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# *The Messenger*

All Saints Episcopal Church, East Lansing, MI

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February 2009

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## *Yes we can, or I will, with God's help*

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By **KIT CARLSON**, All Saints Rector

I write this message on an exciting and historic day, Inauguration Day 2009. Today, Barack Obama becomes the 44th president of the United States; he will also be the first African-American president.

Throughout his campaign, his supporters shouted the phrase, "Yes We Can" as an expression of solidarity, of faith, of hope.

"Yes We Can" comes out of the labor movement, particularly the farm workers' struggles of the 1970s. The original phrase, "Si se puede," was the rallying cry of Cesar Chavez and Dolores Huerta as they organized the United Farm Workers in the 1970s to work for decent wages and working conditions.

It re-emerged in the immigration reform movements of 2006. And finally, it was taken up in its English version by the Obama supporters in 2008.

"Yes We Can" is a powerful expression. It speaks of the strength we find in gathered numbers, crying out for justice. It is reminiscent of the book of Nehemiah, when the people gather together and cry out against the injustice of the crumbled Jerusalem city walls, when they cry out for the walls to be rebuilt so that they can live in safety.

It is a strength we draw on when we gather with other churches through Action of Greater Lansing, to use our numbers to support our cry for justice. For we are stronger together than we are alone.

However, to cry "Yes We Can" too often might lead us to forget a quieter but more truthful expression. It is the phrase we say as we renew our Baptismal Covenant. To each question of the Covenant, we reply "I will, with God's help."

*(Continued on next page)*

**YES WE CAN** (Continued from previous page)

"I will, with God's help." This expression has as much commitment, as much hope, as much promise, as "Yes We Can." But it reveals something we would do well to remember . . . as Midwestern, First World Americans with a long tradition of pulling ourselves up by our own bootstraps . . . anything we want to do, we can only do by the grace of God.

It is God who opens the way for us when it seems that there is no way at all. It is God who grants us the clarity and discernment to know what to do. It is God who strengthens and supports us when we feel like we can't go on.

It is God who prods and provokes us when we forget Who we are and Whose we are.

Nothing we do is done alone. Nothing we are is by our own endeavors. It is God who supports and sustains and guides us in this life.

As a nation, as a state, as a community, we face challenging times. We are called to rise to those challenges, to restore our neighborhoods, our economy, our environment, our commitment to one another.

The thrill of this election may inspire us to cry out "Yes We Can." But I hope the reality of the challenges we face will also inspire us to call out for God's guidance and support -- to say, "I will, with God's help."

-- *Pastor Kit*

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***Calling all newcomers: 'Come and Be Fed'***

**If you are new or you still feel new to All Saints, please join us Sunday, Feb. 22, for an informal brunch in the Lounge, immediately after the 10 a.m. service.**

**It's a chance to meet other parishioners, spend some time with Pastor Kit and ask questions you may have about All Saints or the Episcopal Church.**

**We will offer a tour of the building to anyone who's interested.**

-- *The Welcoming Committee*

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**Lenten season will begin on Ash Wednesday, Feb. 25**

**O**ur six-week season of penitence, fasting, prayer and meditation begins on Ash Wednesday, Feb. 25.

There will be three services on Ash Wednesday with Eucharist and the imposition of ashes, at 7:30 a.m., noon and 7 p.m.

Also, watch for the annual parish Lent brochure and a variety of devotional aids to help you plan your Lenten disciplines.

Lent is a season of preparation for Easter. Often, people "give up" something . . . chocolate, coffee, meat . . . in order to focus their minds more closely on God.

The "giving up" is intended to create space for God and an awareness of God. In that space that is created, we are challenged to also "take something on." That might be a commitment to daily personal prayer, reading a devotional book, joining a Bible Study group, or committing to a volunteer effort in the church or community.

This year we will again have a weekly Rice Bowl offering. The Outreach Committee will designate a charity to receive the offering from the Lenten Rice Bowl collection.

The Rice Bowl will be placed in the front of the sanctuary each Sunday, and on your way to communion, you are encouraged to put money in the Rice Bowl that would equal what you would ordinarily have spent on the thing you "gave up." So if you give up a daily Bigby or Starbuck's coffee, that could be \$15 to \$20 that could be given away each week for the sake of others.

