-0957**

Have you ever imagined yourself in the beautiful countryside of North Dakota? Our church received a booklet about this ranch and its work with families and youth. They can use quilts (they auction them, earning over \$33,000 this year for their children's programs). **They** fundraise by selling "The Alphabet Book" with illustrations, paintings *and poems* by their students ... and they use volunteers.

**ELCA "Buck-a-Chick" [www.elca.org/hunger/lent](http://www.elca.org/hunger/lent)**

Are you a member of a group? Seniors, neighborhood coffee klatch, monthly lunch gathering of friends? ELCA has an adorable "coloring sheet" of a **baby chicken** ... and asks people to color it and donate one dollar to ELCA World Hunger for the privi-

lege. Sounds like our kind of coloring, folks! Anyone interested in making a "Buck-a-Chick" book of colored sheets gathered by St. Michael's members? I have a b-i-g binder that **my husband** Richard just brought up from the cellar waiting for these artistic treasures.



**Habitat ReStore 475-9172**

Planning work on the house? Save up to 80% by buying from the ReStore at 308 Otisco Streets, Syracuse - and the money you do spend goes directly to Habitat. And *before you set out the trash*, see if anything you remove is needed by the ReStore.

**Interreligious Food Consortium 474-8855**

Are you pouring through seed catalogs? As you make your garden plans for the summer, think about including **FOOD** plants in your flower garden. A tomato plant surrounded by marigolds is lovely to behold, pole beans are a wonderful tall backdrop to a flower bed, and you can set and harvest peas so early that there's plenty of time for another crop of ... whatever you love. You set peas in March and they're mature in 9 weeks!

Why is this in Outreach? Because fresh vegetables make such a difference to the diets of families using Food Pantries.

**Rain Gardens - Cornell Cooperative Extension 424-9485**

And while we're talking about growing things ... now is a great time to plan adding a rain garden to your yard or to that of one of our older parishioners or



to a school or museum or nature center. By preventing water's running over streets and parking lots, we reduce runoff pollution. By limiting how much rainwater pours into storm drains, we reduce flooding of the Hiawatha Boulevard water treatment plant during storms - a major problem in efforts to improve the condition of Onondaga Lake.

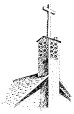


**One more Science Fair reminder 4681025 [www.trsef.org/judges/](http://www.trsef.org/judges/)**

Sunday, **March 20** is Fair Day! Whether you would like to serve on "security" and sit knitting by one of the doors to OCC's Gordon Student Center during the fair's judging period, or be trained as a judge to chat with middle or high school kids about the projects they worked so hard on, **YOU** can make a difference at the Science Fair. These children are our future!

*So, as you hear more about the Beatitudes and consider how you have been called to live after the listening, please remember to pray about these Christian Outreach calls to serve. Blessed be the Lord!*

Mary Eileen Wood



## Women of the ELCA



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

The WELCA Quarterly Dinner Meeting will be held on Thurs., March 10 at 6:30 p.m. in the Fellowship Hall. Service Guild will host. Our program will be given by Carol Argus, who will share photos and stories of her recent trip to France, including Paris and Mont Saint-Michel on Normandy. Sign-up sheets are in the Narthex and the Fellowship Hall. Bring a friend to enjoy this evening with you.

Remember our two Ingathering Projects for 2011 are Health/Hygiene Kits for the people of Zimbabwe and Zambia and "Little Dresses for Africa." The list of items needed for the Health/Hygiene Kits is elsewhere in this issue of the Trumpet. Please place the needed items in the box marked "Health Kits" under the coat rack in the Fellowship Hall.

On the WELCA table in the Fellowship Hall is a "Little Dresses for Africa" display. If you sew, directions for making these dresses can be found there. A Saturday workshop will be held in the near future to assemble dresses. The following items are needed for this workshop: cotton fabric (at

least 3/4 yard - no less); bias tape; elastic; clean pillowcases in good condition. These donations may be left in the basket near the display. You may also make monetary donations towards the Health Kits or dresses. Checks should be made out to Women of the ELCA and given to Joanne Blake, placed in the offering plate or given 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.

I close this article with a word of thanks to all who worked to make the Communion Brunch on Feb. 12 an inspirational and enjoyable event. Those who attended were treated to Christian fellowship and worship, good food and an insight into the outreach work done by the Syracuse-area group "Women Transcending Boundaries".

