



# St. Michael Messenger

St. Michael Lutheran Church

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[www.st-michael-lutheran-church.org](http://www.st-michael-lutheran-church.org)

Volume 44, Number 3

March 1, 2020

Greetings Dear Saints,

Welcome to the season of Lent! The word “Christian” appears in the New Testament only twice. The word “disciple” occurs 269 times. “Discipline” and “disciple” come from the same root. To be a disciple is to be a person of discipline. To pay attention. To focus. ELW’s “Invitation to Lent” announces to the congregation on Ash Wednesday, “As disciples of the Lord Jesus we are called to struggle against everything that leads us away from love of God and neighbor. Repentance, fasting, prayer, works of love, self-denial, quiet meditation—the disciplines of Lent—help us to wage our spiritual warfare. I invite you, therefore, to begin on this solemn first day of Lent to recommit yourselves to this struggle.”

This understanding reinforces a sense of Lent as a time of preparation for personal and collective transformation. Having nurtured ourselves through Advent, Christmas and Epiphany, Lent becomes the time to look truthfully at ourselves and make changes.

The Church has a custom of not speaking or singing the word “Alleluia” during Lent. Based on the Hebrew word, halleluyah, meaning “Praise the Lord,” alleluia has been a word of great praise to God in the life of the church and was prominent in early Christian liturgies. It is a joyful proclamation, which we put away during the more contemplative season of Lent. Putting it away for Lent is like putting away a favorite toy for a while to appreciate it better later.

To help our children better understand why we don’t speak or sing the word “Alleluia” we cut out the letters from poster board and decorated each letter with signs of spring and resurrection during Families of Faith in early February. Then we said “say goodbye” to the Alleluia during the Children's Sermon on February 23. We symbolically buried it beneath a black sheet under the altar where it will lay dormant until Easter morning.

May this black mound of clothe under the altar become a dose of reality reminding us we are mortal and we are sinful. In our self-examination, the deeper we look inside ourselves, the more brokenness we discover. Lent drives us inward in-order to drive us outward to the saving work of Christ, accomplished in the cross and resurrection.

May our Lenten journey be a call to discipline and renewal and a gracious invitation to “return to the Lord our God.” This is where we belong as children of God. On Easter morning may the Alleluia resound from our hearts and fill the church knowing we have been redeemed.

Abiding in the hope of the empty tomb,

Pastor Michelle

## Sharing Our Gifts: Time, Talents and Treasure

*We offer with joy and thanksgiving what He has first given us--ourselves, our time, and our possessions, signs of His gracious love.*

### Thank you to some “quiet” servants

To Lynda Kinzey, Margaret Larsen, Wanda Pascoe, Betty Wingate and Judith Wolfe for folding the February newsletter; to Wanda Pascoe and Betty Wingate for folding the weekly bulletins; to Victoria and Adam Akers for donating a buffet dish for the kitchen; to Jim and Judy Clemens and Ben Simmers for their faithful weekly offering counting; to John Krallman for preparing our end-of-year financial statements; to Dickie Shepherd and Ray Howell for installing the new sink and faucet in the kitchen and to our musicians who share the gift of music at worship.

### Because of your gifts

Your generous gifts in February supported our annual worker’s compensation insurance policy, new kitchen sink, monthly internet and phone, new door handle for the fellowship hall door, our benevolence to the Virginia Synod, donations to MCEAP, Lutheran Campus Ministry, our mission partner (Bedford Lutheran Church), and salaries for our ministerial staff.

The **Justice and Mercy Fund** continues to assist our neighbors in the community and the world. In February, we assisted 9 families with funds towards 5 electric bills and 4 with rent payments. We encourage the congregation to continue their contributions to the fund and to refer friends and family to use the fund as you see need.

### Annual Meeting and Brunch, March 22 at 9:50 a.m.

On Sunday, March 22, St. Michael will have a Covered Dish Brunch and Annual Meeting at 9:50 a.m. in the Fellowship Hall. Everyone is invited to bring a dish to share. At the Annual Meeting, we will receive the 2019 Annual Report and the 2020 Phone Directory and complete our 2020 Time and Talent Surveys. Annual reports will be available March 8 for you to review. This is the one meeting a year that other topics may be discussed. In case of inclement weather, the meeting will be held on Sunday, April 5.



