



ST MICHAEL'S
EPISCOPAL CHURCH

The Sword March 7, 2024

St. Michael's Weekly News & Updates



[Our Website](#)

[Watch us on Vimeo Live](#)

[Listen to Previous Sermons](#)

[Connect with us on Facebook](#)

A Note From Our Rector

Jesse Perkins

jperkins@stmichaelsbarrington.org



CONVERSATION WITH A COUNSELOR

In our efforts as a parish to be a place of God's healing, both within us, and our taking that healing into the world, St. Michael's is partnering with Barrington Youth and Family Services to bring an event to the community of Barrington. Come learn tips and tricks for effective communication, healthy routines, social media management and other challenges of parenting and grand-parenting today. Leave with strategies that can be put into action at home. Bring your questions!

Join us at St. Michael's Episcopal Church (647 Dundee Ave 60010) on April 16 at 6:30pm. Light snacks provided.



Conversations with a Counselor!
Click for more info

April 16 6:30pm @ St. Michael's

BARRINGTON
YOUTH & FAMILY
SERVICES

A Note from our Sunday School Director

Kim Curtis

kcurtis@stmichaelsbarrington.org



Last Sunday we discussed affirmations and how Jesus sees us as being those positive statements. Affirmations for children can play a crucial role in building their self-esteem.

These messages of I am amazing, or I am awesome are simple for kids to soak up. Positive phrases help counteract negative self-talk. It increases their self-worth and instills in them that they are capable and deserving of God's love.

One of my friends described my home as the home of words. It has become my art collection. I have different phrases, poems, prayers, and family values framed in every room. For me, these posted affirmations surround my environment with positive energy.

The children had so much fun making a list of affirmations from each letter in their name. I encourage you to continue this lesson at home. Practice them daily and make it fun! Here

are a few we came up with. I am loved, appreciated, unique, a good friend, I can learn anything I want, I am creative, I have skills and talents, I am confident, I do the right things, I listen to God's word, and I hold my head up high!

A Moment or Two by Fr. Jim Swarthout



God did not send the Son into the world to condemn the world, but in order that the world might be saved through him . . .” John 3: 14-21

The Word:

Too often, we approach faith as a series of “thou shalt nots” – religion is equated with guilt, spirituality with that nagging little conscience in the depths of our souls that serves as a safety valve to stop us from becoming the wicked people we know we are capable of becoming. Jesus challenges such a limited concept of faith: God is not a cosmic tyrant that revels in seeing us suffer; God has revealed himself as the loving Father of a perfect creation that has made itself imperfect in so many ways through sin.

Reflection Points:

In his late-night conversation with the Pharisee Nicodemus, Jesus presents a very different picture of God — and of ourselves. Jesus reveals to Nicodemus a God of life and restoration, a God who seeks not our punishment or humiliation but our healing and reconciliation with him and with one another. The God Jesus reveals is not the God of condemnation and destruction but the God of forgiveness, mercy and compassion. And that should help us re-imagine ourselves: that, created in God’s love, we are more than the superficialities of appearance and assets, of wit and social graces. In the light of his Christ, we come to realize the good in ourselves that we often do not see; in that light, we find joy and reason to be grateful for the good that others bring to our lives. As Jesus explains to Nicodemus, God has created us as an extension of himself: from the moment of our creation, his life and love are part of our very being. In our embracing of his Spirit of justice and mercy, in our work to re-make our world in his dream of compassion and peace, the love in which we were created transforms our lives and the lives of those we love and who love us into the very light and love of God.

Lent Adult Study with Deacon Tim

Contemplating Sanctified Art for Lent



Dear people of St. Michael's,

In the Sanctified Art group between services on Sundays in Lent, we trace the course of Simon-Peter's deepening faith journey reflected in the bulletin cover art. Please join us, spending about a half hour between Sunday services, beginning at 9:10 am, to contemplate a piece of Sanctified Art. We hear the scripture inspiration, the artist's reflection, and commentary. Discussion arising from our contemplations could lead to interesting, unanticipated pathways. We gather in the conference room near the Community Room.

Deacon Tim+

Adult Forum with The Rev. Ralph Osborne



You are invited to join an adult forum after the 10:00 services during Lent. We will meet in the library from 11:30 -12. Fr. Ralph will be leading a study of chapters 13-17 in the Gospel of John. It is called the Farewell Discourse. Each week we will explore the last words Jesus had for his disciples.



