FOR THE LOVE OF MIKE

Volume 60 No.3 *MARCH 2010*

The Episcopal Church of Saint Michael & All Angels

Pacific View Drive at Marguerite ✠ Corona del Mar ✠ California 92625 ✠ 949.644.0463 ✠ www.stmikescdm.org

2010 LENTEN DISCUSSIONS

"ETHICAL ISSUES OF OUR TIME"

Every Wednesday night during Lent in Michael's Room
A simple soup supper begins at 6pm
Class and discussion begin at 7pm

February 24: The Honorable James Gray -- How do we understand "Church and State"?

Jim currently presides over the civil trial calendar for the Superior Court of Orange County, and is an author of many articles on topics ranging from the war on drugs to the separation of church and state. His will be an extremely helpful perspective on how we, as people of faith, understand the role of our faith and practice in our politics.
Soup Supper @ 6pm in Michael's Room will be graciously hosted by **Readers & Seekers**

March 3: The Reverend Karl Stuckenberg -- What's a United Methodist to do?

Karl is the United Methodist Head Pastor at the Newport Center United Methodist Church (next door to us on Marguerite Avenue); he will offer us a look at John Wesley's theology and how that applies to our contemporary context. This perspective will be very useful in helping us see the ways in which we can work with other Christians on the more difficult ethical struggles of our time.
Soup Supper @ 6pm in Michael's Room will be graciously hosted by **Senior Ministry and WomanSpirit**

March 10: The Reverend Canon Diane Bruce -- What does 21st Century Evangelism look like?

Diane is one of the two Bishops-Suffragan elect for the Diocese of Los Angeles and Rector of Saint Clements-by-the-Sea in San Clemente. One of her passions and many gifts is evangelism, which is certainly a concern for our contemporary Episcopal Church!
The topic of the evening will be "How do we evangelize well and morally?"
Soup Supper @ 6pm in Michael's Room will be graciously hosted by **Christian Education**

March 17: Laila al-Mariati , M.D. -- How can we ethically respond to extremism?

Laila is a physician, humanitarian, and co-founder of KinderUSA (Kids In Need of Development, Education & Relief) which offers resources to children and their families living in Gaza, regardless of ethnicity or religious belief.
She will share with us her many thoughts on religious zealots and an ethical response to extremism.
Soup Supper @ 6pm in Michael's Room will be graciously hosted by **Daughters of the King**

March 24: The Right Reverend Chet Talton -- How do we navigate life's changes?

Chet is the soon-to-be-retired Bishop Suffragan of the Diocese of Los Angeles. Before he goes, though, he will be leading us in concluding our class and discussing how we, as followers of Christ, can make sense of the moral and ethical situations that come into our lives all the time.
Soup Supper @ 6pm in Michael's Room will be graciously hosted by the **Vestry**

Evening Prayer will be held in the Sanctuary each Wednesday in Lent at 5:30pm

This year's Easter worship schedule is on page 5 of this issue. Holy Week begins March 28th with Palm Sunday. Easter is April 4th.

PARISH NEWS AND NOTES

A CONTRIBUTION WAS MADE TO THE RECTOR'S DISCRETIONARY FUND by **Esther & Pat McNamee, by John Reed, by Don & Terry Nelson, and by Betty Lee and her family** in thanksgiving for **John.** These funds extend our Parish's mission of outreach, providing for such needs as can be helped by financial assistance.

* * *

A heartfelt THANK YOU to **Dr. Anna-Lisa Stonehill** for the red oak unity side chairs along our west (glass) wall. They are given in thanksgiving for her mother, **Camille Maria.**

* * *

THE PARISH DIRECTORY will be updated in April, and we will add new pictures. **Doug Little** will be taking pictures for inclusion in the directory after services on selected Sundays in February and March; the dates of those Sundays will be announced in the Sunday Bulletins.

We invite those of you without pictures in the directory to be photographed, and also those who would like to replace your present pictures. Alternatively, if any of you a have digital pictures of your own which you would like to use, please email them to *newquay@roadrunner.com* (**Peter Coppen.)**

* * *

BASKETBALL: Available to all in All Angels' Court on Mondays,7-9pm. All are welcome! ...pick-up games ...bring friends! Basketball court footwear only, please. Spread the word!

