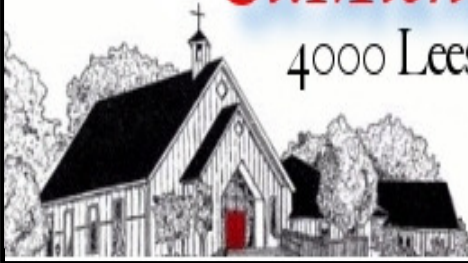


# St. Michael's Episcopal Church

4000 Lees Summit Rd, Independence, MO

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July-August 2009

A monthly newsletter of St. Michael's Episcopal Church, Independence, MO

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## VICAR'S REFLECTION

### FIDELITY

We don't often think of fidelity when we think of our Christian journey. But fidelity is the basis of our faithful lives as disciples of Jesus Christ. Fidelity is a word which means loyalty or faithfulness to a promise. We make many promises to be faithful in our walk with Christ. Just remember all the baptisms we have done over the past month. At each one we answer this question. Will you continue in the apostles teaching and fellowship, in the breaking of the bread, and in the prayers? Our response is one of fidelity lived out not just in the words we use to answer the question, but also in the actions we take everyday.

We show our fidelity or loyalty to Christ by the choices we make to live honest, truthful lives. We show our fidelity by our participation in worship week after week when it would be easier to sleep late. We show our fidelity by giving our first gifts to God when we receive each paycheck and trusting God to provide what we need. We show fidelity by daily prayer patterns and teaching our children about God's grace and love.

I came across a poem written by Rob Cogswell which speaks to our baptismal fidelity. I share it with you as a tool for your summer reflection on your own choices and your own promises to God. May you have a blessed and joy-filled summer, living as a disciple of Jesus Christ.

**Fidelity:** Rob Cogswell (first published in the Covenant Journal, September 2007.)

Will you continue in the apostles teach and fellowship, in the breaking of the bread and in the prayers?

Asked to be constant  
I hesitate as wisdom dictates  
Because this promise could impact  
All remaining details in my life  
Commonly, in weddings,  
At the moment of the vow,  
Someone faints, and I know why.  
Asked now for a commitment  
To that ancient marriage  
I could not honestly assent  
Except that I love beyond reason  
The one for whom I make this pledge  
His personal friends,  
Scatterbrained and flighty,  
Resolved to mightily wield  
Imagination to support  
The unreasonable assertion  
That an executed criminal  
Comes closer than anyone before or since  
To the spirit of God  
When I see what he did  
And what he does  
I have no more choice than they did.  
I will. I do.

I do and I will. I will be faithful to the one who claims me as His own. I will by my life and choices show my fidelity to God. I will intentionally live in a way which invites others to find the strength to join in this journey with Christ. Will you join me, as we at St. Michael's continue in the apostles teaching and fellowship, in the breaking of the bread and in the prayers? Mother Pat+

## VACATION BIBLE SCHOOL BEGINS

Come join our Trek to the Bible Vacation Bible School—July 13-17 from 9 am to Noon. Ages 3 through 4th grade; older children can sign up as teaching assistants. VBS will be held at St. Paul’s Episcopal Church in Lee’s Summit. Carpool arrangements from St. Michael’s are available—please indicate your need for carpooling when you register your children. Cost is \$10 per child. Scholarships are available. Register early so we can get the correct size T-shirts and other items for your children.

PRAYER IS THE  
CONTEMPLATION  
OF THE FACTS OF  
LIFE FROM THE  
HIGHEST POINT OF  
VIEW.

Ralph Waldo Emerson

## From the Deacon

### Items Needed for a Disaster Emergency

September is National Preparedness Month. After all the images we see on television of the destruction by tornado, hurricane or flood and how many are caught without food or other survival items until help arrives, it is wise to be prepared for an emergency. Gather items that are discussed below in a large plastic container to be ready to go in case of a tornado, fire, etc. You can find more information on the web site, [www.ready.gov](http://www.ready.gov). The following is some of what is shared on that site. You may know of someone who lives alone, or is unable to be prepared on his or her own. It may be you could help them prepare a kit. It may be that you can’t get all the items together immediately, but make a start by getting the container, first aid kit, food and water. Add the other items by year’s end.