## Pastor Michelle's Installation



Pictured are Pastor Bill King, Pastor JoAnn Bunn, Pastor Michelle Stramiello, Pastor Monica Weber, Pastor Wanda Childs, Pastor Pam Philips

Thank you to everyone who provided cookies for Pastor Michelle's installation reception. They were all delicious. And we had some leftovers to enjoy during Sunday School coffee hours.

Thank you to everyone who helped with Pastor Michelle's reception including Anna Rossomando, Sandy Williams, Lynda Kinzey, John Kell, Julia Kell, Jeff Birch, Alice Schneider and Sandy Birch. Thank you to Wilma Pieper and Dickie Shepherd for serving as greeters.



## Micah's Soup for Seniors

The packing date for March is **March 24th**. We continue to support over 100 seniors at Warm Hearth with monthly donations of food and Panera. We want to thank all our Church Volunteers, Chi Delta Alpha Service Sorority and the many other volunteers in the Community for their support each month.

We love having both our loyal volunteers and all new volunteers help us out. Please consider an hour of your time once a month to help support Soup for Seniors. We continue to be able to carry on this program with your generous gifts of time and money. Thanks to everyone for his or her continued support.



For **March**, we will be collecting **Peanut Butter (12-16 oz.)**.

## Micah's Closet



If you would like to help Micah's Closet this spring, please talk to Fran Shepherd, Jody Smiley or Kris Wertz or email at [hope@micahscloset.org](mailto:hope@micahscloset.org).

## Families of Faith

Families of Faith meet from 6:00-7:30 p.m. on the first and third Wednesdays of each month. All families with young children are invited for supper and activities. For information about Families of Faith contact Maggie Maloney at [maggiesatch@gmail.com](mailto:maggiesatch@gmail.com).



## Congratulations to ...

**Gary Worley, PhD**, who retired after 43 years of service at Virginia Tech. Gary spent most of those years guiding university projects involved with digital imaging, archiving, and research related visualization. He serves St. Michael primarily as the leader of the Advent Calendar we enjoy each year.

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Permit No. 78**

**Daylight saving time 2020 in Virginia will begin at 2:00 AM on  
Sunday, March 8**

### *March Servants*

	<b>March 1</b>	<b>March 8</b>	<b>March 15</b>	<b>March 22</b>	<b>March 29</b>
<b>Altar Care</b>	Elaine Powers				
<b>9 AM Service</b>					
<b>Greeters</b>	Lynn Hickok Barbara Corbett	Jenny Kellinger Maggie Maloney	Mayer Family	John and Dianne Krallman	Elaine Powers and Joe Garst
<b>Lay Reader</b>	Keith Gay	Kris Wertz	Carrie Mayer	Peggy Morgan	John Stramiello
<b>Comm. Asst.</b>	William Allen	Lori Anne Kirk	Alexa Mayer	Butch Akers	Sandy Williams
<b>11 AM Service</b>					
<b>Acolyte</b>	Emily Graves		Jack Graves		
<b>Comm. Asst.</b>	Mickey McGuigan		Emily Graves		
<b>Greeters</b>	Ray Howell Ben Simmers	Anna Rossomando John Kell	Josiah and Litha Tlou	Ferrell Family	James and Wanda Pascoe
<b>Lay Reader</b>	Jeff Birch	Fran Shepherd	Jessica Brown	Margaret Christle	John Stramiello
<b>Ushers</b>	Ray Howell Ben Simmers	Anna Rossomando John Kell	Josiah and Litha Tlou	Daniel Ferrell Phillip Isenhour	James and Wanda Pascoe
<b>Youth Servant</b>	Bryce Dowdy		Gesine Newman		

**Please Note:** Greeters/Ushers at both services please take the attendance, write the number down and place in the offering plate.

## Women of the ELCA



*Women of the Evangelical  
Lutheran Church in America*

**Lunch and Learn: Wednesday, March 18<sup>th</sup> at 12 noon**  
(Note change from Monday to Wednesday) - **we invite all women to come for our monthly “lunch with more”**. Bring a friend and have lunch - and an always interesting Bible study led by Jody Smiley. We finish by 1 so everyone can continue with their afternoon plans. Please sign up on the Welcome Sheet so we can prepare lunch for all!



**Easter  
Baskets**

**Easter Baskets:** It's time for Easter Baskets! Everyone is invited to bring in individually wrapped candy treats, small “basket sized” books, games or stuffed animals, baskets and grass. These will be donated to the Women's Resource Center. Their clients' children are excited to receive one when they come in for counseling. There will be a box available in the narthex.