### BLANKET SUNDAYS

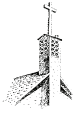
**Blanket Sundays begin March 6 and continue through March 13 for Church World Service.** You may make donations for blankets at a cost of \$5 each. Donations can be made after the Worship Services in the Narthex. Church World Service distributes the blankets wherever disaster strikes. The blankets are used not only for warmth, but also for protection from the weather and as tents for shelter. Please do not put your payment in the offering plate and, **if paying by check please make it out to "Church World Service." Receipts are available. Watch for the display on Sunday.**

### Upcoming Events:

- March 2- Mary Circle, 9:30 a.m.
- March 6 & 13- Blanket Sundays through Church World Service. Blanket are \$5 donation
- March 7- 7:00 p.m. Altar Guild
- March 8- Service Guild, 7:00 p.m.
- March 10 - WELCA Quarterly Dinner Mtg., 6:30 pm, Fellowship Hall. Guest speaker, Carol Argus



Spring Arrives  
March 20



## White Sock Campaign

In-Kind Gift for the WELCA Triennial Gathering in Spokane

At every Triennial Gathering of the Women of the ELCA, gifts are gathered to support the ministries of the host city. I will be attending the Triennial in Spokane, WA, July 11- 18.

This will be my third triennial and each time I have attended I have brought gifts from St. Michael's to share with the host community. Of the many options that were given to us, the White Sock option seemed very practical and easy to do. So I am collecting white socks for men, women and children !! These socks will be passed on to ministries that support the homeless in Spokane. I will not be loading up my luggage with socks - I will send them on to Spokane before I leave. I will be shipping all that I receive, after June 1. If I receive an abundance of socks, I will share what I am not able to ship with local ministries that serve the homeless.

Please look for a large plastic bin – marked WHITE SOCKS – in the [Fellowship Hall](#).

Thanks in advance for your support –

Karen Settembre

## MAKING SENSE OF SCRIPTURE

On Saturday morning, March 12, we will talk about some of the questions that rise to the top when considering our Book of Faith: THE BIBLE

BIBLE STUDY at St. Michael's

one Saturday morning in March.

MARCH 12, 9 a.m. to Noon

Come and listen

Come and share your questions about the Bible

and listen for the answers.

Is there a way to understand more of what I read and hear in the Bible?

Is there a good reason why I should spend more time studying the Bible?

Will the Bible help me make decisions in my life?

Is the Bible true?

All of these questions can be answered!

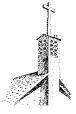
You CAN make more sense of Scripture!

Maybe you've studied the Bible for years, or maybe you haven't picked one up in decades. Maybe you know the Bible better than any other book you own, or maybe you heard the stories long ago but don't remember them very well. And—who knows?—maybe you're just wondering why people continue to make a big fuss over such an old book and want in on the action. No matter where you are, no matter how much or how little experience you have".....think about joining the conversation,

**Saturday, March 12, 9 a.m. to Noon, in the Fellowship Hall**

There are participant books in the Library. Take one and look it over in preparation for joining us on March 12.

Facilitators: Joan Rasi and Lucille Teufel



## Word From Our Seminarian

Greetings from Red Hill, Pennsylvania!!

It is I your long lost Seminarian. I am so sorry that it has been so long since I last wrote to you and updated you on what Katie and I are up to - time has certainly gotten away from me. I apologize for this and I promise to be better about my updates in the future.

Since I can't remember the last time I wrote to you I will give you an overview of my last 6 months of internship here in Red Hill. On the last Sunday in August of 2010 I started my internship at St. Paul's Lutheran Church in Red Hill, Pennsylvania. Since then I have been incredibly busy and also learning a ton. My supervisor, Pastor Bill Vanderslice, has been a wonderful mentor and teacher as well as a friend and I have enjoyed working with him very much. St. Paul's is a great congregation with a lot of different opportunities for growth. Pastor Vanderslice and I share the preaching responsibilities equally and switch off every other Sunday which is providing me with many opportunities to grow in my preaching and experiment with different styles as well. I am also involved in the planning of worship as well as the planning of monthly confirmation classes. Confirmation has been a growing experience for me since I had no experience with it until coming here. We have been exploring different elements to include in the confirmation classes in order to make

them both interesting and fun. I also teach a men's fellowship Bible study once a month.

One of the other extra learning experiences offered to me by St. Paul's is the opportunity to work with their Child Care Center. During the week I work with their school age after school program which is made up of about 60 first through sixth graders who come to the church after school from 3:30pm to 5:30pm. Once a week I teach them a Bible lesson and the rest of the week I work as a staff person, help with homework, play games, among many other things. I also work with the Day Care Center which has four classrooms with ages ranging from 2 to 6 years old that I also teach a Bible lesson to once a week. Having the Child Care center here has been a real blessing to my internship experience because previous to this I didn't have much experience working with children, and after being at St. Paul's I won't be able to say that any more.

There is a lot more that I could say but I will save some of that for my future updates.

