

# THE monthly newsletter from All Saints Episcopal Church MESSENGER



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## Rector's Message

### All Saints – A Parish That Can Give Itself Away

By Kit Carlson, All Saints Rector

**O**n January 12, the nation of Haiti was rocked by a 7.0 magnitude earthquake, killing tens of thousands of people, injuring many more, and destroying vast areas of Port-au-Prince. At All Saints we grieved - not only as the world grieved - but with that special connection of care and concern developed over several years of working in and learning about this island nation.

Two years ago, All Saints became uniquely connected to Haiti in two ways - by deciding to help support a Haitian seminarian, Wisnel De Jardin, at Virginia Theological Seminary, and also by becoming a member parish of the Haiti Outreach Mission. All Saints supports HOM with an annual contribution, and we have sent almost 20 different people to

work in Mirebalais, Haiti, over the past two years.

Many of us were personally touched by the earthquake, as we learned with sorrow that Wisnel had lost both his brother and a cousin, and as we learned with joy that the clinic and orphanage in Mirebalais escaped harm, and that our friends in Haiti - priests, interpreters, doctors, drivers - were all accounted for.

Less than a week after the hurricane, many All Saints members had made personal donations to relief agencies. On Sunday the 17th, a special offering was taken at both services, and \$2,100 was gathered for both HOM and Episcopal Relief and Development. Over that same weekend, at the recommendation of the Outreach Committee, the vestry voted to tap the Mission

Fund to make a significant contribution toward earthquake relief - \$5,100 to HOM and \$10,200 to Partners in Health, the organization founded by Paul Farmer, which was already on the ground in Haiti and was working in Port-au-Prince within 24 hours of the quake.

At the same time, members of All Saints are still preparing to go on the regularly scheduled HOM mission trip in March. A list of badly needed over-the-counter medicines is included in this issue of The Messenger. Please give! We will be taking solar ovens, following up on the orphanage project, looking at the fish farm property, and moving ahead with the necessary development work this country still needs - even as relief work goes on.

HOWEVER, don't think that all our attention is directed far from the Greater Lansing area. Members of the parish have been out in our community of East Lansing, talking to city officials, school principals, doctors, health workers, and social service providers. All Saints' Outreach Committee is trying to learn what the gaps are, what the needs are, and specifically what All Saints might do - with the emotional, intellectual, financial and

spiritual resources we offer - to make a significant difference here in our own community. Watch this space as these thoughts develop, or plan to attend Outreach Committee meetings to make your own voice heard.

As we enter the season of Lent, Jesus speaks to Peter in Luke's gospel and says: "If any want to become my followers, let them deny themselves and take up their cross daily and follow me.

For those who want to save their life will lose it, and those who lose their life for my sake will save it."

It is a privilege to serve this parish -- a community that is learning to lose its life, to give itself away, to daily carry that cross, for the sake of the One we call Lord.

In Christ's unending, self-giving love,

- Kit

## Learn More About Haiti Than You See on the News

Don't forget Haiti when it disappears from the news media. Keep learning, reading and caring. You can start with these books.

**"Mountains Beyond Mountains"** by Tracy Kidder. The story of Paul Farmer, one man who realized he could make a difference, and founded Partners in Health.

**"The Uses of Haiti"** by Paul Farmer. Farmer's own thoughts, words and analysis of why Haiti is in this awful economic and political condition.

**"Brother, I'm Dying"** by Edwige Danticat. As a child, Danticat was raised by her uncle in Haiti when her parents emigrated to the U.S. Later, she was reunited with her parents in the states, but she never

lost her bond to her uncle. A true story of one girl's life, and how political unrest ripped her family apart.

**"The Immaculate Invasion"** by Bob Shacochis. An idiosyncratic reporting of the last U.S. invasion of Haiti in 1994.

And of course the classic novel, the one that would get ripped from your bags at customs during the Duvalier period: **"The Comedians"** by Graham Greene.

