



The Mike

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

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Lenten Self-Examination

By the Reverend Dan Justin

Wednesday, March 1st, is Ash Wednesday. This observance is the beginning of Lent. The Ash Wednesday Liturgy invites the Church to set this season apart by engaging in a number of different spiritual disciplines. The priest says, "I invite you, therefore, in the name of the Church, to the observance of a holy lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word."

We know what most of those are. We have a basic understanding of repentance, prayer, fasting, self-denial, and reading the scriptures. Many of us will select our Lenten disciplines around those areas. For example, people engage in fasting by giving something up for Lent. Others may choose to pray the Daily Offices of Morning, Noonday, Evening prayer and Compline each day. But what is self-examination? How would one do that if that is the discipline you were to choose for this Lent? Self-examination does not get nearly as much air time as these other disciplines.

The easy answer is that self-examination is reviewing our lives to see where we are not living according to God's ways and commandments. Note, the prayer book invites us to both self-examination and repentance. In other words, to take account of where we have strayed from God's ways and then confess those to God. Repentance means amendment of life. It means to go in a new direction. Self-examination then is to prayerfully reflect on how we live our lives, confess and ask for forgiveness, and then go in a new direction. The good news is that we have the assurance of pardon. God, through Jesus, will always forgive us our sins.

In 1947, the Order of the Holy Cross produced a devotional book called *St. Augustine's Prayer Book*. This little book was intended to serve as a complement to the Book of Common Prayer. It was particularly suited to Anglo-Catholics within the Episcopal Church. When

I was a new priest in the Chicago area, one of my parishioners gave me an old, well-loved and well-used copy of the *St. Augustine's Prayer Book*. Honestly, I had never paid that



much attention to it. Recently, the publication came up in a conversation Duane and I had in the office. Duane mentioned that the book included an interesting section about self-examination and that the Rev. Canon Mark Shier once used it at St. Andrew's in Fullerton, California. I decided to pull mine out and investigate it a bit more.

I was very moved by the section regarding self-examination. It is based on the Ten Commandments and provides readers with a guided reflection by presenting a number

of questions to ask yourself about each topic. It then provides some preparation for confession. I enjoyed reading it so much that I have decided to reproduce it here. Perhaps you may want to find a way to use this self-examination for your own Lenten disciplines this year. Please note, this was originally written in 1947. Therefore, some of the language might seem odd and some of the questions may no longer be applicable. That does not mean that it is not worthwhile. I have reproduced it without changes from the copy of the book I own. I hope you find as much inspiration in it for your Lenten disciplines this year as I have.

One more thing, *St. Augustine's Prayer Book* also assumes that you will eventually go to confession after self-examination. Please note, the ministry of reconciliation, commonly known as confession, is always available. Special time for confession is also made available immediately following the Good

See *RECTOR*, page 2

Holy Week and Easter



Palm Sunday

8:00 am
10:30 am

April 9

Holy Eucharist
Holy Eucharist with Palm Sunday procession

Maundy Thursday

6:30 pm
10:00 pm

April 13

Agapé Supper, Holy Eucharist, washing of feet, and stripping of the altar
Compline

Good Friday

Noon and 7:00 pm

April 14

Good Friday Liturgy and Stations of the Cross

Easter Eve

7:30 pm

April 15

The Great Vigil of Easter

Easter Day

8:00 am
10:30 am
11:30 am

April 16

Holy Eucharist
Holy Eucharist
Easter Egg hunt for children

Rector

from page 1

Friday services during Holy Week.

St. Augustine's Prayer Book Self-Examination

Before self-examination, say this prayer:

O Holy Spirit, Source of all light, Spirit of wisdom, of understanding and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognize them before thy judgement-seat. Bring to my mind the evil which I have done and the good which I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heartfelt sorrow for my transgressions, knowing how deeply they have wounded the loving Heart of my Heavenly Father; and help me to make a good confession that all stain of guilt may be washed away in the Precious Blood of my Savior Jesus Christ. Amen.

