

### THE TRUMPET

An instrument of good news



### Caring for Other Kids: SMEYC Makes Aromatherapy Play Dough for the Phoenix Center

On Sunday, November 12, the SMEYC Connects group gathered in the church office to make aromatherapy play dough\*, which is infused with essential oils. The Phoenix Center in Marble Falls uses it as part of the "trauma-informed therapy" they provide as part of the mental health care they provide for children and their families. Later this month, the SMEYC kids will complete their service project by putting together gift bags (including the play dough) that will then be delivered to the Phoenix Center. A big thanks to the extravagant generosity of our young people, who are making a love-spreading difference in the wider Austin community.



## Extravagant GENER®SITY

Stewardship 2024

"Go after God, who piles on all the riches we could ever manage Do good, be rich in helping, be extravagantly generous." 1 Timothy 6:18, The Message Ready to make your pledge? Commitment cards can be found online and in the narthex



### **NOTES**









### **Church Office Hours for Thanksgiving Holiday**

The church office will be open 9:00-4:00 on Monday and Tuesday, November 20 & 21, and will be closed Wednesday-Friday in observance of the Thanksgiving holiday. Normal hours will resume on Monday, November 27.

### **Episcopal 101 | 3 Sundays Beginning on**

**November 26** New to the Episcopal Church? A cradle Episcopalian who needs a refresher? Wondering if we are Anglicans or Episcopalians or both? Join Fr. Josh on 11/26, 12/3, and 12/10 from 10:00-10:50 am in the church office to explore the basics of The Episcopal Church and the Anglican expression of Christianity. We will dive into the history of Anglicanism and the Episcopal Church, the Book of Common Prayer (BCP), and the Bible. All participants will receive a copy of *The Liturgy Explained*. Sign up here to reserve your copy: https://stmichaelsfamily.churchcenter.com/registrations/events/1956039. Bring your curiosity and questions as we explore our great tradition!

## THE DAUGHTERS OF THE KING INVITE YOU TO A

# quiet day

DECEMBER 9, 2023 10:00 am - 3:00 pm

ALL are welcome

10:00am Morning Prayer

10:30am Meditation/Reflection

12:15am Lunch

1:00pm Lectio Divina

2:00pm Eucharist

#### Location:

St. Michael's Episcopal Church 1500 N. Capital of Texas Highway Austin, TX 78746 Contact: Jonea Raney csrcch@gmail.com **Introduction to Centering Prayer Workshop & Sacred Movement** 

Saturday, December 2 | 9 am - 2 pm & six Tuesdays 6:30-7:45 pm

St. Michael's Episcopal Church, Rm 8

Register by Nov. 20 at phyllis.blees@gmail.com Questions: 512.426.1266

No fee: Come join us to learn and establish a spiritual practice that has helped transform many lives!

Facilitators: Kristi Michener with Bob Breckbill and Whitney McFall

Bring: sack lunch; walking shoes

**Centering Prayer**: A silent meditation method that is similar to mindfulness meditation. However, this meditation practice dives deeper and fosters a deepening relationship with the Divine within us.

**Sacred Movement:** Included in workshop are optional walks on the hillside Stations of the Cross or the Labyrinth.

### PLUG INTO UTREACH

**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. Click on the links to learn more about each organization or check out the new Outreach webpage at st-michaels.org/outreach.

Seminary of the Southwest (theological and pastoral education)

The Texas Pauli Murray Scholarship (scholarship for seminary students of color)

Episcopal Relief and Development (disaster relief & sustainable development)

Interfaith Action of Central Texas (iACT) (interfaith outreach)

Trinity Center (homelessness)

Casa Marianella (displaced immigrants)

Saint Francis Ministries (foster care)

El Buen Samaritano (family services)

One Good Turn (global health in underserved communities)

The Outreach program funds a variety of theological and social service organizations and also continues to support St. Michael's Day School, SMEC community garden, Honduras Mission project, and the Del Valle Elementary School book drive. We also provide volunteer opportunities with several local organizations during the year. If you have a passion for spreading love and grace throughout the community, please connect with Harriett Choffel, Outreach Commission Chair, at harriettchoffel@icloud.com; or Fr. Josh Kulak at jkulak@st-michaels.org

**Junior League Coats for Kids Drive | Sunday, December 3 | 2:00-5:00 pm** On Sunday December 3, volunteers from St. Michael's are invited to participate in the Junior League of Austin's Coats for Kids Drive. From 2:00-5:00 pm folks will help sort, tag, hang, and pack coats for the children of Central Texas. The JL of Austin is located at 5330 Bluffstone Lane, 78759.

