

Parish Newsletter of St. Michael's Church in Bristol, RI 02809-0414

Christ has no body now on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which Christ's compassion is to look out on this earth, yours are the feet with which He is to go about doing good, and yours are the hands with which He is to bless us now.

Teresa of Avila, 1515-1582



The Rev. David J. Lucey

Warming to Life in Prayer

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles.

Acts 2:42-43

This past week Bristol began to look and feel as if we were indeed in the Easter season. The sun was out, the temperatures were warming, and the Bristol children were outside. It is interesting to see how the effects of this season change what we do and how we do it. I sensed increased warmth in the greetings on the street, more eye contact, more energy, more of what I sense is the character of the people of this town, happiness in being here and pride in this community.

I am certain this is not a new thing, but that it happens when the need to keep warm and find sun is reduced and the folks of this town can just be themselves. There are patterns of living in the warm weather that were on display this past week. People were outside, riding bikes, playing at the playground, and even hanging out at the beach. They were adjusting to the gentle rhythms of this time of year.

The season of Easter is important to the folks of the church, the people of God, us, who find themselves in the rhythms of life in the resurrection. That is why we have the readings of the Acts of the Apostles to replace our usual readings from the Old Testament. These readings are the only concentrated accounts of life among the early followers of Jesus. Now, Paul's writings do give us some inside views of those early followers, but we generally have to back into what was going on. We have to do this because Paul is teaching or correcting certain behaviors, often bad ones, rather than just rejoicing in the new life of a new people.

Rector continued on page 2...



John Reskusich

Senior Warden's Corner

In nature spring is an allegorical occurrence of Easter, I think. [I had to refresh my memory a bit by reviewing the meaning of "allegory".] We have the cyclical renewals of the natural life around us. We, you and I, emerge from the Dark Ages of winter to enjoy the outdoors by ritually cleaning, planting, mowing, and mulching, seeding, and just plain getting out of doors. Baseball season opens. It is emotionally uplifting. It's beautiful and refreshing and smells great!!!

Jesus' resurrection is a renewal that we observe annually at Easter. We have baptisms. We renew our faith. It affords us an opportunity to refresh our spirits and our souls to the wonder of His life and how we can live it. It gives a chance to start all over.

I almost think it is all backwards though. We have a short spurt of activity right now and...then we hit the end of the liturgical year when school ends and summer starts. And, of course, other secular activities take hold and become a higher priority. It should be a time of reaffirmation that builds throughout the summer to a crescendo to mark the start of our next year together at the Chicken BBQ.

We need you to stay connected through our lives together at Saint Michael's throughout the year; not just as the seasons change. In these uncertain economic times, remember that Saint Michael's is here. We need your help. We need your abilities. We need you to help us

...What's Inside???

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Acts tells us in very positive tones how life changed for Jews and Gentiles alike who joined in following the ways of Jesus. The description above tells something about how that new people lived and how they rejoiced in the new life together: they devoted themselves to the apostles' teachings, fellowship, the breaking of bread and the prayers. And that is what we gather to do in a more formalized way every week in church. We come together, we read the Bible stories, we take communion, and we pray.

It is that last component, the praying, that I wish to highlight more often in the season after Easter. There are a number of ways that are part of our Anglican heritage that we emphasize prayer. The foremost one is the form of our daily offices, *Morning and Evening Prayer*, two ways of worshipping that characterized the Episcopal Church and the Church of England until well into the twentieth century. Those two services, which can be officiated by lay persons as well as clergy, are the cornerstones of Anglican life. The variety of prayers for daily living that those services inspired in our common life are still useful in forming individual prayer lives today.

In the season after Pentecost I will be doing some teaching around both *Morning and Evening Prayer*, as well as introducing them in public worship as ways to enrich our parish life. If it worked for the early church, I am certain it is something for us too.

David Lucey

Senior Warden continued from page 1...

stay connected with each other. We are here to help those in need as well. We are here to serve you first of all.