- Pastor Kit

## Collection for Haiti Trip

The Haiti Outreach Mission has asked All Saints to collect the following items for the trip in March:

- 250 bottles of children's fever medications, (acetaminophen, ibuprofen, generics OK).
- 1,500 rolls of Roloids (or other antacid relievers).
- 300 tubes of antifungal (mycostatin, gynelotromin, Tinactin, tolnaftate generics OK).
- 300 bottles of adult pain medications (acetaminophen, ibuprofen, Aleve, etc.)

If 100 All Saints parishioners each donated two or three bottles of children's fever meds, 15 rolls of Roloids, three tubes of antifungals and three bottles of adult pain meds, our collection would be complete.

Check out the Outreach bulletin board in coming weeks for more information and to keep track of our progress.

## The Rule of Benedict: Practical Tools for Living a Christ-centered Life Today

Saint Benedict wrote his rule sometime around the year 500 for the monks of his monastery in Monte Cassino, Italy.

A monastic rule written 1,500 years ago may seem the farthest thing from our busy day-to-day lives in the world. But in fact, as Episcopal priest Jane Tomaine points out in her book "St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living," the Rule of Benedict can do just that.

This book explores the Rule of Benedict and shows the ways in which the rule provides tools to help us live a more Christ-focused life. As we will see, the rule not only covers prayer, but also hospitality, work and other topics as relevant to us today as it was to Benedict's monks of Monte Cassino. Join us for the Sunday adult forum this Lent as we discuss "St. Benedict's Toolbox." Copies of the book will be made available for purchase.



PHOTO BY DEB LASHBROOK

Wiring is handled by Ryan, an electrician for McPhee Electric Co., aboard the blue scissors jack.

## Sanctuary Lights Project Making Excellent Progress

By Bill Murphy

We all love it when a plan comes together, and in our church sanctuary – where the old lights are being replaced with new pendant style fixtures – the plan is coming together wonderfully. Readers will recall that because these special order fixtures arrived from the factory too late for installation last summer the decision was made to install them in January, a relatively slow period in our liturgical year.

The project got off to a great start following the Epiphany Service on January 6. Parishioners not only removed all of the Christmas decorations in the church they also moved the sanctuary chairs and removed all prayer books and hymnals from the pews, storing them safely in the chancel. This allowed the contractors to easily move the remaining pews for construction of scaffolding and use of hoists, commonly called scissor jacks. With much preparation and planning, all of the contractors came together and dove into the project with gusto.

The scissor jacks helped the project to move faster than expected. The floor tile contractor assured us that if we placed three-quarter-inch plywood on the sanctuary's tile floor these heavy hoists could be utilized. They are much more efficient than scaffolding, requiring almost no time to move from one spot to another, unlike scaffolding, which can take hours to disassemble, move and reassemble.

All is going very smoothly with no hidden problems or unpleasant surprises. At this rate we will certainly meet our construction schedule and be back in the sanctuary to celebrate the Eucharist by early February.

Most importantly, these new fixtures will eliminate the very real danger posed by the old in-ceiling fixtures with their bare and twisted electric wire connections. They will also provide a much greater amount of flexibility in the amount and types of lighting available. Last but not least, they will be a beautiful addition to our worship space.

## Repentance, Forgiveness and Reconciliation

The catechism in the back of the Prayer Book tells us that the vocation of a Christian is “to carry out Christ’s work of reconciliation in the world.” But that is easier said than done.

Reconciliation requires people to repent of what they have done wrong. It requires others to learn to forgive past hurts.

It requires that all of us learn to discover the ways we have failed one another.

And it requires the ability to reach out, to make amends, to make peace, to make friends.

Wow, hard work! And yet, people do it every day in ways large and small, by the grace of our forgiving God.

The Lenten series this year will focus on repentance, forgiveness and reconciliation. How can we learn to say “I’m sorry”? How can we learn to say “I forgive you”? How can anyone go forward in life after suffering insufferable wrongs?

