

St. Michael Lutheran Church  
 2308 Merrimac Road  
 Blacksburg, VA 24060

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### *March Servants*

	March 2	March 5	March 9	March 16	March 23	March 30
<i>Accolytes</i>	Daniel Crowder Sarah Crowder		Isaac Nagle	Kelsey Trimble Abby Penner	Sarah Crowder	Scott McGu
<i>Altar Care</i>	Burn and Betty Gross					
<i>Comm. Assts.</i>	Jane Lane	Bob Brown		Burn Gross		
<i>Coffee Hour</i>			Jane Lane Janet Bryant			
<i>Greeters</i>	Ben and Carol Crawford					
<i>Prayer Readers</i>	John Krallman	Cindy Dowdy	Jennie Hodge	Doug Veit	Josh Mouras	Kelsey Trin
<i>Nursery Assts.</i>	Karen Brown Jada Brown		Cindy Dowdy Kelsey Trimble	Jane McGuigan Zach Woods	Jay Nagle Isaac Nagle	Fran Shephe Lauren Robi
<i>Ushers</i>	Mickey McGuigan Scott McGuigan Hank Schneider Dickie Sheipherd		Roscoe Turman Dave Surface Peggy Brown Bob Brown	Josh Mouras Steve Mouras Don Linkous Randy Robinson	Betty Gross Burn Gross Gary Worley Brian Simmers	Ray Howell Cindy Lang Jeff Birch Sandy Birch



Volume 26, Number 3

March 1, 2003

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*From the  
Pastor* 

The threat of war with Iraq hangs in the air like a thick cloud. As I write these words, I know that by the time you read this newsletter, war may already have been declared and that we may be engaged in a full-scale military action.

I have been struggling lately with the tension between the many voices calling for war and God's eternal cry for peace. I have searched for words to articulate my belief that war is only for those situations where every other alternative has been exhausted and where it is the only road to the destination of peace. My search has led me to the ELCA website, where I discovered the Social Statement for Peace in God's World. Adopted by the churchwide assembly on August 20, 1995 with a vote of 803-30, this statement provides an excellent framework for considering issues of war and peace. The statement puts forth the biblical witness to the God of peace, explores the Church as a community of peace, discusses the political responsibility of Christians, analyzes just/unjust war principles, and suggests tasks for action by individuals and the church. I recommend highly this statement for anyone who wants a thorough, coherent examination of a Christian approach to war. The social statement can be viewed at [www.elca.org/dcs/peacein.html](http://www.elca.org/dcs/peacein.html).

I know there is no single Christian declaration on war with Iraq. People of strong faith disagree over the use of force to fight the very real threats of terrorism. What we can agree on is our desire for peace and our reliance on God to establish God's peace within and among us. We can pray for our men and women in the armed forces and ask God to protect them from harm, just as we ask God to protect the Iraqi people. We can continue to be the Church, called together and strengthened by the Holy Spirit to be makers of peace in our world.

The Social Statement on Peace in God's World, closes with these powerful words: "We await the fulfillment of God's promise of eternal peace, not in resignation, but in grateful joy and active hope, for our time and place are also God's. God, who makes earthly peace possible, calls us to gather in worship. Baptized into Christ, we hear the Gospel and share Holy Communion, the foretaste of the peaceful feast to come. The Holy Spirit sends us into our everyday communities to be agents of peace. We are called to pray, and to live, for peace in God's world."

*Go in peace. Serve the Lord.  
Thanks be to God!*

**In Christ's peace,  
Pastor Mitchell**

Pastor's Office hours: Tuesday-Friday 9:00 AM-12:00 PM Church Office Phone Number: (540) 951-8951
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## In Memoriam

Our Christian sympathy and prayers are extended to the family and friends of Naomi Olinger, who died on February 15. A funeral service for Naomi was held at St. Michael on February 19.

*Rest eternal grant her, O God,  
and let light perpetual shine upon her.*

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## First Communion Preparation

Pastor Mitchell will offer first communion preparation sessions for those young people desiring to begin communion. The written materials are geared for fourth or fifth graders, but if there are younger children whose parents believe are ready to receive communion, special instruction can be made for them.

The sessions will be Sunday, April 6, from 3:00 to 4:30 pm and Sunday, April 13, from 3:00 to 4:30 pm. At least one parent should be present at each session with his or her child.

Please speak with Pastor Mitchell if you plan to attend these sessions or if you have any questions.

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## Space Available

Members often request the use of the building for various activities. If you would like to use the building, please fill out a request for use form located on the bulletin board in the workroom. Put the completed form in the folder for Fran Shepherd located on the wall outside Pastor Mitchell's study.