In all things, our Lenten activities are designed to remind us of our total dependence on God, to draw us closer to God, and to prepare us to celebrate the Resurrection of our Lord with glad and generous hearts.

It's not too early to start thinking now about how you will spend your Lent this year.

-- *Kit*

# *Our latest major repair need: Sanctuary lighting*

By **BILL MURPHY**

Building and Grounds Committee

**O**ne constant in life is change, and anyone who has owned a house knows another constant is home repairs and the type of repair constantly changes.

And so it is with church buildings. Repairs are weekly events. Minor fixes are routinely handled with no fanfare, but the major ones are a different story. We have a major issue involving our church.

The lights in the ceiling of the sanctuary have served thousands of services and three generations of parishioners for 55 years. But time has taken a toll on the fixtures, and we now face the costly prospect of replacing the sanctuary and choir loft lights.

The fixtures, called cans, are no longer secure and most now swivel and turn when bulbs are changed from below. This has caused connecting wires to twist over the years. In one recent instance, they came loose and began sparking. Using scaffolding, an electrician rewired the unit.

Several fixtures are erratic, sometimes turning on and sometimes not. Usually, all it takes is turning the fixture with a long pole, restoring electrical contact. This is obviously not a proper or safe condition. One fixture has quit working altogether.

An electrician's recent professional assessment stated that wiring in many of the fixtures is twisted and loose, that the fixtures are not securely mounted, and that the insulation on the wiring has seriously degraded from years of exposure to the high temperatures in the confined space of the cans. The "bottom line" of the analysis is that the current light fixtures represent a potential sparking and fire danger and should be replaced.

The Building and Grounds Committee has been gathering information about our lighting needs and options. Lighting engineers and contractors have examined the building to provide input and advice.

We have reviewed the results of lighting studies and what is needed and feasible, with the goals of safety, energy efficiency and functionality foremost in our minds.

Retrofitting new in-ceiling cans similar to what we now have isn't feasible because of the space needed for new fixtures manufactured according to today's construction and electrical codes.

We are focusing on hanging pendant-style fixtures as the best option in the main portion of the sanctuary. These high-quality, long-lasting units will provide more light than at present with about one-half as many fixtures.

In the choir loft, we recommend fluorescent fixtures to replace the many high-wattage incandescent floodlights. Replacing those lights with new energy efficient models will not only significantly reduce energy use, it will also generate much less heat, helping address the choir loft heat issue.

The light replacement project under consideration will be costly. In addition to new fixtures and the electrical aspect of such a project, significant cost will be encountered in carpentry work needed to replace redwood planks that will be damaged, or otherwise impacted by the 34 in-ceiling cans. The new fixtures would not go where the current lights are, requiring considerable ceiling repair.

Because of the significant cost, contact has been made with the Whitely Foundation, an entity that provides grants to churches for building projects. The foundation provided financial assistance to our parish in the past for major repairs and renovations, including installation of the elevator, a new boiler and replacing the flat roof.

If the Whitely board agrees with our need, we will submit a formal grant request, probably in February. If the request is approved, it is certain that All Saints will have to contribute to the project. We do not know what our percentage might be, and we have not yet received formal bids from contractors.

Committee members are working to finalize a complete recommended package, with all costs and contractor estimates documented, that will then be forwarded to the Vestry for review.

If all the pieces fall together and a grant is approved by Whitely it is our hope that the actual light replacement work will take place in July or August.

## 'Five Ws' will make for Wonderful Wednesdays

In journalism classes, instructors used to teach the "Five Ws" -- Who, What, When, Where and Why. At All Saints, we have our own version of the Five Ws on Wednesday evenings: Walk, Worship, Warble, Wolf and Weigh In.

Wednesday evenings begin at 5 p.m. with a fitness walking group coordinated by Alicia Armstrong. For 30 minutes, they go 'round and 'round the building, up and down the stairs, chatting and laughing and panting a little with the effort.

At 5:30, there is worship in the chapel, a short service of Holy Eucharist with healing prayers and anointing for those who desire it. Also at 5:30, the Cherub Choir practices, and you may hear little voices in the distance.

