



# THE TRUMPET

*An instrument of good news*



FEBRUARY 26, 2023

## REPENTANCE AS GRACE

SPEAKER SERIES

SUNDAY EVENINGS IN LENT  
ST. MICHAEL'S EPISCOPAL CHURCH

Sanctuary  
5:00 pm Eucharist  
5:30 pm Speaker

Parish Hall  
6:15 pm Dinner

5:00-7:00pm  
Storymakers programming  
for children & youth



*"It's not the long walk home that will change this heart, but the welcome I receive with every start."  
--Mumford & Sons*

February 26	Pittman McGehee	"Repentance and Self-Compassion"
March 5	Brian Brewer	"The Reformation of Repentance"
March 12	Jeehei Park	"Grace upon Grace: The Apostle Paul's Story of Metanoia"
March 19	Kathy Culmer	"Turnaround Grace: Stories of Turning Around to Move Forward"
March 26	Michael Lloyd	"The Humanity of Metanoia"

### February 26

#### "Repentance and Self-Compassion"

**Pittman McGehee, PhD**, is a licensed psychologist in private practice in Austin, Texas. He received his doctorate from UT-Austin, focusing his research on the connection between psychological health and the concepts of mindfulness and self-compassion. He is currently adjunct faculty at Seton Cove Spirituality Center, Austin, Texas. In 2017, Dr. McGehee co-wrote a chapter on Mindful Self-Compassion (MSC), with Dr. Kristin Neff and Dr. Chris Germer, the creators of MSC, in the book, *Practitioner's Guide to Ethics and Mindfulness-Based Interventions*.

You can learn more about Dr. McGehee at [mcgeheeph.com](http://mcgeheeph.com).

### ST. MICHAEL'S PRESENTS OUR 2023 LENTEN SPEAKER SERIES, REPENTANCE AS GRACE

Too often, we associate repentance with feelings of guilt, or perhaps with a need to try harder to be more like Jesus. But *metanoia*, the original Greek word, quite literally means a shift of the mind. This Lent, join us at St. Michael's as, together, we experience the grace of shifting our minds to see the depth of God's love and to experience with more clarity how we can be a conduit through whom that love flows out into the world. Five speakers share their thoughts following a brief Eucharist service. Dinner and refreshments will be served in the parish hall afterward.

From 5:00-7:00 pm, children & youth can enjoy Storymakers, a creative Lenten activity, with the Family Ministry team.

Watch the livestream here: [st-michaels.org/worship-online](http://st-michaels.org/worship-online)

Check out our speakers here:

[st-michaels.org/2023-lenten-speaker-series](http://st-michaels.org/2023-lenten-speaker-series)

*(Recordings of the talks will be posted here, too)*



COME FOR PITTMAN MCGEHEE,  
STAY FOR JAMES RUSSELL'S FAMOUS PAELLA

## NOTES

**Lenten Speaker Series Dinners** All are invited to the parish hall for dinner at 6:15 pm, after our speakers finish their talks. There is no charge and thanks to our Kitchen Crew and other parishioners, we will have five delicious meals together. To start us off on February 26, James Russell is making his famous paella! He's fixing one with meat only and one with seafood only. Salad, bread, and a simple dessert will be served as well.

**Dinner @ the Episcopal Student Center** Looking for ways to serve some of UT's 52,000 students? Join the Episcopal Student Center for dinner! Every week after evening Eucharist, the ESC shares dinner together, and a home-cooked meal is a simple but profound gift to the students. All you need to do is bring food for 25 people and they'll provide the rest. Their fully-equipped kitchen is available for you to use and the ESC can reimburse you for groceries. [Sign up for a Sunday this semester here](#), or contact Fr. Josh ([jkulak@st-michaels.org](mailto:jkulak@st-michaels.org)) for any questions.