The church council approves all requests for use. This form can also be used by non-members requesting use. In most cases, no fee is expected from members.

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## Committee Reports

Please submit committee reports to Fran Shepherd for the annual report by Sunday, March 9. Reports can be written, or sent on disk or by email.

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## To Our Family and Friends at St. Michael's,

The year 2002 was a really tough year for our family. Last January, we lost our father, Bill Lane and then at years end, we lost our mother, Wilma Lane. Each death was both expected and unexpected. We were so blessed that our St. Michael family stepped in and showered us with love, support, prayers, cards, flowers, calls and plates upon plates of food. With our father, the church shared our pain as Bill was such a wonderful part of St. Michaels and even though our mother was not a member of this church we were treated as though she had been. How lucky we were (and are) to have a church that is truly "there" in our times of need. Each of us three daughters greatly appreciate all the kind words and deeds. Thank you again for everything and may God bless each and every one of us!

Becci, Jay, Jason, Zach, Isaac and Cam Nagle  
Debbie Lane  
Barbara and George Mobbs

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match for an application. Deadline for applications is April 1.

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## W.E.L.C.A.

WELCA will meet at 7 p.m. on Thursday, March 20th at the home of Jane Lane.

WELCA will meet on April 10th at the church for spring cleanup and will also assemble Easter baskets for the Women's Resource Center.

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## DON'T FORGET THE FOOD BANK

Don't forget to support the Montgomery County Food Bank. Our Shopping Cart needs to be filled with canned soups, stews, crackers, etc.

## 2003 Seminary Days March 23-25

### Lutheran Theological Southern Seminary Columbia SC

Seminary Days is an open house program held each semester for prospective students and inquirers. During these two days of on-campus living, you will have an opportunity to meet professors and seminarians, experience regular classes, tour the campus, and participate in community meals and worship. Anyone considering seminary is invited. For more information, contact Pastor Tom Henderson, Director of Admissions, at 1-800-804-5233 or [THenderson@ltss.edu](mailto:THenderson@ltss.edu).

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## St. Michael Scholarship

St. Michael Lutheran Church is once again offering a memorial scholarship of \$600.00 to assist deserving Lutheran students in Montgomery County with post-secondary educational costs. For more information, contact Donna Oliver, chairperson of the Scholarship Selection Committee or see Pastor

**Spring Cleaning: How about your cabinets or pantry?** Consider giving to The Montgomery County Emergency Assistance Program. MCEAP provides immediate, emergency assistance to those who need it in Montgomery County: the low-income, unemployed, elderly, and handicapped. When existing agencies cannot, MCEAP provides food, clothing, furniture, and financial assistance.

St. Michael's members have for many years given generously to the Montgomery County Emergency Assistance Program. Please bring food for the **Food Pantry Wish List** and place it in the shopping cart adjacent to the bulletin board. **Wish List:** Boxed Dinners (Mac & Cheese, Hamburger Helper, Rice-A-Roni, Stove Top); Canned Meats (Tuna Fish, Treet, Spam); Canned Fruits and Vegetables; Dried Beans; Individual Packages of Powdered Milk; Spaghetti Sauce and Noodles; Breakfast Items (Cereals, Oatmeal, Poptarts, Breakfast Bars); Food for the Homeless (Items with pop-top lids, food requiring no cooking, boxed drinks); **AND ANY OTHER FOOD ITEMS YOU WISH TO CONTRIBUTE.**

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Sponsored by: Your Caring and Sharing Committee

There will be plenty of pancakes and sausage for all so come and join us in a Mardi Gras atmosphere.

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## **Inclement Weather Policy**

When winter weather makes driving conditions dangerous, the Pastor and Council President will decide if worship services will be cancelled. In the event of cancellation, they will contact WDBJ-TV (channel 7) and 89.1 public radio, which will include St. Michael in their church cancellation announcements. The message on the church answering machine will also be changed to state that worship is cancelled.

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## **Justice and Mercy**

In January, we provided a \$100 payment for a disabled woman awaiting her disability payments.

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## **Don't Forget the Pancake Supper!**

When: Shrove Tuesday, March 4<sup>th</sup>, 6 pm.  
Where: Fellowship Hall

## **Celebration Sunday - March 23**

At a November worship service each year, we **dedicate** our time, talents and financial resources. Then in the spring, usually in March, we **celebrate** how our time, talents and resources have been used for God's good work in this place.

Join us at worship on Sunday, March 23, for that celebration and our St. Michael annual spring meeting. We invite you also for a potluck lunch after the 11 a.m. service as we continue the celebration with fine food and fellowship.