Journey together with us in Lent to begin to think about how to answer the questions.

The Lenten classes begin Wednesday, February 24. We share a soup supper together at 6 p.m. in the Undercroft, then the sessions begin at 6:45. Generally, the session will run from 6:45 until 8, except for the first week, when we will go until 8:30.

### A Note About Soup Suppers:

This long-standing All Saints tradition puts us in a reflective mood during Lent. People volunteer to make soup for a given week. The rest of the folks bring bread or fruit and cheese for side dishes.

We do not have elaborate desserts or snack food, but try to express the spirit of simplicity and fasting in our meal.

We ask people to bring their own dishes and silverware, to reduce cleanup time for all, and to help save the environment by using dishes that can be washed and re-used.

It is a meal of a different flavor from the usual Wednesday night meals, and we can all enter into it with a joyful, yet Lenten, spirit.

The sessions for “Repentance, Forgiveness and Reconciliation” are as follows:

**Wednesday, Feb. 24 – “The Power of Forgiveness”** -- This incredible film was part of an adult series a few years ago. Many people wanted to watch it in its entirety, at one sitting, and discuss it afterwards.

Learn how people find forgiveness, even after 9/11, the Amish school shootings, the years of conflict in Northern Ireland. This one session will run from **6:45**

**to 8:30 p.m.**, so we can share some discussion of the film at its conclusion.

**Wednesday, March 3 – “Forgive Them As I Have Forgiven You”** -- What can we learn from the Bible and theology about the nature of forgiveness and reconciliation? How does forgiveness happen in real life? What do scripture, tradition and reason teach us about peace-making in our own lives? Pastor Kit leads this evening’s discussion.

**Wednesday, March 10 – “Six Steps Toward Reconciliation”** -- The heart of every 12 Step program lies in steps 4 through 9. From making a fearless, searching, moral inventory of ourselves, through admitting the exact nature of the wrongs we have done to God and one other person, to asking God to remove shortcomings of character, to making a list of everyone we offended, and then making amends to those people (unless doing so would cause more harm), these are steps toward peace and sanity.

Millions of people make these steps every year, under the guidance of those who have already made that journey.

This session, led by Steve Findley and Howard Anderson, will explain how it is possible to walk ... step by step ... through self-examination, repentance, and reconciliation.

**Wednesday, March 17 – “Embracing Travail: Finding Forgiveness at the Foot of the Cross”** -- Dr. Cynthia S.W. Crysdale, professor of ethics and theology at Sewanee Theological Seminary and author of "Embracing Travail -- Retrieving the Cross Today", will share her thoughts on how we find forgiveness in the death of Jesus on the cross. The cross is the place where victims and victimizers, the crucified and crucifiers, find reconciliation. Her lecture is sponsored by the Mary Sharp Sr. Speaker's Fund.

**Wednesday, March 24 – “The Rite and Practice of Reconciliation”** -- The Episcopal Church offers -- as requested -- the sacramental rite of reconciliation, or personal confession to a priest.

What is this ritual? Do people really use it? What peace do they find there? What happens during a confession? Why would anyone want to participate in this rite?

The Rev. Sarah Midzalkowski, CMSU chaplain, takes us through the Prayer Book liturgy and explains its theological and practical meanings.

## Time to Get Ready for Lent

Our six-week season of penitence, fasting, prayer and meditation begins on Ash Wednesday, February 17. 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. The evening service will include offerings from the choir and congregational singing.

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 has designated the City Rescue Mission to receive the offering from the Lenten Rice Bowl collection. The bowl will be placed in the front of the sanctuary each Sunday, and on your way to communion, you are encouraged to put in what would equal what you would ordinarily have spent on the thing you “gave up.” So if you give up a daily Biggby or Starbuck's coffee, that could be \$15 to \$20 that could be given 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

## Sheila's Corner

### Youth

Thanks to all youths and parents who participated in the information gathering meeting. Your input was will be used to better serve the youth of the church.