At 6, there's supper. People take turns preparing a meal for the week, and in a half an hour or so, people "wolf down" their meal.

At 6:30 p.m. there is Children's Choir practice and the Wednesday evening Adult Education class, where we are watching a video by Old Testament scholar Walter Brueggemann on ways to resist the lure of popular culture. People "weigh in" with their own thoughts and musings.

And at 7:30, the children return to the Undercroft, we join hands for a closing prayer and go home for bed or "American Idol," or whatever is next for the evening.

All are Welcome to join any or all of these activities on Wonderful Wednesday evenings.

## *Lenten class to focus on spirituality and reality of the end of life*

The All Saints Lenten class will focus on end-of-life issues.

The Wednesday evenings begin with a soup supper, followed by a series of sessions that look at different aspects of the end of our days.

We will begin the series at 7 p.m. March 4 with a guest speaker sponsored by the Mary Sharp Sr. Speaker Fund. Thomas Lynch, poet, author and funeral director from Milford, will speak. His book, "The Undertaking," was nominated for a National Book Award, and he has been featured on PBS's "Frontline" series.

Ensuing sessions will touch on the business of preparing for death, the meaning of our funeral liturgies, creating a living will and living on after someone you love has died. More information will follow in the March Messenger, but mark your calendars now for 7 p.m. March 4.

## What's new in Sheila's Corner?

**Safeguarding** God's Children is a training program for people who work with children and youth.

It is designed to make adults more aware of behaviors demonstrated by sexual predators and by those who have been abused. As a parent taking the class, it was an eye-opening experience and it made me aware of things to be alert for when my children are in public places.

The online training is open to anyone. Everyone working with children and youth in the church is being asked to take the course. The Vestry and other positions are asked to take it as well.

For more information, talk to me or contact me at [allsaintssheila@hotmail.com](mailto:allsaintssheila@hotmail.com)

**Wednesday nights** are a great time for fellowship at All Saints as about 30 people meet for dinner.

**We are looking** for people willing to cook a main dish, side dish or dessert. The signup sheet is at the Abbot Road entrance. Thank you to everyone who has helped so far this year.

**Summer Camp** registration time is approaching for several camps for the children and youth. I have information on Stony Lake and Michi-Lu-Ca. If you would like a copy, please let me know.

**We have begun** planning for Vacation Bible School. If you can help in any way, it will be rewarding and appreciated. Last summer, we had 26 children participating and 18 adults helping. This year, I anticipate having more children and needing more adults.

**Please make sure** you have marked your summer calendar for Vacation Bible School June 15 to 18 and camping Aug. 7 to 9.

# Reading Genesis: First book to be explored on four Sundays

By **HOWARD ANDERSON**

**A**fter the 10 a.m. service on the four Sundays of February, we will meet to discuss the remarkable first book of the Hebrew and Christian Scriptures.

It will be valuable to read the text, preferably before we begin the course, and certainly for our discussions of the major parts of the book week by week.

We will approach the book through close reading of some of the unforgettable stories, broader readings of parts we can't cover in detail, and some general background, so far as we can provide it. I intend to build into each hour substantial time for discussion among us—one of the reasons to read in advance of our meetings. The four sessions will be organized as follows:

**Week 1.** (Chapters 1-11) From the two creation stories through the Flood and beyond. Starting with Chapters 1-3, we will consider the theory that the two accounts of how the world began are derived from three separate early sources; and we will look at how they serve to substantiate the Hebrew religious view of God's relation to humanity. More briefly, we'll move to Noah and the Flood, with the resulting covenant.

**Week 2.** (Chapters 12-25:18) The Abraham story. We'll center our attention on the Binding of Isaac (the "aqedah"). And we'll compare the covenant with Abraham to the earlier one with Noah.

**Week 3.** (Chapters 25:19-36) Isaac and Jacob. Here we'll emphasize the motif of brother-rivalry (Isaac and Ishmael, Jacob and Esau) which appeared in the conflict of Cain and Abel and recurs in another form in the following session. These rivalries all serve the larger subject of God's choice of leaders for the people of Israel.