**The Support Committee**

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## **Interested in becoming a member of St. Michael?**

Pastor Mitchell will hold an informal gathering in the pastor's study on Sunday, March 16 at 10:00 am for those desiring more information about joining St. Michael. If you cannot make it to the March 16 meeting, please let Pastor Mitchell know and she will be happy to schedule another time to meet with you.

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Living Pulpit



## **Lenten Worship Schedule**

**Wednesday, March 5 Ash Wednesday worship with Holy  
7:00 pm Communion and Imposition of Ashes  
at St. Michael Lutheran Church**

**Wednesday, March 12 Lenten meal (potluck) and worship  
6:00 pm at Shiloh Lutheran Church**

**Wednesday, March 19 Lenten meal (potluck) and worship  
6:00 pm at New Mt. Zion Lutheran Church**

**Wednesday, March 26 Lenten meal (potluck) and worship  
6:00 pm at St. Michael Lutheran Church**

**Wednesday, April 2 Lenten meal (potluck) and worship  
6:00 pm at Shiloh Lutheran Church**

**Wednesday, April 9 Lenten meal (potluck) and worship  
6:00 pm at New Mt. Zion Lutheran Church**

**Sunday, April 13 Sunday of the Passion/ Palm Sunday  
9:00 and 11:00 am (St. Michael)**

**Thursday, April 17 Maundy Thursday worship  
7:00 pm (St. Michael)**

**Friday, April 18 Good Friday worship  
7:00 pm (St. Michael)**

**Sunday, April 20 Day of the Resurrection/Easter Sunday  
7:00 am Service of Holy Communion, followed by potluck  
breakfast**

**Note: Ash Wednesday worship and following Wednesdays in Lent  
will be shared with the New River Parish congregations of Shiloh and  
New Mt. Zion. Worship will focus on the Seven Last Words of Christ.  
Shiloh Lutheran Church is located at 5218 Long Shop Road and New  
Mt. Zion Lutheran Church is at 2350 Poverty Creek Road.**

## **Proposed Mission Statement**

**The Long-Range Planning Committee submits the following proposed mission statement for congregational adoption at the March 23 congregational meeting:**

As a community of believers guided by the Holy Spirit, the mission of St. Michael Lutheran Church is to:

**C**are for all God's people in need,  
**H**ear of God's love through Word and Sacrament,  
**R**espond to God's grace with thankful hearts,  
**I**nvoke others into Christ's community,  
**S**erve God in our daily lives, and  
**T**ell the story of God's love for all.

**The members of the Long-Range Planning Committee welcome your comments and suggestions. The members are Jeff Birch, Bob Brown, Judy Clemens, Cindy Dowdy, Betty Gross, Kevin Krallman, Julia Landes, Hank Schneider, Tim Smiley, Amy Woods, and Pastor Mitchell.**

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NRV Community Disaster Response Coalition  
2955 Market St., Suite 7  
Christiansburg, VA 24073  
540-381-3101  
nrvcdr.org

We are an interagency coalition that provides disaster mental health support to our community in times of need.

With the elevated warnings currently in place we would like to offer a few suggestions for coping with the threat of terrorism.

- Fight terrorism by refusing to panic. Calmly prepare your household following FEMA recommendations- this is no different than preparing for bad weather in how you approach it.
- Talk out your plans for family disaster response and write down the plan so each member of the family has a copy, including contact numbers.
- Acknowledge that is a difficult time and that the best thing to do is follow your family's routine.
- Check in with news sources through the day but don't keep the TV on constantly with news channels on it.
- Offer help to elder neighbors or other members of the community if you can- they may need the reassurance of an occasional phone call to reduce their sense of isolation. Helping others helps you feel more empowered as well.
- Help kids put this into context by reminding them of the fire drills they've had at school to be ready "just in case".
- Remember to breathe slowly every once in a while and let your elbows go soft to reduce the anxiety that tends to build. This may help with sleep as well.
- Treat those around you with exceptional kindness, this helps reduce the build up of tension that turns to anger.
- Stay away from using alcohol or drugs to deal with this tension.
- When you see law enforcement or first responders, give them a smile and a thumbs up, they're putting in a lot of overtime.
- Extend your support to families of law enforcement and first responders and the families of military personnel who have been or are about to be deployed.
- If you are feeling overwhelmed by the tension call a friend or local support hotline.
- Remember that we can pull together and that terrorism is a psychological warfare- it doesn't work if we don't panic.