**NEW UPDATED LIFT/CONFIRMATION SCHEDULE FOR THE YEAR
CHECK IT OUT**

[LIFT Schedule](#)

Upcoming Events

Stations of the Cross

This Lent we are offering our regular Stations of the Cross weekly on Wednesdays, starting at **6pm**. This service will be held from February 21 until March 20 each week on Wednesday. Please plan to attend this contemplative walk with Jesus through the final moments of his life until his death on the cross.



**Choral Evensong
March 10, 5pm**



Choral Evensong

Sunday March 10 5pm

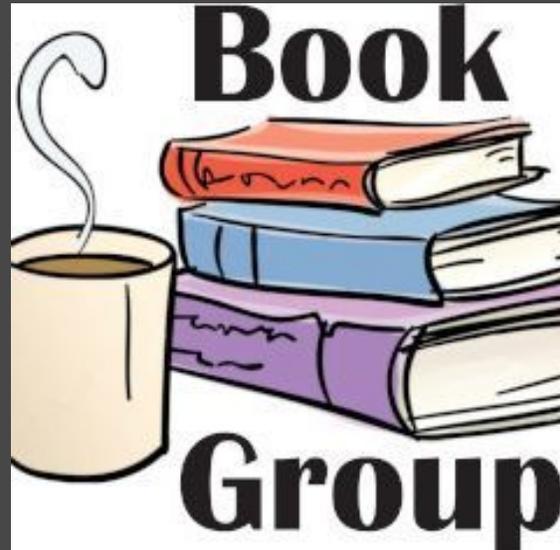
Join us at St. Michael's for our Choral Evensong on March 10, at 5pm. This particular Sunday is Lent 4, or Laetare Sunday, and we are celebrating it with a beautiful evening service. We will feature music from Richard Shepherd, Michael Praetorius, Roland Martin, Peter C. Lutkin, and our handbell choir will be performing the prelude.

Book Group - March 20

Our March book is "Heart Homes, A Mother's Essays on Living with Love & Loss" by Georgianne Harms, design / production by Dennis Harms. Hopefully, the book will be available before the meeting at the All Angels Gift Shop and Bookstore, where it will be sold when available, or at our March 20 meeting. If it is not available by then, we will read selected essays, and Georgianne will also talk about the process of writing and producing her book.

All adult readers at St. Michael's are welcome to join our book discussions at any time.

Please contact Kathi Frelk, kfrelk4@gmail.com with your questions.



Holy Week Services

March 24- Palm Sunday services are at 8am and 10am

March 28 - The Maundy Thursday service is at 6:30PM.

March 29 - Good Friday Service will be at 12 PM at St. Michael's and 7 PM at Salem United Methodist Church in Barrington.

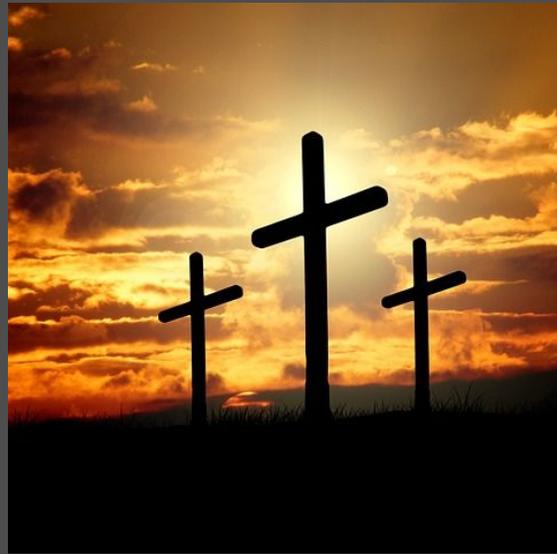
March 30 - Easter Vigil, Holy Saturday Evening service will be at 8 PM.



Easter Sunday March 31

Easter Sunday services will be at 9 AM and 11 AM.