There are some small but great things going on at Saint Michael's. David has started an Episcopal Basics class. Louisa Jones continues her Hot Topic and book study programs. Anne McCarthy and Candace Stanley are putting on a senior luncheon. Have you checked out the choir recently? Waylon consistently has 15 choir members each Sunday. These are small things that keep us alive spiritually that, I hope, you can use in your weeks between Sundays; to give you inspiration that Jesus and Saint Michael's are available whenever we need them.

John Reskusich

STEWARDSHIP UPDATE FOR 2009

Pledging units: 95

Amount pledged to date: \$112,440

"Thank you" to those who have submitted their pledge for 2009. If you need a pledge card please pick one up at the back of the church or call the church office.

"Vestry Meetings Open to Parish"

Did you know Vestry Meetings are open to the Parish? They are and you should come. See how and what we discuss and do. If you have something you would like to bring to our attention or suggest to the Vestry, you are more than welcome to attend. If you are interested in participating sometime in the future in the governance of St. Michael's, please come and join us.

The Vestry meets once a month usually on the 3rd Tuesday. Here are the scheduled meeting dates for the next three months, all meetings are at 7pm in the Tildesley Bldg.

Tuesday, May 19

Tuesday, June 16

Tuesday, July 21

Additionally, the Finance Committee usually meets the Monday evening before the Vestry at 6:30pm in the Ivy Room. You are welcome to join us then as well.

John Reskusich, Senior Warden



Episcopal Basics: Beginning **Sunday, April 19** and running through **Sunday, May 24** the Rector will host a series of one hour sessions from **11:30 A.M. until 12:30 P.M.** on Episcopal Basics, a series based on the Catechism in *The Book of Common Prayer* (yes we have a catechism) beginning on page 844. Bring a lunch and bring your questions for a chance to learn more about our faith and more about the rector.



This September St. Michael's is starting a Royal School of Church Music (RSCM) program! Young people grades 3 through 10 will get a comprehensive musical education, preparing them for high-level music making for the rest of their lives.

The program is born out of the centuries-old tradition of cathedral choir schools in England, one of the best music training programs in the world. We are excited to be able to offer this extraordinary opportunity to the families in our parish.

As a chorister, your child will:

- Learn to read music
- Receive free voice lessons
- Study music theory
- Build confidence and maturity
- Explore a rich heritage of sacred choral repertoire
- Develop lasting friendships
- Vest and sing with the Parish Choir

The program is ideal for students already studying music in school or privately. It is also a great way for young people who have little or no musical training to get started.

An informational session will be held on Sunday, May 17th immediately following the 10 a.m. service. All are invited to attend!

If you have any questions, please call our organist and choirmaster, Waylon Whitley, at the church office (253-7717) or email him at waylon.whitley@gmail.com.

If you would like to be baptized or have a child to be baptized please contact the church office. Our next service of Holy Baptism will be held at 10:00 am on Sunday, May 31st.



Upcoming June Event Seeking Donations!!

On Saturday, June 6, 2009, St. Michael's will be hosting an Ice Cream Social/Book Sale in the parish courtyard. As you are doing your spring cleaning and sorting through your books over the coming weeks, please keep St. Michael's in mind. We are seeking donations of used, "clean and in good condition" child and adult books for re-sale. Please drop them off at the church office or call one of the following for pickup arrangements. For information on volunteering opportunities at this event, please contact: Elaine Cohen: 401-644-9414, Joanna Ziegler: 401-396-9738, or Jackie Barrows: 401-253-0462.



Summer Camp

ECC Summer Camp Schedule

Brochures for camp are available at the back of the church or by logging on to www.episcopalri.org.