**When preparing for a possible emergency situation, it’s best to think first about the basics of survival: fresh water, food, clean air and warmth.**

### Recommended Items to Include in a Basic Emergency Supply Kit:

- Water—one gallon of water per person per day for at least three days, for drinking and sanitation.
- Food—at least a three-day supply of non-perishable food.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.
- Flashlight and extra batteries.
- First Aid Kit
- Whistle to signal for help.

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- Dust Mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- Most Towelettes, garbage bags, and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Can opener for food (if kit contains canned food).
- Local maps.
- Cell phone with chargers.

**Additional Items to Consider Adding to An Emergency Supply Kit:**

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash or travelers checks and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper—when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher.
- Matches in a waterproof container.
- Feminine supplies and personal hygiene items.
- Mess kits, paper cups, plates and plastic utensils, and paper towels.
- Paper and pencil.
- Books, games, puzzles, or other activities for children.

In addition to getting a kit, be sure to Make a Plan, Be Informed and Get Involved.

**Additional Considerations for Businesses**

Encourage all of your employees to have a Portable Kit customized to meet personal needs, such as essential medications. In addition:

- Keep copies of important records, such as site maps, building plans, insurance policies, employee contact and identification information, bank account records, supplier and shipping contact lists, computer backup files, emergency or law enforcement contact information and other priority documents in a waterproof, fireproof portable container. Store a second set of records at an off-site location.
- Talk to your co-workers about what emergency supplies the company can feasibly provide, if any, and which ones individuals should consider keeping on hand.

God's Peace, Deacon Larry.

## UPCOMING EVENTS

**THE BISHOP IS COMING!!** The Bishop will be at St. Michael's in November, so we will be offering catechesis for those wishing to be confirmed or received. The classes will be on Sunday mornings from 9:30 a.m. to 10:15 am. We will have two sets of classes—one for those wishing to be confirmed and a shorter series for those wishing to be received into the Episcopal faith tradition. The classes will start in September, so watch the bulletin for details.

**GOOD STUFF SALE**—Saturday, September 12th . Save your stuff and we will have a big fundraiser!!

**GREEM FLING—ECO FAIR** and the blessing of the animals— Saturday, October 3rd. It is FREE. Watch for more details.

### **National Episcopal Cursillo Conference**

San Antonio, Texas—October 22-25, 2009

Register early for the best rates. Early registration is \$199 for the whole conference and most meals. Hotel is \$109/night. See Cursillo bulletin board for registration form and details.

### **Diocesan Convention at Tan-Tar-A Resort**

October 29-31, 2009

Talk to the clergy if you are interested in attending so we can get registrations done for you. All registrations are done through the parish office. Everyone is welcome to attend. Room costs and registration fees are not yet available.

“Oh! Be thou blest with all that Heaven can send, long health, long youth, long pleasure, and a friend.”

Alexander Pope

## HAPPY BIRTHDAY

7/6 Deborah Hogan  
 7/6 Frank Manning  
 7/9 Shirley Nelson  
 7/14 Bob Napier  
 7/15 Irene Cline  
 7/19 Joshua Kilpatrick  
 7/23 Jessica Laden  
 7/29 Jackie Parker  
 8/2 Isaiah Barclay  
 8/2 Joe Chmelicek  
 8/3 Jennifer Welsh  
 8/10 Debra Kilpatrick  
 8/11 Emma Fuller  
 8/14 Joe Harrison  
 8/16 Jay Keen  
 8/25 Scott Meyer  
 8/27 Hazel Ann Barkie-Cox  
 8/28 Dorothy Coldsnow

## **HAPPY ANNIVERSARY**

JULY—AUGUST

7/19 Scott & Donna Meyer  
 8/14 Larry & Marybeth Allen  
 8/26 Ken & Aneta Ireland

## BAPTISMS

7/x Raymond Parsons  
 7/8 Hannah Bentley  
 8/x Anthony Amador  
 8/x Clark Anderson  
 8/15 Samantha Stewart  
 8/18 Joe Chmelicek  
 8/21 Aaron & Davina Trowbridge  
 8/21 Ethan & Genesis Trowbridge  
 8/30 Ada Napier

## July-August Feast Days

<b>JULY 22</b>	<b>Saint Mary Magdalene</b>	<b>6:30 p.m.</b>
<b>JULY 25</b>	<b>St. James the Apostle</b>	<b>6:30 p.m.</b>
<b>AUGUST 6</b>	<b>The Transfiguration Of Our Lord Jesus Christ</b>	<b>6:30 p.m.</b>
<b>AUGUST 15</b>	<b>St. Mary the Virgin Mother of Our Lord Jesus Christ</b>	<b>6:30 p.m.</b>
<b>AUGUST 24</b>	<b>St. Bartholomew The Apostle</b>	<b>6:30 p.m.</b>

### FYI

#### THINK YOU'RE PROTECTED?

There's more to choosing a surge suppressor than meets the eye.