* * *

DO WE HAVE YOUR MOST RECENT EMAIL ADDRESS? Please contact Susan Beechner at sbeechner@stmikescdm.org with changes or additions

ON SUNDAY, MARCH 14TH, join together for Brunch after the 10am service to celebrate our families and friends and hear **Janet Spiech** speak about her book "A Little Book to Ease Meal-Time Madness."

Janet writes about one family's struggles in juggling family with the daily routine of home management, in particular, handling the chaos during the dinner hour.

"A Little Book…" provides family-centered strategies to help bring order to daily routines combined with opportunities to create strong family bonds.

Tickets will be on sale after 8 and 10am worship services beginning February 21st. $20/Families and $10/individuals. Make your check payable to Saint Michael & All Angels, with a memo note to "Fellowship." The first twenty family tickets sold will receive a signed copy of "A Little Book…"

All Parish Retreat
Friday, July 23 - Sunday, July 25, 2010

Hosted by the Brothers of the Order of the Holy Cross at Saint Mary's Retreat Center in Santa Barbara

Please see Martha for more information or to sign up

PLEASE CHECK the lost and found box next to the card shop in Michael's Room.

Anniversaries in March

Birthdays

1st - Ann Clawson
5th - Bill Brady
Wilfred Jensen
9th - Martha Korienek+
Patricia Zorn
11th - Madonna Freyling
12th - Karl Palmaer
24th - Bob Brookes, Jr
Chris Hane
Cynthia Ryan
28th - Norm Bianchi

Baptisms

11th - Ann Clawson
13th - Ruth Poole
24th - Ann Morris
28th - Julie Jenkins

Weddings

20th - Doug Little & Linda Moorman
21st - Jeff & DJ Hulet
31st - Bob & Peggy Montgomery

* * *

LOAVES AND FISHES: During the month of March we will collect white socks. Monetary donations are always welcome, too, and checks should be made payable to Saint Michael & All Angels, with Loaves and Fishes on the memo line. (Tax ID #95-2123746)

FOR THE LOVE OF MIKE
is a monthly publication of
Saint Michael & All Angels
Episcopal Church,
Corona del Mar, CA.
Copy deadline is the second
Wednesday of the month.
We welcome letters and articles.
Online at www.loveofmike.net
Editor: Susan Beechner

VESTRY MEMBERS 2010

Senior Warden..... Norris Battin
[nbattin@usa.net] 949.673.4299
Junior Warden..... Tammy Smecker-Hane
[tsmecker@uci.edu] 949.509.7195
Building and Grounds......Craig Kennedy
[ckennedy@mtbklaw.com] 949.675.6711
Christian Education..... Anne Conover
[anabananacaddie@aol.com] 949.721.1050
Clerk of the Vestry.....Julie Kirsch
[juliemkirscdh@yahoo.com] 949.759.9429

Communications.....Doug Little
[dmlittle@cox.net] 949.910.4534
Evangelism.....Murry McClaren
[murrymcclaren@ca.rr.com] 714.979.6978
Fellowship..... Mary Ellen Sindt
[belle107@roadrunner.com] 949.640.2395

Finance.....Melinda Rader
[melinda.rader@sbcglobal.net] 949.230.3644
Mission..... .....Larry Spang
[lespangdds@aol.com] 949.481.0141
Stewardship.....Darryl Stevens
[darryl.stevens@cox.net] 949.552.4525
Worship.....The Rev'd Peter D. Haynes
[phaynes@stmikescdm.org] 949.644.0463

...From the Desk of the Rector

BELOVEDS IN CHRIST,

Lent 2010 began on Ash Wednesday, February 17, and will end at sunset on Holy Saturday, April 3.

