



# The Mike

The Newsletter of St. Michael & All Angels Episcopal Church, Studio City, CA

VOLUME 25, ISSUE 7 • November 2016

## Retreat

*By the Reverend Dan Justin*

According to the dictionary, the word retreat can be a verb or a noun. As a verb it means to move away from something, particularly from some kind of danger. It often refers to moving away from some position. As a noun, though, it refers to a place where you can go to be alone; to get away from it all for a time. For the Christian, developing a discipline of spiritual retreat is a wonderful practice.

Last month I traveled to Salter Path, North Carolina where I spent a week on retreat at the Trinity Conference Center operated by the Diocese of East Carolina. I was there for my first CREDO Conference. CREDO is offered to clergy of the Episcopal Church by the Church Pension Fund. It is a spiritual retreat focusing on health and wellbeing in four particular areas: spiritual, vocational, financial, and physical. The faculty who lead the retreat are made up of experts in each area. One faculty member is a trained spiritual director, one works for the national church in transition ministry, one is a psychologist, one is a medical doctor, and two are financial planners. Over the course of the week each faculty member taught a plenary session, a workshop, and then made themselves available for individual consultations. It was a pretty full week of learning and exploring new information. Yet, there was also a lot of time dedicated to retreat – time for personal prayer, reflection, consideration, soul searching, and discernment. At the end of the week each participant (there were twenty-one other priests from all over the country in attendance) crafted a CREDO Plan. The plan involved coming up with three major goals for life and/or ministry that we would take back home with us. I won't share my CREDO Plan here, but I will lift up one important learning I took away: the importance and value of retreat.

Getting away for a week dedicated to prayer, thinking, planning, and discerning was a truly meaningful and wonderful experience. I came home refreshed and renewed for ministry. I don't think that I even realized how much I needed that time. I discovered just how

different vacation and spiritual retreat really are. Retreat has honestly never been a big part of my life before. It will be from now on though. One element of my overall CREDO plan is that I will begin a discipline of going on an annual, weeklong spiritual retreat where I will pray, plan, and discern where God might be leading the ministry and work here at St. Michael and All Angels.



As I left CREDO my thoughts naturally drifted to the parish family. I began to wonder how more of the parish family can begin to discover this practice of retreat.

Now, I understand that clergy have a bit of an advantage when it comes to the practice of spiritual retreat. It is part of my job description to take time away to pray, discern, plan, and prepare for the ministry of the church and how to best tend the cure of souls committed to my care. I don't have to use vacation time to do that kind of work, it is my work. I do, however, believe that there are plenty of ways for anyone who is interested to begin this practice. Especially since there are no rules concerning where one goes on retreat or how long it lasts or how many people are present. Retreat is nothing more than a dedicated time to get away. It can be done alone or in small groups.

Jesus regularly withdrew to a secluded place to pray. This can be one model of spiritual retreat. Select a Saturday for example, and go on a mini retreat. It can be the whole day, part of the day, just the morning, whatever. Select a place to go. It could be the beach, a church, a monastery, the woods, a mountain, or any other place that provides a quiet environment. You can simply choose to have a silent retreat. You can bring a spiritual book that you want to read and consider. You could bring along the Book of Common Prayer in order to punctuate the day using the Daily Office. Any of these are good options. Don't forget to bring a journal in order write down your questions,

thoughts, reflections, and discoveries.

Alternatively, you can go on retreat with a small group. Before you go, develop a plan for when you will meet, what you will talk about, and how much time will you allow for individual reflection. You should select a topic that you want your group to focus on.

If you want to spend more than a day on retreat you may want to spend some time researching good locations for that. The Holy Spirit Retreat Center in Encino is a lovely place. The Serra Retreat Center in Malibu sits atop a mountain and overlooks the Pacific Ocean. Want to go further? Consider booking some time at the Mount Calvary Episcopal Monastery in Santa Barbara. Are you interested in other monastic opportunities? The Community of Divine Love on the campus of Church of Our Savior in San Gabriel offers many opportunities. There are so many different retreat locations around Southern California from which to choose.

I hope you will explore the practice of retreat. Before we know it the busyness and craziness of the holidays will be upon us. Learning how to take a retreat could be just the thing we need as we enter this season. Let me know if you have any questions or need some suggestions to help you plan a retreat.