**Week 4.** (Chapters 37-50) Joseph and his Brothers. We'll conclude by exploring how this brief narrative becomes so unforgettable, centering in the coat-of-many-colors, the selling of Joseph into Egypt, his service (and attempted seduction) in the house of Potiphar, and his final revenge and reconciliation with his brothers. And we'll look once again at how complex human stories ultimately serve God's larger purposes as they are presented in the book of Genesis.

## *Medical supplies for Cristo Rey health clinic*

By **CAROLYN PLANTE**

Outreach Committee Member

Normally, All Saints collects medical supplies during the month of March for the Haiti Outreach Mission.

However, this year parishioners will go to Haiti in early March, and this year they will be focusing on the orphanage and the supplies needed there.

So we decided to turn our attention to an entity that strives to meet the needs of the citizens in our own community.

Cristo Rey has provided medical services to the uninsured, underinsured and the insured for more than 30 years.

The current tough economic times has also taken a toll on Cristo Rey, and we are hoping that we can help relieve some of the cost by providing over-the-counter medical supplies to supplement the supply.

The following items can be left in the outreach barrels at the church.

**Vitamins** - Multi, adult and children, prenatal, iron supplements, pedialyte.

**Pain relievers** - Ibuprofen, Tylenol, Motrin.

**Antibiotic creams** - Generic or brand-names Neosporin, Bacitracin, Triple Antibiotic.

**Antifungal creams** - Generic or Lotrimin, Desenex, Tinactin, etc.

**Anti-inflammatory creams** - Cort-Aid, Benadryl, Caladryl, etc.

**Allergy medication** - Zytac, Claritin or any generic brand.

**Miscellaneous**- Monostat/Gynelotrim, Tums, Roloids, Pepto- Bismol, Pepcid, Tagament, Zantac.

**Personal care items** - Toothpaste, tooth brushes for all ages, and Band-aids of all sizes.

Cristo Rey can always use monetary gifts and volunteers. For more information on Cristo Rey, call (517) 372-4700 or visit [info@cristo-rey.org](mailto:info@cristo-rey.org).

# Parish Life February Events

## **Second-Sunday Breakfast**

**8:45 to 9:45 a.m. Feb. 8, in the Undercroft**

Join your All Saints friends for a hot breakfast between the 8 and 10 a.m. services guaranteed to lighten your day in the midst of the winter darkness.

Three dollars brings you eggs and sausages, a croissant or Danish, and juice.

Everyone welcome! Come in from the cold and . . . EAT!

## **Wharton Outing**

**3 p.m. Sunday, Feb. 15, Wharton Center, MSU**

Looking for an opportunity to perk up the too quiet days of winter?

**“RAIN: The Beatles Experience”** is coming to the Wharton Center at Michigan State, and All Saints has purchased a block of tickets for interested parishioners.

Experience what Beatlemania was all about — from Ed Sullivan to Abbey Road.

The performers look and sound just like the Beatles. All the music and vocals are performed totally live. **RAIN** covers the Fab Four from their beginnings through the psychedelic late '60s and their long-haired hippie, hard-rocking rooftop days.

A multimedia, multidimensional experience, **RAIN** fuses historical footage and hilarious television commercials from the 1960s. Come join us for what the *Denver Post* calls, “the next best thing to seeing the Beatles,” and the *Washington Post* labels “an adoring Valentine to the Beatles.” Such favorites as “Let It Be,” “Hey Jude,” “My Guitar Gently Weeps,” “Come Together” and “Can’t Buy Me Love” are among the extensive repertoire.

The main floor seating ticket price is \$43. Checks can be made payable to

All Saints Episcopal Church. Tickets are available from **Steve Findley**,

who can be reached at 517-853-6046 or [Steve@findley.org](mailto:Steve@findley.org).



## **Shrove Tuesday Pancake Supper**

**6 p.m. Tuesday, Feb. 24, in the undercroft**

Join the parish family for a Mardi Gras celebration including pancakes and sausages. A chance to celebrate and feast before Lent begins.