Lent comes at us from two perspectives: Our historical rooting and the overwhelming circumstances of our times. The second of these always seems to me the most immediate: reeling from tragedies like the January 12 earthquake in Haiti to possibilities of more bloody wars to famines to epidemics of major proportions to the abounding deeply personal disasters that mark our way. We are driven to our knees – sometimes in desperation and confusion, sometimes in simple frustration at our inabilities and mortality's limitations. It doesn't take an obfuscatory theologian to demonstrate our need for repentance and the tremendous value of a time of reflection and renewal. After all, as Frederick Buechner writes in "Wishful Thinking : A Theological ABC":

> "To repent is to come to your senses. It is not so much something you do as something that happens. True repentance spends less time looking at the past and saying, 'I'm sorry,' than to the future and saying 'Wow!' "

The other dimension, roots in history, while less obvious to us, is equally important. Much of the practice in Lent is based in our history. To dismiss it as irrelevant saying that our mother's-and-father's circumstances were measurably different than our own impoverishes us. Tragedy, foolishness, and blood forge strong bonds of commonality across centuries and continents and cultures.

Lent began as a period of preparation for baptism into the family of God. It was a time of teaching, fasting, and prayer prior to the great paschal celebration when baptisms took place. (**And I appeal for candidates for Holy Baptism at The Great Vigil of Easter!**) Our baptism into Jesus set the course: never again will we be able to live in this life without both anguish and forgiveness. And we come home to our baptism in Lent.

Lent was made forty days to parallel Jesus' days in the wilderness of temptation and Noah's days in the ark and Israel's years in the desert of Sinai. It was, and is, to be a time of very purposeful *disciplina*, a Latin word meaning teaching-and-learning, from which we get both discipline and disciple in English.

Side-by-side with the anguish we know from discovering the times and circumstances of our lives is that call from our history to stand under the discipline of God's word today. Even as our Lord spoke a clear word of forgiveness and healing to his people in ancient times, so God speaks today in the life of his people. To those who repent of their sins and call on God's name, God is gracefully merciful beyond measure. Bishop Barbara Harris has said, "The power behind you is greater than the task ahead of you."

We need both dimensions to make a good Lent: the internal and immediate along with the external and objective. Their separation always makes a mockery – either grief with no healing or exercises with no heart. Our calling is to hold them together, to carry in our common life the anguish and the wholeness, both gifts of God, for which our world cries.

Elsewhere in this newsletter (page 7) you will find resources to help us hold and carry both.

Yours, in Christ -

SAINT MICHAEL & ALL ANGELS EPISCOPAL CHURCH

A CHRISTIAN COMMUNITY OF THE ANGLICAN COMMUNION

Our mission is to seek and share Jesus Christ as spiritual food for life's journey.

3233 Pacific View Drive
Corona del Mar, CA 92625
949.644.0463
949.644.9247 FAX
www.stmikescdm.org

The Very Rev'd Canon Peter D. Haynes, Rector
[phaynes@stmikescdm.org]
The Rev'd Martha Korienek, Assistant to the Rector
[mkorienek@stmikescdm.org]
David Clemensen, Interim Minister of Music
[clemensen@mac.com]
Teri Corbet, Minister of Christian Education
[tscorbet@stmikescdm.org]
The Rev'd Ronald C. Bauer, Assisting Priest
The Rev'd Canon Ray Flemming, Assisting Priest
Susan Beechner, Parish Secretary
[sbeechner@stmikescdm.org]
Donnie Lewis, Bookkeeper
[dlewis@stmikescdm.org]

WORSHIP SCHEDULE

Sunday
Holy Eucharist 8 a.m.
Choral Eucharist 10 a.m.
Adult Education 9 a.m.
Sunday School 10 a.m.
Nursery Care provided from 9:30 on

Tuesday
Matins 7 a.m.
Peace Mass 7:30 a.m.

Thursday
Eucharist with Healing - Noon

ABOUT SAINT MICHAEL & ALL ANGELS CORONA DEL MAR

We are a Christian Community of the Anglican Communion who come to hear God's word and receive and share the Lord Jesus Christ.
Our purpose is to have Christ live in us in order that in Christ we may live faithful and productive Christian lives.
Our commitment to the Gospel is evangelical; our liturgical tradition, catholic; our theology orthodox but open to thought, reflection, and spiritual endeavor.
We care about the world and strive to serve Christ in it.

