



**SHROVE TUESDAY:** The Men of St. Michael are planning their annual Pancake Supper for parishioners, their families and friends. Serving will begin at 6:00 p.m. in the Parish Hall on Tuesday, March 5, 2019 and will continue through 7:30 p.m. As part of this evening of family fun, the annual Bingo Game will be held with great prizes for the winners!!The festivities will close at 8:00 p.m.

**CHOIR NEWS** – There will be rehearsal every Sunday morning at 9:15 am until further notice.

**Suggested daily Readings for the Last Week after Epiphany: Mar. 4 – March 9**

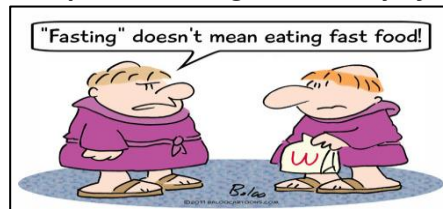
<b>Mon.</b>	<b>Tobit 1:1-2; 2:1-8</b>	<b>Psalm 112:1-6</b>	<b>Mark 12:1-12</b>
<b>Tue.</b>	<b>Tobit 2:9-14</b>	<b>Psalm 112:1-2, 7-9</b>	<b>Mark 12:13-17</b>
<b>Wed.</b>	<b>Tobit 3:1-11, 16-17</b>	<b>Psalm 25:1-8</b>	<b>Mark 12:18-27</b>
<b>Thurs.</b>	<b>Tobit 6:9-11; 7:1-15</b>	<b>Psalm 128</b>	<b>Mark 12:28-34</b>
<b>Fri.</b>	<b>Tobit 11:5-15</b>	<b>Psalm 146</b>	<b>Mark 12:35-37</b>
<b>Sat.</b>	<b>Tobit 12:1, 5-15, 20</b>	<b>Psalm 65:1-4</b>	<b>Mark 12:38-44</b>

Please note that every third Sunday the open collection will go towards the Rector’s Discretionary Fund.

The **Kearney Center** is asking for kind donations of Coffee, Coffee Creamer, Sugar, Grits, Oatmeal, and Seasonings, Salt and Pepper. These items are always needed.

**Pray for the repose of the souls of Joseph Wiley who passed on February 21, 2019. Funeral Service was held on March 2 at 2:00 pm at First Baptist Church, 301 W 3<sup>rd</sup> Street, Weldon, North Carolina 27890. Donations in his memory may be sent to Pine Meadows Health Care, Special Activities, 1608 Hill Rise Drive, Lexington, Kentucky 40504 and Sgt. Major Alexander H. Roberts, son of Geraldine Roberts and brother of Alexis Roberts McMillan, who passed on February 23, 2019. Viewing service was held on March 1, 2019 at the Church of The Ascension, 4950 Apopka Vineland Road, Orlando FL 32819. His funeral service was held on March 2, 2019 also at the Church of The Ascension.**

**Rest eternal grant to them O Lord, and let light perpetual shine upon them. May their souls and the souls of all the departed through the mercy of God, rest in peace.**

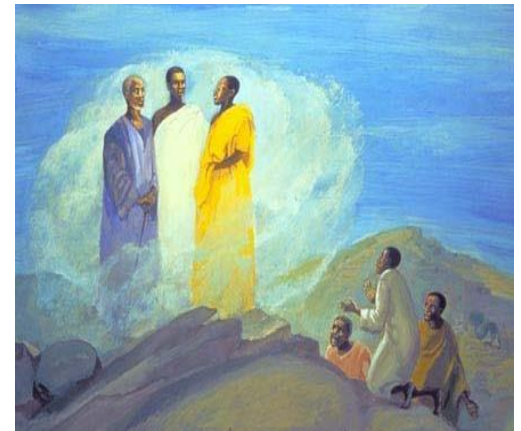


# ST MICHAEL & ALL ANGELS

EPISCOPAL CHURCH



**Last Sunday after the Epiphany  
March 3, 2019  
10:00 am**



**Ministers of the Church**

*The People of St. Michael*

**Our Vestry & Staff**

Neil James, *Senior Warden*  
850-321-4978

Charlie Clark, *Junior Warden*  
850-631-0780

Akachi Anwuri  
Delois Brown  
Linda Dilworth  
Ama Erefah  
Dawn Freeman  
Prokop Hruda  
Sharal Jugger

Alexis Roberts McMillan  
Sam Oliver  
Edith Onyeozili

Laurette Scott, *Treasurer/Vestry Clerk*

Kathleen Rodgers, *Financial Secretary*

Monique Alleyne and Ivana Kenny Carmola  
*Organists*

Chris White, *Drummer/Choral Director*

Sam Oliver, *Verger*

Elizabeth Humes, *Admin. Assistant*

**Our Clergy**

The Right Reverend John Howard  
*Bishop – Diocese of Florida*

The Reverend Hugh Chapman, *Rector*  
340-513-1123  
Frhugh\_chappy63@yahoo.com

**1405 Melvin St, Tallahassee, FL 32301**

**Phone: (850) 681-0844**

**Office Hours: Monday to Friday  
8:00 am – 4:00 pm**

**Email: office@stmichaelandallangels.org**

**Website: www.stmichaelandallangels.org**

**Find us on Facebook as well!**

**Follow us on Twitter @SMAA\_Tally**

## From the Rector's Desk

### Preparing for Lent

The Lenten Penitential Season begins on Wednesday of this week, and will continue for forty days. The practice of keeping "Lent" is faithfully observed by lots of Roman Catholics, the Eastern Orthodox Church and us Episcopalians/Anglicans. However in more recent times, other denominations have been encouraging their membership to maintain a measure of spiritual discipline that encompasses fasting, praying and engaging in acts of mercy. In terms of our liturgy here at SMAA, the glorias and the alleluias will disappear from our worship and the liturgical color to be used on our altar will be purple. Another practice has been for us to gather on Wednesday evenings for a meager meal and some form of reflection. In the more traditional parishes, the ancient rite of Stations of the Cross is held on Friday evenings. It is my hope, that all of us would seek to engage in some form of Lenten discipline. I often urge congregations, to take the time to do some introspection, i.e. personal reflection with the objective of lifting the spiritual tone of one's life. Not to worry, Sundays are not counted in the forty days, so our fellowship hour will continue unimpeded.

Let us talk today however about the practice of fasting, as no doubt the more devout among us will perhaps be doing this Lent. To quote Caroline Apovian, director of the Nutrition and Weight Management Center at Boston Medical Center, "intermittent fasting is really a craze – lots of people are fasting these days and it has nothing to do with any religious practice". She opines, "when a person skips food for a day solely to lose weight, it can sometimes do more harm than good. Indeed there is no scientific proof that it is better for weight loss than say, just eating smaller portions". Yet she concludes, fasting as part of a larger spiritual mission can have health benefits, because it keeps a person on track rather than binging after the fast or heading to McDonald's!

Just as a reminder, the most significant Christian fast days of the year are Ash Wednesday and Good Friday (April 19<sup>th</sup>). Roman Catholics are restricted to one full meal on those days and no meat on Fridays, except during feast days: Christmastide and Eastertide. It is truly surprising to learn that even in this the post Christian era, that persons are finding meaning in the spirit of voluntary sacrifice and these are persons who claim no religious affiliation! Yet they are actually embracing the ancient practice of keeping the fast as we are being encouraged to do.

Do have a Holy Lent

Fr. Hugh+

## SPECIAL PRAYERS

Father, you have made all people with eyes to see you at work in the world, ears to hear you cry out when right suffers wrong, when justice is brought low. Give to the people of our nation courage to stand up for goodness and right-doing in the face of an oppressive spirit, and courage to believe we may restore, in accordance with your gracious will, a light to enlighten the nations and the people with your truth; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

### Capital Campaign Prayer

**Most gracious Lord Jesus Christ and generous source of all abundance, in gratitude we invite you to expand our hearts as we seek to increase and improve this place of worship, peace, healing, forgiveness, outreach, service and fellowship. May all who enter here be restored and strengthened on their journey of faith. Guide us Heavenly Father, that we may make manifest your vision of a beloved and enlightened church and community, and be a shining example of the living presence of the Holy Spirit. May we and our Capital Campaign be a channel of God's abundant grace. Through Jesus Christ our Lord we pray. Amen.**

**THANK YOU** – Fellowship today is hosted by Rev. Chapman & his family in celebration of his birthday.

### ANNOUNCEMENTS

**Discipleship Gathering today at 1:00 pm in the Brooks Room.**

**March 5** – Said Mass at 12:15 pm (Contemplative Eucharist).

**March 6** – First Wednesday Supper at the Kearney Center at 6:30 pm.

**March 7** – Said Mass at 12:15 pm.

**March 7 & 8** – Spring Clergy Retreat at Camp Weed.

**SPIRITUAL DEVELOPMENT** – Bible Study Group meets Wednesdays at 6:00 pm in the Brooks Room. The readings for this Wednesday will be Deuteronomy 26:1-11, Romans 10:8b-13 and Luke 4:1-13.

### UPCOMING EVENTS

**March 11** – Vestry Meeting at 6:00 pm in the Brooks Room.

**March 12** – Said Mass at 12:15 pm (Contemplative Eucharist).

**March 13** – Lenten Gathering/Reflection at 6:00 pm in the Parish Hall.

**March 14** – Said Mass at 12:15 pm.

**March 17** – Capital Campaign Meeting after Service.

**March 17** – African-American Genealogy Meeting from 2:30 – 4:00 pm in the Brooks Room.

**Serving today Sunday, March 3**

**Acolytes:**

Daniel Erefah, **Crucifer**  
Abigail Erefah **Torch Bearer**  
Colton Wasson, **Torch Bearer**  
Claire Wasson, **Gospel Book Bearer**

**Chalice Bearers:** Laureatte Scott, Zollie White II  
**Lectors:** Laureatte Scott, Cassandra Grayson,  
Tresia Mongerie  
**Greeters:** Cassandra Grayson, Jaelyn Guyton  
**Ushers:** Byron Green, Pamela Greene  
**Vestry:** Delois Brown  
**Organist:** Monique Alleyne

**Serving next Sunday, March 10**

**Acolytes:**

Hollis Sams, **Crucifer**  
Tyler Sams, **Torch Bearer**  
Nicolette Nottage, **Torch Bearer**  
Omar Mongerie, **Gospel Book Bearer**

**Chalice Bearers:** James Fort, John Grayson  
**Lectors:** Charlie Clark, Leslie Baker  
Alexis McMillan  
**Greeters:** Lenin Mongerie, Tresia Mongerie  
**Ushers:** Joseph Sams, Nadira Sams  
**Vestry:** Charlie Clark  
**Organist:** Monique Alleyne

**March Altar Guild**

**Edith Onyeozili**

All Altar Guild Members

**PRAYER REQUESTS FOR PEACE AND HEALING**



*Jean Hyche-Jackson, Jo Ann Robinson, Ophelia and Robert Scarbough, Eugene Wesley, Rosalyn Greene, Rose Douglas, Jewell Robinson, Williamae Jackson, Geraldine Roberts, Carl Murray, Rudolph Hinds, Cynthia Hinds, Alexes Parker, Robert Roulac, Karen Hardy Clark, Ella Woodbury, Charles Daniels, Joseph Gentle, Brandi Leland, Kenrick Baynes, Jessie Laurel, Hattie Olivia Scott, Rev. Canon Dr. David J. Weidner, Ella Brown Albright, Catherine Rand, Richard Corpening, Clifford Willabus, ,Mecie White, Barbara Lee, Sharon Carr, Sam Oliver Sr., Linzie Bogan II, Clark Bogan, Dr. Derek Spencer, Ariel Boyd, Lora Rose Hunter-Dargan, John McClees, Jonecia Brown, Louis Chapman, Toni Jarmon, Kaleb Way ,Karen Padmore, Charles Bennett, Randolph Frazier Jr., Nohemy Reid, Kanasha Cole, Sharon Thomas, Evelyn McKetty, Maryann Nottage, Scott Allen, Alexis Lamber, Denny Cooper, Bishop Samuel Johnson, Steve Babcock, Corey Williams, Kim Way, Tinley Toner & family and Aroka Worrell..*

**SUNDAY SCHOOL is at 9:00 a.m. every Sunday. Please join us in the Parish Hall where breakfast will be served at the conclusion of the class by The Men of the Church.**

**HOLY EUCHARIST- RITE TWO**

Instrumental Prelude Monique Alleyne, Organist

**Opening Prayer**

O God our heavenly Father, you have blessed us and given us dominion over all the earth: Increase our reverence before the mystery of life; and give us new insight into your purposes for the human race, and new wisdom and determination in making provision for its future in accordance with your will; through Jesus Christ our Lord. *Amen.*

Processional Hymn **A120**, Joyful, Joyful, We Adore Thee Hymn to Joy

**THE WORD OF GOD**

Opening Acclamation **355**

The Collect for Purity

Gloria **324**

Collect for the Day

The Lessons

Exodus 34:29-35

Psalm 99

2 Corinthians 3:2—4:2

Gradual Hymn **A419 v 1-2**, Higher Ground Higher Ground

The Holy Gospel Luke 9:28-36, [37-43a] The Reverend Fr Hugh Chapman

Sequence Hymn **A419 v 3-4**

Sermon The Reverend Fr. Hugh Chapman

The Nicene Creed **358**

The Prayers of the People Form I **383**

Confession of Sin and Absolution **360**

The Peace May the Peace of the Lord Nolan

*May the peace of the Lord bring: Joy, Love, Comfort, Hope, Rest, Life*

*May the peace of the Lord surround you. May the peace of the Lord go with you. Amen.*

Installation of new Vestry Officers

Offertory **A300**, Glorious Is the Name of Jesus Fryson

Doxology & Procession L56, Praise God From Whom all Blessings Flow Hatton

Presentation of the Offering – prayer to be said

*Father, we offer you these gifts which you have given us; this bread, this wine, this money. With them we offer ourselves, our lives, and our work, to become through your Holy Spirit, a reasonable, holy and lively sacrifice. As this bread and wine become the Body and Blood of Christ, so may we and all your people become channels of your love; through the same Christ our Lord. Amen.*

Presentation Hymn	<b>L65</b> , Bless the Lord	Crouch
The Great Thanksgiving		<b>361-363</b>
Sanctus		
The Lord's Prayer		
The Breaking of the Bread		<b>364</b>
Fraction Anthem		
The Invitation		

### HOLY COMMUNION

Communion Hymn 1	<b>A252</b> , Jesus, Keep Me Near the Cross	Near the Cross
Communion Hymn 2	<b>A301</b> , There's Something About That Name	Gaither
Meditation Hymn		
Post Communion Prayer		<b>366</b>
Birthday, Anniversary, Travel Prayers		
Announcements		
Benediction		
Recessional Hymn	<b>A508</b> , Blesses Assurance, Jesus Is Mine	Assurance
Choral Postlude		
Dismissal		

**A=African American Hymnal (ivory)**

**H=1982 Hymnal (blue)**

**L=Lift Every Voice & Sing Hymnal (black, green, red)**

### ALTAR GUILD

The 2019 St. Michael's Flower Chart has been posted in the church's foyer for individuals to sign up to place flowers on the altar. Please see any Altar Guild member for specific questions or additional information



### Our Lenten Schedule

**Wednesday, March 6<sup>th</sup> – Ash Wednesday Eucharist at 6:30 pm.**

**Wednesday, March 13<sup>th</sup> – First gathering at 6:00 pm/Fellowship Hall**

**Wednesday, March 20<sup>th</sup> – Second gathering at 6:00 pm/Fellowship Hall**

**Wednesday, March 27<sup>th</sup> – Third gathering at 6:00 pm/Fellowship Hall**

**Wednesday, April 3<sup>rd</sup> – Fourth gathering at 6:00 pm/Fellowship Hall**

**Wednesday, April 10<sup>th</sup> – Fifth gathering at 6:00 pm/Fellowship Hall**

## WELCOME TO ST. MICHAEL

*We extend a warm welcome to our guests. Thank you for worshipping with us today. If you are without a church home, we invite you to join our church family. Please sign the guest register, **include your home address, phone number and, if you would like to receive the monthly newsletter, news of special events and other happenings, please also add your e-mail address.***

**OUR VISION** is to be a cornerstone for serving the spiritual needs of the greater Tallahassee community, extending an eternal invitation to join our caring parish and to enrich the spiritual life of all people as we journey with Christ.

**OUR MISSION** is to experience the Gospel of Jesus Christ by feeding the mind, body and spirit of our community in fellowship and service.



**HOLY COMMUNION:** All baptized Christians are encouraged to receive the real and living presence of Christ in Holy Communion. To receive the Bread, extend your hands upward, palms crossed. When receiving the Wine, please guide the chalice as it is offered. If you prefer, you may leave the Bread on your palm for the person administering the chalice to dip into the Wine and place on your tongue. All persons are welcome to give thanks for God's blessings at the altar rail, simply crossing your arms at the wrist with fingertips extending upward towards your shoulders.



### HAPPY BIRTHDAY/ANNIVERSARY TO OUR CHURCH FAMILY!

Carl Murray (3/3), Lenin Helfand (3/3), Nicolette Nottage (3/3), Collin Laurie (3/3), E. Newton & Annette Jackson (3/5), Kathleen Rodgers (3/6), Lawanda Oliver(3/9), Stacy Tinner, Sr (3/9).

### Birthday Prayer

Watch over thy children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace, which passeth understanding, abide all the days of their lives; through Jesus Christ our Lord. *Amen.*

### Anniversary Prayer

God our Father, who made men and women to live together in families: we pray that marriage may be held in honor; that husbands and wives may live together faithfully, according to their vows; and that members of every family may grow in mutual love and understanding. In courtesy and kindness, so that they may bear one another's burdens and so fulfill the law of Christ; for His name's sake. *Amen*