Think of yourself as God's child, and of the wickedness of following Satan rather than your loving Father. Do not be in a hurry, and do not vex yourself because you cannot remember everything. Be honest with God and with yourself; this is all God asks of you. Write down briefly what you remember of your sins. Don't try to depend on your memory. If there is any question you do not understand, let it alone, and go on to the next one. Do not fret about your sins. Remember, you are trying to recall them in order that you may be forgiven, not that you may be condemned, "A broken and contrite heart, O God, shalt thou not despise."

Pride

Thou shalt have none other gods but me.

- Have you been more interested in self than in God?
- Have you made it your chief aim to be always on top?
- What have you been vain about; personal appearance, clothes, personality, possessions, your family, ability, success in games or in studies?
- Have you scorned other people for their misfortunes, their sins, stupidity, or other weakness? Scorned other people's religion?
- Talked too much; called attention to yourself?
- Been sorry for yourself, self-pitying?
- Refused to admit when you were in the wrong? Refused to apologize?
- Been resentful or suspicious of others through over-sensitiveness?
- Have you been stubborn and self-willed? In what ways?

Get Ready for Lent Madness

Are you ready for some Lent Madness? What better addition to your Lenten disciplines than 32 Saints competing in a tournament-like single elimination bracket to see who will win the Golden Halo? You can learn all about Lent Madness at www.lentmadness.org. You can print your tournament brackets and learn all about the 32 Saints competing this year.

Each day you visit the site and read about the two Saints. Then, after you have learned all about them, you can vote for which one you think is the best. The criteria for your vote is completely up to you. Vote for the one you think is most inspirational. Vote for the one you find the best looking. Vote for the one with the wildest story. Vote for the one that reminds you of your Aunt Edna.

Each day, you will discover who won the day before. You can fill in your bracket to help you keep up, and then get ready for the next competition.

This is a lot of fun, and can be fun for the whole family. Oh, and you might learn some interesting tidbits about Church history along the way



Idolatry

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

- Have you put another person before God's law; by not going to church, or by committing some other sin to please that person?
- Have you wanted popularity so much that you have not said your prayers, or done some other good things, for fear of being laughed at?
- Have you loved money or clothes too much; or even sinned to get them?
- Gone to mediums, fortune-tellers or astrologers?

Profanity

Thou shalt not take the Name of the Lord thy God in vain.

- Have you sworn? (Especially, have you misused the Holy Name of Jesus?)
- Have you given way to anxiety, instead of

turning to God for help?

- Been worried, afraid, allowed yourself to get into a panic?
- Allowed yourself to feel that it was impossible even for God to help you?

Irreverence

Remember that thou keep holy the Sabbath-day.

- Have you missed Mass on Sunday, when you could have gone?
- Have you failed to say your prayers morning and night? Or to say them earnestly?
- Have you always kept Sunday as you think it ought to be kept?
- Have you done some unnecessary work on Sunday?
- Have you always tried hard to worship God when in church? Or have you sometimes been irreverent? Or joked about holy things?
- Have you ever been ashamed of your Religion: ashamed of Jesus?

See RECTOR, page 4

Treasurer's Corner

January 2016—Revenue and Expense Summary

	January Actual	January Budget	YTD Actual	YTD Budget
Total Revenue	\$ 43,222	\$ 33,293	\$ 43,222	\$ 33,293
Total Expense	38,788	39,379	38,788	39,379
Net	\$ 4,434	(\$ 6,086)	\$ 4,434	(\$ 6,086)

From the Vestry

*Tina Wilson, Senior Warden
Alex Morales, Junior Warden*



Greetings and happy March! I am very excited to serve as Junior Warden and look forward to the year ahead.

“Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.”

The Book of Common Prayer



While this quote comes from the Book of Common Prayer, it is also the first meditation in the Lenten Meditations 2017 from Episcopal Relief & Development. A pdf of the booklet may be accessed here: https://www.episcopalrelief.org/uploaded/files/Church-In-Action/Church-Campaigns/Lent%202017/Lent2017_Book%20for%20web.pdf

I find that meditations are helpful in my Lenten journey, as they cause me to pause and reflect, give guidance or understanding, and sometimes even bring discord. While Lent may be a time of personal introspection, the introduction in the Lenten Meditations 2017 offers another viewpoint: “...we have invited writers to explore what it means to live faithfully in community. What can we do in partnership that we cannot do alone?” The concept of partnership resonates with me because while I may think that I am making decisions or choices on my own, in reality, there is also an acknowledgment that a lot of what I do is either in concert with God or with others.