PRAYERS & PASSAGES FOR THIS LIFE

Look with compassion, O Lord, upon your people; that rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Jesus Christ our Lord. *Amen*
"Prayers for Pastor & People"

CHRISTIAN EDUCATION | Teri Corbet

March finds the children learning about Women of the Old Testament and Disciples. We will also be getting ready for Easter! We will also be preparing for our annual Family Good Friday Worship service on April 2 at 4pm. Please mark your calendars: this is a wonderful service for the entire family! Please plan to be here. We will also be sponsoring a Maundy Thursday Silent Supper at 6:30pm on Thursday, April 1st in Michael's Room. While it will NOT be an Agape dinner as we have had in the past, it will be a lovely supper in silence with wonderful readings. Please plan on joining us.

Please see me after 10am worship on Sundays, or email me at *tscorbet@stmikescdm.org*. I am always happy to hear from you!

HOLY LAND PILGRIMAGE

We have secured the date of the first 2 weeks in July 2011, and have **Iyad Qumri as** our guide. Iyad was with us for some of the time on our previous pilgrimage and can lead us the whole time on this one.

We hope to begin the journey in Jordan, visiting The Rose Red City of Petra and Mount Nebo where Moses viewed the Promised Land , and then cross over into Israel-Palestine, visiting all the amazing holy sites, worshiping, learning, and praying. The itinerary will include visits to Bethlehem, Jericho, Galilee and Capernaum; we will walk the Stations of the Cross ending with a visit to the Church of the Holy Sepulcher.

Please consider if you are interested in this opportunity for spiritual growth. Let Peter or **Lynn Headley** know you have some interest and we will see you receive more details as they are developed.

OREMUS

HEALING

Ellis
Peggy
Lisa
La Juan
Sally
Karen
Nancy
Bill
Sylvia
John
Jan
Bob
Mary Betty
Ron
Laura
Susan
Marion

GUIDANCE

Nancy
Betty
Sam
Robin
Michelle, Mitch, Kyle
Mary
Harvey & Doris & family
Ashley

REPOSE

Russell Guthrie

THANKSGIVING

-for all those celebrating anniversaries and birthdays in Lent

Call **Esther McNamee** for prayer requests at 949.640.1749

HOLY WOMEN HOLY MEN | **Norm Ewers**

CYRIL (ca. 313-386)

Bishop of Jerusalem

Cyril of Jerusalem, a distinguished theologian of the early Church, is a venerated saint by the Roman Catholic Church, the Eastern Orthodox Church, and the Anglican Communion. Cyril was ordained deacon about 335; and priest about eight years later. About 349, he succeeded Saint Maximus in the See of Jerusalem.

Cyril is the one we have to thank for the development of catachetical instruction and liturgical observance during Lent and Holy Week. His famous twenty-three Catachetical Lectures were probably written between 348 and 350 when he was still a Presbyter. They contain instructions on the principal topics of Christian faith and practice and are full of a warm pastoral love and care for the catechumens to which they were delivered. The last five of his lectures dealt with Baptism, Confirmation, and the Eucharist, in which he maintained the bread and wine were not mere elements but the body and blood of Christ.

It is likely that it was Cyril who instituted the observance of Palm Sunday and Holy Week during the latter years of his episcopate. Pilgrims, impressed by Cyril's Easter practices, returned to their homes to influence the development of Holy Week observances throughout the entire Church. Cyril's thought greatly enriched the observance of Holy Week in the 1979 Book of Common Prayer.

Cyril's episcopacy was not without its troubles, however. He was caught up in the conflict between those (like him) who supported the Nicene Creed and those (like his superior, the Metropolitan Acacius of Caesarea) who supported Arianism, (which held that Jesus Christ was a "created being" less than God). Between 358 and 367 Cyril was deposed into exile three times for his Nicene practices. In 381 the First Council of Constantinople, however, expressly confirmed Cyril's jurisdiction over Jerusalem. And, the Emperor Gratian returned Cyril to his Jerusalem Episcopate for the last time where he remained until his death in Jerusalem, March 18, 386.