**Del Valle Elementary Book Drive Volunteer Opportunity** We would like to continue our annual book drive to provide books for elementary students' summer reading enrichment. To do this, *we need a parishioner to coordinate* the drive, which will be April 10-May 14. Delivery will be toward the end of May. All details on who to contact, what to do, how to publicize, time lines, etc. will be provided to the person who volunteers to coordinate the drive. We must have a coordinator no later than March 15.

Please contact Harriett Choffel at [harriettchoffel@icloud.com](mailto:harriettchoffel@icloud.com) for more information. Pray hard—answer the call!

**Congrats to the Kulak Family: Baby Girl on the Way!** Please join Fr. Josh, Kari, and Killion in anticipating the forthcoming arrival of Baby Girl Kulak in June 2023!

**Episcopal 101 Class February 12-26** Are you an adult who's being confirmed on March 26 during the bishop's visit? Join Fr. Josh for Episcopal 101. The class will meet in the church office on Sundays Feb. 12-26 from 10-10:50am. Sessions will focus on Episcopal History, the Book of Common Prayer, and theology & the Bible. No RSVPs needed, but contact Fr. Josh at [jkulak@st-michaels.org](mailto:jkulak@st-michaels.org) if you have any questions or need childcare to attend.

## SUNDAY AT A GLANCE

FEBRUARY 26, 2023

FIRST SUNDAY IN LENT

- 7:45 am Holy Eucharist: Rite I
- 9:00 am Holy Eucharist: Rite II  
Sunday School | Ed. Wing
- 10:00 am Coffee Hour | Parish Hall  
The Seekers | Room 4, Ed. Wing
- 11:00 am Holy Eucharist: Rite II  
Sunday School | Ed. Wing
- 12:45 pm Bible Study | Zoom
- LENTEN SPEAKER SERIES**
- 5:00 pm Eucharist | Sanctuary  
Children & Youth | Ed. Wing
- 5:30 pm Speaker | Sanctuary
- 6:15 pm Dinner | Parish Hall

9:00 & 11:00am services  
& Lenten Speaker livestreamed at  
[st-michaels.org/worship-online](http://st-michaels.org/worship-online)

Readings for February 26, 2023  
Genesis 2:15-17; 3:1-7; Romans 5:12-19  
Matthew 4:1-11; Psalm 32

## PLUG INTO OUTREACH

**2023 Outreach Partners** The Outreach Commission is excited to support these organizations in 2023 and seek to grow opportunities for purposeful connections with many of them:

**Seminary of the Southwest** (*theological and pastoral education*)  
**Pauli Murray Scholarship** (*scholarship for seminary students of color*)  
**Episcopal Relief and Development** (*disaster relief & sustainable development*)  
**iACT-Interfaith Action of Central Texas** (*interfaith outreach*)  
**Trinity Center** (*homelessness*)  
**Casa Marianella** (*displaced immigrants*)  
**St. Francis Ministries** (*foster care*)  
**El Buen Samaritano** (*family services*)  
**One Good Turn** (*global health in underserved communities*)

The Commission intentionally focused on connecting with a variety of theological and social service organizations. Additionally, the church will continue to support St. Michael's Day School, SMEC Community garden, Honduras Mission project, and the Del Valle Elementary School book drive.

If you have a passion for any of these organizations and projects or want more information about them, we would love to hear from you. We sincerely want to increase parish participation in spreading our love and grace throughout the community.

Please reach out to Harriett Choffel, Outreach Commission Chair, at [harriettchoffel@icloud.com](mailto:harriettchoffel@icloud.com); or Fr. Josh Kulak at [jkulak@st-michaels.org](mailto:jkulak@st-michaels.org) if you'd like to serve.

**Get to Know El Buen Samaritano Tour | March 9 | 9:00am** El Buen Samaritano, an outreach ministry of the Episcopal Diocese of Texas serving the Latino community of Central Texas, is one of St. Michael's outreach partners. If you're interested in learning more about what they do, and possibly getting more involved, join Fr. Josh and the Outreach Commission for a tour on Thursday, March 9. at 9:00. Contact Fr. Josh at [jkulak@st-michaels.org](mailto:jkulak@st-michaels.org) or Harriett Choffel at [hchoffel@gmail.com](mailto:hchoffel@gmail.com) for details.