Blessings,  
Dan+

## Final Mid-Week of the Fall Set for November 30th

All are invited to attend the final Mid-Week dinner and class of 2016. We will gather on Wednesday, November 30th, at 6:30 pm. Please RSVP if you plan to attend. Our topic for the evening is as follows:

### Good Death; Good Funeral

Christian funerals have an important story to tell. There is some fairly profound theology to be found in the funeral liturgy. Yet, in our culture today, funerals have become relatively unpopular. They have been replaced with private services, celebrations of life, and simpler memorial services. This class will explore the theology of Christian funerals. In addition, the evening will also provide practical assistance, materials, and opportunity for pre-planning funeral services.

### November Birthdays

#### Day Name

- 4 Julian Pimentel
- 7 Anastasia Lefler
- 8 Charlie Kammer
- 9 Linnaea Sage
- 11 Andreas Barberia
- 14 Eliza Diliberti
- 20 Stephen Billington
- Andrea Fuller
- 23 Nikolay Best
- 28 Nancy Woods
- 29 Marco Hebbe-Zubiate
- Pablo Mooradian
- 30 Jackie Eckberg

### November Anniversaries

#### Day Name

- 8 DJ & Andrea Fuller
- 12 Susan Guire & Cece Tsou
- 12 John & Laurie Vincent
- 13 Brooks & Kathleen Taylor
- 24 William Hendley & Jon Albert
- 28 Polly Davis & Peter Epstein

#### Should you be listed here?

Or, if you wish to leave your birthday or anniversary unpublished, give the church office a call or e-mail administrator@stmikessc.org to let us know. Birthdays and Anniversaries will be celebrated on the last Sunday of each month.

## Betty Ferrell to Receive Health Hero Award



Betty Ferrell has been named a Health Hero for 2016 by WebMD for her groundbreaking efforts in the field of palliative care.

When the concept of palliative care emerged in the 1990s, she was an early adopter. Now she's developing a curriculum to teach it in every nursing school in the United States. Her pioneering efforts were recognized by the American Academy of Hospice and Palliative Medicine, which named her one of 30 Visionaries in the field. Her commitment and life-long work have changed nursing practice and, in turn, improved care for hundreds of thousands of patients and their families. What a legacy! She is the first nurse to receive this prestigious award. The award will be presented in November in New York City at a ceremony hosted by Robin Roberts of ABC's *Good Morning America*.

Other recipients are Ed Damiano, developer of a bionic pancreas currently in clinical testing; 15-year-old Trisha Prabhu who developed a smartphone app, ReThink, to help teens pause—and maybe stop—before they post mean thoughts online; and Seth and Lauren Miller Rogen who have helped raise more than \$5 million for Alzheimer's research through the annual Hilarity for Charity variety show.

## Advent Lessons and Carols

Sunday, December 4,  
5:00 pm

Advent is the season for waiting and watching. We wait and watch for the coming of Christ, both for Christ to come as a babe at Christmas and for Christ to come again. The service of Advent Lessons and Carols is a wonderful way to begin this season of watching and waiting. We hear stories of hope from the scriptures and respond with song. Much of the music is sung by the choir. The service also includes some congregational singing. Please join us on Sunday, December 4, 2016, at 5:00 pm for Advent Lessons and Carols. A small reception will follow in the Ministry Center.



Read the MIKE Online! Go to the St. Michael's website, [www.stmikessc.org](http://www.stmikessc.org), and click on Newsletter. Back issues are available there as well.

## Treasurer's Corner

### September 2016—Revenue and Expense Summary

	September Actual	September Budget	YTD Actual	YTD Budget
Total Revenue	\$ 29,179	\$ 35,863	\$348,867	\$322,764
Total Expense	33,823	39,105	332,902	343,488
Net	(\$ 4,644)	(\$ 3,242)	\$ 15,965	(\$ 20,724)



## Stewardship

by Tina Wilson



Stewardship is something we hear a lot about, especially during this time of pledge card ingathering. I truly believe that understanding what stewardship is and how it applies to our lives will change the way we make decisions each day. If we understand what it means to be good stewards, we will begin to not only see our lives change, but also the world around us. We are all stewards of the resources, abilities, and opportunities that God has entrusted to our care. It is using the gifts that God has given us to do God's work. When we have a deeper understanding, we can apply that understanding to our daily lives. This is something that is not always an easy task for me personally but one that I strive toward. And so, I challenge myself to set goals for all these areas in my life. I look at my gifts and talents, time, resources, environment, relationships, children, family, and finances.