Don't be fooled into thinking your expensive electronics are safe from spikes and surges with just any old power strip.

Many times, devices that look like surge protectors offer little or no protection at all. It's not hard to choose the right model—you just need to read the fine print.

- **Look at price.** It's doubtful surge suppressors costing less than \$10 offer any protection at all—they're like to be little more than a fancy extension chord. Models in the \$20 to \$30 range may offer basic protection.
- **Read the device description.** Wording on the device itself should say "Transient Voltage Surge Suppressor." If it says something like "Power Strip" or "Power Tap," it has no surge suppression capability.
- **Check for a UL rating.** The protector should carry at least a UL 1449 rating.
- **Find the clamping voltage of the unit.** A lower clamping voltage indicates better protection. 330 volts is optimum; more than 400 volts is too high.
- **Look for a 600 joule or more rating.**
- **Check the reaction time.** Your suppressor needs to clamp surges in less than one nano-

### BISHOP'S COMMITTEE

The Bishop's Committee met on 6-13-09 with a full agenda, even though Mother Pat was out of town.

We approved the repairs to the building that the roofer left undone. Mother Pat has found a contractor who will complete the repairs for the amount left on our insurance payment, so we felt we need to get the leaks stopped as soon as possible.

We are looking into making new T-shirts and reordering Abbey soap soon, but much will depend on the cost and the interest in the congregation.

A seminar will be offered in August called "Refuse to be a Victim" -- It will be offered to the public and will be a fundraiser also. It will be a 5 hour session covering personal safety, home safety, auto safety, workplace safety and technology safety which is particularly important right now. A retired sergeant from the Jackson County Sheriff's Department will be conducting the session at the church, lunch and materials provided. It is tentatively set for August the 22nd. More information to follow.

The Green Fling is fast approaching and a meeting will be held on the 28th after the 10:30 service for anyone interested in helping.

The Progressive dinner was a smashing success and will be held again in the fall.

The church is still in dire need of funds and any ideas for fundraisers would be greatly appreciated.

Margie Gray

## DIRECTORY CHANGE

Teri Adams  
694-5873

Q. How many Episcopalians does it take to change a light bulb?

A. One to actually change the bulb and 9 to say how much they like the old one.

## CURSILLO UPDATE

NO Ultreya in July due to the 4th of July.

Will resume Ultreya the first Friday in August at Trinity, Independence.

## TASTY SIGHT SAVERS

(Reader's Digest—2/09)

What you put on your plate now may help you see the plate later. New research reveals foods that help protect against three leading age-related vision thieves:

**Glaucoma** Just one serving a month of kale or collard greens or more than two servings of carrots a week reduced the risk of glaucoma by more than 60 percent in a UCLA study of 1,000 women.

**Cataracts** Adults who regularly drink orange juice and also include C-rich foods such as red and green bell peppers, tomatoes, and broccoli in their daily diet are 45 percent less likely to develop cataracts, according to new research from Australia.

**Macular degeneration** Eating oatmeal, high-fiber cereals and whole-grain breads cuts the risk of macular degeneration by about 39 percent, shows a recent study.

## WEIGHT LOSS IN A NUTSHELL (from St. Luke's Physicians Group)

- Are you *ready* to lose weight? Are you “sick and tired of feeling sick and tired?” If you are ready, and you decide to do it, you will do it.
- Are *emotional factors contributing to eating too much*? This is common, and does—for some people—temporarily relieve anxiety and depressive symptoms.
- You *do not have to reach “ideal body weight”* to get the benefits of weight loss. Loss of any weight is beneficial. Your risk for diabetes, heart disease, and cancer decreases with every pound you lose. Your initial goal should be to lose 10% of your body weight.
- *Always leave a few bites of food on your plate.* Eating just fifty extra calories a day over what you burn will cause you to accumulate five extra pounds of fat in a year. Fifty calories is two to three bites of food. Or one if you take big bites.
- *Keep a food diary.* It keeps you honest with yourself.
- *Read food labels.*
- *Do not let yourself get too full or too hungry.*

- