

THE MESSENGER

St. Michael and All Angels Episcopal Church

June 2011 at St. Michael's

Sunday, June 5th
9:00 a.m. and 11:00 a.m.

Seventh Sunday of Easter
Holy Eucharist

Sunday, June 12th
10:00 a.m.

Pentecost Sunday
Holy Eucharist with Rite of Baptism
Service will include Blessing of Graduates

Tradition suggests we wear red in honor of Pentecost.
Pancake breakfast in Parish Hall from 8:30 a.m. to 10:00 a.m.

Sunday, June 19th
9:00 a.m. and 11:00 a.m.

Trinity Sunday
Holy Eucharist

Sunday, June 26th
9:00 a.m. and 11:00 a.m.

Second Sunday after Pentecost
Holy Eucharist

FROM THE RECTOR

The Rev. Dr. Pamela Redding

Last Sunday during the announcements one of our Vestry members said, " Here at St. Michael's we have found that just because we are broken it doesn't mean that God gives up on us." It is one of the lessons we keep learning at St. Michael's. Realizing we have broken places is just a beginning for us. The truth is that as we are finding God is doing amazing work through us even though so many are going through hard times. The recession has hit our area of Contra Costa County hard and so many members have lost jobs, lost pay through furlough days, lost programs, lost their schools or classes. We have all kinds of personal challenges. It is a hard time. But our church community is closer and stronger than ever. God has blessed us with each other and a strong faith. Our church is beautiful and we are having fun. At St. Michael's we don't have to be perfect and we know that the gifts and talents we bring are absolutely necessary for community life. We can just walk through the doors and know we will be surrounded by people who love us. God is not giving up on us and we are certainly not giving up on our commitment to God and the work we are called to do together.

On June 12 we are celebrating Pentecost Sunday and the beginning of another dynamic Pentecost Season. And we are clear about what we want to do during this time. We know we will be empowered by the Holy Spirit to embody the Good News of God's love in all that we do in the world. We know what we are about. We have come a long way and are enjoying a special time of experiencing what it feels like to be One Body in Christ.

This year we will be having the full Pentecost experience with the baptisms of **Loana and Matt O'Connor** and Loana's dad will be leading a special re-enactment of the original Pentecost that will include all of us. And we are starting what I hope will be a St. Michael's tradition. We will be offering a **Blessing of Graduates** of all ages. The congregation will give it's blessing, marking the celebration of this important rite of passage in the lives of people in our community.

MORE FROM THE RECTOR

Then the next week we will host the Contra Costa Deanery meeting in the parish hall along with St. Giles and St. Luke's as part of Area Ministry and the Grant Street Players will entertain and then on the 18th we will trek to Grace Cathedral for more confirmations. The following weekend we look forward to "Pentecost Junction" and the fun of listening to our Grant Street young adults celebrating their gifts and talents in our sanctuary. It will be a very full month and I have not even mentioned the food involved. Pancake breakfast one week and barbeque the next. It is really going to be a time to remember. I would not miss a minute and look forward to spending this special time with you as well.

Pam+

St. Julia's Guild

St Julia's next meeting will not take place until September 14th as we will be taking a well deserved rest for the summer. Instead of a meeting in June, we will go out to **lunch at the Buttercup Restaurant on Clayton Road in Concord. We will gather at noon on June 8th;** members, their spouses and guests are invited. If you are interested in attending, please let either **Verena Won** or **Lonnie Plain** know in advance.

The bake sale was a tremendous success this year. Thanks again for all the help we received from the many church members, and our family and friends who baked for us. We were able to give the church a considerable amount of money toward payment of the diocesan assessment, purchase a new coffee maker for the kitchen and give the Senior Warden the funds he needed to purchase material needed to refurbish the pre-school fence.

Have a great summer and God's peace,

Alice McMillan, President
Alice's phone # (925) 685-6367
Email address casamcmillan@aol.com

Music Notes from Joyce Pricco

IT'S JUNE!

We have arrived at the midpoint of 2011, the month of June. With June comes change; warmer weather (although it seems to allude us), the end of the school year, graduations from all levels of school, vacations begin, summer camps start, you catch my drift.

Our first Sunday, June 5, we celebrate the Ascension of our Lord where Jesus ascends to heaven. The following Sunday, June 12, is Pentecost. It is a special day; there will be a joint service at 10 a.m. where we will have two baptisms in addition to celebrating Pentecost, marking the arrival of the Holy Spirit to the disciples. There will also be a blessing of graduates whether from preschool, elementary, middle, or high school, and college. We hope to see you or, if not, please join us any Sunday!

As has been our tradition for the past couple of years, we will have joint services during the months of July and August. It is a great time to see all our parishioners from 9 and 11 a.m. and also gives the ministries of the church a chance to relax over the summer. July 3 is our first joint service at 10 a.m., we hope you will join us.

Have a great summer!

