



The Sword April 18, 2024

## St. Michael's Weekly News & Updates



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### A moment or Two from Fr. Jim



I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.” John 10: 11-18

The Gospel image of the good shepherd calls us to look beyond our own expectations, needs and fears in order to become “shepherds” of reconciliation, compassion and charity

to others.

In the work of "shepherding," sometimes we are the shepherd who reaches out to the one lost or in trouble and, at other times, we are the one in distress in need of a shepherd's saving hand. In Christ, we belong to one another; in imitating Christ, our lives are at the service of one another. "Good shepherding" is not dominating or patronizing nor is it for the weak and self-absorbed; "good shepherding" is selfless and generous work that realizes with gratitude that we are sometimes the shepherd and sometimes the struggling and lost. Christ calls each one of us to take on the work of "good shepherding": to bring compassion and healing to the sick, the troubled and abused; to bring back the lost, the scattered and the forgotten; to enable people to move beyond their fears and doubts to embrace the mercy and love of God.

If we are shepherding, we should smell like sheep. Caring and being with each other!

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## **A Note from our Sunday School Director**

Kim Curtis

[kcurtis@stmichaelsbarrington.org](mailto:kcurtis@stmichaelsbarrington.org)



On Tuesday, Barrington Youth and Family Services conducted a valuable discussion on parenting. BYFS provides support for families and individuals, not only in Barrington, but for surrounding areas. Betsy Wintringer is the Executive Director and a member of St. Michael's. Her colleague, Richard Cornwall's presentation focused on healthy strategies parents can use with our youth and teens. I will have copies of the presentation available on Sunday.

Some of the ideas he shared for healthy parenting included being present to listen, modeling good social media screen time, family meals, self-care, boundaries, talking about problems, healthy eating, and asking for help from a professional. If you or someone you know would like to talk to a counselor, Richard accepts new patients. He suggested if the child is elementary, he could work directly with the parent until the child is old enough to have their own session.

One parent asked what's a way to "find out the scoop" with a tween or teen. What approach to use when they close up and will not talk.? This idea stood out for me, because it works. He said to set up an appointment with your child. I often did this as a parent and tried to spend some quality one on one time with each of my boys with something they liked to do. Another was, if I felt they were struggling with an issue, I would have a surprise lunch, and take them out for lunch to talk then back to school. They usually would feel better that night having unplanned attention.

They presented information on Anxiety and how to adapt through the stages of our changing social society. Richard mentioned one of the greatest gifts a parent can give a

child is to instill it is okay to talk to someone about what is going on. Even if it is not the actual parent. It is okay to go to a friend's parent or trusted person they know. This suggestion works too! We actually had a meeting about this between my close Mom friend, the kids, and myself. We let all the kids know Mrs... is okay talking to you and I am okay with you talking to her. Giving the permission to her kids and my kids helped them feel comfortable to discuss issues for a different point of view.

Mindfulness activities for youth were also discussed. Betsy pointed out how techniques can help with anxiety. They suggested to keep experimenting with them until you find the right one that's just right. Some examples are Deep Breathing, Pleasant Imagery, Progressive Muscle Relaxation, Taste Sensation, Music Observation, Soft Object Toss, Art Appreciation, and Stretching. They gave strategies for a balanced Tech screen diet for your child. I will include this sheet in the parent packet.

Finally, remind them to pray, which is a coping strategy for life. Waking up and going to bed are the perfect times to pray with your child. It can equip them with the tools to have a calm day. We will be practicing some of these methods and prayers with the Sunday school.

BYFS is at 118 Applebee Street, Barrington, Illinois 60010. The number is 847-381-0345. If you have any questions about the services, please email Richard Cornwall at [richard.cornwall@barringtonbyfs.org](mailto:richard.cornwall@barringtonbyfs.org)

## LIFT



### **FROM THE LIFT LEADER'S DESK**

Our program year is winding down but we're still learning about Jesus and how he's with us through everything. We've had a memory verse this year and I keep asking them to repeat it, to make sure they've got it in their little brains. In LIFT the other morning, I had them imagine a tough or very scary situation. I've been teaching them that having some bible verse in their mind and heart will help them get through a tough situation. This is for you, as well.

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

*Then you will experience God's peace which excels anything we can understand.*

*His peace will guard your hearts and minds as you live in Christ Jesus. (Phil. 4-6-7)*

### **UPCOMING DATES**

Sunday morning LIFT continues through **May 19** – our final class for this year.

**May 5, 10:00 a.m. service** – YOUTH SUNDAY & CELEBRATION OF OUR GRADUATING SENIORS

Reception following service.

**June 2, after church** – LIFT SUMMER PALOOZA – Pinstripes, South Barrington  
This is our big end-of-year party to celebrate our group. Each LIFTer may bring one friend, if they like.

## LIFT Schedule

### Upcoming Events

#### **Prayer Shawl** Tuesday, April 30

Prayer shawl will meet in the Library at 6 pm.



#### **Youth Sunday** May 5

Join us for Youth Sunday.



#### **Pentecost Sunday** Sunday, May 19

Join us for Pentecost Sunday, wear red and enjoy the ladybug release, great music, food, and ice cream truck after the 10:00



## Announcements

### Rebuilding Together



Last Sunday we had the pleasure of hearing a special message from Aaron Johnson, Development Director from Rebuilding Together. He spoke to an Old Irish Proverb, which gives us great focus on the work ahead. ***"In the shelter of each other the people live."*** If you missed his sermon I have posted the link below.