Similarly, when we come together at St. Michael and All Angels for worship, fellowship, or outreach, we operate in partnership: we support one another in our faith journeys, as well as bring a lot of love and good to each other, our community, and the world. Therefore, as we begin our Lenten season, individually and collectively, thank you for your support and partnership: you are part of us, and we are a part of you.

Alex Morales



Spring 2017 Mid-Week Dates and Topics

All are invited to join us for our Spring 2017 Mid-Week dinners and discussions. We gather in the Ministry Center at 6:30 pm where we share a meal together. Dinner usually consists of pizza, chicken, salads, and desserts. There is a suggested donation of \$5 per person, \$20 maximum per family. At 7:00 pm, we begin the presentation. There is always time for discussion after. We always conclude by 8:30 pm. If you would like to attend Mid-Week, please RSVP by e-mailing Duane Steadman at administrator@stmikessc.org.

Balak, Balaam, and the Ass Wednesday, March 8, 2017

The book of Numbers includes one of the most interesting and odd stories found in the Old Testament. It is the saga of Balak and Balaam and their high stakes drama of blessings and curses. By the end of the story, readers have been witness to one of the greatest dramas to unfold in the Bible. It even includes a talking donkey. What is the purpose of this story? Why does it interrupt the flow of this book of the Bible? What can we learn from it today? Join Fr. Dan as we explore the story of Balak, Balaam and the Ass.

The Most Important Service of the Year

Wednesday, April 5, 2017

Each and every Lent Fr. Dan invites the congregation to attend the Great Vigil of Easter saying it is the most important service of the year. Every liturgy of the Church Calendar flows either to or from the Great Vigil of Easter. What makes this service so important? What story do we experience and reenact in this liturgy? Why should we clear our busy schedules in order to attend the Vigil? Join Fr. Dan as he unpacks the meaning and theology of the Great Vigil of Easter.

March Birthdays

Day	Name
3	Tina Wilson
4	Gail Green
8	Caitlyn Graves
9	Gabby Baca-Cordova
15	Betty Ferrell
	Samantha Rupnik
17	Ella Sage
21	Gwynneth Renton
23	Margaret Renton
26	Jaycen Armstrong
27	Steve Wright
28	Chris Long
	Crystal Causey
29	Austin Baggett
31	Masha Best
	Vitaly Best

March Anniversaries

Day	Name
3	Ron & Denise Schwartz
22	Crystal & Jesse Causey

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.

Rector

from page 2

Disobedience

Honor thy father and thy mother.

- Have you been grateful enough for all your parents have done for you?
- Did you ever disobey them, or others who were over you; or did you ever obey them slowly and reluctantly?
- Have your actions ever caused them anxiety or shame?
- Have you ever deliberately disobeyed God or ignored his desires for you? In what way?
- Have you ever shown disregard for the laws of the Church?
- For the laws of the land?
- Have you contributed as much as you ought to the support or the happiness of your parents?
- What sins have you committed with regard to your wife, husband, children, or other members of your family?
- Have you given as much care and attention as possible to the religious life of your family; for example, with regard to Grace at meals, family prayers, church-going, etc.?
- Have you seen that your children had adequate and continuous religious instruction?
- Have you been just and generous to people in your employment, or under your authority in business? In what ways have you failed?
- Have you tried to dominate the lives of others unduly? How?

Hate

Thou shalt do no murder.

- Have you killed anyone, either in outward deed, or in your heart?
- Have you wished that someone was dead?
- Have you been angry unjustly? Struck people? Or hurt them by ridicule or contempt?
- Have you ever cursed people?
- Have you gossiped about people?
- Is there anyone whom you now hold a grudge against? Or are unwilling to forgive? (Think how often God has forgiven you; and ask him to help you forgive and love your enemies for his sake.)
- Have you refused to help people who were in real need of help? Ignored the sick or the poor? Not tried to be friendly with people, especially with people who are not very popular?
- Have you been afraid to stand up for a person when others were mistreating him or her?
- Have you ever taught (or tempted) another person to sin?