Music and Creative Arts Camp: June 28th to July 4th Fee: \$345 for young people entering grades 8-12 or age 13-17

Teen Camp: July 5th to 10th Fee: \$335, or \$345 with a two night camp-out for young people entering grades 7-9 or age 12-14

Older Boys Camp: July 12th to 17th Fee: \$340 for boys entering grades 5-6 or ages 10-11

Older Girls Camp: July 19th to 24th Fee: \$340 (fee includes allowance for camp store) for girls entering grades 5-6 or ages 10-11

Musical Theater Week: July 26th to August 1st Fee: \$345 for young people entering grades 8 - 12 or ages 13-17

Younger Children's Camp: August 3rd to 7th Fee: \$340 for boys and girls entering grades 2-4 , or ages 7-9

Summer's End Camp: August 9th to 14th Fee: \$335 for young people entering Grades 7-12, or ages 12-17



Bristol Good Neighbors Needs Your Help

Saturday May 9th is the Annual Postal Workers Food Drive and Bristol Good Neighbors is in need of able-bodied persons to help bring

food down to the basement of the Parish House after it is dropped off by the postal workers. Trucks will be delivering the food all day until about 4:00pm. Volunteers are needed from noon to 3:00pm and from 3:00pm to 6:00pm. Snacks and lunch are provided. This is an opportunity to volunteer for families with children, people looking to complete community service, and the general public. Please come and give us as much time as you can. Contact us at 254-0726 or 254-4229 to sign up.

Safe Church Training Schedule

The Diocese strongly encourages Safe Church Training for all paid church staff members and lay ministers in position of church leadership, whether paid or volunteer and is required of all clergy, licensed Lay Eucharistic Visitors and those who regularly volunteer in programs for children and youth such as church school teachers and others involved in Christian formation; anyone who visits people in their homes on behalf of the church, e.g. church visitors, vestry members and anyone who works with children and youth. If you fall into any of these categories and have not participated in this training, please make plans to attend one of the training sessions below and notify the church office so we can register you.

Tuesday, May 12 and 19th, 6-9:30pm at Trinity Church in North Scituate (must attend both Tuesdays).

Saturday, May 16th, 9am-4pm at St. Columba's in Middletown.

Wednesdays, August 12 and 19th, 6-9:30pm at the Diocesan Resource Center (must attend both Wednesdays).



Diocesan Scholarships

The 2009-2010 Diocesan Scholarship Fund applications are now available. Awards are granted to individual applicants who will be enrolling or have already enrolled in a four-year undergraduate institution for the 2009-2010 academic year. These awards usually range from \$400.00 to \$500.00, and are for one year only. Past recipients of scholarships may re-apply each year.

REMEMBER: The deadline for all scholarship applications is June 15, 2009 and the committee will NOT accept applications after that date.

To apply go to <http://www.episcopalri.org> and fill out the forms below

[2009 Scholarship Application Form](#)
[2009 Scholarship Application Instructions](#)

Along with the application, candidates must submit a transcript of their high school or college grades. The committee will not accept grades printed from a web site without a student name or college name. Each new application must have a letter of recommendation from the applicant's rector or vicar, which must be requested and attained by the applicant.

For questions or for more information please contact Joan DeCelles at the Diocesan House (401)274-4500 x229 joan@episcopalri.org



Free Yoga at St. Michaels for the Summer

The benefits of yoga for physical well being are well documented and widely endorsed. The benefits of yoga spiritual well being are not as well understood in our culture. Christians are exploring the connection between physical and spiritual health with yoga. A group is forming at St. Michael's to experience what yoga can do for them. Join us in the Ivy Room for these free sessions which will be lead by Louisa Jones. The sessions will be at 6pm on Thursdays May 14, 28, June 11, 25 and July 9 and 23. Wear comfortable clothes, good socks and bring a mat or beach towel. If you have questions, please call Louisa at 396-5067.



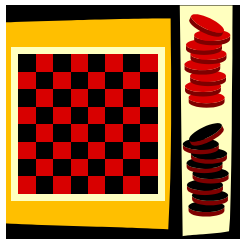
If your name is not listed and you would like it to be, please contact the church office and give us the appropriate date, either wedding anniversary or birthday.

