

The Fourth
Sunday of Lent

March 19, 2023
10am

Indoor/Outdoor,
Livestream & Home
Communion

stmichaelscarmichael.org
for the viewing

We are delighted that you
are here to worship God
with us today! St.

Michael's Episcopal
Church, centered in Jesus
Christ, is passionate about
accepting the invitation to
grow in God through love
and acceptance. It is our
desire to share God's love
in action with works of
grace and service. We
are inclusive and
welcoming of all God's
people.

2140 Mission Ave.
Carmichael, California
916.488.3550

stmichaelscarmichael.org

We ask that you silence any
electronics that might make
noise during the service.



Welcome to
ST. MICHAEL'S
EPISCOPAL CHURCH

PRELUDE Larghetto from Flute Sonata in a minor, HWV 362 by
Handel *Sharon Gulliford, Flute*

PROCESSIONAL HYMN The Hymnal 1982—#493 O for a Thousand
Tongues to Sing (*All stand as able. Music can be found on page 7.*)

Celebrant Blessed be the God of our salvation:
People **Who bears our burdens and forgives our sins.**

Jesus said, "The first commandment is this: Hear, O Israel: The Lord
your God is the only Lord. Love the Lord your God with all your heart,
with all your soul, with all your mind, and with all your strength. The
second is this: Love your neighbor as yourself. There is no
commandment greater than these."

Deacon Let us confess our sins against God and our
neighbor.

People **God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.**

Celebrant Almighty God have mercy on you, forgive you all your
sins through our Lord Jesus Christ, strengthen you in all
goodness, and by the power of the Holy Spirit keep you
in eternal life. **Amen.**

Celebrant Lord, Jesus Christ, Son of God have mercy on me, a
sinner.

People **Lord, Jesus Christ, Son of God have mercy on me, a
sinner.**

Celebrant Lord, Jesus Christ, Son of God have mercy on me, a
sinner.

THE COLLECT OF THE DAY

Celebrant God be with you.

People **And also with you.**

Celebrant Together, let us pray.

**Gracious Father, whose blessed Son Jesus Christ came down from
heaven to be the true bread which gives life to the world: Evermore
give us this bread, that he may live in us, and we in him; who lives
and reigns with you and the Holy Spirit, one God, now and for
ever. Amen.**

THE LESSONS & PSALM *Please be seated.*

A reading from the first Book of Samuel (16:1-13)

The Lord said to Samuel, “How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.” Samuel said, “How can I go? If Saul hears of it, he will kill me.” And the Lord said, “Take a heifer with you, and say, ‘I have come to sacrifice to the Lord.’ Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.” Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, “Do you come peaceably?” He said, “Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice.” And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, “Surely the Lord’s anointed is now before the Lord.” But the Lord said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.” Then Jesse called Abinadab, and made him pass before Samuel. He said, “Neither has the Lord chosen this one.” Then Jesse made Shammah pass by. And he said, “Neither has the Lord chosen this one.” Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, “The Lord has not chosen any of these.” Samuel said to Jesse, “Are all your sons here?” And he said, “There remains yet the youngest, but he is keeping the sheep.” And Samuel said to Jesse, “Send and bring him; for we will not sit down until he comes here.” He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, “Rise and anoint him; for this is the one.” Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

Reader The Word of the Lord.

People **Thanks be to God.**

Please pray Psalm 23 responsively by half verse.

1 The Lord is my shepherd; *

I shall not be in want.

2 He makes me lie down in green pastures *

and leads me beside still waters.

3 He revives my soul *

and guides me along right pathways for his Name's sake.

4 Though I walk through the valley of the shadow of death, I shall fear no evil; *

for you are with me; your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me; *

you have anointed my head with oil, and my cup is running over.

6 Surely your goodness and mercy shall follow me all the days of my life, *

and I will dwell in the house of the Lord for ever.

A reading from the letter of Paul to the Ephesians (5:8-14)

Once you were darkness, but now in the Lord you are light. Live as children of light— for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light.

Therefore it says,

“Sleeper, awake!

Rise from the dead,

and Christ will shine on you.”

Reader The Word of the Lord.

People **Thanks be to God.**

GRADUAL HYMN The Hymnal 1982—#142 Lord Who Throughout These Forty Days (*All stand as able. Music can be found on page 7.*)

PROCLAMATION OF THE GOSPEL John (9:1-41)

Deacon The Holy Gospel of our Lord Jesus Christ, according to John.
People **Glory to you, Lord Christ.**

As Jesus walked along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man’s eyes, saying to him, “Go, wash in the pool of Siloam” (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, “Is this not the man who used to sit and beg?” Some were saying, “It is he.” Others were saying, “No, but it is someone like him.” He kept saying, “I am the man.” But they kept asking him, “Then how were your eyes opened?” He answered, “The man called Jesus made mud, spread it on my eyes, and said to me, ‘Go to Siloam and wash.’ Then I went and washed and received my sight.” They said to him, “Where is he?” He said, “I do not know.”

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, “He put mud on my eyes. Then I washed, and now I see.” Some of the Pharisees said, “This man is not from God, for he does not observe the sabbath.” But others said, “How can a man who is a sinner perform such signs?” And they were divided. So they said again to the blind man, “What do you say about him? It was your eyes he opened.” He said, “He is a prophet.”

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, “Is this your son, who you say was born blind? How then does he now see?” His parents answered, “We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.” His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, “He is of age; ask him.”

So for the second time they called the man who had been blind, and they said to him, “Give glory to God! We know that this man is a sinner.” He answered, “I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.” They said to him, “What did he do to you? How did he open your eyes?” He answered them, “I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?” Then they reviled him, saying, “You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.” The man answered, “Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.” They answered him, “You were born entirely in sins, and are you trying to teach us?” And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, “Do you believe in the Son of Man?” He answered, “And who is he, sir? Tell me, so that I may believe in him.” Jesus said to him, “You have seen him, and the one speaking with you is he.” He said, “Lord, I believe.” And he worshiped him. Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind.” Some of the Pharisees near him heard this and said to him, “Surely we are not blind, are we?” Jesus said to them, “If you were blind, you would not have sin. But now that you say, ‘We see,’ your sin remains.”

Deacon The Gospel of the Lord.
People **Praise to you, Lord Christ.**

SERMON The Rev. Mary Claugus

THE APOSTLES CREED *All stand as able.*

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord,
**who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.**

**On the third day he rose again; he ascended into heaven,
he is seated at the right hand of the Father,
and he will come again to judge the living and the dead.**

I believe in the Holy Spirit,
**the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

PRAYERS OF THE PEOPLE

Deacon In peace, we offer our prayers to you, Lord God, knowing that our hope rests in you.

Leader For all people in their daily life and work;
For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;
For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the Gospel, and all who seek the Truth.

For Michael our Presiding Bishop, and Megan our Bishop; and for all bishops and other ministers;
For all who serve God in his Church.

For the special needs and concerns of this congregation. We pray especially for: **Stan, Jill, Zachery, Bryan, Patricia, Cynthia, Dennis, Sarah, Nora, Addie, Tarra, Diane, Bill, Kyle, Tom, Mark, Bridget, Genie, Elizabeth, Bob, Polly, Mary, Gene, Ruby, Kathy, Kay, Hunter, Jake, and Billie.** Hear us, Lord; **For your mercy is great.**

For whom else or what else shall we pray? (*Please add your prayers silently or aloud.*) Lord, hear our prayers.
For your mercy is great.

We thank you, Lord, for all the blessings of this life. *Silence.*

We will exalt you, O God our King;
And praise your Name for ever and ever.

We pray for all who have died, especially Mary Groesbeck, Pamm Land and Donna Seley, that they may have a place in your eternal kingdom. *Silence.*

Lord, let your loving-kindness be upon them; **Who put their trust in you.**

Celebrant O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

THE PEACE AND OFFERTORY

Celebrant The peace of Christ be always with you.
People **And also with you.**

WELCOME, ANNOUNCEMENTS, BLESSINGS

OFFERTORY SENTENCE

Celebrant O Lord our God, you are worthy to receive glory and honor and power; because you have created all things, and by your will they were created and have their being. *Revelation 4:11*

OFFERTORY ANTHEM Credo by Marshall

PRESENTATION HYMN The Hymnal 1982—#488 Be Thou My Vision (*All stand as able. Music can be found on page 8.*)

THE GREAT THANKSGIVING

(*Enriching our Worship Prayer 2*)

Celebrant The Lord be with you.
People **And also with you.**
Celebrant Lift up your hearts.
People **We lift them to the Lord.**
Celebrant Let us give thanks to the Lord our God.
People **It is right to give our thanks and praise.**

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

THE SANCTUS The Hymnal 1982—S#130 Holy, Holy, Holy Lord (*Music can be found on page 8 & 9.*)

Please kneel or stand as you are able.