Impurity

Thou shalt not commit adultery.

- Have you been impure in thought, word or deed?
- Have you looked at evil pictures? Or read bad passages in books? Have you ever used the Bible in this way?
- Have you been immodest in actions, or in dress?
- Have you been lazy in prayers, work, or study? Neglected business, family, or social duties?
- Have you ever eaten, drunk, or smoked more than was good for you?
- Have you neglected the days of fasting or abstinence?
- Broken rules or resolutions which you have made for yourself?
- Allowed yourself to be over-engrossed in light reading, the movies, or other pastimes, to the exclusion of worthwhile things?
- Have you been cowardly in sickness or pain?
- Been unmindful of the suffering of the world?

Theft

Thou shalt not steal.

- Have you ever stolen anything? What things? Have you shared in stolen goods?
- Have you cheated in business, games, or lessons?
- Have you been over-extravagant; gambled or bet too much?
- Tried hard to pay all your debts? Contracted debts unnecessarily?
- Have you remembered that God has given you all you have? Have you thanked God enough? Have you given as much as you ought to the Church or to charities?
- Have you been stingy?
- Have you wasted time?

Deceit

Thou shalt not bear false witness.

- How many lies have you told?
- Have you exaggerated too much? Been deceitful, unfair, a hypocrite?
- Allowed others to receive blame for your faults?
- Been harsh toward others or in speaking of others, for sins which you also have committed?

Discontent

Thou shalt not covet.

- Have you been jealous of others, because they had more things, or more money; or because they were better looking or more successful; or because someone loves them more than you?

- Been grieved at the prosperity or attainments of others?
- Been dejected because of the position, talents, or fortune of others?
- Have you been glad when they failed, or were in trouble? Glad when you heard people speak ill of them?
- Have you allowed yourself to be sad and discouraged at times; and not always fought to be brave and joyful?
- Have you tried to accept loss or sorrow or hard things at the Hand of God?
- Have you thought that God does not love you?
- Have you ever given up trying to be good?

Prayer after Self-Examination

O my God, how great are my sins! Would that I had never offended thee. If by carelessness or ignorance I have forgotten anything in my self-examination, show it to me now that I may make a good confession. Through Jesus Christ our Lord. Amen.

Contrition

O my God, I cry unto thee with the prodigal: Father, I have sinned against heaven, and before thee, and am no more worthy to be called thy son. But now, O God, give me true sorrow of heart for my many sins whereby I have grieved thee, and enable me to make a full confession to thy priest, that I may receive perfect remission of them, through thine infinite goodness. Amen.

O God, I am very sorry that I have sinned against thee who art so good. Forgive me for Jesus' sake, and I will try to sin no more. Amen.

O God, I love thee with my whole heart and above all things and am heartily sorry that I have offended thee. May I never offend thee any more. May I love thee without ceasing, and make it my delight to do in all things thy most holy will. Amen.

Sin

There is no evil that we
do commit,
But hath the extraction of some
good from it:
As when we sin, God the great
Chymist thence
Draws out the elixar of true
penitence.

Robert Herrick (1591-1634)

Shrove Tuesday

By Amber Russo

In just 40 days we will celebrate Jesus being raised from the dead, but until then, we observe a season of prayer and reflection: Lent. The children of St. Michael and All Angels kicked off this time of year with our annual Shrove Tuesday pancake feast and Mardi Gras party. They had a blast dressing up in masks and beads, parading around the Ministry Center, and competing in the pancake toss. They left with full bellies and happy hearts, and made their way into the season of Lent.

This is a special time for the children of St. Michael's to stop and reflect on their lives. Our children are busy little bees, running from one activity to the next. Between school, homework and soccer practice, they have little time to stop and think about what they are doing. This season they will have the opportunity to take a minute, and look around. They will listen to God, by learning about the Bible and taking time to pray. Are they doing what God wants them to do? Are they becoming the sort of person God wants them to be? These are some of the questions the children will ask themselves over the next 40 days.