Birthdays

Jillian Borgia	05/01 Hope MacKeith	05/16
Frances Sousa	05/04 Lavina Knowlton	05/17
George Sousa	05/05 Lawrence Wilson	05/18
John Fay	05/10 Sandra Greer	05/19
Marcia Payson	05/11 Anthony Cambrola	05/21
Mark Pfeiffer	05/11 Jeffrey Goulart	05/21
Michael Butler	05/11 Pamela Pfeiffer	05/23
William Turner	05/12 Carolyn Breslin	05/25
Virginia Lucey	05/13 Martha Handley	05/25
Margaret Godwin	05/14 Colleen Donovan	05/28
Gina Farrell	05/15 Catherine Farrell-Teixeira	05/28
Harold Mello	05/16 Elizabeth Grimo	05/29
	Louise Klein	05/29

Wedding Anniversaries

Kenneth And Christine Medeiros	05/03
Cynthia and Robert Rocha	05/03
Lindsay and Bobby Ayers	05/06
William and Virginia McCaw	05/08
Philip and Michelle Bennett	05/15
Albert and Rita Crabtree	05/16
Ted and Jacqueline Barrows	05/28



Spring Cleaning Time?

While doing this chore, please note that many of the visting volunteers and the residents at St. Elizabeth's Manor in Bristol could

use the following "good condition" used items: jigsaw, Sudoku and crossword puzzles, rosary beads, playing cards and board games such as checkers, etc. If you have any of these items and would like to donate them please contact Elaine Cohen by calling: (401) 644-9414. As always, the generosity of the parishioners of St. Michael's church is greatly appreciated!



Senior Adult Luncheon

Mark your calendar.....Saturday, May 2, 2009
 Noon-St. Michael's Parish House
 Menu: Soup and sandwich

If you are willing to help please contact:
 Candace Stanley
 email: candacestanley@cox.net
 Telephone: 255-3106



St. Michael's Women's Group

We gather the 3rd Monday of every month, at 11:30 am, in the Ivy Room of the Tildesley Building, and everyone brings their own lunch and drink. We would love to have you join us as we come together to support our faith and each other in Christ.



Anne McCarthy

Dear friends in Faith:

For many months I have thought about what my continuing path in Health Ministry would be in this community.

On March 17th, I spoke to the Vestry because as a paid Parish Nurse I have certain responsibilities, one being accountability.

Months of reflection and prayers for guidance led me to the decision that I continue in this work on a voluntary basis rather than a paid one. When the grant money used for my position is spent, I will work as a volunteer under the position description established by me and given to the Rector and Senior Warden in writing.

I anticipate there will be questions. I invite you to call me at the church office, email me or write me via snail mail.

I will continue to serve in the capacity of Faith Community Nurse with the same interest and determination given my role in the past eight years. I ask for your prayers and help along the way.

Anne McCarthy

Loving God, who sees in us nothing that you have not given yourself, make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving. And surround me with the company of people and angels who share my devotion with you. Above all let me live in your presence, for with you all fear is banished, and there is only harmony and peace. Let every day combine the beauty of spring, the brightness of summer, the abundance of autumn, and the repose of winter. Amen.

--Thomas Aquinas--

HOSPITAL VISITATION

Please let the church office know (401-253-7717) if you or someone in your family is in the hospital so that we may extend Pastoral Care. With government regulations, Health Information Portability Accountability Act (HIPAA), if a hospitalized person does not choose to be listed in the hospital directory, one would not know about his/her being in the hospital. *Anne McCarthy, FCN*



- May 3, Sunday 2:00 pm
St. Elizabeth's Manor, Bristol
Celebrant: The Rev. Mark DeWolf
- May 5, Tuesday 11:00am
Silver Creek Nursing Home, Bristol
- May 12, Tuesday 10:00am
St. Elizabeth's Manor, Bristol
- May 19, Tuesday 3:00pm
Grace Barker, Warren
- May 26, Tuesday 10:30am
Warren Nursing, Warren
Celebrant: The Rev. David J. Lucey

How to Use Your Mind to Heal

Some things we can do when we are seriously ill that will benefit our overall health...