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: “Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made. In the fullness of time bring us, with Michael, your archangel and all angels and saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **Amen.**

And now, as our Savior Christ has taught us, we are bold to say,

**Our Father, who art in heaven,
hallowed be thy Name, thy kingdom come,
thy will be done, on earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever. Amen.**

THE BREAKING OF BREAD and THE INVITATION

The Hymnal 1982—S# 164 Jesus, Lamb of God (*Music can be found on page 10.*)

Celebrant This is the table of the Lord. It is made ready for those who want to know and love Christ, all are invited to come and meet Jesus here. The Gifts of God for the people of God.

COMMUNION HYMN The Hymnal 1982—#664 My Shepherd Will Supply My Need (*Music can be found on page 11.*)

POST COMMUNION PRAYER *Kneel or stand as you are able.*

Celebrant Together, let us pray.

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood, Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

THE BLESSING

The blessing of God, who hears when you call; the grace of Christ, who reconciles you; the power of the Holy Spirit, who sustains you; remain with you in these Lenten days and for all your days, and forevermore. **Amen.**

CLOSING HYMN The Hymnal 1982—#490 I Want to Walk as a Child of the Light (*All stand as able. Music can be found on page 12 & 13.*)

Deacon Let us go forth in the name of Christ.

People **Thanks be to God.**

POSTLUDE Prelude in f minor from WTC II, BWV 881 by Bach

Serving Today

The Rev. Rodney Davis Celebrant
The Rev. Mary Claugus Preaching & Deacon
Pastor Katie Holeman Assisting
Tammy Murray, Dianne Robbins, Eileen Thomas Altar Guild
Jim Hamill & Logan Holeman Acolytes
Warner Seargeant & Laura Quené Readers
Harriet Wharton & Janice Bowdler Eucharistic Ministers
Lennie Silva & Rick Larkey Ushers
Sue Corbin Greeter
John Cozza Music Director
Jose Maria & Harriet Wharton Coffee Hour Hosts

PROCESSIONAL HYMN The Hymnal 1982—#493 O For a Thousand Tongues to Sing

1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,
2 My gra - cious Mas - ter and my God, as - sist me to pro - claim
3 Je - sus! the Name that charms our fears and bids our sor - rows cease;
4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,
5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;

1 the glo - ries of my God and King, the tri - umphs of his grace!
2 and spread through all the earth a - broad the hon - ors of thy Name.
3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.
4 the mourn - ful bro - ken hearts re - joice, the hum - ble poor be - lieve.
5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

Words: Charles Wesley (1707-1788), alt. Music: *Azmon*, Carl Gotthilf Gläser (1784-1829); adapt. and arr. Lowell Mason (1792-1872).

GRADUAL HYMN The Hymnal 1982—#142 Lord, who throughout these forty days

1 Lord, who through - out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con - tend, and didst the vic - tory win,

1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con - quer sin.

Words: Claudia Frances Hernaman (1838-1898) Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt. and harm. Richard Redhead (1820-1901)

PRESENTATION HYMN The Hymnal 1982—#488 Be Thou My Vision (*Verse 1*)

1 Be thou my vi - sion, O Lord of my heart;
 2 Be thou my wis - dom, and thou my true word;
 3 High King of hea - ven, when vic - tory is won,

all else be nought to me, save that thou art—
 I ev - er with thee and thou with me, Lord;
 may I reach hea - ven's joys, bright hea - ven's Sun!

thou my best thought, — by day or by night,
 thou my great Fa - ther; thine own may I be;
 Heart of my heart, — what - ev - er be - fall,

wak - ing or sleep - ing, thy pres - ence my light.
 thou in me dwell - ing, and I one with thee.
 still be my vis - ion, O Ru - ler of all.

Words: Irish, ca. 700; versified Mary Elizabeth Byrne (1880-1931); tr. Eleanor H. Hull (1860-1935), alt. Copyright © by permission of the Estate of Eleanor Hull and Chatto & Windus Ltd. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. David Evans (1874-1948) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

SANCTUS The Hymnal 1982—S#130 Holy, Holy Holy

Ho - ly, ho - ly, ho - ly Lord, God of power and

might, — Ho - ly, ho - ly, ho - ly Lord,

God of power and might, hea-ven and earth are

full, full of your glo-ry. Ho-

san-na in the high-est. Ho-san-na

in the high-est. Bless-ed is he who comes

in the name of the Lord. Ho-san-na

in the high-est. Ho-san-na in the high-est.

FRACTION ANTHEM The Hymnal 1982—S#164 Jesus, Lamb of God

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Adaptation: Copyright © 1985 GIA Publications, Inc.

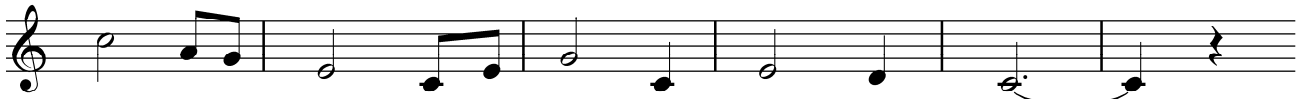
COMMUNION HYMN The Hymnal 1982—#664 My Shepherd Will Supply My Need



1 My Shep - herd will sup - ply my need, Je - ho - vah
 2 When I walk through the shades of death, thy pres - ence
 3 The sure pro - vi - sions of my God at - tend me



is his Name; _____ in pas - tures fresh he
 is my stay; _____ one word of thy sup -
 all my days; _____ oh, may thy house be



makes me feed be - side the liv - ing stream.____
 port - ing breath drives all my fears a - way.____
 mine a - bode and all my work be praise.____



He brings my wan - dering spi - rit back when I for -
 Thy hand, in sight of all my foes, doth still my
 There would I find a sett - led rest, while o - thers



sake his ways, _____ and leads me, for his
 ta - ble spread; _____ my cup with bless - ings
 go and come; _____ no more a stran - ger



mer - cy's sake, in paths of truth and grace.____
 o - ver - flows, thy oil a - noints my head.____
 or a guest, but like a child at home.____

Words: Isaac Watts (1674-1748); para. of Psalm 23. Music: *Resignation*, American folk melody, acc. David Hurd (b. 1950).

CLOSING HYMN The Hymnal 1982—#490 I Want to Walk as a Child of the Light

1 I want to walk as a child of the light.
 2 I want to see the bright - ness of God.
 3 I'm look - ing for the com - ing of Christ.

I want to fol - low Je - sus.
 I want to look at Je - sus.
 I want to be with Je - sus.

God set the stars to give light to the world. The
 Clear sun of right - eous - ness, shine on my path, and
 When we have run with pa - tience the race, we

star of my life is Je - sus.
 show me the way to the Fa - ther.
 shall know the joy of Je - sus.

Refrain

In him there is no dark - ness at all. The

night and the day are both a - like. The

Lamb is the light of the ci - ty of God. *rit.*

a tempo
Shine in my heart, Lord Je - sus.

Words: Kathleen Thomerson (b. 1934). Copyright © 1970, 1975, Celebration, Aliquippa, PA 15001. All Rights Reserved. Used by permission. Music: Houston, Kathleen Thomerson (b. 1934).

Announcements

Worship

Godly Play

Children are invited to participate in Sunday school during the first half of the service, in Johnstone Hall. They then join their family with the congregation during the Peace for communion and the rest of the service. Please contact Pastor Katie with any questions.