If you'd like more information please contact Barry Wheeler (barry@homeloanswithbarry.com) or Fr Josh (jkulak@st-michaels.org). To sign up directly please go to: members.jlaustin.org/? nd=user\_register\_check&code=LTQ5f5yB

**Hygiene Items Needed for Trinity Center** The Trinity Center is running low on the following hygiene items for the homeless. If you would like to donate, please click on the Amazon Wishlist Link: <a href="https://www.amazon.com/registries/gl/guest-view/3RBF7FTT19NUV">www.amazon.com/registries/gl/guest-view/3RBF7FTT19NUV</a>. The items will be delivered directly to the Trinity Center.

### **FAMILY LIFE**

**Sunday School | 9:00 & 11:00 am | Family Life Center (Rm 8)** 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. Contact Amanda at <a href="mailto:amanda@st-michaels.org">amanda@st-michaels.org</a> for more info.

**The St. Michael's Episcopal Youth Community (SMEYC)** welcomes youth 5th-12th grade to experience community and connection, to question and explore our faith and ourselves through our relationships with the church, with each other, and with the world beyond Westlake. Here's what we've got on the calendar for the rest of the November 10:00 am hours:

Nov. 5 Taco Sunday (no challenge)

**Nov. 12** *Service Project* We're making aromatherapy play dough for kids to use in actual trauma-informed therapy sessions at the Phoenix Center in Marble Falls. Participating youth earn 1 service hour.

**Nov. 19** *No SMEYC* (Thanksgiving week) Have a happy holiday!

**Nov. 26** *Service Project* Putting together gift bags for the Phoenix Center kids. Participating youth earn 1 service hour.

Questions? Email Bonnie Walton, Youth Coordinator, at youth@st-michaels.org.



### **FORMATION & FELLOWSHIP**

### Prophetic Insights from the Book of Jeremiah: Rector's Bible Study | Sundays @12:45pm and

**Tuesdays @noon** Jeremiah's journey is one of faithfulness, sorrow, exile, and redemption. Join us this fall as we examine Jeremiah's life and prophetic proclamations, as well as how the various themes of the book are ultimately answered and clarified in the life and ministry of Jesus. Contact Fr. John at <a href="mailto:jnewton@st-michaels.org">jnewton@st-michaels.org</a> with any questions.

Zoom Info: bit.ly/BibleStudyZoomLink Meeting ID: 832 6049 2080; passcode: bible. Dial by location: +13462487799, ID 83260492080#; passcode 543331# US (Houston)

The Seekers Adult Formation Group: *The Universal Christ by* Richard Rohr | meets Sundays at 10:00 am in Rm 4 (Education Wing) and via Zoom Looking for engaging discussion of theological and spiritual topics? Join the Seekers on Sunday mornings. The group started discussing a new book on October 22: *The Universal Christ*, by Richard Rohr. Franciscan friar and ecumenical teacher, Rohr bears witness to the deep wisdom of Christian mysticism and traditions of action and contemplation.

Drop in anytime, regardless of whether you've read the book. Contact Harriett Choffel at harriettchoffel@me.com or Phyllis Blees at phyllis.blees@gmail.com for more info.

Here's the new Zoom link: bit.ly/SeekersBookGroup, Passcode: 541706.

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. Passcode: prayer.

### SMEC Tuesday Night Women's Bible Study Now through Dec. 12 | Tuesdays at 6:00 pm

**Church Office** Our new study on friendship begins Tuesday, Nov. 7, and runs six weeks until Dec 12. It is open to all women. We were created for community. And because our Father is generous, he's given us one of the most essential, fun, and life-changing relationships for community: friendship. The group meets on Tuesdays at 6:00 pm in the church office. Contact Trish Thompson at home.thompson@gmail.com for more info.

**Centering Prayer | Tuesdays @6:30 pm** This ministry is available every Tuesday night at 6:30 pm. Zoom link: https://us02web.zoom.us/j/85765348257?pwd=dnlMUXh3dHdBOTBDeUROS2hMRXV6Zz09; passcode: 541706. Please email Phyllis Blees with questions: phyllis.blees@gmail.com. For more about contemplative prayer, click this link: Heart of Texas Contemplative Outreach.

**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 2:30 pm unless there's a holiday. The group is now meeting *in person at St. Michael's*. November's read is *Trust*, by Hernan Diaz, and is one of the 2022 winners of the Pulitzer Prize for Fiction. **The next meeting is on November 29, due to Thanksgiving.** Please email Rhoda Silverberg at rmorrillsilverberg@icloud.com or Sue Allen at tom@northcoastbrewing.com for more information.

Wednesday Afternoon Bible Study | Wednesdays at 1:00 pm Our Thursday afternoon Bible study group is now gathering on Wednesdays. The group will continue to meet by Zoom (using the same link); and for one hour beginning at 1:00 pm CT. This is a perfect time to invite others to join our group. This informal group discusses the Daily Office readings—drop in anytime! Led by Mary Healy, mary.r.healy@gmail.com. Zoom Link: bit.ly/SMECThursBibleStudy ID: 870 3540 9217. Use this passcode: biblestudy.