The first event will be a lock-in, February 26 and 27. Drop-off time is 8 p.m. Friday and pickup time is 9 a.m. Saturday. It's for sixth grade and up. There will be a wide variety of things to do, ranging from crafts to a Wii game room. Bring your friends!

### Sunday School

Sunday school for the preschool and elementary children has been going great. It is so nice to have many children in each class. We are always looking for adults to join in the fun.

### Vacation Bible School

It's time to start thinking about Vacation Bible School. Mark your calendar for the evenings of June 21 to 24. If you are interested in helping with this

great week, please let me know. More help will be needed as a new group is formed to accommodate additional children.

### Mom's Night

Calling all moms. Since the last spa night was postponed, we will be enjoying some pampering and relaxation on Friday, February 19th. We will start with a potluck at 6 p.m. Childcare will be provided. Please let Sheila know if you are coming so we have enough things and staff for the children.

If you have spa type items such as foot massagers and hand paraffin pots that we could borrow please let me know. If you have a spa or relaxation talent (manicure, pedicure, massage, hair stylist, etc.) or know someone who does that would like to share her skills that night, please let me know.

- Sheila Wiitala, [allsaintssheila@hotmail.com](mailto:allsaintssheila@hotmail.com)

## Order of St. Luke to Host First Healing Mission in March

### By Susan Dougherty

The Greater Lansing Chapter of the Order of Saint Luke is hosting its first healing mission at Saint Paul's Episcopal Church in downtown Lansing on Saturday, March 6 from 9 a.m. to 3:30 p.m.

The healing mission, called “The Healing of Grief, Trauma, and Resentment,” will be lead by the Rev. Cannon Meredith Hunt.

Our own Order of Saint Luke was started by Susan Dougherty with Deacon Bill Fineout as chaplain and All Saints' members Tammy Syron, Kathy Burgess, Marty Liphard and Dorothea Fields.

Meredith Hunt is an Episcopal priest with more than 38 years of experience in addressing spiritual issues of health and wholeness. She is currently the rector of St.

John's Episcopal Church in Sturgis and a chaplain in the Order of Saint Luke. She has a broad background in healing prayer. She has established healing prayer groups and intercessory prayer ministries in every parish she has served, and she created the Center for Healing Prayer at St. Paul's Episcopal Cathedral in Detroit in 2004, before her call to St. John's.

The Order of St. Luke the Physician is an interdenominational organization devoted to the revival of Christian healing within the church, using lay and ordained persons to serve as channels through which our Lord Jesus can heal.

The primary objectives of the Order of St. Luke are to:

- (1) Promote the restoration of the apostolic practice of healing as taught and practiced by Jesus Christ.
- (2) Promote the practice of holding healing services in every church.
- (3) Promote sound pastoral and counseling ministries.
- (4) Develop local chapters to promote healing missions, workshops, and prayer groups in their geographic areas.
- (5) Conduct healing missions and teach Christians how to pray for healing.
- (6) Place healing literature in churches and hospitals.

## Parish Life, February 2010

### Feast Before the Fast!

A New Orleans Mardi Gras is coming to town. Join your All Saints family in a final feast before Lent. On **Tuesday, February 16, 6 to 8:30 p.m.** a New Orleans dinner featuring gumbo, jambalaya, rice and beans, smothered chicken and more will be served in the Undercroft accompanied by live jazz.

Costumes are encouraged! Catering by Gumbo & Jazz of East Lansing. Tickets are \$5 per person; and no more than \$20 per family. Cost should not, however, prevent anyone from attending; please see Kit or Marguerite, if this is a concern. (Note: Pancakes will be available.)

A signup sheet for this evening's desserts will be posted on the Parish Life Bulletin Board. Please consider signing up to bring a dessert.

Volunteers are needed to help with set-up, serving, and clean up. Please sign up on the Parish Life Bulletin Board.

### Second-Sunday Breakfast

It will be Sunday, February 14, 8:45 to 9:45 a.m. — Once a month, All Saints offers a hot breakfast to anyone interested in food and fellowship between the 8 and 10 a.m. services.