The life of Saint Cyril will be celebrated at the regular 12 Noon Holy Eucharist with Healing, Thursday, March 18, 2010. ✝

PARISH FINANCIAL UPDATE

	January 31	Year-To-Date
Income	$63,975.70	$63,975.70
Expense	$52,157.25	$52,157.25
To(+) From(-) Reserve	+$11,818.45	+$11.818.45

EASTER FLOWER REQUEST FORM (Please Print)

Name:_____

Phone Number:_____

In Memory of:_____

In Thanksgiving for:_____

Please make your check payable to Saint Michael & All Angels and write "Easter Flowers" on the memo line. You may place it in the collection plate or mail it to Saint Michael & All Angels Church, 3233 Pacific View Drive, Corona del Mar, CA 92625.
Deadline for Bulletin inclusion is Monday, March 29th.

HOLY WEEK 2010 WORSHIP SCHEDULE

Palm Sunday , March 28th
Holy Eucharist at 8am and 10am with Blessing of Palms and Procession • Evening Prayer at 5:30pm

Monday in Holy Week, March 29th
Evening Prayer at 5:30pm

Tuesday in Holy Week, March 30th
Matins at 7am • Peace Mass at 7:30am • Evening Prayer at 5:30pm • Tenebrae at 7:30pm

Wednesday in Holy Week, March 31st
Evening Prayer at 5:30pm

Maundy Thursday, April 1st
Holy Eucharist with Healing at Noon • Evening Prayer at 5:30pm • Supper at 6:30pm in Michael's Room • The Washing of Feet & Eucharist at 7:30pm in the Sanctuary • The Stripping of the Altar* • The All Night Watch at the Altar of Repose 9pm to 9am

Good Friday, April 2nd
Morning Prayer at 9am • Community Worship here at Saint Michael & All Angels at noon • Family worship and Stations of the Cross at 4pm • Evening Prayer at 5:30pm • Stations of the Cross on the patio at 7pm • Good Friday Liturgy with Music at 7:30pm*

Holy Saturday, April 3rd
Evening Prayer at 5:30 pm • The Great Vigil of Easter at 7:30pm with the Lighting of the Paschal Candle, and Eucharist* • Festive Dessert Reception follows

Easter Sunday, April 4th
Festival Choral Eucharist** with Choir, Brass and Organ at 8am and 10am • (Special Festivities after both 8am and 10am worship) • Easter Egg Festival on the campus at 11:15am -- children 3 to 10 years

*childcare provided for this evening's worship
**nursery care provided from 8:00 a.m. through Easter worship

WEB SITE OF THE MONTH

St. Mike's has a

Facebook Page

http://bit.ly/b01vx7

Join us

Bookmark us

Read us every day

...From the Desk of the Assistant

Now that we are in the season of Lent, the conversation might arise about what we are "giving up" for Lent. People often give up chocolate, alcohol, or meat on Fridays. Some people give up something new each year; this year many people are giving up Facebook (a popular online networking site). Still others will "take something on" and promise to do things like read Scripture or meditate each day; it is common for people to vow to make it to the gym every day during Lent. Last year I decided to eat more fruits and vegetables.

The theology behind giving things up for Lent is to be able to relate to Jesus while he was in the wilderness for 40 days (Lent is also 40 days), and to give up that which tempts us as Jesus also resisted temptation (Mark 1:12-13, Matthew 4:1-11, and Luke 4:1-13). The idea of "taking something on" is a modern expression of this same practice. Except that instead of resisting temptation, we are shifting our schedules (and in a sense, giving up whatever it is that makes us too busy that we aren't doing our Lenten practice all year) so that we can spend time growing into the people God calls us to be; which, in essence, is what Jesus was doing in the wilderness.

But what if Lent meant even more to us than that?

These Lenten practices that we have are wonderful, and I respect the people who choose to do them. And more importantly, the heart of God swells with joy whenever one of the beloved children chooses to spend time and energy growing closer to God.

Yet, once we celebrate Easter, and Lent is officially over, the gym attendance wanes, the chocolate sales go up, and we suddenly find ourselves too busy again for things like meditating and reading Scripture daily.

What is missing from this picture? In a word, "metanoia."

Metanoia is the word in Greek which is often translated into English as "repentance." When John the Baptist tells us to repent for the Kingdom of God is near, the actual word he uses is "metanoia."

When we think of repentance, we often think of telling God that we are sorry for one thing or another, or we think of the general confession that we say in community every Sunday morning. And while it is true that repenting of our sins means apologizing for the ways in which we have ignored or even acted against the will of God, metanoia is even more than that.