I strive to spend more time with my children (almost all young adults), take time for investing in my personal relationships and special time for my spouse, contribute time to causes I believe in, join in fellowship

and worship at St. Michael's, take care of the environment by turning off lights, using less water and recycling, take better care of myself so I can take care of those around me and to joyfully give financially to support God's work here at St Michael's.

Through the next month, you will hear from fellow members of the parish and their journey of stewardship. Each of you will be asked to prayerfully reflect on financially supporting St. Michael's for the up-coming year by making a financial pledge. This is an act of gratitude for all that God has provided. We are called to be stewards of God's household, God's possessions and the work of our faith community here at St. Michael's.

So, I ask you to give to God's work where you believe God's work is being done in this world. By giving of our goods, our time, and ourselves, we are open to God's grace. I see God's work is being done here at St. Michael's every day in so amazing ways. Together we can joyfully give and thus we will begin to not only see our lives change, but also the world around us.

## 2017 Stewardship Update

St. Michael and All Angels Church thanks its pledging members for their support.

Johan Agerbeek  
Diane Ballowe  
Elizabeth Bartolomea  
Jack & Barbara Beckner  
Sarah Bull  
Polly Davis  
William & Doreen Dean  
Eliza Diliberti  
Betty DuVall  
Theodore & Jacqueline Eckberg  
Betty Ferrell  
Alan & Bill Fields  
Preston Fray  
Lise Friedman  
Andrea & DJ Fuller  
Gail Green  
Susan Guire & Cece Tsou  
Elizabeth Hailey  
Nicholas & Jennifer Hernandez  
Mary Ann Jacobson  
Daniel Justin  
Peter Juzwiak & Donald DeRose  
Marion & August Kammer  
Rose Leibowitz  
Julie Meine  
The Mooradian Family  
Alex Morales & David Connors  
Margie Mullen  
David Peterson & Judie Fox  
Paul & Meredith Reese  
Ron & Denise Schwartz  
Duane Steadman  
Petra Sutter  
Lois Vaughan  
John & Laurie Vincent  
Anna Wilson  
Nancy Woods  
Steven Wright

This list includes pledges received as of November 1.

## St. Michael's Community Outreach Projects Gearing up for Holiday Cheer 2016!

by Meredith Reese

The annual Outreach party, Holiday Cheer, is Saturday, December 10th, from 9:00 am to 2:00 pm.

Holiday Cheer is a Christmas celebration charity party of good cheer, home cooked food, crafts, activities, music, and gift-giving. It's our biggest Outreach event of the year. I am brought to tears every year by how generous the St. Michael's community is with their time and resources. For 15 years we have helped to bring Christmas to some of the neediest families in Los Angeles.

St. Michael's hosts 200 guests from the family shelters of MEND and Good Shepherd-Angel Guardian. They arrive on three buses, kindly donated from our city council members, and right away the activities begin. We provide the location, entertainment, a buffet luncheon, photo portraits, gift bags, and the volunteers to make the day run smoothly, plus a visit from Santa Claus! Every child from the shelters walks away with a special toy and a new outfit. For many families, this is the holiday celebration they look forward to each year.

There are many ways to get involved and we'd love your help! We're still looking for volunteers, activity leaders, and appreciate new ideas. Shifts will be listed at coffee hour or email [stmikesoutreach@gmail.com](mailto:stmikesoutreach@gmail.com) to sign up.

How you can help:

- **Attend our next planning meeting**  
Sunday, November 13th, 12:00 noon in the Fireside Room.
- **Buy a gift and/or an outfit for a child**  
We'll give you a wish list for a child. You can buy both the gift and the outfit or, one or the other, or more. Monetary donations for others to shop for you is also encouraged. Wish lists will be available in the middle of November. Please find Meredith Reese or Julie Bellevue at coffee hour. Or email [stmikesoutreach@gmail.com](mailto:stmikesoutreach@gmail.com)
- **Cook food and bring treats**  
We have an amazing volunteer kitchen staff every year, but extra dishes and treats go a long way! Extra salads, cookies, desserts, and bottled water, are always needed.
- **Bake gingerbread cakes (prep)**  
We need five people to bake gingerbread cakes before Holiday Cheer. We provide the pans and can reimburse supplies. The bread freezes easily, so don't be shy about speaking up early and nabbing a pan.