God bless you,

Joyce

'PENTECOST JUNCTION'

The Grant Street Players will be presenting PENTECOST JUNCTION--Songs of Faith, Friendship and Foolishness on Friday, June 24th, Saturday, June 25th and Sunday, June 26th.

Centering around the idea of how the Christian faith binds us together and, besides everything else, creates some joyful experiences, the show features a torrent of songs and skits hosted by the inimitable **Terrence Alegre** and featuring some of our young performing talent including **Brent Nettell, Clancy James Darcy** and many more familiar faces from *Godspell*, and *Joseph*. Some new faces which will be performing at St. Michael's in the months ahead will also be on board.

The show takes place in the Sanctuary. The Friday and Saturday performances are at 7:30 with the after-church closing show at 1:00 on Sunday.

Tickets are \$5, with the proceeds to go toward more performing arts projects in the future as well as the ministry of St. Michael's. Tickets will be on sale at church and at the door. It's sure to "bless you real good!"

Keith Coppage

Don't Miss the Pancake Breakfast! PENTECOST SUNDAY June 12th

The Men's Group will be hosting a Pancake Breakfast in the Parish Hall from 8:30 a.m. to 10:00 a.m.

Come between services for food and fellowship and skip cooking at home for only \$5.00/adult, \$3.00/child.

News from St. Michael's Preschool

Congratulations to the St. Michaels Preschool Class of 2011!

**Nicholas Ashley
Dustin Cerri
Nicky Conti
Isabella Delacruz
Josiah Dominguez
Nicholas Johnson
Mikaylah Leong
Abigail Sengendo
Abigail Vanegas
Nevaeh Valenzuela**

We will have a graduation ceremony on Friday, June 17th from 11am-12noon.

Please stop by and congratulate our graduating class.

Our School year has come to an end, and **our Summer Program kicks off Monday, June 20th** (see next page) Do you know of a kindergartener that is looking for a summer program? We are licensed for children up to first grade entry.

Our annual **Father's Day BBQ will be held Friday, June 24th from 4-6** in the Preschool Playground. Come stop by have a hot dog and celebrate our fathers.

The St. Michael's Men's Group

The next meeting of the Men's Group is **Wednesday evening, June 8th in the Parish Hall at 6:30 p.m.** Bring some food to share and join us for a time of fellowship and service.

St. Michael's Preschool Summer Program

All children welcome between the ages of 4-6 years old, including those who have participated in prior years.

We have exciting adventures planned throughout the summer. Weekly field trips, arts and crafts and fun activities geared toward this age group. We are a non-profit Christian Preschool who has been serving this community for over 30 years. We are open from 6:15am-6pm, Monday.- Friday. We offer a flexible summer schedule. Our teachers are well qualified, and are dedicated to our program.

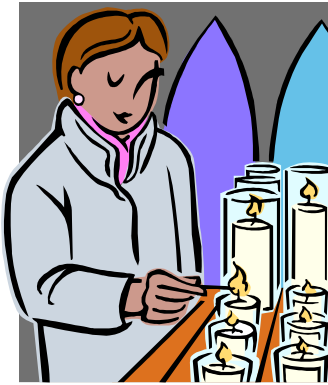
For more information about our summer program call Pamela Mendoza, Director at (925)685-8862 or email at stmma-preschool@sbcglobal.net

Our Sunday School

A Big Thank You to everyone who worked with children and adults to create a great Christian education experience for St. Michael's this school year. **Geri Quilici** and so many volunteers are teaching our littlest members the joy of God's love and the important stories of our tradition in the nursery and we feel their excitement every week as they rejoin their parents for communion.

Peggy Wilson, Joan Wilson and Loana O'Connor have created the most unique Sunday School experience we have ever seen through the Jesse Tree crafts and stories that bring each Bible character and story alive.

Marianne Callahan brought together the adult class to discuss the connection of worship and scripture each week to the real lives we are all living. We are blessed by the time and talent of each of our teachers. Thank you for sharing your gifts with us!



Have you ever wanted to say to a close friend or relative in need—"I will light a candle for you?"

And meant it? Well now you can! St. Michael and All Angels has a new votive candle stand in the vestibule of the church. The stand contains 50 red glass candle holders, candles, and wooden sticks to light them. It is available for anyone and everyone to stop by, light a candle and offer a prayer for your special intention for yourself or a loved one, or in thanksgiving to the Lord for prayers already answered.

The burning candle has its own very beautiful meaning from biblical times. The practice of burning candles as offerings to incur divine favor has been adopted by Christians everywhere as a natural religious expression. The votive candle can be considered your very own 'personal' candle for you own personal intention. The word 'votive' comes from the Latin *votum* meaning "vow." The lit candle therefore symbolizes our prayers, vows for prayers, or simply in honor of God or one of His Saints. It is an old Christian custom to pray "Jesus is the Light of the world, a Light which never knows darkness" when lighting a candle.