Metanoia includes repenting of our sins, but also includes a sense of change; metanoia is a deep, spiritual transformation which comes from being aware that we have grieved the heart of God and therefore a new covenant is made between us and God in which we will not repeat whatever it was that we had done. Metanoia leads to us being changed people.

For example, let's look at the tax collector Zacchaeus (Luke 19:1-10). While Jesus was walking through the city of Jericho, a crowd formed such that Zacchaeus, who was short in stature, could not see Jesus walking, so he climbed a sycamore tree to see. Jesus looked up and saw him, which Zacchaeus was not expecting, and then Jesus told him to come down and that Jesus would have dinner with him that night. Surely, Zacchaeus was touched because he responded by coming down, and also by offering to right any wrong that he had done as a tax collector; he promised to give half of what he had to the poor, and if he defrauded anyone, to pay them back four times as much.

Not all of our metanoia stories will be like Zacchaeus', nor should they be. We are all uniquely and wonderfully made, so our metanoia stories should be unique, too.

Take my example of eating more fruits and vegetables last year. It could have been a Lenten discipline that ceased once the Easter bunny visited, bringing those chocolates I love so much. Or, as a wise friend of mine pointed out, by taking better care of myself and being healthy with regards to my body, I was living into the idea that our bodies are a temple of the Holy Spirit (1 Corinthians 6:19), and this was a change that was not just physical, but spiritual, and a way to grow closer to God.

Suddenly apples and broccoli became metanoia.

So what are you giving up or taking on this Lent? It doesn't have to be time consuming or a massive project. Sometimes something as simple and as small as eating a grape can lead to a grace-filled moment of epiphany. Has the practice that you've chosen been helpful in drawing you closer to God? Has it enabled you to reconcile with God about something that has been bothering you? Have you felt a change in yourself that fills you with joy? In whichever practice you have taken on, and for whatever reason you chose it, where might your metanoia be?

Lenten blessings to you,

Martha

(MORE)PARISH NEWS AND NOTES

Dear friends,

I'd like to express my deepest thanks to all for a wonderful celebration on my final Sunday of ministry with you. The Kleenex box was—quite literally—a treasure, the dessert reception fantastic, and your warm smiles and hugs the most wonderful of all. My nearly 10 years here have been truly rewarding, and I will never forget you. Thank you so much.

Stay in touch! You can send email to timgetz@netzero.com; you can "friend" me on Facebook; you can visit me at Grace Lutheran Church in Palo Alto (www.gracepa.org), or you can even send cards and letters! 122 Kingsley Ave, Palo Alto, CA 94301.

In peace, joy, and love,
Tim

Sundays-at-Nine

March

Each week during Lent we will use the Sundays-at-Nine time to discuss the previous Wednesday evening Lenten Class topic. Please join us even if you were unable to attend the class.

7: Since Karl Stuckenberg will have spoken on March 3rd,, this week we will be discussing that which makes Anglican/Episcopal ethical decision making unique.

14: Since Diane Bruce will have spoken on March 10th, this week we will be discussing Evangelism.

21: Since Laila al-Mariati will have spoken on March 17th, this week we will be discussing what an ethical response to extremism would be.

28: Since Chet Talton will have spoken on March 24th, this week we will be discussing moral decision making during times of transition.

Every Sunday in the Davis Library

Between the 8am and 10am
worship services
All are welcome!

RESOURCES FOR LENT : TO HOLD AND CARRY THE ANGUISH AND THE WHOLENESS

The paradox of our time in history is that we have taller buildings but shorter tempers; wider freeways, but narrower viewpoints. We spend more, but have less. We buy more, but enjoy less. We have bigger houses and smaller families; more conveniences, but less time. we have more degrees, but less sense; more knowledge, but less judgment; more experts, yet more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life.