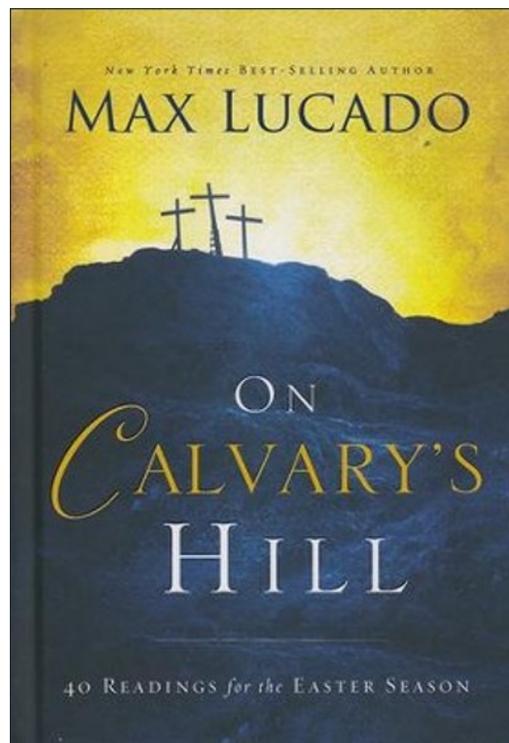
We will be having an Easter egg hunt following the 11 AM service.



Women's Lenten Bible Study

Tuesday Evening Women's Lenten Bible Study
7:00-8:30pm via Zoom
2/20-3/26

Join us each week during Lent, beginning February 20, as we walk with Jesus - feeling His passion, sensing His authority, and hearing His promise that death has no power. Weekly discussions will be based on our reflections of the daily readings. Each reading includes Scripture verses, thoughtful prayers, and favorite passages designed to help us draw near to our Savior as we prepare to celebrate the resurrection. Contact Sally Smith at 847-274-4622 or Sue Barnum at 847-401-3050.



Announcements

Spring forward this weekend!

Remember to set your clocks forward one hour for daylight savings time.



Peace and Justice News

We are pleased that 87 people viewed our “Uncaged Art” Exhibit in the Community Room from February 14 to 25. We held a reception on February 18 with refreshments, music provided by Donna Brooks, coffee provided by Rosanna and Jack Shipley from Conscious Cup Coffee in Barrington, and guest speaker Jack Lloyd, member of the Diocesan Sanctuary Task Force, representative at Episcopal Migration Ministries’ Asylum and Detention Ministry Network, Co-coordinator of the Province V Migration Ministry Network, Coordinator for the Court Watch program, in which volunteers attend and bear witness at immigration court hearings for migrants who are in detention, and a member at St. Martin’s Episcopal Church in Chicago, spoke to us about his work with migrants.

Continue reading here:

**Peace and
Justice**

**Priests for
Justice**

Meals on Wheels Volunteer Coordinator

VOLUNTEER



We are looking for a Volunteer Coordinator for Meals on Wheels. Too many seniors find it challenging to access healthy food or cook nutritious meals. That's where Meals on Wheels comes in. This remarkable network delivers a staggering 251 million meals each year to 2.2 million seniors and counting. The coordinator works with St. Michael's volunteer drivers to schedule deliveries two days a month. If interested, please contact Jesse at jperkins@stmichaelsbarrington.org.

[View Our Announcement Page For More News!](#)

Birthdays

3/10 Susan Beuttas
3/11 Campbell Mears
3/13 Annilee Quinlan
3/14 Rita Gabis
3/15 Harry D. Wintringer, IV
3/16 Linda Kedik

Anniversaries

In Loving Memory

3/11 Richard Curran, Sr.
3/12 Cotliss Anderson
3/13 Norton Penny
3/13 Patrick Kane
3/13 Wayne Stallard
3/14 Edna Fox
3/15 Max Hoffman
Penelope Stewart
Sophia Stewart
Henry Tantillo

Prayer Requests

Karen, Jackie, Mary Jane and Nancy, Kristin, Lynda, Emma Rose, the Kean family, Zach and Jenny, Spencer, Meg and Charlie, Sarah and Evelyn, Nancy, Jeff, Richard, Christine, Jeff, Sharon, Andy, Marilyn and Pat, Caden, Sadie, Dave, Phyllis, Cameron, Maribeth, Ruth, Brian, Barb and Steve, Patty, Amy, Karen and Dan.

[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

~~~~~  
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

[Unsubscribe thalminiak@stmichaelsbarrington.org](mailto:thalminiak@stmichaelsbarrington.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [thalminiak@stmichaelsbarrington.org](mailto:thalminiak@stmichaelsbarrington.org)