

## *Visitation of the Blessed Virgin*

This Feast commemorates the visit of the Blessed Virgin to her cousin Elizabeth, recorded in the Gospel according to Luke (1:39–56). Elizabeth, who was then carrying John the Baptist, greeted Mary with the words, “Blessed are you among women, and blessed is the fruit of your womb.” Mary broke into the song of praise and thanksgiving which we call the Magnificat, “My soul proclaims the greatness of the Lord.”

In this scene, the unborn John the Baptist, the prophet who was to prepare the way of the Lord, rejoices in the presence of him whose coming he is later to herald publicly to all Israel, for the Gospel records that when Mary’s greeting came to her kinswoman’s ears, the babe in Elizabeth’s womb leaped for joy.

Father in heaven, by your grace the virgin mother of your incarnate Son was blessed in bearing him, but still more blessed in keeping your word: Grant us who honor the exaltation of her lowliness to follow the example of her devotion to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

**Psalm** 113  
or Canticle 9

**Lessons:** Zephaniah 3:14–18a  
Colossians 3:12–17  
Luke 1:39–49

*Holy Women, Holy Men*



We have been lucky enough to be assigned a Parade of Homes house in this year’s event in June. The house is in Mason. Please watch for a sign-up sheet in the Emrich room. This is a terrific short-term fundraising and awareness opportunity for St. Michael’s!

## *Nightwatch!*



April 9th and 10th six Youth from St. Michael's traveled to the cathedral in Detroit for a youth retreat with 70 other kids from the diocese. Mitch said "Nightwatch was a good experience. I liked meeting the people--they were all nice. I liked the stories about where God is during our hard times. The cathedral was really cool and I liked the service we had." Isaac said "I had fun when I spent time with people I barely knew and when we ate like a family." Thank you, St. Michael's family, for supporting Youth activities like Nightwatch!



## *Healthy Congregations!*

Your vestry has been studying how healthy congregations function. Part of the process is that each member of the congregation takes responsibility for the positive attitude which St. Michael's projects. Take a look at the suggestions below and in future Shield issues and consider what your responsibility is for making St. Michael's an inviting, nurturing, and healthy place.

1. Profess your own values and beliefs without attacking or judging others.
2. Do not demand that others should think, feel, or act like you do.
3. Take responsibility for your own anger, frustration, or distress, not accusing others as the cause of your discomfort.
4. Form open, one-to-one relationships with people, avoiding what is secretive or collusive.

Questions or ideas? Talk to Barb Burns-Briggs

## *The Outreach Committee Announces an Opportunity to Give!*

During the month of May, you will have the chance to contribute to the start of a new life for a former foster child. The State of Michigan emancipates each of their foster children when they reach the age of 18 and we are able to help with this transition by contributing to their new apartment. The list of categories includes Bathroom, Bedroom, Cleaning, Cooking, Dishes, and Personal Needs. There are items big and small so each of us can give what we can--look for the detailed list on the bulletin board in the Emrich Room.

## Headline News!

Hello Everybody,

Saturday, May 14, is approaching quickly and we need to start collecting items for the Spring Rummage Sale. Donations can start Sunday, May 1 and continue thru May 3<sup>rd</sup> and May 10<sup>th</sup> (both Tuesdays) as well as the week before the sale.

If you let me know, I can be there to help unload items. In addition, arrangements can also be made to pick up large items such as furniture, etc. If you know of any family members or friends that have items we will gladly accept them. Let's make this the best sale yet.

We will need volunteers to work Tuesday through Friday the week before the sale. Look for the sign up sheets in the Emrich room.

- Tuesday 6pm---setup
  - Wednesday 9am---8pm pricing and sorting
  - Thursday 9am---8pm pricing and sorting
  - Friday 9am---6pm pricing and sorting
  - Saturday 7:30 till 2:30 sale then cleanup and tear down
- Thanks to you all for the continued support.

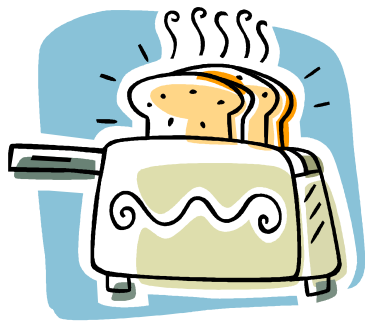
Jay Graham



**Church Lugnut's Game**  
**June 25th--Watch for**  
**sign up sheet or see**  
**Mary Weather's for more**  
**information.**

## Happy Birthday & Anniversary

	Birthdays	Anniversary
1	Mark Shelley	
	Steve Uptegraft	
3	Alice Rissman	
4	Carol Baker	
	Art Roat	
12	Bobbie Jo Davidoski	
13	Sharon Swisk	
14	Paul Dombroske	
24	Diana Keenan	Don & Jodi MacMillan, Jr.
27	Bria Kelley	



## St. Michael's Fresh Food Bank

The Fresh Food Bank started in 1993 or 1994. it has seen many changes through the years. In the beginning, there were six teams that each had five to six members, now we have four teams with three to four members. We also have a team of callers who call to remind our families when to pick up their food packages. A shopper shops each week for milk, bread, margarine, fresh fruits and vegetables. One of these teams meets each Saturday to assemble the food packages and hand them out to the families. We receive the names through referral from Christian Services. These families are participating in a Quality Living Budgeting Program to help them learn to live within their means.

A few years after we started the food bank WE had the opportunity to join the Red Cross Food Distribution Center. Shelley Miller-O'Neill places our orders with them and either she or Mark O'Neill picks up the order and delivers it to the church. Our membership enables us to buy frozen meats, packaged foods (Hamburger Helper, Mac n' Cheese), cereals and pastas at .18 a pound. Because the weight of canned goods adds up so fast we usually avoid getting them from there. Instead, we ask for donations of canned fruits, vegetables and spaghetti sauces to go into the cart which was donated a number of years ago by Sam's Club,

Even though our numbers are diminishing we always come up with enough "man" power and goods to help those less fortunate than ourselves. As we say most Sundays/' Let us go forth to nourish God's People, that Christ may be known."

Judith Ramsay—Fresh Food Bank

### Camp Chick

Be sure to watch for  
Camp Chick details in the  
Emrich Room

### Financial Update

Thru the end of March

Total income: \$40,318

Total expenses: 41,930

\$ -1,613

## St. Michael's Episcopal Church

A member of the worldwide Anglican Communion

6500 Amwood Drive, Lansing, Mi 48911

(517) 882-9733

Bishop: The Right Rev. Wendell Gibbs

Rector: The Very Rev. Dr. W. Richard Hamlin

Secretary: Mrs. Nancy Case

Organist Choir Director: Mrs. Julia Walton

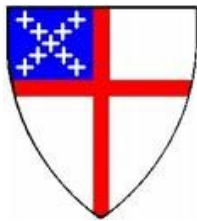
Director of Christian Education: Ms. Jackie Womble

E-mail: [archangel48911@juno.com](mailto:archangel48911@juno.com)

Website: [www.saintmichaellansing.org](http://www.saintmichaellansing.org)

Services:

Sunday—8 am and 10:30 am



Deadline for Summer Shield is May 20.  
Please e-mail information to:  
[tdombroske@gmail.com](mailto:tdombroske@gmail.com) or put in  
Shield box at church. Thank you! Tara

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"Give the best you have, and it may never be enough. Give your best anyway....."

The fruit of silence is Prayer,

The fruit of prayer is Faith,

The fruit of faith is Love,

The fruit of Love is Service,

The fruit of Service is Peace....."

Mother Teresa