We've added years to life, not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space, but not inner space. We've done larger things, but not better things. We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. these are the days of two incomes but more divorce, fancier houses, but broken homes. these are days of quick trips, disposable diapers, throw away morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember, spend some time with your loved ones, because they are not going to be around forever. Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side. Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent. Remember to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you. Remember to hold hands and cherish the moment for someday that person will not be there again. Give time to love, give time to speak, and give time to share the precious thoughts in your mind. (*This material is often attributed to comedian George Carlin, but his authorship has recently been disputed.*)✠

WHAT TO GIVE UP FOR LENT

Give up watching TV one evening
Visit some lonely or sick person instead.

Give up looking at other people's worst points.
Concentrate on their strong points and positive attributes.

Give up your worries.
Trust god with your problems and frustrations.

Give up hatred or dislike of anyone.
Learn to love instead.

Give up the fear which prevents Christian witness.
Seek courage to show your faith to others by how you live.

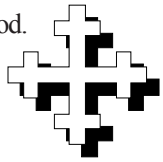
Give up spending so much time reading newspapers and magazines.
Use some of that time reading scripture and spiritual resources.

Give up grumbling.
Learn to give thanks in everything.

Give up ten to fifteen minutes each day.
Use that time in prayer...as you learn to live praying always.

Give up buying anything but essentials for yourself.
Give that money to God's work or to someone in need.

Give up judging by appearance and by worldly standards.
Give up your self to God.



MISSION
Tammy Smecker-Hane

UNICEF TAP PROJECT GALA DINNER

Each year 1.5 million children around the world die needlessly due to waterborne illnesses solely because they lack clean water and adequate sanitation. That's 4,200 children dying every day! UNICEF believes that number should be zero. For only $1, UNICEF can provide a child with clean drinking water for 40 days. UNICEF has been instrumental in providing Haitians affected by the recent earthquake with potable water, and they specialize in building safe water supply systems and sanitation projects throughout the developing world.

You can help in two important ways. First, restaurants that participate in **UNICEF's Tap Project during World Water Week, March 21-27**, will be asking patrons to donate $1 (or more!) for the water they normally drink for free. Last year, the local restaurants that participated were Agora Churrascaria (Irvine), Bluewater Grill (Tustin), Gypsy Den (Costa Mesa), JT Schmid's Restaurant & Brewery (Tustin), Maggiano's Little Italy (Costa Mesa), Pasta Pomodoro (NB, LB, HB, Irvine and Aliso Viejo) and Royal Khyber (Santa Ana). To see the complete list as it evolves, go to *www.tapproject.org/restaurants*. We encourage you to eat at these restaurants that week, thank the staff for their support, and donate to UNICEF to give children clean water, a basic human essential and the essence of life itself.

Second, come to the **UNICEF Tap Project Gala Dinner** hosted by the Mission Commission at Saint Michael & All Angels Church on Saturday, **April 17th**, from 7-10pm. We'll be having a "Fais Do-Do", which is Canjun speak for an exceptionally fabulous party! All proceeds will genefit UNICEF's Tap Project. Chef **Phil Stafford** & friends will be serving fabulous Creole/Cajun cuisine, and **Justin Palmer** and friends will be transforming the campus into a New Orlean's neighborhood for one magical night. Bring your friends, your appetites, and your dancing shoes! The suggested donation is $50 per person, and tickets will be available after church services starting March 21st, or you may reserve tickets by calling the parish office at 949.644.0463.

Contact **Tammy Smecker-Hane** (t*smecker@cox.net*, 949.509.7195) if you have any questions or to volunteer. An event like this can't happen without help from many volunteers. We encourage you to volunteer to help with the planning, decorating, cooking, serving, or cleanup. Many hands make light work and ensure a fun time for all!

✠

THE MEN'S GROUP, *READERS AND SEEKERS,* meets on Thursdays at 7:30am in the Davis Library to discuss classical and contemporary thought in theology, science and philosophy. All men are invited.

Episcopal Relief & Development
Healing a hurting world

FOR THE LOVE OF MIKE

Saint Michael & All Angels Episcopal Church
A Christian Community of the Anglican Communion
3233 Pacific View Drive
Corona del Mar, CA 92625

Return Service Requested

Inside the March Issue:

Page 1: Lenten Discussion Program

Page 3: Thoughts About Lent from the Rector

Page 8: UNICEF TAP PROJECT Dinner

Pray for and Remember our Parish Emergency Fund