Come and join your friends or meet someone new at the meal of the month. Breakfast includes eggs and sausages; croissant or Danish, juice, and coffee — all for a very reasonable \$3. See you in the Undercroft.

### Coffeehouse!

**See you Friday, February 19, 7:30 to 9:30 p.m., in the undercroft.** Escape the early dark nights of winter in the warmth and glow of the All Saints Coffeehouse. Sing, listen to music and readings, or offer a

performance of your own for others to enjoy. You can sign up — or just grab a seat — when you arrive that evening.

Food and beverages are available; you can even bring something to share, if you wish. The atmosphere is relaxed; the evening full. There's no better way to start your weekend. We hope to see you there.

### Wharton Center Outing

Join a group from All Saints to experience **Ballet Folklórico de México** on Thursday, March 4, at 7:30 p.m. Tickets will be available from Marguerite Halversen for approximately \$25 in early- to mid-February (to be announced in the bulletin).

**About the show:** In 1952, Amalia Hernández, dancer and choreographer, founded the Ballet Folklórico of México to rescue the dancing traditions of Mexico.

The award-winning company of classically trained dancers has since achieved international success, delighting audiences in more than 5,000 performances worldwide with vibrant dance, music, and costumes that exude the spirit of Mexico.

### Game Night.

As soon as construction is completed in the Sanctuary, a **Game Night** will be scheduled in the month of February. See the bulletin insert for details on date and time.

*Interested in assisting with Parish Life? Please call Marguerite Halversen at 517-333-0251 or e-mail her at [halverse@msu.edu](mailto:halverse@msu.edu).*