Do not let your mind be pulled into worry or into the past or the future. Spend time each day doing something that makes you feel good and keeps you in the present, whether it is gardening, meditating or walking in nature.

Forgive any wrongs that have been done to you. Letting go of anger and regrets can reduce stress and boost your immune system.


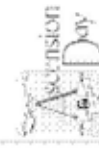


Have gratitude. Before going to bed, be truly grateful for something that happened that day. Wasn't it wonderful when someone smiled at you? Soak up these positive feelings.

Imagine the health outcome that you desire. Picture the disease disappearing from your body. If you have trouble visualizing a positive health outcome, begin by picturing other things that make you happy.

from Joan Borysenko

ST. MICHAEL'S CHURCH CALENDAR

Please place on your refrigerator.

MAY 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 8am, 10am and 6pm -Holy Eucharist 9:00 AM Child Care 9:45 AM Sunday School	27	28 10:30 AM Holy Eucharist- Heaven Health NH	29 7:00 AM Holy Eucharist 7:00 PM Adult Choir Rehearsal	30 7:30 PM Evening Study Group: Redemption Road: The Quest for Peace and Justice in Liberia	1 6:00 PM Handbell Choir Rehearsal	2 12:00 PM Senior Adult Luncheon
3 8am, 10am and 6pm -Holy Eucharist 9:00 AM Child Care	4	5 11:00 AM Holy Eucharist- Silver Creek NH	6 7:00 AM Holy Eucharist 7:00 PM Adult Choir Rehearsal	7	8 6:00 PM Handbell Choir Rehearsal	9
10  8am, 10am and 6pm -Holy Eucharist 9:00 AM Child Care 9:45 AM Sunday School	11	12 10:00 AM Holy Eucharist- St. Elizabeths Manor	13 7:00 AM Holy Eucharist 7:00 PM Adult Choir Rehearsal	14 6:00 PM Christian Yoga Classes 6:00 PM Youth Group 7:30 PM Book Group	15 6:00 PM Handbell Choir Rehearsal	16
17 8am, 10am and 6pm -Holy Eucharist 9:00 AM Child Care 9:45 AM Sunday School	18	19 3:00 PM Holy Eucharist- Grace Barker NH 6:30 PM Finance Meeting 7:00 PM Vestry Meeting	20 7:00 AM Holy Eucharist 7:00 PM Adult Choir Rehearsal	21 	22 6:00 PM Handbell Choir Rehearsal	23
24 8am, 10am and 6pm -Holy Eucharist 9:00 AM Child Care 9:45 AM Sunday School	25  OFFICE CLOSED	26 10:30 AM Holy Eucharist- Heaven Health NH	27 7:00 AM Holy Eucharist 7:00 PM Adult Choir Rehearsal	28 6:00 PM Christian Yoga Classes 6:00 PM Youth Group 7:30 PM Book Group	29 6:00 PM Handbell Choir Rehearsal	30
31  8am and 6pm -Holy Eucharist 9:00 AM Child Care 10:00 AM Baptism and Holy Eucharist	1	2 11:00 AM Holy Eucharist- Silver Creek NH	3	4	5	6

visit our WEBSITE at:
stmichaelsbristolri.org

If you do not wish to receive this newsletter or if you are receiving it by mistake, please call the church office or e-mail a note to us at stmichaels@fullchannel.net with the name and address to be removed and we will make the correction.

This newsletter is also available on the website. Thank you.

After 5 Days Return to
St. Michael's Church
P.O. Box 414
399 Hope St.
Bristol, RI 02809-0414
Change Service Request

Telephone:(401)253-7717 Fax: (401) 253-7785
Email:stmichaels@fullchannel.net
Website:stmichaelsbristolri.org

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Founded in 1718

Time Dated Material -- Please Do Not Delay

Office Hours: M-F 8:30a.m. - 4:30p.m.

Worship Services:

Sunday: 8:00 and 10:00 a.m. and 6:00 p.m.

Sunday School 9:45 a.m.

Holy Eucharist -Wednesday: 7:00 a.m.