**Plug into the Trinity Center** St. Michael's serves Trinity Center by providing sack lunches on a monthly basis. This involves purchasing the items, assembling the bags, and getting them to the church so that Marsha Hart can make the delivery. Different groups/individuals in the parish take responsibility for each month. If folks have an interest in helping in any way they can contact Karen Haslund at [drhaslund@gmail.com](mailto:drhaslund@gmail.com).

We also have four dates this year that St. Michael's will serve at the Trinity Center's Sunday worship service. Those dates are: April 30, August 6, October 15, November 12. We would love volunteers from the parish to be present for all aspects of the event: helping with set-up/clean-up, participating in liturgy, serving the meal, dining with guests, etc. If you are interested in participating, please contact Fr. Josh at [jkulak@st-michaels.org](mailto:jkulak@st-michaels.org) for more information.

*About the Trinity Center worship service:* On Sunday afternoon, the Trinity Center acts as the church for people experiencing homelessness with a service that is offered alternately by different churches and is followed with a meal. Many of the neighbors do not feel welcome in the regular Sunday services in town. By setting up the center as a communal place to worship, with a service, music, meal and a collaboration with other spiritual services' providers we "walk the walk" of loving our neighbors as ourselves. There are usually 30-40 people who come to Sunday services.

2:50pm – Doors open  
3:00pm – Worship service  
3:30pm – Lunch  
4:30pm – Doors close



**Successful Pancake Supper** Many thanks to the Family Ministry team and Kitchen Crew member James Russell for a little bit of Mardi Gras at St. Michael's on February 21! The pancakes were light & fluffy and the toppings bar a big hit with adults as well as the kids. Families of all ages enjoyed fellowship with each other in the festive atmosphere. Masks and beads became treasures galore for smiling children.



**Preparing for Lent** Many hands helped prepare the St. Michael's sanctuary for a holy Lent. Thanks to the Altar Guild and the Worship Commission, and Fr. Josh, for this work of the Spirit. Thanks to Gail Reid for the photo.



**Lent Madness** This unique Lenten devotion is a fun, engaging way for people to learn about the men and women comprising the Church's Calendar of Saints. The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time and anyone can vote for their favorite saint. 16 saints make it to the Sainly Sixteen; eight advance to the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as the celebrity bloggers offer quotes and quirks, explore legends, and even move into the area of saintly kitsch. Even if you don't create a bracket, you can play along—just go to [www.lentmadness.org](http://www.lentmadness.org). Fr. Josh & Christine are having a friendly competition; ask how you can join in: [jkulak@st-michaels.org](mailto:jkulak@st-michaels.org) or [chavens@st-michaels.org](mailto:chavens@st-michaels.org).



## FAMILY LIFE

**Sunday School | During 9am & 11am Services** Sunday school begins Lenten spiritual practices for children. Ms. Amanda, our Family Minister, and the Family Ministry team welcome children and their parents at the front of the church and guide them to the Family Life Center in the Education Wing. Parents are reunited with their children in the sanctuary at the announcements—in time for communion together as a family. Questions? Contact Amanda at [amanda@st-michaels.org](mailto:amanda@st-michaels.org).

**Our Sunday School Classes are Growing! Sunday School Helpers Needed** Do you love working with children? Our Sunday school classes are growing, and the Family Ministry team needs adults to serve as Sunday School helpers one or two Sundays a month. If you are interested or for more information, please email Amanda Evans Lang, our family minister, at [amanda@st-michaels.org](mailto:amanda@st-michaels.org).

**The A(colyte)-Team** St. Michael's A-Team—our amazing acolyte team—is so appreciated! They add light to our Sunday worship by leading the procession as torchbearers and crucifers. A big thanks to all of the parents of our acolytes as well. If you're nine-years-old and above, and interested in joining the team, contact Fr. Josh at [jkulak@st-michaels.org](mailto:jkulak@st-michaels.org).

---

## FORMATION & FELLOWSHIP

**The Seekers | Sundays @10:00am | Rm 4 (Education Wing) and via Zoom** The Seekers meet weekly at 10:00am. The group is starting a new book this week: *Do I Stay A Christian?: A Guide for the Doubters, the Disappointed, and the Disillusioned* by Brian McLaren. McLaren, a pastor, explores the ways to say both yes and no by shifting the question from whether we stay Christian to the question of how we stay human. A fascinating discussion ensues in this recently-released and favorably-reviewed book. Contact Harriett Choffel at [harriettchoffel@me.com](mailto:harriettchoffel@me.com) or Phyllis Blee at [phyllis.blees@gmail.com](mailto:phyllis.blees@gmail.com) for more info. Here's the Zoom link: [bit.ly/SeekersZoomLink](https://bit.ly/SeekersZoomLink), Passcode: 541706.

**Spring Bible Study on the Book of Exodus with Fr. John | Sundays @12:45 & Tuesdays @noon** Take a journey through the Book of Exodus with Fr. John. This in-depth Bible study meets via Zoom on Sundays and Tuesdays now through the end of May. ZOOM INFO: [bit.ly/BibleStudyZoomLink](https://bit.ly/BibleStudyZoomLink) Meeting ID: 832 6049 2080; passcode: bible.

**St. Michael's Book Club | Fourth Wednesdays @2:30pm** Looking for fellowship and conversation? Love reading? Join the SMEC Book Club! The group meets on the fourth Wednesday of each month at 2:30pm. The group is now meeting *in person at St. Michael's*. Here is the title for March 22—*Forget the Alamo: The Rise and Fall of an American Myth*, by Bryan Burrough, Chris Tomlinson, and Jason Stanford. Please email Rhoda Silverberg at [rmorrillsilverberg@icloud.com](mailto:rmorrillsilverberg@icloud.com) or Sue Allen at [tom@northcoastbrewing.com](mailto:tom@northcoastbrewing.com) for more information.

**Men's Pub Theology | Second Wednesdays @5:00pm | The Grove on Bee Cave Road** Join the men of St. Michael's for fellowship and theological conversation. The next meeting is March 8 at the County Line BBQ on Bee Cave Road. Contact Andy Hines at [ahines@hinespool.com](mailto:ahines@hinespool.com) for more information.

**Morning Prayer | Tuesdays @9:00 am** You're invited to Morning Prayer each Tuesday morning at 9:00 am. Please note the Zoom link and passcode: [bit.ly/SMECTuesMorningPrayer](https://bit.ly/SMECTuesMorningPrayer). **Passcode:** prayer.

**Centering Prayer | Tuesdays @6:30 pm** This ministry is available every Tuesday night at 6:30 pm. Zoom link: [bit.ly/SMECCenteringPrayer](https://bit.ly/SMECCenteringPrayer); passcode: 541706. Please email Phyllis Blees with questions: [phyllis.blees@gmail.com](mailto:phyllis.blees@gmail.com). For more about contemplative prayer, click this link: [Heart of Texas Contemplative Outreach](#).

**Evening Prayer | Wednesdays @4:30 pm** All are welcome to join each Wednesday at 4:30 pm for prayer and conversation. Use Zoom link: <https://us02web.zoom.us/j/88082768969> and passcode 826364.

**Thursday Afternoon Bible Study @1:00 pm** This informal group discusses the Daily Office readings—drop in anytime! Led by Mary Healy, [mary.r.healy@gmail.com](mailto:mary.r.healy@gmail.com). Zoom Link: [bit.ly/SMECThursBibleStudy](https://bit.ly/SMECThursBibleStudy) ID: 870 3540 9217. Use this passcode: biblestudy.

---

## MINISTRIES

**Stephen Ministry** Occasionally, worry, pain, anxiety or loneliness feel relentless. Jobs, unemployment, family, or eldercare may bring unique highs and weighty lows. A caring Stephen Minister, a trained and confidential listener, not a therapist or friend, may be best equipped to hold your concerns with you for an hour each week, offering understanding, support and prayers.

Learn more at [www.st-michaels.org/stephen-ministry](http://www.st-michaels.org/stephen-ministry). If you'd like a Stephen Minister, please contact Jeff Robinson ([jarobinson100@gmail.com](mailto:jarobinson100@gmail.com)), Julie de Wette ([julie@losmadrone.com](mailto:julie@losmadrone.com)), or Fr. John Newton ([jnewton@st-michaels.org](mailto:jnewton@st-michaels.org)).

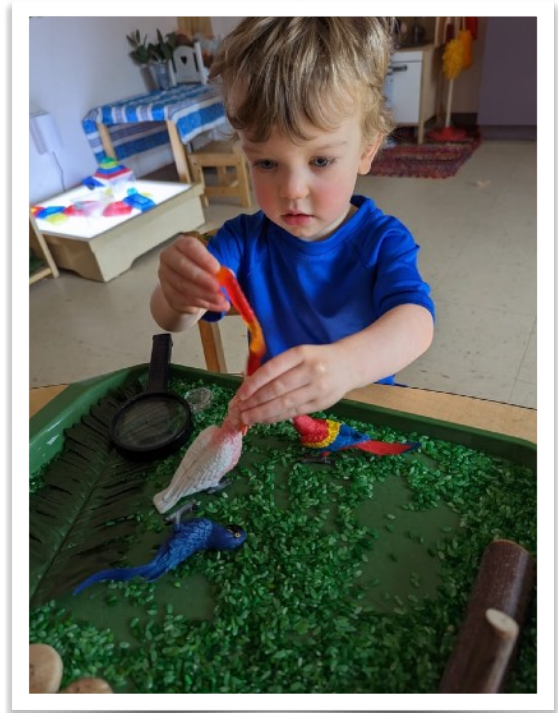
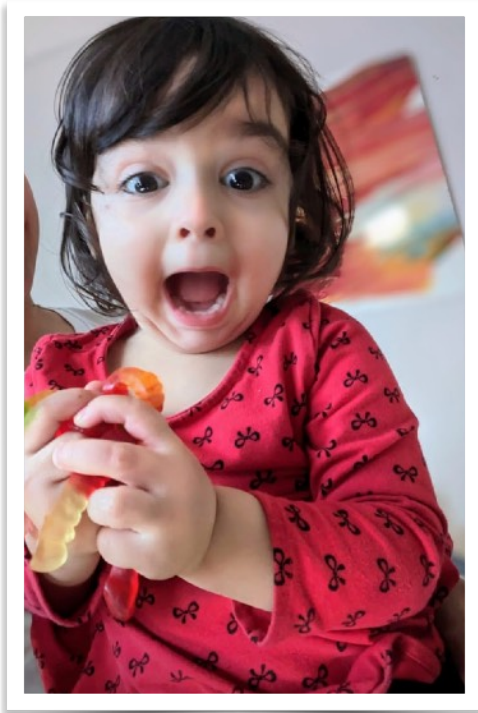
**Daughters of the King** The Daughters of the King® is an order for women who are members of the Episcopal Church. The DOK's mission is the extension of Christ's Kingdom through prayer, service and evangelism. St. Michael's chapter was established in 2014 but went on hiatus during COVID. They are meeting regularly again. If you're interested in learning more about the group, please contact Jonea Raney at [jcsrrech@gmail.com](mailto:jcsrrech@gmail.com).

**Altar Guild** The Altar Guild is always looking for women and men to join this ministry. This group makes sure that the sanctuary is clean and readied for services and other liturgical events that happen at St. Michael's. If you are interested in serving or for more information, please contact Gail Reid at [reid.gail@gmail.com](mailto:reid.gail@gmail.com).

**Photography Ministry** Our photographers take on the role of capturing the special moments in the parish, may they be during worship, parish gatherings, or special events. If you're interested in helping with St. Michael's photography ministry, please email our director of communications, Christine Havens at [chavens@st-michaels.org](mailto:chavens@st-michaels.org). If you have any photos of community life or at-home worship that you'd like to share, Christine welcomes those, too. Please send via email at the highest resolution possible.

## DAY SCHOOL PHOTOS OF THE WEEK

On Wednesday, the Puppies class fed parrots 🦜 different colored “worms.” Their eyes lit up with excitement as they accomplished this task. *Thanks to Ms. Lorenza for the adorable photos!*



---

## THIS WEEK'S PRAYERS

*Please email Christine Havens at [chavens@st-michaels.org](mailto:chavens@st-michaels.org) with prayer requests or to receive the weekly Prayer Chain emails.*

### **Parish Prayer List**

For Bill Williams, Chris Whitty's great uncle.

For all those across the US affected by the severe winter storm.

For Bunny Cowan, as she travels to Honduras on a mission trip; for all the people with whom she works.

For Dan Havens, as he grieves the loss of some close friends.

For all those in Turkey & Syria affected by the devastation from the earthquakes.

For all those affected by gun violence, especially the Orlando and Pine Hills communities in Florida.

**Diocesan Cycle of Prayer:** St. Peter's, Lago Vista; St. Richard's, Round Rock; Trinity, Marble Falls

**Anglican Cycle of Prayer:** The Scottish Episcopal Church



## ST. MICHAEL'S EPISCOPAL CHURCH

### STAFF DIRECTORY

#### Rector

The Rev. John Newton  
[jnewton@st-michaels.org](mailto:jnewton@st-michaels.org)

#### Curate

The Rev. Dr. Josh Kulak  
[jkulak@st-michaels.org](mailto:jkulak@st-michaels.org)

#### Assistant for Pastoral Care

The Rev. Elizabeth Turner  
[eturner@st-michaels.org](mailto:eturner@st-michaels.org)

#### Assisting Priest

The Rev. Hope Benko  
[hope.benko@ssw.edu](mailto:hope.benko@ssw.edu)

#### Senior Warden

David Gross  
[dgross@grossandnelson.com](mailto:dgross@grossandnelson.com)

#### Junior Warden

TBA

#### Family Minister

Amanda Evans Lang  
[amanda@st-michaels.org](mailto:amanda@st-michaels.org)

#### Parish Administrator

Julie Hodges  
[parishadmin@st-michaels.org](mailto:parishadmin@st-michaels.org)

#### Director of Communications

Christine Havens  
[chavens@st-michaels.org](mailto:chavens@st-michaels.org)

#### Media Tech & Sexton

Jeremy Aschenbach  
[jaschenbach@st-michaels.org](mailto:jaschenbach@st-michaels.org)

#### Director of Music

Dr. James Morrow  
[morrowj@utexas.edu](mailto:morrowj@utexas.edu)

### ALTAR FLOWER DEDICATIONS

*The altar remains bare during the season of Lent.*  
Consider sponsoring altar flowers after Easter or dedicate lilies on Easter Sunday. Your dedication can be emailed to: [chavens@st-michaels.org](mailto:chavens@st-michaels.org).

Donate using the "Give Now" button on our homepage, [www.st-michaels.org](http://www.st-michaels.org), or send a check to the church office at 1500 N. Capital of Texas Highway, 78746; put "altar flowers" as the memo.

### GIVE TO SMEC



### THE TRUMPET SUBMISSION DEADLINE

Have a submission for the Trumpet?  
Please send your ideas, stories, or photos to Christine Havens, Director of Communications ([chavens@st-michaels.org](mailto:chavens@st-michaels.org)) by 12:00 pm on Wednesdays. We recommend running stories beginning two weeks prior to your event.

### ST. MICHAEL'S EPISCOPAL CHURCH

1500 N. CAPITAL OF TEXAS HWY. AUSTIN, TEXAS 78746

512-327-1474

OFFICE HOURS: M-TH 9:00AM-4:00PM