Continued on page 4



# Holiday Cheer

from page 3

- **Decorating/"Wrap" Party Friday night**

We start decorating and wrapping presents on Friday night, December 9th, from 5:00 to 9:00 pm. It's a wonderful way to commune with volunteers if you can't make it to the party on Saturday. Dinner is provided. All ages are welcome.

- **Craft tables, knitting, sports, gingerbread house decorating, comedy, and activities (day of event)**

There are many different tables as well as outdoor activities for the kids. Help out at one or more of the tables on the day. Also we are still looking for team leaders to help organize the volunteers. New ideas are also welcome.

- **Entertainment (during the event)**

We are looking for talented individuals to perform musical and upbeat acts during the luncheon.

- **Check-In or Clean Up Crew (day of event)**

Keep us running smoothly by joining our check-in or clean-up crews.

We need help gathering all the supplies that makes this event great! Reimbursements are also available thanks to the kind donations of our church community.

## Shopping List:

- Wrapping paper
- Ribbons and bows
- Tape
- Scissors
- Glue sticks
- Colored pencils and markers
- Drawing and craft paper
- Candy canes
- Small candies to decorate gingerbread houses
- Plain white icing tubs
- Candy sprinkles
- Bottled water
- Juice boxes
- Lemonade
- Stocking stuffers
- Travel size toiletries
- Cookies
- Ornament hooks
- Christmas decorations
- Extra gifts and toys (books, small electronics, DVDs, stickers, costume jewelry, art kits, science kits, stuffed animals, Legos, school supplies, etc.)
- Used men's clothing, especially XL sizes

This will be an unforgettable event! Invite your friends!

Check us out on Facebook: [www.facebook.com/smcopholidaycheer](http://www.facebook.com/smcopholidaycheer)

A very sincere thanks to all who have already volunteered. Your dedication makes every year an amazing success. Here's to another great year of Holiday Cheer!

P.S. Special thanks to Lisa Wood and the good folks at Local Ice who will be providing an ice cream cart for the party again this year. Check out Local Ice right down the street from St. Michael's: 12747 Ventura Blvd, Studio City, CA 91604.



# **HOLIDAY CHEER**

**12/10/2016**

**Volunteer  
Donate  
Gift**



**Saturday/ Holiday Cheer Party/ 8am-2pm**

Host the families of MEND and Good Shepherd shelters

**Friday night/ 5pm-9pm**

Wrap Presents and Decorate Party

**St. Michael & All Angels Episcopal Church**

**3646 Coldwater Canyon Ave. Studio City**

**(818) 763-9193**

**email: [stmikesoutreach@gmail.com](mailto:stmikesoutreach@gmail.com)**

A Family Service—All Are Welcome!!

N  
H  
I  
F  
P

north  
hollywood  
interfaith  
food  
pantry



celebrating 33 years of service

INTERFAITH  
SERVICE of



**WEDNESDAY  
NOVEMBER 23<sup>rd</sup>  
7:30 pm**

**The North Hollywood  
Interfaith Food Pantry**  
presents our 33<sup>rd</sup> annual  
**Interfaith Service of  
Thanksgiving**

*Embracing All:*

Helping Those In Need In  
Our Community As We Build  
A Culture of Caring

at

**Temple Beth Hillel  
12326 Riverside Drive  
Valley Village, CA 91607  
(818) 763-9148 • [www.tbhla.org](http://www.tbhla.org)**

**DONATIONS OF STAPLE FOODS  
& MONEY ARE WELCOME.**

[www.NHIFP.org](http://www.NHIFP.org) & [www.facebook.com/NHIFP](https://www.facebook.com/NHIFP)