Holy Week Worship Services

Sunday April 2nd - 10am Palm Sunday

Thursday April 6th - 7pm Maundy

Thursday (*Livestream*)

Friday April 7th - 7am & Noon Stations of the Cross
7pm The Passion of Christ (*Livestream*)

Saturday April 8th - 7pm Easter Vigil (*Livestream*)

Gethsemane Watch

In your preparation for Easter, consider participating in the Gethsemane Watch, which begins immediately following the Maundy Thursday Service and concludes at the start of the Good Friday 7am Stations of the Cross. This year the watch will be in the Columbarium. Please consider "sitting in the garden" to watch and pray with Jesus. There is a sign up board in the narthex. Please note that more than one or two can sign up for any given time. We ask that the time in the garden is silent. Thank you to all who have already committed to this prayer opportunity.

Giving for Easter Flowers & Music

This Easter you can remember your loved ones and celebrate important moments in your life with the gift of flowers and/or music to the church. You can share with us the person or event you would like to give flowers in gratitude or memory of via our online form, or you can email the office. Please add "Easter Flowers & Music" to the memo line of checks and mail or drop them off to the office (or in the basket on Sunday). You can also pay online using the drop down menu by selecting Flowers & Music in Thanksgiving and Remembering.

Celebrating the Lives of our Beloved Members

The Celebration of Life service for Laurie Lineer will be at St. Michael's on Saturday, April 22, 2023 at 11am.

Learn

Documentary & Discussion

Sunday March 26th 6pm, Friendship Center & Zoom

All are invited to join us Sunday, March 26 at 6pm for this month's Documentary and Discussion. We will be focusing on food consumption by way of a documentary called Let Us Be Heroes - The True Cost of our Food Choices. We will take a look at how our food choices affect how our bodies can be in the world. As is our practice, we will offer a light soup supper to enjoy while we watch the documentary together, followed by discussion. All are encouraged to join us. If you are joining by Zoom please follow this link.

Continuing Studies

- **Lenten Book Study** Meets Sundays through Lent at 11:30am in the Friendship Center and on Zoom. For more information please contact Rev. Mary or Pastor Katie.
- **Living Compass: Living Well through Lent** Meets Sunday Evenings through April 2nd from 6:30pm - 7:30pm. For more information please contact Lisa Sargent.
- **Sacred Circle** Meets the last Wednesday of every month at 6pm via zoom. For more information please contact Kate Muris.
- **Thursday Open Bible Study** Meets every Thursday in the Friendship Center (and on Zoom) at 10am - 11:30am. For more information please contact Rev. Mary.

Connect

Maundy Thursday Dinner

April 6th, 6pm Parish Hall & Johnstone Hall

Join us! For reservations or if you would like to be involved please contact the office.

Easter Brunch

April 9th, Parish Hall & Johnstone Hall

Join us! We will be having an Easter brunch immediately following the 10am Easter Service and Egg Hunt! Please contact the office to sign up.

Announcements

Children & Youth Connection

St. Michael's Easter Egg Hunt

We will be stuffing Easter eggs on Palm Sunday, April 2nd at Coffee Hour immediately following the 10am Service for the St. Michael's Easter egg hunt! Please join us for the time of fellowship and ministry. We need donations of candy to fill the eggs. Please bring donations to the church office during the week or drop them off in the parish hall on Sunday mornings. We are thrilled to have the opportunity to hold this event on Easter Morning again! All children are welcome to join in! Thank you for all your help.
Pr. Katie

St Michael's Theater Camp

Save the date! St Michaels first Theater Day camp will be held June 19th-23rd and 26th-30th and will be open to students entering grades 2nd through 9th. Sophomores and up are encouraged to participate as volunteers. The cost for the 2-week camp will be \$250 (some scholarships are available). This year we will be performing Annie kids! All are also encouraged to save June 30th at 5pm to come and watch their end of the week performance. More information will be coming soon.

Serving in the Community

Rise Against Hunger

Saturday March 18th, 12pm - 2pm, Parish & Johnstone Hall

Come pack food bags that reach hungry people throughout the world. It is a very fun event and a great opportunity to gather as community to do something for those in need. Last year we packed over 10,000 meals that went to support those in need in Nicaragua. This year we plan to pack over 15,000 meals! Come be a part of this super fun event! Sign ups are now open! Please register on their website. If you have questions or need help please contact the office. If you are willing to help with set up or clean up please let us know!

River City Food Bank

RCFB is looking to recruit more volunteers on upcoming Fridays. Volunteer openings can be found here on the River City Food Bank Website.