**For the Food Bank:** In March, please bring **canned soups**, however the food bank always welcomes all non-perishable foods.

**For the Women's Resource Center:** paper towels

**Thanks to everyone for all the ways you help those in our community.**

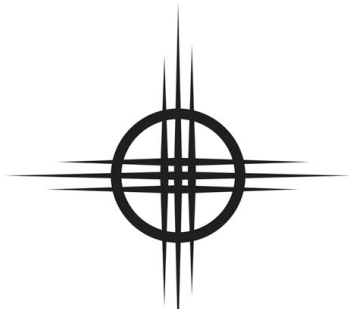
## O.Ks (Older Kids)

Our Happy-Go-Lucky luncheon is scheduled for Tuesday, March 10 at noon. We will celebrate St. Patrick's Day with some traditional Irish dishes, music, a fun program and fine fellowship. Bring a friend or a friendly leprechaun. Wearing green is optional ☺. A \$5 donation towards the meal is appreciated, but not required.



## Council Meeting

The March Council meeting will be on March 8 at 12:15 p.m. Council meetings are always open to anyone that would like to attend. You may have a voice at the meeting but not a vote. At times confidential items may need to be discussed and you would need to step out for that portion of the meeting. Council meetings are usually on the second Sunday at 12:15 p.m.



## Lenten Service Schedule

### Wednesday Night Lenten Supper and Service

Supper at 6 p.m. and Evening Prayer *Vespers* Service at 6:45 p.m.

L E N T

Each week, St. Michael, along with our friends and family from Shiloh and New Mt. Zion, will gather for a time of fellowship and Evening Prayer *Vespers* from our hymnal.

On Wednesday nights during Lent, beginning March 4, we will enjoy delicious specialties prepared by the Cellar Restaurant. The suggested contribution for the catered meals will be \$5 for adults and \$2 for school-aged children. It is helpful if folks can sign up each week on the “Welcome” form or by emailing Suzanne ([suzanneg@stmhc.us](mailto:suzanneg@stmhc.us)) so we can make sure we have enough food, but “walk-ins” are always welcome. Plan to come and enjoy fine food and fellowship before worship. Vegetarian and gluten-free entrées will be provided each Wednesday. Volunteers are invited to prepare a dessert for the suppers (and receive a complementary supper) and can sign up on the Welcome form each week or contact Suzanne.

- |          |                                                                                  |
|----------|----------------------------------------------------------------------------------|
| March 4  | Beef lasagna and vegetable lasagna, salad, garlic bread                          |
| March 11 | Ziti with marinara sauce, meatballs, salad, garlic bread                         |
| March 18 | Chicken parmesan, pasta, salad, garlic bread                                     |
| March 25 | Ham, beef, turkey or vegetarian sub sandwiches with all the fixings, pasta salad |
| April 1  | Beef cannelloni, mushroom ravioli with Brie sauce, salad, garlic bread           |

## Thank You Note

*Dear Friends,*

*Thank you for your gift of \$75.00. Our community is our biggest partner to providing free services to adult and child victims of sexual and domestic violence. Your participation in our mission helps us get closer to becoming a community free of sexual and domestic violence.*

*With sincere gratitude,*

*Laura Beth Weaver, Executive Director,*

*Women’s Resource Center of the New River Valley*

## Scout Sunday

Scout Sunday was February 9.



Thank you to the Newbill family, who served as our greeters and ushers at the 9 a.m. and 11 a.m. services. They are members of Scout Troop 158 which meets at St. Michael. Pictured are Parker, Cara, Collin, Phyllis and Jon.

## Volunteers Invited to Host a 10 a.m. Coffee and Cookie Time



Volunteers are invited to host a Sunday School coffee and snack time between services. Your tasks would include preparing the coffee pots, setting out the cups and other supplies, and providing the muffins, cookies, brownies or other sweet treats. You don't even have to make the treats...just thaw them right out of the church freezer...unless, of course, you'd like to bring or bake something special for the church family. Clean up before the 11 a.m. service would be nice too, but that task can be "negotiated." Please sign up on the sheet on the hallway bulletin board. "How-to-do coffee hour" instructions are available; talk to Sandy Birch. **Thank you to Bert and Lynda Kinzey, Dianne and John Krallman, and Anita Shepard for hosting in February and Jim and Judy Clemens for hosting in January.**



## Welcome to the St. Michael Family!



On Sunday, February 9, we welcomed two new members to our church family. **Jenny Kellinger** grew up in Blacksburg and was baptized at Luther Memorial at its original location (near the McDonald's property across from VT). She moved to Roanoke in 1981 to attend nursing school and worked there as a nurse. In July 2018, Jenny returned to Blacksburg to live with her mom. She is the mother of two adult children, a competitive swimmer and enjoys working out and visiting with friends.