**THIS SERVICE IS WHEELCHAIR ACCESSIBLE.**

**Suggested Food Donations:  
Canned Tuna, Canned Chicken,  
Chili, Ravioli, Beans, Peanut Butter**



# The Calendar

November 2016

**Sunday Schedule** • *Sunday Services are 8:00 am (no choir) and 10:30 am (with choir) in the Sanctuary.*  
 • *Adult Learning Opportunity begins at 9:15 in the Ministry Center*  
 • *Sunday School begins at 10:30 am.*  
 • *Coffee Hour immediately follows the 10:30 am service.*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Locations:*

*CO Church Office*

*MR Music Room*

*FR Fireside Room*

*MC Ministry Center*

*L The Loft (formerly the stage)*

*S Sanctuary*

1

2

3

7:15 pm Choir Rehearsal  
(MR)

4

5

**6** Pentecost 25  
(Proper 27)

8:00 am Holy Eucharist (S)  
 9:15 am Adult Education (MC)  
 10:30 am Holy Eucharist (S)  
 10:30 am Sunday School  
 11:30 am Coffee Hour (MC)

**7**

6:30 pm Book Discussion  
 Group (Woods home)

**8** Election Day

6:30 pm Finance  
 Committee (CO)

**9**

**10**

7:15 pm Choir Rehearsal  
(MR)

**11** Veterans Day

**12**

**13** Pentecost 26  
(Proper 28)

8:00 am Holy Eucharist (S)  
 9:15 am Adult Education (MC)  
 10:30 am Holy Eucharist (S)  
 10:30 am Sunday School  
 11:30 am Coffee Hour (MC)  
 11:30 am Sunday Sack Lunches (MC)  
 11:30 am HS Youth Group (L)  
 12:00 noon St. Michael's Outreach (FR)

**14**

**15**

7:00 pm Vestry (L)

**16**

**17**

7:15 pm Choir Rehearsal  
(MR)

**18**

**19**

**20** Pentecost Last  
(Proper 29)

8:00 am Holy Eucharist (S)  
 9:15 am Adult Education (MC)  
 10:30 am Holy Eucharist (S)  
 10:30 am Sunday School  
 11:30 am Coffee Hour (MC)  
 11:30 am MS Youth Group (L)

**21**

**22**

**23**

7:30 pm NHIFP Interfaith  
 Service of Thanksgiving  
 (Temple Beth Hillel)

**24** Thanksgiving  
 Day

**25**

**26**

**27** Advent 1

8:00 am Holy Eucharist (S)  
 9:15 am Adult Education (MC)  
 10:30 am Holy Eucharist (S)  
 10:30 am Sunday School  
 11:30 am Coffee Hour (MC)  
 11:30 am Prayer Shawl Ministry (MC)

**28**

**29**

**30** St. Andrew

6:30 pm Mid-Week (MC)

## St. Michael and All Angels Church

3646 Coldwater Canyon Ave., Studio City, CA 91604

phone • 818.763.9193

fax • 818.763.2172

general e-mail • mail@stmikessc.org

web address • www.stmikessc.org

### ADDRESS SERVICE REQUESTED



### VESTRY

Tina Wilson, *Senior Warden*  
Ron Schwartz, *Junior Warden*  
Jenni Hernandez, *Treasurer*  
Avi Aazami, *Clerk*  
Diane Ballowe  
Elizabeth Bartolomea  
Gail Green  
Karen Holleman  
Alex Morales  
Amber Russo  
Julie Bellevue Smollar  
Steven Wright

### PARISH STAFF

<b>Rector</b>	The Rev. Dr. Daniel Justin (rector@stmikessc.org)
<b>Priest Associate</b>	The Rev. Stefanie Wilson Brown (wilsons@campbellhall.org)
<b>Children's Pastor</b>	Amber Russo (childrenspastor@stmikessc.org)
<b>Director of Music</b>	David Connors (dconnor@calstatela.edu)
<b>Parish Administrator</b>	Duane Steadman (administrator@stmikessc.org)

### THE MIKE STAFF

<b>Publisher</b>	Duane Steadman
<b>Editor</b>	David Connors
<b>Editor Emerita</b>	Soni Wright

### Vision Statement

*To be a welcoming, inclusive Christian community growing in faith through worship, prayer, study, and social action.*

### Our Mission Priority

*Our mission priority is to focus on the United Nations' First Millennium Goal: To eradicate extreme hunger and poverty.*