Visit our website for links to Red Cross, FEMA and the Public Health Department-

nrvcdrc.org. If you'd like to become a CDRC volunteer disaster counselor call and register for classes being offered in this area- 540-951-4990 or 540-381-3101

## PRAYER SHAWL NEWS

LET'S KNIT OR CROCHET.

**Come to Church Saturday, March 8<sup>th</sup> from 10 to 12.** I'll bring the shawl I'm working on and some extra yarn for practice. If you have some big needles bring them (size 10 or 11) If you crochet, I found a pattern for you, but I don't crochet so can't help much with that!

For those who are interested in the Prayer Shawls, I found both the history and patterns on the internet. Here are both knitting AND crocheting patterns:

This pattern gives a sample of how to make a knit or crocheted shawl. Your individual choices in yarn and needle/hook size will affect the finished size and thickness of the shawl, but there isn't one "right" way. Because crochet uses more yarn than knit, a crochet shawl will be a bit smaller than a knit one made with the same number of yarn skeins. To make a larger one, start with a longer chain and use an additional skein.

### SIZE

Average size approximately 24" x 60"

purl stitches and purl the knit stitches.

### MATERIALS

• LION BRAND Homespun  
3 skeins in color of your choice

#### Knit

• Size 10.5 (6.5 mm) through 15 (10 mm)  
knitting needles

#### Crochet

• Size N-13 (9 mm) or P-15 (10 mm)  
crochet hook

#### Crochet Version

Loosely chain about 43 stitches.  
First row Half-double crochet in third chain from hook and in each chain across.  
Repeated row Chain 2, turn. Half-double crochet in each half-double crochet across.

#### Both Versions

#### Knit Version

Cast on 63 stitches or any multiple of three, such as 54, 57, or 60.  
First row Knit 3, purl 3 to the end of the row. Repeated row . Turn and knit the

Work about 2 1/2 skeins in this pattern.  
Use the rest of the yarn for fringe, which can be from 3" to 9" long. Knot the ends of the fringes to keep the yarn from frizzing.

Homespun (Article #790) comes in 6 oz/185 yd skeins

Every effort has been made to have the knitting and crochet instructions accurate  
<<http://www.lionbrand.com/graphics/line.gif>>

and complete. We cannot be responsible for variance of individual knitters and crocheters, human errors, or typographical mistakes.

### **Here is the History of the Shawl:**

For those of you who have wanted more information on the prayer shawls mentioned in the new catalog, patterns on the Lion Brand Website, here is some background:

The prayer shawl idea began in 1998 with Janet Bristow and Victoria Cole-Galo, two graduates from the first class of the Women's Leadership Institute at Hartford Seminary in Connecticut, who decided to pray and knit shawls for women in treatment for disorders such as breast cancer and for new mothers.

Soon shawls were being made for other "life events" and celebrations, as well. They chose Homespun yarn for their project because it is soft, easily machine washable, hypoallergenic, and reasonably priced. Homespun's beautiful textures and colors also played a part, as did the fact that it knits up quickly on large needles. Bristow and Cole-Galo are still actively involved in this project, giving workshops regularly, and they have a Website at [www.shawlministry.com](http://www.shawlministry.com) is packed with information.

In the fall of 1999, the Rev. Susan Schenck IZARD, a minister on the staff of First Church of Christ Congregational, West Hartford, Connecticut, heard of the project. IZARD, a knitter herself, decided to establish a prayer shawl knitting circle at her church. The response was so positive that IZARD wrote a piece on it for Presence, a three-times-a-year journal for spiritual directors. The article, "Knitting into the Mystery of God" appeared in Vol. 6 No. 3 in September 2000. It included the pattern, with the suggestion to use Lion Brand's Homespun.

Since then, the project has snowballed. Between them, Bristow says she and Cole-Galo have produced approximately 350 shawls. As of mid-August 2002, IZARD's group in West Hartford had knitted and given away more than 300 shawls, but the real explosion came from the Internet. People all over the world responded to the Presence piece, and there are prayer shawl groups as far away as New Zealand, and a convent of cloistered nuns in England is now making them with wool they dye with plants from the convent garden! Most groups in the USA continue to use Homespun.

Bristow says, "Sometimes there are no words. A prayer shawl wraps someone in a hug that's the accumulation of thoughts and prayers for them."

Knitted or Crochet Prayer Shawl Pattern:

<http://www.lionbrand.com/patterns/khs-prayerShawl.html>

**Hope you found this interesting! . . . and Hope to see you Sat. March 8<sup>th</sup> from 10 to 12. If you have any questions or comments please give me a call (before 9pm!) at 951-0362.**

- Jenny Akers