**Sondra Williams** is a retired nurse, widow of a career

U.S. Marine, the mother of two adult children and the grandmother of three boys. She grew up in Nebraska where she completed her nurse's training and met and married her husband. Son Tony and family live in Check, VA and daughter Jill and her husband live in Sterling, VA. Sondra enjoys walking, needlework, knitting, and time at the Topsail, NC beach each summer with her family. She moved from Woodbridge, VA to her Warm Hearth Village townhome in the summer of 2017. Sondra, like Jenny,



has been a member of the Lutheran church since baptism and her favorite Bible verse is 1 Peter 5:7: Cast all your anxiety on him, because he cares for you.

### Make Sure You Receive St. Michael's Weekly Email Newsletter

Each Thursday, St. Michael publishes a weekly email newsletter. We have discovered that in some cases, Gmail is routing the newsletter to your "Spam" folder or to the "Promotions" or "Social" tab. If you have signed up and are not receiving the E-newsletter each Thursday morning, please check these folders. If you would like to sign up, please click the "@news" button on the bottom of St. Michael's webpage: [www.st-michael-lutheran-church.org](http://www.st-michael-lutheran-church.org).

### Deadline for the St. Michael Scholarship - April 21

Applications are invited for the St. Michael Scholarship, a \$600 award for individuals to pursue studies in post-secondary education. Members of Lutheran churches in Montgomery County are eligible to apply. The application is available on the church bulletin board.

## **New Directors for Young Children's Programs**

St. Michael is fortunate to sponsor two programs for young children. Mother's Morning Out is for children ages two to five years old. The focus of Mothers' Morning Out is to provide a safe nurturing social setting where children can learn, play, grow and explore. Valerie Jessee is the new director. Ms. Val has been a teacher in the Christian school setting as well as the public school. She has taught for 15 years in several states. Ms. Val has taught kindergarten and third grade as well as three years at a Mother's Day program in Knoxville before moving to Christiansburg. She enjoys working with children and is excited to be a part of St. Michael Mother's Morning Out. She would welcome you to come in and read to the children. Please contact her if you would enjoy time with the children.

We are happy to announce that Emma Lambertson is the new Director at Rainbow Riders Early Head Start Partnership Program at St. Michael. Emma has worked at Rainbow Riders for almost six years. She worked as a teacher in several classrooms at our CRC site and also as Consulting Teacher providing coaching, mentoring, training and support to our teachers. Last year, Emma left Rainbow Riders for a few months to work as the Director of the Pulaski YMCA Childcare Center where they also have an Early Head Start Partnership Program. She returned to Rainbow Riders CRC site in August and now, she is excited about this opportunity to work with our Early Head Start families. Emma has experience with the Early Head Start program requirements, licensing, as well as a deep understanding of Rainbow Riders' philosophy. She brings an organized, loving, and warmth to the program. We welcome members of St. Michael to contact us if you would like to be involved in any way.