**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/88196769453 and passcode 945676.

Men's Pub Theology | Second Wednesdays @5:00pm Join the men of St. Michael's for fellowship and theological conversation. *The next meeting is December 13, location to be determined.* Contact Andy Hines at ahines@hinespool.com for more information.

### **MINISTRIES**

**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 and they are meeting regularly again. If you're interested in learning more about the group, they meet in the Gathering Room (next to the sanctuary) the third Saturday of each month at 10:30am. Contact Jonea Raney at jcsrcch@gmail.com if you have any questions.

**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.

**Feeling Overwhelmed? Stephen Ministers Care** Sometimes, I tremble under the weight of life. I'm being stretched too thinly by a shredding relationship, others' ceaseless needs or my exhaustion. Imagine what it might be like to have someone hold, with you, the sources of that heavy pressure that tightens and presses on you. To know and understand. A Stephen Minister will listen for an hour, week after week, and not grow weary or frustrated or try to fix. Stephen Ministers are trained to provide safe, confidential Christian care.

Contact the Rev. John Newton (jnewton@st-michaels.org) or Stephen Ministers Julie de Wette (julie@losmadrones.com) or Jeff Robinson (jarobinson100@gmail.com).

### **Aromatherapy Play Dough Recipe**

**Ingredients** 

1 cup flour ½ cup salt

1 cup water 1 teaspoon cream of tarter

1 ½ tablespoons vegetable oil (or 1 tbsp vegetable oil + 1/2 tbs jojoba oil if you have it)

Food coloring (grapefruit= orange, lavender = purple or blue, eucalyptus = green)

½ teaspoon essential oil (3/4 tsp if grapefruit oil)

### Instructions

- 1. Mix all ingredients together in a pot (except for food coloring and essential oils- add later)
- 2. Stir until combined. Add food coloring. Ensure it is mixed well (no flour clumps)
- 3. Cook over medium heat for about 30 seconds to a minute.
- 4. Add a 1/2-teaspoon of essential oil. Continue cooking, stirring constantly.
- 5. The dough will get clumpy and then start to pull away from the sides of the pan. Continue stirring and kneading with spatula. Once it pulls together in a ball, it's done. Take it out of the pan immediately.
- 6. Place the cooked dough on wax paper and knead a few times until smooth. Let cool.
- 7. Store the dough in an airtight container so it won't dry out. Storing in the fridge lasts longer.

\*Note: Many essential oils have natural healing properties.

Grapefruit Oil- increases focus and memory

Lavender- Calming and relaxing

Eucalyptus – Stress and anxiety relief

### THIS WEEK'S PRAYERS

Please email Christine Havens at chavens@st-michaels.org with prayer requests or to receive the weekly Prayer Chain emails.

For the soul of LeeAnn Thornton, friend of Martha Hudson, Patricia Newton, and Rhoda Silverberg.

For Marc Pouhé and his family as he continues his yearslong search for health.

For Bill Bruce as he recovers from spinal surgery and deals with other health issues.

For Mary, niece of Bunny Cowan, as she undergoes a skin graft to repair a snake bite injury.

For Cindy Terry, who recently died; for her children, her husband, and those who mourn her death.

For Ashley Freeman, who is having hip surgery on Monday.

For all those in south Florida facing heavy rains and flooding.

For the people of Israel and Palestine as they endure the violence of war.

For all those affected by gun violence.

Diocesan Cycle of Prayer: St. Mary's, West Columbia; St. Paul's, Freeport; St. Thomas', Wharton;

St. Timothy's, Lake Jackson

**Anglican Cycle of Prayer:** The Church of the Province of Myanmar (Burma)

### ST. MICHAEL'S EPISCOPAL CHURCH STAFF DIRECTORY

### Rector

The Rev. John Newton jnewton@st-michaels.org

#### Curate

The Rev. Dr. Josh Kulak jkulak@st-michaels.org

### **Assistant for Pastoral Care**

The Rev. Elizabeth Turner eturner@st-michaels.org

### **Assisting Priest**

The Rev. Hope Benko hope.benko@ssw.edu

### **Senior Warden**

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### **Junior Warden**

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### **Family Minister**

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### **Youth Coordinator**

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### **Director of Communications**

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### **Media Tech & Sexton**

Jeremy Aschenbach jaschenbach@st-michaels.org

### **ALTAR FLOWER DEDICATIONS**

The flowers are given to the Glory of God.

Altar flower dedications are a wonderful way to celebrate the special people in your life or honor an important event or memory. They are printed here and in the 11am service bulletin.

You can use this link to send your dedication and make a donation: st-michaels.org/altar-flower-donations. You may also donate using the QR code below 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) 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