**Note: Five to seven volunteers are needed to help out with the Shrove Tuesday Pancake Supper. Volunteers would need to be at the church by 5:00 p.m. If you can help out, please see Matt Helm or email him at [helmmatt@msu.edu](mailto:helmmatt@msu.edu).**

## **Coffeehouse**

**7:30 to 9:30 p.m. Friday, Feb. 27, in the undercroft**

At the monthly All Saints coffeehouse, good friends, hurricane lamps and hot beverages ignite the church in a warm glow. Join your All Saints' family for an evening of singing, acting, and readings; all themes are welcome. The coffeehouse is free and children are welcome; they're not even required to sit still. Coffee and popcorn provided; snack and other beverages may be brought to share. Lots of good food is the norm. We would love to have you join us.

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Interested in assisting with Parish Life? Please call **Matt Helm** at (517) 337-0758.

# February 2009

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|---|--|---|--|---|
| <p>1</p> <p>8 a.m. Holy Eucharist<br/>9 a.m. Adult Bible Study<br/>9:45 a.m. Children's Sunday School classes<br/>10 a.m. Holy Eucharist<br/>11:30 a.m. Adult Forum<br/>11:30 a.m. Bell Choir<br/>11:30 a.m. Youth Christian Ed classes</p> <p>2 p.m. Writers Forum<br/>5 p.m. Canterbury MSU</p> <p>Michael away</p>                                   | <p>2</p> <p>2:30 p.m. Staff Mtg.</p> <p>7 p.m. Prayer/ Study group<br/>7:30 p.m. AA</p> <p>Michael away</p>  | <p>3</p> <p>12:15 p.m. Bible Study</p> <p>7 p.m. Sine Nomine<br/>7:30 p.m. AA</p> <p>Michael away</p>   | <p>4</p> <p>12 noon Parkinson's support meeting</p> <p>5:30 p.m. Cherub Choir<br/>5:30 p.m. Children's Communion Class<br/>5:30 p.m. Holy Eucharist<br/>6 p.m. Supper<br/>6:30 p.m. Adult class<br/>6:30 p.m. Children's Choir<br/>7:30 p.m. Debtors A</p> <p>Michael away</p> | <p>5</p> <p>7 a.m. Holy Eucharist with breakfast following</p> <p>6 p.m. ACLU<br/>6:30 p.m. Bell Choir</p> <p>7:30 p.m. ACOA<br/>7:30 p.m. Adult Choir<br/>8 p.m. AlAnon<br/>Michael away</p> | <p>6</p> <p>Vestry Retreat</p> <p>1 p.m. Duplicate Bridge</p> <p>7 p.m. AA</p> | <p>7</p> <p>Vestry Retreat</p> <p>10 a.m. Advent House</p>  |
| <p>8</p> <p>February birthdays<br/>8 a.m. Holy Eucharist<br/>8:45 a.m. Parish Breakfast<br/>9 a.m. Adult Bible Study<br/>9:45 a.m. Children's Sunday School classes<br/>10 a.m. Holy Eucharist<br/>11:30 a.m. Adult Forum<br/>11:30 a.m. Bell Choir<br/>11:30 a.m. Youth Christian Ed classes</p> <p>2 p.m. Writers Forum<br/>5 p.m. Canterbury MSU</p> | <p>9</p> <p>ANS Vision Screening</p> <p>2:30 p.m. Staff Mtg.</p> <p>5:30 p.m. Rite 13</p> <p>7 p.m. Prayer/ Study group<br/>7:30 p.m. AA</p>           | <p>10</p> <p>ANS Vision Screening</p> <p>12:15 p.m. Bible Study</p> <p>7 p.m. Cancer Support group<br/>7 p.m. ECW<br/>7 p.m. Sine Nomine<br/>7:30 p.m. AA</p>         | <p>11</p> <p>5:30 p.m. Cherub Choir<br/>5:30 p.m. Holy Eucharist<br/>6 p.m. Supper<br/>6:30 p.m. Adult class<br/>6:30 p.m. Children's Choir<br/>7:30 p.m. Debtors A</p>  | <p>12</p> <p>7 a.m. Holy Eucharist with breakfast following</p> <p>6:30 p.m. Bell Choir<br/>7 p.m. Outreach<br/>7:30 p.m. ACOA<br/>7:30 p.m. Adult Choir<br/>8 p.m. AlAnon</p>                | <p>13</p> <p>Messenger deadline</p> <p>1 p.m. Duplicate Bridge</p>             | <p>14</p> <p>Valentine's Day</p>                            |