[A Sermon for the Third Sunday of Easter \(stmichaelsbarrington.org\)](http://stmichaelsbarrington.org)

We are very grateful for the generous team of St. Michaels volunteers who will work on April 27th to spruce up and ensure our Homeowner - Mr. Burks - home is safe. For those of us who can't volunteer, there is still an important way we can be part of St. Michael's effort to support Mr. Burks.

- Purchase supplies and gift cards for home supplies. Items needed include bath and hand towels, cleaning supplies, toiletries, and storage bins.
- To have the right number of items, please sign up on the Sign-up genius link below.
- If you wish to purchase via Amazon, please use the Amazon link below – Ship to the Church.
- Bring your generous donations to the green wagons near the community room prior to April 25, and the volunteers will deliver to Mr. Burks on April 27.

Signup Link:

[St. Michaels: Rebuilding Together - Mr. Burks Home \(signupgenius.com\)](http://www.signupgenius.com)

Order on Amazon and ship to St. Michaels

[https://www.amazon.com/hz/wishlist/ls/1D8UH4YWE96S3?ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/1D8UH4YWE96S3?ref_=wl_share)

Thanks in advance for your support

## Vestry update:

Bill Ferry

sr-warden@stmichaelsbarrington.org

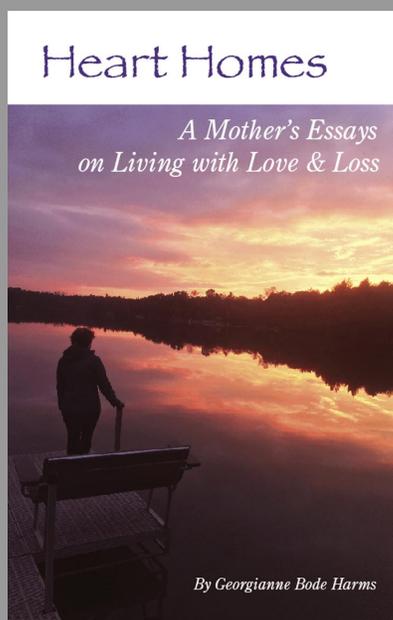


Last Saturday, The Vestry had an opportunity to get away for a One Day Retreat. Thanks to the Mayberry's we spent the day at their home on the Rock River, just outside Janesville, Wisc. It was a beautiful day, with lots of great discussion / planning around **"Gods healing in and through St. Michael's."**

One of the messages coming out of our discussion, is that St. Michaels is blessed with a great group of volunteers, who make things happen every day. THANK YOU!!!! In the end, it all ties back to last Sundays' sermon, when Aaron Johnson from rebuilding together shared: **"In the shelter of each other the people live"**. This beautiful Irish proverb reminds us of the profound interconnectedness that binds us together. In the shelter of each other, we find strength, compassion, and shared purpose.

Throughout St. Michaels, there are many opportunities to volunteer... it's what drives everything we do. Don't wait to be asked, volunteer... Please feel free to use the e-mail above, with questions / suggestion. Tell us how volunteering has healed you.

You Are Invited to a Book Signing  
***Heart Homes: A Mother's Essays on Love & Loss,***  
by Georgianne Harms



Join us for conversation and coffee  
1:00pm-3:00pm on Saturday, May 11, 2024  
In the Library at St. Michael's Episcopal Church  
647 Dundee Avenue  
847/381-2323  
Barrington, Illinois

Copies of Heart Homes will be available at St. Michael's onsite bookstore. Proceeds will benefit charities.

RSVP at: [harmsgeorgianne@gmail.com](mailto:harmsgeorgianne@gmail.com)

View Our Announcement Page For More News!

### Birthdays

4/22 Christy Cressy  
4/25 Cindy Neff  
4/27 Carolyn Schaefer

### Anniversaries

4/24 Christina Roennau-Robbins  
and Robert Robbins  
4/25 Judy and Bill Heinrich  
4/25 Lynn and Forest Mayberry

### In Loving Memory

4/21 John Malmsten  
4/21 William Bradtke  
4/21 Dorothy Lick  
4/22 Mark Green  
4/22 Gwen Mundell  
4/22 Doris Noble  
4/24 David Capulli  
4/25 Aileen Greenberg  
4/26 Margaret Linde  
4/26 Angus Ray  
4/26 Patricia Kean  
4/27 Dorothy Duffy  
Amy Roper

### Prayer Requests

Liz, Dolores, Dayna, Tim, the Roper family, Miles, the Clark family, Karen, Mary Jane and Nancy, Karen, Lynda, Emma Rose, Spencer, Nancy, Richard, Christine, Jeff, Sharon, Andy, Marilyn and Pat, Caden, Sadie, Dave, Phyllis, Cameron, Maribeth, Ruth, Brian, Barb and Steve, Patty.

Donate to St. Michael's

Vestry Members and Minutes

St. Michael's Staff

St. Michael's Episcopal Church  
St. Michael's Episcopal Church, 647 Dundee Avenue, Barrington, IL 60010  
The Parish Office is open 9:00 a.m. to 2:00 p.m. Monday through Friday.  
website: [www.stmichaelsbarrington.org](http://www.stmichaelsbarrington.org)

#### The Sword

The Sword is published each Thursday. The deadline to submit items to be included is Tuesday at 5:00 PM. Any questions or comments regarding this publication should be sent to [admin@stmichaelsbarrington.org](mailto:admin@stmichaelsbarrington.org)

St. Michael's Episcopal Church | 647 Dundee Avenue, Barrington, IL 60010

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