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 1:30 p.m. Staff  6:00 p.m. AA 6:30 p.m. Steiner Chorale 7:00 p.m. Prayer/Study 7:30 p.m. AA	<b>2</b> 12:15 p.m. Bible Study  7:00 p.m. Candlemas and Dedication of Lights 7:30 p.m. AA	<b>3</b> 1:00 p.m. Parkinson's Support Group  5:30 p.m. Cherub Choir 5:30 p.m. HE/Healing 6:00 p.m. Supper 6:30 p.m. Adult Ed 6:30 p.m. Children's Choir 7:30 p.m. Debtors A	<b>4</b> 7:00 a.m. Holy Eucharist with breakfast following  6:30 p.m. ACLU 6:30 p.m. Bell Choir 7:30 p.m. ACOA 7:30 p.m. Adult Choir 8:00 p.m. AIAnon	<b>5</b> 1:00 p.m. Duplicate Bridge	<b>6</b> 10:00 a.m. Advent House
<b>7 Epiphany 05</b> 8:00 a.m. Holy Eucharist 9:00 a.m. Adult Bible Study 9:45 a.m. Sunday School 10:00 a.m. Holy Eucharist 11:30 a.m. Adult Forum 11:30 a.m. Bell Choir 11:30 a.m. Youth Christian Ed Class 2:00 p.m. EL Writers Forum 5:00 p.m. Canterbury MSU	<b>8</b> 1:30 p.m. Staff  6:30 p.m. Steiner Chorale 7:00 p.m. Prayer/Study 7:30 p.m. AA	<b>9</b> 12:15 p.m. Bible Study  7:00 p.m. Cancer Support 7:30 p.m. AA	<b>10</b> 5:30 p.m. Cherub Choir 5:30 p.m. HE/Healing 6:00 p.m. Supper 6:30 p.m. Adult Ed 6:30 p.m. Children's Choir 7:30 p.m. Debtors A	<b>11</b> 7:00 a.m. Holy Eucharist with breakfast following  6:00 p.m. Outreach 6:30 p.m. Bell Choir 7:30 p.m. ACOA 7:30 p.m. Adult Choir 8:00 p.m. AIAnon	<b>12</b> Messenger Deadline  1:00 p.m. Duplicate Bridge	<b>13</b>
<b>14 Epiphany Last Birthday Sunday</b> 8:00 a.m. Holy Eucharist 8:45 a.m. 2 <sup>nd</sup> Sunday Breakfast 9:00 a.m. Adult Bible Study 9:45 a.m. Sunday School 10:00 a.m. Holy Eucharist 11:30 a.m. Adult Forum 11:30 a.m. Bell Choir 11:30 a.m. Youth Christian Ed Class 2:00 p.m. EL Writers Forum 5:00 p.m. Canterbury MSU	<b>15 Presidents Day Office Closed</b> 6:30 p.m. Steiner Chorale Rehearsal 7:00 p.m. Prayer/Study 7:30 p.m. AA	<b>16</b> 8:00 a.m. Breakfast at Coral Gables  12:15 p.m. Bible Study  5:45 p.m. Finance 6:00 p.m. Shrove Tuesday Supper 7:00 p.m. Buildings & Grounds 7:30 p.m. AA	<b>17 Ash Wednesday</b> 7:30 a.m. Holy Eucharist  Noon Holy Eucharist  7:00 p.m. Holy Eucharist 7:30 p.m. Debtors A	<b>18</b> 7:00 a.m. Holy Eucharist with breakfast following  6:30 p.m. Bell Choir 7:30 p.m. ACOA 7:30 p.m. Adult Choir 8:00 p.m. AIAnon	<b>19</b> 1:00 p.m. Duplicate Bridge  6:00 p.m. MOPS 7:30 p.m. Coffee House	<b>20</b> 9:30 a.m. Prayer Needlers
<b>21 Lent 01</b> 8:00 a.m. Holy Eucharist 9:00 a.m. Adult Bible Study 9:45 a.m. Children's Sunday School 10:00 a.m. Holy Eucharist 11:30 a.m. Adult Forum 11:30 a.m. Bell Choir 11:30 a.m. Youth Christian Ed Class 2:00 p.m. EL Writers Forum 5:00 p.m. Canterbury MSU	<b>22</b> 1:30 p.m. EL Women's Club 1:30 p.m. Staff Meeting  6:30 p.m. Steiner Chorale Rehearsal 7:00 p.m. Prayer/Study group 7:30 p.m. AA	<b>23</b> 12:15 p.m. Bible Study  6:30 p.m. Quilters Guild 7:00 p.m. Parish Council 7:30 p.m. AA	<b>24</b> 5:30 p.m. Cherub Choir 5:30 p.m. HE/Healing Service 6:00 p.m. Supper 6:30 p.m. Adult Ed 6:30 p.m. Children's Choir 7:30 p.m. Debtors A	<b>25</b> 7:00 a.m. Holy Eucharist with breakfast following  6:30 p.m. Bell Choir 7:30 p.m. ACOA 7:30 p.m. Adult Choir 8:00 p.m. AIAnon	<b>26</b> 1:00 p.m. Duplicate Bridge  6 p.m. Youth overnight Lock-in	<b>27</b>
<b>28 Lent 02</b> 8:00 a.m. Holy Eucharist 9:00 a.m. Adult Bible Study 9:45 a.m. Sunday School 10:00 a.m. Holy Eucharist 11:30 a.m. Adult Forum 11:30 a.m. Bell Choir 11:30 a.m. Youth Christian Ed Class 2:00 p.m. EL Writers Forum 5:00 p.m. Canterbury MSU						

ACOA = Adult Children of Alcoholics  
 ANS = Abbott Nursery School

AIAnon = Family and Friends of Alcoholics  
 Debtors A = Debtors Anonymous

AA = Alcoholics Anonymous

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#### **Canterbury MSU**

The Episcopal Chaplaincy at Michigan State University services are held at 5 p.m. Sunday evenings during the fall and spring MSU semesters with dinner following in the Undercroft. For more information, please email [emmsu@msu.edu](mailto:emmsu@msu.edu).

Chaplain: The Rev. Sarah Midzalkowski