

## Announcements

**About Our Prayers of the People Music:** For Lent we are using Form IV of the Prayers of the People; however, instead of the traditional responses to the prayers we will be using Taizé music. Taizé is an ecumenical Christian community in France which uses repetitive music as a meditation on the word of God. During this season of Lent, we invite you to sing one of their songs with us as the response for the Prayers of the People.

**Today at 4:00 p.m. - Reception for “A Lenten Encounter with Spiritual Art”:** All parishioners are invited to this afternoon’s reception for artist Elise Ritter, whose spiritually themed work currently graces the walls of our Parish Hall. Join us at 4:00 p.m., when Elise will talk about her interest in spiritual art, the sources of her inspiration, and her method, tools, and materials. Light refreshments will be available.

**The Way of Love: Practices for Jesus Centered Life:** Like most other things in life, faith takes practice. This Lenten season, we will begin to examine *The Way of Love*, an intentional commitment to daily Christian practices that shape our lives. We invite you to join a small group with fellow parishioners committed to experimenting with one of three habits: Learn, Pray, Worship. Each group discussion will include time for bible study, sharing of victories and learnings, as well as practical steps to let these practices intentionally shape our days. Our program begins the week of 11 March and ends the week of 8 April. Groups will meet: Monday evenings at 7:30 PM, beginning with Evening prayer or Tuesday mornings at 11 AM, ending with noonday prayer.

**Growing in Grace – Spirituality of Aging:** Saturday, 30 March 2019, 9:30 AM - 3:30 PM at St. Alban’s Church 3001 Wisconsin Ave. NW Washington, DC. This deep dive into the spirituality of aging, coordinated by Sally Craig, will inspire and offer insights into topics of universal interest. There will be time for exploration, creativity and play. There is no cost for the program but we request that you register so we can have enough food for lunch. Use the following link to register: <https://www.eventbrite.com/e/growing-in-grace-a-spirituality-of-aging-tickets-56365012269?aff=ebdssbdestsearch>

## Announcements

**About Our Prayers of the People Music:** For Lent we are using Form IV of the Prayers of the People; however, instead of the traditional responses to the prayers we will be using Taizé music. Taizé is an ecumenical Christian community in France which uses repetitive music as a meditation on the word of God. During this season of Lent, we invite you to sing one of their songs with us as the response for the Prayers of the People.

**Today at 4:00 p.m. - Reception for “A Lenten Encounter with Spiritual Art”:** All parishioners are invited to this afternoon’s reception for artist Elise Ritter, whose spiritually themed work currently graces the walls of our Parish Hall. Join us at 4:00 p.m., when Elise will talk about her interest in spiritual art, the sources of her inspiration, and her method, tools, and materials. Light refreshments will be available.

**The Way of Love: Practices for Jesus Centered Life:** Like most other things in life, faith takes practice. This Lenten season, we will begin to examine *The Way of Love*, an intentional commitment to daily Christian practices that shape our lives. We invite you to join a small group with fellow parishioners committed to experimenting with one of three habits: Learn, Pray, Worship. Each group discussion will include time for bible study, sharing of victories and learnings, as well as practical steps to let these practices intentionally shape our days. Our program begins the week of 11 March and ends the week of 8 April. Groups will meet: Monday evenings at 7:30 PM, beginning with Evening prayer or Tuesday mornings at 11 AM, ending with noonday prayer.

**Growing in Grace – Spirituality of Aging:** Saturday, 30 March 2019, 9:30 AM - 3:30 PM at St. Alban’s Church 3001 Wisconsin Ave. NW Washington, DC. This deep dive into the spirituality of aging, coordinated by Sally Craig, will inspire and offer insights into topics of universal interest. There will be time for exploration, creativity and play. There is no cost for the program but we request that you register so we can have enough food for lunch. Use the following link to register: <https://www.eventbrite.com/e/growing-in-grace-a-spirituality-of-aging-tickets-56365012269?aff=ebdssbdestsearch>

**XYZ Lunch: Get a Grip--On Decluttering:** Join us, Thursday, 4 April 4, for a potluck lunch in the parish hall. Pretzels and punch at noon. Lunch at 12:30. Professional organizer Liz Perkinson will discuss the mental benefits of reducing clutter at home, how to overcome procrastination—where and how to begin. She'll include tips to prevent backsliding. All are welcome, especially seniors. Contact: Evelyn Bence or Jane Cook.

**Daring Way Workshop: 5 and 6 April:** Join us for a weekend long retreat and introduction to the research of Dr. Brené Brown. Each session will use The Daring Way™ curriculum, a highly experiential methodology based on the research of Dr. Brown. During the process we explore topics such as vulnerability, courage, shame, and worthiness. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, and lead. The Rev. Beth Franklin, Certified Daring Way™ Facilitator, will lead the retreat. Cost is \$25 and scholarships are available upon request. Participation is limited to 10 individuals. Please email Beth to sign up. Further information is available at [www.thedaringway.com](http://www.thedaringway.com)

**A-SPAN Shelter:** We need two more volunteers for Friday, 5 April, to serve meals to 40 – 50 people at the Shelter between 5:30 and 7:30 PM. Questions? Contact Linda Kelleher ([lindaykelleher@gmail.com](mailto:lindaykelleher@gmail.com)).

**Volunteer Coordinator Needed - Children's Easter Egg Hunt:** The Children and Youth Ministry Committee is seeking a volunteer coordinator for the Children's Easter Egg hunt that annually follows the 10AM worship service Easter morning. The volunteer coordinator would be responsible for collecting donations of candy to be stuffed into eggs, and the coordination of hiding eggs on Easter morning. (Volunteer stuffers have already been secured!) Please be in touch with Molly White or Dan Plafcan for more information.