In Sunday School here at St. Michael's the children often hear the same lessons that are being discussed in church. The season of Lent is a great opportunity for us to STOP, LOOK, and LISTEN with our children so we can make sure our lives our lined up with our families and with God.



Green Bags Initiative

Sunday, March 19, at coffee hour

By Rose Leibowitz

We have a possible new, very simple, outreach area for the congregation to participate in that will help homeless people in a practical way. **Green Bags** will literally give you an empty green tote bag. The first job is to fill it with things usually found in the home: something to wear, something to eat, a way to get clean, etc. A list of suggested items will be provided.

The Green Bag project might help you to think about what it means to be homeless, what you might like in a bag if you were in this situation. Maybe put in a notepad and pencil or even buy a toothbrush. Hotel toiletries might be a good choice. The full bags will be brought to the church and then delivered to **Green Bags** for storage. Once there are between 50 and 100 ready to go, donors are invited to travel together to skid row (or other meeting places of homeless people) to give them out. It is an opportunity to visit with homeless people, and to see and receive thanks from someone who is really in need. The bag is part of the gift, it becomes a way to carry things which also reminds the recipient of people who care.

Green Bags has been in existence for some time and it is exciting that they are now reaching out to us to add to the project.

Duffy Walton, the founder will visit the 11:30 am Coffee Hour on Sunday, March 19, 2017, to share the idea, show some photos, and get us started.



New Topic for 9:15 am Bible Study

Revisiting Sunday School

By the Reverend Dan Justin

I grew up attending Sunday School each and every week when I was a kid. Our lessons in those Sunday School rooms presented some of the great stories of the Bible—and usually the characters were represented by felt cut-outs, old pictures or posters, or sometimes even puppets. But, is what we learned in Sunday School about these great stories really the whole story? Perhaps it is time to revisit a few of them.



That is exactly what our 9:15 am Bible Study is going to do for four Sundays in Lent. We are going to Revisit Sunday School. Each week we will read one of the more famous stories of Bible. We will ask questions about it, reflect on it, and attempt to discover what they could possibly mean for our lives today. Here is the schedule:

March 19th	Noah's Ark
March 26th	David and Goliath
April 2nd	Jonah and Whale
April 9th	Daniel in the Lion's Den

Note—there will be no 9:15am Bible Study on April 16th (Easter) or April 23rd.

St. Michael's Clean Up Day

Time to Spruce Up St. Michael's!

Date Saturday, April 8, 2017

Time 8:30 am–10:30 am

Place Church and Outreach Office

Please join us for a bit of spring cleaning and fellowship in the Church and the Outreach Office. In preparation for the Easter season, we need assistance with: dusting the altar, choir, devotional areas, the pews, and the tables in the Narthex; vacuuming the rugs; washing the windows; assistance with cleaning and organizing the Outreach Office. Also, it would be very helpful if you could bring any of the following cleaning supplies with you: vacuum; furniture polish; rags; sponges; Swiffer dusters; glass cleaner; squeegee; buckets.

A sign-up sheet will be in the back of the church, and school-age children are welcome to assist. You do not need to be here for the entire two hours: any time that you can give would be much appreciated! We will provide a snack of donuts, juice, and coffee.





The Calendar

March 2017

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 Ash Wednesday

2

3

4

12:00 noon Ash
 Wednesday Liturgy (S)
 7:00 pm Ash Wednesday
 Liturgy (S)

5 Lent 1

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

6

7

8

6:30 pm Mid-Week (MC)

9

7:00 pm Choir Rehearsal
 (MR)

10

7:00 pm Youth Group 30-
 Hour Lenten Fast

11

1:00 pm Concerned United
 Birthparents (FR)

12 Lent 2

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

13

6:15 pm Book Discussion
 Group (Jacobson home)

14

15

16

7:00 pm Choir Rehearsal
 (MR)

17

St. Patrick

18

19 Lent 3

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

20

St. Joseph

21

7:00 pm Vestry (L)

22

23

7:00 pm Choir Rehearsal
 (MR)

24

25

Annunciation

26 Lent 4

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)

27

28

29

30

7:00 pm Choir Rehearsal
 (MR)

31

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THE MIKE STAFF

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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.