Votive candles, also known as vigil lights, are lit by the people before or after church service or during simple visits to the church. It would be appropriate when writing a prayer request in the book at the right of the candle stand to also light a candle and allow the flame to burn as a vigil for your prayer.

Candle continued..

Attached on the right of the candle stand is a container with wooden sticks, a lighter and matches. Light a wooden stick from a candle already burning, thence perpetuating the prayers offered for that candle, along with your own. If no candles are burning, use the lighter or matches to ignite a wooden stick, carefully placing the lit stick down into the holder to light the candle wick. After you light the candle, place the burning stick down into the sand in the container, completely extinguishing it. Leave the sticks in the container as they can be reused.

A word of caution: As with all lit candles, children should have adult supervision when lighting them.

Remember: When you see a votive candle lit, know that it marks a sacred space, where others have prayed before you. When they see your candle lit, they will know that you have prayed here also.

Joe Bremhorst

Essential Tremor

Also known, historically, as benign tremor or familial tremor, essential tremor (ET) is a progressive neurological condition that causes a rhythmic trembling of the hands, head, voice, legs or trunk. It is often confused with Parkinson's disease and *dystonia*. Because of stereotypes and a lack of awareness, many people with ET never seek medical care though most would benefit from treatment. An estimated 10 million Americans have ET. There is evidence that ET is genetic. Each child of a parent who has ET has a 50% chance of inheriting a gene that causes the condition. However, sometimes people with no family history of tremor develop ET.

ET is the most common cause of tremor, although many other causes exist. Misdiagnosis of tremor is a problem. ET is often misdiagnosed as Parkinson's disease. According to the National Institutes of Neurological Disorders and Stroke, eight times as many people have ET as have Parkinson's.

ET is not confined to the elderly. Children and middle-aged people can also have ET. In fact, newborns have been diagnosed with the condition. Few effective prescription medications are available for treating ET. Unfortunately, it is estimated that less than 60% of people with ET are helped by these medications. Researchers estimate that 4-5% of people age 40 to 60 have ET. The incidence rate for people age 60 and older is estimated at 6.3-9%.

People who have ET become disabled at worst and feel frustrated or embarrassed at best. Quality of life is big issue for people with ET. Daily activities such as feeding, drinking, grooming and writing become difficult if not impossible. Many people with ET are too embarrassed to go into public and so remain isolated in their homes.

If you feel you might suffer from ET, you should talk to your physician. If you want to learn more, one of our parishioners, **Joe Bremhorst**, has suffered from the malady his entire adult life. As is typical, his ailment has worsened progressively with age. Joe is interested in sharing his experience with ET and act as a resource for parishioners who would like to learn more. He is an active participant in a local support group, East Bay ET Support Group, which meets monthly at the San Ramon Regional Medical Center.

See <http://www.EastBayET.com> for information about this support group. Feel free to contact Joe at jobrem@msn.com or call 925-285-4104. Also see <http://www.essentialtremor.org> for more in-depth information

Are you or someone you know looking for child care for the summer or a preschool program in the fall?

St. Michael's Preschool has been an asset to our community for 31 years. We believe in the "discovery method" of learning. Children are active learners. We provide experiences that enrich and enhance your child's cognitive, language, social, emotional, physical and creative development. Children learn through play and through their interactions with teachers and other children.

Our teachers serve as positive role models and provide care that is supportive, nurturing, warm and responsive to each child's individual needs. We believe that parents are the most important people in the life of their child. We want parents to feel welcome to share in the total school experience. We encourage you to visit often, attend chapels, special events, volunteer for field trips and help out on "work party" days. With the staff, parents and children working together, we set the foundation for the beginning of your child's education.

We welcome all God's children. We're a private non-profit preschool. licensed to care for 50 children; 2 years to first grade entry. We provide both full and part time care 2-5 days a week.

We offer an outstanding Pre-K Program. A Pre-K information package can be provided at any time. Classroom placement is determined by the following factors: age, individual readiness and space availability. All papers required by the State of California must be completed for enrollment.

For more information about our program call Pamela Mendoza, Director at (925)685-8862 or email at stmma-preschool@sbcglobal.net



**St. Michael and All Angels
Episcopal Church**

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On the web:

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Rector:

The Rev. Dr. Pamela Redding

Cell: 925-408-4082

Office Hours:

Monday—Thursday 9am—1 pm
(closed Fridays)

THE MESSENGER

WEEKLY AT ST. MICHAEL'S

Mondays—Fridays, 6:15 am—6:00 pm
St. Michael's Preschool

Tuesday

7:30 p.m. **Traditional Choir Rehearsal**

Wednesday

10:30 a.m. **Eucharist** (in Chapel)

6:30 p.m. **Contemporary Choir Rehearsal**

Thursday

12:00 noon **Al-Anon**

SUNDAY SERVICES

9:00 a.m. Contemporary Service

11:00 a.m. Traditional Service

TO:

FIRST CLASS MAIL

PLACE LABEL HERE