**Formation Festival:** In place of our annual Vacation Bible School, we will host a Formation Festival on Saturday, July 13 from 9-11:30AM. Children and parents are invited for a morning of Bible stories, outreach activities, art projects, games, and snacks. Please stay tuned for more details!

**XYZ Lunch: Get a Grip--On Decluttering:** Join us, Thursday, 4 April 4, for a potluck lunch in the parish hall. Pretzels and punch at noon. Lunch at 12:30. Professional organizer Liz Perkinson will discuss the mental benefits of reducing clutter at home, how to overcome procrastination—where and how to begin. She'll include tips to prevent backsliding. All are welcome, especially seniors. Contact: Evelyn Bence or Jane Cook.

**Daring Way Workshop: 5 and 6 April:** Join us for a weekend long retreat and introduction to the research of Dr. Brené Brown. Each session will use The Daring Way™ curriculum, a highly experiential methodology based on the research of Dr. Brown. During the process we explore topics such as vulnerability, courage, shame, and worthiness. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, and lead. The Rev. Beth Franklin, Certified Daring Way™ Facilitator, will lead the retreat. Cost is \$25 and scholarships are available upon request. Participation is limited to 10 individuals. Please email Beth to sign up. Further information is available at [www.thedaringway.com](http://www.thedaringway.com)

**A-SPAN Shelter:** We need two more volunteers for Friday, 5 April, to serve meals to 40 – 50 people at the Shelter between 5:30 and 7:30 PM. Questions? Contact Linda Kelleher ([lindaykelleher@gmail.com](mailto:lindaykelleher@gmail.com)).

**Volunteer Coordinator Needed - Children's Easter Egg Hunt:** The Children and Youth Ministry Committee is seeking a volunteer coordinator for the Children's Easter Egg hunt that annually follows the 10AM worship service Easter morning. The volunteer coordinator would be responsible for collecting donations of candy to be stuffed into eggs, and the coordination of hiding eggs on Easter morning. (Volunteer stuffers have already been secured!) Please be in touch with Molly White or Dan Plafcan for more information.

**Formation Festival:** In place of our annual Vacation Bible School, we will host a Formation Festival on Saturday, July 13 from 9-11:30AM. Children and parents are invited for a morning of Bible stories, outreach activities, art projects, games, and snacks. Please stay tuned for more details!

### **Announcements (continued)**

**Plot Against Hunger:** Arlington Food Assistance Center (AFAC) provides FREE seeds for local gardeners to provide fresh produce for families who need supplemental groceries each week. You will find seeds for cucumbers, lettuce, tomatoes, carrots, onions, kale, and many other vegetables at Westover Library. If you have a garden, please consider growing vegetables for Arlington families in need. Pick up your FREE seed packets soon! Mission and Outreach

**Spoofing and Phishing:** Several Episcopal Churches in Arlington, including St. Michael's, have had recent e-mail phishing and spoofing attacks. Phishing is where a seemingly familiar person or organization solicits money or information via e-mail or on the internet. Spoofing occurs when someone uses what is apparently a familiar e-mail name to contact you. Please be aware that these attacks have occurred and be cautious when you get an e-mail from someone that appears familiar but the content of the message doesn't seem quite right. St. Michael's will not ask you to provide credit card numbers or other bank information via e-mail. If you think an e-mail you have received from someone on the St. Michael's staff doesn't seem right please feel free to call the office to verify the message.

#### **St. Michael's Staff**

The Rev. Beth Franklin  
Mr. Noel Warford  
Ms. Beth Addington  
Ms. Melanie Monahan  
Mrs. Lucy Jimenez  
Mr. Wil Harkins  
Mr. David Donaldson

Rector  
Music Minister  
Treasurer  
Director of Christian Education  
Nursery Attendant  
Parish Administrator  
Director of Music, Emeritus

### **Announcements (continued)**

**Plot Against Hunger:** Arlington Food Assistance Center (AFAC) provides FREE seeds for local gardeners to provide fresh produce for families who need supplemental groceries each week. You will find seeds for cucumbers, lettuce, tomatoes, carrots, onions, kale, and many other vegetables at Westover Library. If you have a garden, please consider growing vegetables for Arlington families in need. Pick up your FREE seed packets soon! Mission and Outreach

**Spoofing and Phishing:** Several Episcopal Churches in Arlington, including St. Michael's, have had recent e-mail phishing and spoofing attacks. Phishing is where a seemingly familiar person or organization solicits money or information via e-mail or on the internet. Spoofing occurs when someone uses what is apparently a familiar e-mail name to contact you. Please be aware that these attacks have occurred and be cautious when you get an e-mail from someone that appears familiar but the content of the message doesn't seem quite right. St. Michael's will not ask you to provide credit card numbers or other bank information via e-mail. If you think an e-mail you have received from someone on the St. Michael's staff doesn't seem right please feel free to call the office to verify the message.

#### **St. Michael's Staff**

The Rev. Beth Franklin  
Mr. Noel Warford  
Ms. Beth Addington  
Ms. Melanie Monahan  
Mrs. Lucy Jimenez  
Mr. Wil Harkins  
Mr. David Donaldson

Rector  
Music Minister  
Treasurer  
Director of Christian Education  
Nursery Attendant  
Parish Administrator  
Director of Music, Emeritus