I wanted to also share what Katie has been up to while I have been on internship. Katie has been enrolled full-time at Villanova University since August. You may remember that previously she was a part-time student there in the Graduate History department, but for this year she is taking two-classes, which for that department is

considered full-time. She has loved her classes and the work that she is doing there and is learning a lot. She has also been substitute teaching like she was in Philly, and she also helps out at the Child Care Center from time to time as a paid volunteer.

We have really been enjoying ourselves here in Red Hill. It is definitely a shift from Philadelphia since it is considerably less urban, but we have enjoyed the change in scenery for this year and the house that we get to live in, a welcome break from our small apartment in Philly.

I hope that all is well at St. Michael's. As always Katie and I miss you all very much and look forward to the next time we are able to visit.

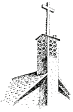
Blessings and Peace to you all.

Your Seminarian,

*Chris McKinstry*

P.S. I have launched a blog over the past few months where I share a variety of different things related to internship and also some things that are not related. You can find it at [ChristopherMcKinstry.com](http://ChristopherMcKinstry.com). I have posted some sermons there and intend to post more in the future.

Christopher McKinstry  
[christopher.mckinstry@gmail.com](mailto:christopher.mckinstry@gmail.com)  
[christophermckinstry.com](http://christophermckinstry.com)



### 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)

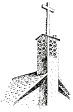
### Congregational Officers

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

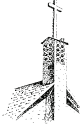
Christopher & Katie McKinstry: 7301 Germantown Ave., Philadelphia, PA 19119,

## Seminarian

PH: 315-720-4202, E-Mail: christoher.mckinstry@gmail.com



<b>Memorials</b>		<b>New Address</b>
Given For:	Given by:	Mrs. Phyllis Prigge Artman Lutheran Home R-230 250 N. Bethlehem Pike Ambler, PA 19002
<i>Eileen Hamann</i> <i>November 7, 2010</i>	Ernest & Patricia Sulouff	
<i>Inge Kopp</i> <i>November 15, 2010</i>	Joanne Blake Beverly Roser Christine Jones Richard Hamann Evelyn Snyder Leon & Carol Miller Bill & Dorothy Hares	
<i>Harold Reiss</i>	Ernest & Patricia Sulouff	
<i>Charles E. Fehlau</i> <i>December 5, 2010</i>	Shirley Bentz Jack & Dot Heesemann Samuel & Vivian Garber Luella C. Smith Donald & Barbara Low Eugene & Pauline Lemmerman	<b>Congratulations - Birthdays</b>
<b>Congratulations - Births</b>		Congratulations to Ida Tuite who turns 95 on March 15 and to Nell Hartmann who turned 90 on Feb. 27. We will have cake to celebrate these milestones following morning worship on March 6 and March 20. May God bless you and keep you.
<p>Congratulations and may God bless each child born recently as they grow in grace:</p> <p>On the birth of Emilianus Marcel Shevchenko born to Tammy Kontak-Shevehenko &amp; Aleksey Shevchenko on January 30, 2011. Proud grandparents are Bob &amp; Ginny Kontak.</p> <p>On the birth of twins, Jaiden and Jordan born to Jon and Micki Tice on December 21, 2010. Proud grandmother is Kathy Tice and great grandmother, is Betty Rising.</p> <p>Congratulations to George &amp; Lucille Teufel on the birth of their grand daughter, Isabella Anderson, born to Clara (Teufel) and Shawn Anderson on January 18, 2011.</p>		<b>Thank You</b>
		<p>I want to thank you, my family in Christ, for all the prayers, cards and calls as I recuperate from the heart attack on Feb. 1. All seems to be going well and I am a bit stronger each week. I ask for your continued concerns and most important your prayers on my behalf.</p> <p>In Jesus name, <i>Pastor Ken</i></p> <p>My family and I thank all those who donated to St. Michael's Lutheran Church in memory of Chuck. We thank all for their kind thoughts and prayers.</p> <p><i>Lois Fehlau</i></p>



**St. Michael's Lutheran Church**

5108 W. Genesee St., Camillus, NY 13031

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

E-mail: [stmilc@twcnny.rr.com](mailto:stmilc@twcnny.rr.com)



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**LENTEN  
SERVICE  
SCHEDULE**

**Wednesday Worship Services  
March 16– April 13**

**Soup Suppers in the Fellowship Hall  
6:00 p.m.**

**Worship Service  
7:00 p.m.**

**“Christ in the Strangest Places:  
Foreshadowed, Fulfilled, Forever”**



**Ash Wednesday Services**

**March 9**

**2:00 p.m.– Chapel**

**7:00 p.m.– Nave**