# St. Michael Lutheran Church

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>9:00 AM</b> Worship - Communion <b>10:00 AM</b> Adult Discussion <b>10:00 AM</b> Sunday School <b>11:00 AM</b> Worship - Communion	<b>2</b> <b>8:45 AM</b> Mother's Morning Out <b>5:30 PM</b> NRV Cares Circle of Parents in the Large Classroom	<b>3</b> Election Day - Office Closed <b>8:45 AM</b> Mother's Morning Out	<b>4</b> <b>8:45 AM</b> Mother's Morning Out <b>2:45 PM</b> Music Lesson <b>6:00 PM</b> Mid-week Lenten Meal and Service	<b>5</b> <b>8:45 AM</b> Mother's Morning Out <b>6:00 PM</b> Packing for Micah's Backpack <b>7:15 PM</b> Scout Troop Meeting	<b>6</b>	<b>7</b>
<b>8</b> <b>9:00 AM</b> Worship - Communion <b>10:00 AM</b> Adult Discussion <b>10:00 AM</b> Choir Practice <b>10:00 AM</b> Sunday School <b>11:00 AM</b> Worship <b>12:15 PM</b> Congregational Church Council Meeting <b>4:00 PM</b> Confirmation Class at Our Saviour	<b>9</b> <b>8:45 AM</b> Mother's Morning Out	<b>10</b> <b>8:45 AM</b> Mother's Morning Out <b>11:00 AM</b> Bible Study <b>12:00 PM</b> Happy-Go-Lucky St. Patrick's Day Luncheon <b>5:30 PM</b> Quilting Party in the Fellowship Hall	<b>11</b> <b>8:45 AM</b> Mother's Morning Out <b>2:45 PM</b> Music Lesson <b>6:00 PM</b> Mid-week Lenten Meal and Service	<b>12</b> <b>8:45 AM</b> Mother's Morning Out <b>6:00 PM</b> Packing for Micah's Backpack <b>7:15 PM</b> Scout Troop Meeting	<b>13</b>	<b>14</b>
<b>15</b> <b>9:00 AM</b> Worship - Communion <b>10:00 AM</b> Adult Discussion <b>10:00 AM</b> Sunday School <b>11:00 AM</b> Worship - Communion	<b>16</b> <b>8:45 AM</b> Mother's Morning Out <b>5:30 PM</b> NRV Cares Circle of Parents in the Large Classroom	<b>17</b> <b>8:45 AM</b> Mother's Morning Out <b>11:00 AM</b> Bible Study <b>6:00 PM</b> First Communion Class <b>7:00 PM</b> Price Family Historical Society	<b>18</b> <b>8:45 AM</b> Mother's Morning Out <b>12:00 PM</b> WELCA Lunch and Learn <b>2:45 PM</b> Music Lesson <b>6:00 PM</b> Mid-week Lenten Meal and Service	<b>19</b> <b>8:45 AM</b> Mother's Morning Out <b>6:00 PM</b> First Communion Class <b>6:00 PM</b> Packing for Micah's Backpack <b>7:15 PM</b> Scout Troop Meeting	<b>20</b>	<b>21</b>
<b>22</b> <b>9:00 AM</b> Worship - Communion <b>9:50 AM</b> Annual Congregational Meeting and Potluck <b>9:50 AM</b> Choir Practice <b>10:00 AM</b> Adult Discussion <b>10:00 AM</b> Sunday School <b>11:00 AM</b> Worship <b>4:00 PM</b> Confirmation Class at Our Saviour	<b>23</b> <b>8:45 AM</b> Mother's Morning Out	<b>24</b> <b>8:45 AM</b> Mother's Morning Out <b>11:00 AM</b> Bible Study <b>5:00 PM</b> Packing and Delivering for Soup for Seniors <b>6:00 PM</b> First Communion Class	<b>25</b> <b>8:45 AM</b> Mother's Morning Out <b>2:45 PM</b> Music Lesson <b>6:00 PM</b> Mid-week Meal and Lenten Service	<b>26</b> <b>8:45 AM</b> Mother's Morning Out <b>6:00 PM</b> First Communion Class <b>6:00 PM</b> Packing for Micah's Backpack <b>7:15 PM</b> Scout Troop Meeting	<b>27</b>	<b>28</b>
<b>29</b> <b>9:00 AM</b> Worship - Communion <b>10:00 AM</b> Adult Discussion <b>10:00 AM</b> Sunday School <b>11:00 AM</b> Worship	<b>30</b> <b>8:45 AM</b> Mother's Morning Out	<b>31</b> <b>8:45 AM</b> Mother's Morning Out <b>11:00 AM</b> Bible Study	<b>1</b> <b>8:45 AM</b> Mother's Morning Out <b>2:45 PM</b> Music Lesson <b>6:00 PM</b> Mid-week Meal and Lenten Service	<b>2</b> <b>8:45 AM</b> Mother's Morning Out <b>6:00 PM</b> First Communion Class <b>6:00 PM</b> Packing for Micah's Backpack <b>7:15 PM</b> Scout Troop Meeting	<b>3</b>	<b>4</b> The Big Event

Updated Calendar Information is available online at: [www.st-michael-lutheran-church.org](http://www.st-michael-lutheran-church.org)

Food Bank – Canned Soups; Women's RC – Paper Towels; Micah's Backpack – Juice Boxes; Soup for Seniors – Peanut Butter