| <p>15</p> <p>8 a.m. Holy Eucharist<br/>9 a.m. Adult Bible Study<br/>9:45 a.m. Children's Sunday School classes<br/>10 a.m. Holy Eucharist<br/>11:30 a.m. Adult Forum<br/>11:30 a.m. Bell Choir<br/>11:30 a.m. Youth Christian Ed classes</p> <p>2 p.m. Writers Forum<br/>3 p.m. "Rain" at Wharton<br/>5 p.m. Canterbury MSU</p>                         | <p>16</p> <p>Presidents Day, Office closed</p> <p>5:30 p.m. Rite 13</p> <p>7 p.m. Prayer/ Study group<br/>Council<br/>7:30 p.m. AA</p>                 | <p>17</p> <p>8 a.m. All Saints breakfast group, Coral Gables</p> <p>12:15 p.m. Bible Study<br/>2:30 p.m. Staff Meeting</p> <p>7 p.m. Sine Nomine<br/>7:30 p.m. AA</p> | <p>18</p> <p>5:30 p.m. Cherub Choir<br/>5:30 p.m. Holy Eucharist<br/>6 p.m. Supper<br/>6:30 p.m. Adult class<br/>6:30 p.m. Children's Choir<br/>7:30 p.m. CMSU Board<br/>7:30 p.m. Debtors A</p>   | <p>19</p> <p>7 a.m. Holy Eucharist with breakfast following</p> <p>6:30 p.m. Bell Choir<br/>7:30 p.m. ACOA<br/>7:30 p.m. Adult Choir<br/>8 p.m. AlAnon</p>                                    | <p>20</p> <p>Zulu Basket sale</p> <p>1 p.m. Duplicate Bridge</p>               | <p>21</p> <p>Zulu Basket sale</p> <p>9:30 a.m. Needlers</p> |
| <p>22</p> <p>8 a.m. Holy Eucharist<br/>9 a.m. Adult Bible Study<br/>9:45 a.m. Children's Sunday School classes<br/>10 a.m. Holy Eucharist<br/>11:30 a.m. Adult Forum<br/>11:30 a.m. Bell Choir<br/>11:30 a.m. Newcomers Breakfast<br/>11:30 a.m. Youth Christian Ed classes</p> <p>2 p.m. Writers' Workshop<br/>5 p.m. Canterbury MSU</p>               | <p>23</p> <p>1:30 p.m. East Lansing Women's Club<br/>2:30 p.m. Staff Mtg.</p> <p>5:30 p.m. Rite 13<br/>7 p.m. Prayer/ Study group<br/>7:30 p.m. AA</p> | <p>24</p> <p>12:15 p.m. Bible Study</p> <p>6 p.m. Shrove Tuesday Pancake supper<br/>6:30 p.m. Quilters<br/>7 p.m. Sine Nomine<br/>7 p.m. Vestry<br/>7:30 p.m. AA</p>  | <p>25</p> <p>7:30 a.m. Ash Wednesday</p> <p>12 noon Ash Wednesday</p> <p>7 p.m. Ash Wednesday<br/>7:30 p.m. Debtors A</p>  | <p>26</p> <p>7 a.m. Holy Eucharist with breakfast following</p> <p>6:30 p.m. Bell Choir<br/>7:30 p.m. ACOA<br/>7:30 p.m. Adult Choir<br/>8 p.m. AlAnon</p>                                    | <p>27</p> <p>1 p.m. Duplicate Bridge</p> <p>7:30 p.m. Coffeehouse</p>          | <p>28</p>   |

AA = Alcoholics Anonymous  
ANS = Abbott Nursery School

ACOA = Adult Children of Alcoholics  
Debtors A = Debtors Anonymous

AlAnon = Family and Friends of Alcoholics

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Holy Eucharist Schedule: 8 a.m. and 10 a.m. Sunday;

5 p.m. Sunday for Canterbury MSU student ministry; and 7 a.m. on Thursday

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