Additional outreach opportunities can be found on our website calendar stmichaelscarmichael.org/events/category/outreach/

Giving in Lent

In this season of Lent (beginning with Ash Wednesday, February 22) we have three opportunities for you to give to those in need.

Coat Collection

In our Palm Sunday reading this year, we hear of people paving Jesus' entering into Jerusalem with their cloaks and palm branches. We too, would like to pave the way for Jesus by collecting warm coats (and jackets) that will be given to those who need them at Starr King and the Center at St. Matthew's.

Hygiene Kits

You are invited to support Starr King's 5th Grade hygiene unit by donating items for hygiene kits for the 90 students in the class. We did this last year and the students were thrilled to receive these items. Many of them are from different cultures and hygiene has been rather different for them previously. Pastor Katie created a Target Community Registry so it is even easier to participate either in store or online! Here is the link for the registry <https://www.target.com/gift-registry/gift/star-king-kits>. *For how to use the registry please check out the directions here.*

Items needed are:

- Deodorant/antiperspirant
- Toothbrush
- Toothpaste
- Dental floss
- Shampoo
- Soap
- Body and face wash

Please note, items can be purchased from stores other than Target if preferred. If you have additional questions on the registry please talk to Pastor Katie or questions about the kits please talk to Dancy Dobrenick.

Easter Meal Gift Cards

Easter brings pleasant thoughts of family gatherings, including a special meal. We at St. Michael's cherish such memories. Over the years we have collected funds to purchase gift cards that are distributed to the clients of River City Food Bank and St. Matthew's Center, so they too can enjoy a memorable meal this season. Please consider making a donation towards these funds during the collection on Sundays or to the church office.

Thank you for your faithful support of these ministries!



Sunday March 19 The Fourth Sunday in Lent

Holy Eucharist 10am Eucharist with Choir & Live stream
Coffee Hour 11:30am Parish Hall
Lenten Book Study 11:30am
Contemplative Prayer 5pm Zoom Service
Living Compass 6:30pm Zoom

Monday March 20

Morning Prayer 9am Zoom
Compline 8pm Facebook Live

Tuesday March 21

Morning Prayer 9am Zoom
Staff Meeting 9:30am
EfM 6:30pm Zoom
Compline 8pm Facebook Live

Wednesday March 22

Morning Prayer 9am Zoom
Compline 8pm Facebook Live

Thursday March 23

Morning Prayer 9am Zoom
Thursday Open Bible Study 10am Zoom
Noon Day Prayer 11:45am Zoom
Choir Rehearsal 6:30pm
Compline 8pm Facebook Live

Sunday March 26 The Fifth Sunday in Lent

Holy Eucharist 10am Eucharist with Choir & Live stream
Coffee Hour 11:30am Parish Hall
Lenten Book Study 11:30am
Contemplative Prayer 5pm Zoom Service
Documentary & Discussion 6pm
Living Compass 6:30pm Zoom

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St.michaels@stmichaelscarmichael.org

SAVE THE DATE

April 6, 6pm **Maundy Thursday Dinner**
April 9, 11:30am **Easter Egg Hunt & Brunch**
April 23, 6pm **Documentary & Discussion**

CLERGY, STAFF & VOLUNTEERS

The Rt. Rev. Megan Traquair Bishop,
Episcopal Diocese of Northern California
The Rev. Mary Claugus Rector
Pastor Katie Holeman Assisting Priest
The Rev. Rodney Davis Associate Priest
The Rev. Roy Whitten Associate Priest
The Rev. Jesse Vaughan Associate Priest
Andy Chamness Sexton
John Cozza Music Director
Michelle Falcy Parish Administrator
Jack Cozza Videographer
Kate Muris Bookkeeper
**Diane Gilmore, Diane Rehrer-Salisbury, Sr. Tina
Francesca Ferriot, Eileen Thomas, Sue Corbin**
Office Volunteers

VESTRY

Tammy Murray Senior Warden
Doug Davy Junior Warden
Chris Chamness Clerk
Andrea LaMattina Member
Pamela Lueders Member
Janet West Member
Rick Larkey Member
Jane Samuelson Member
Mary Kessler Member
Renée Pierce Member
John Quené Treasurer
Constance Weichert Music Director Emeritus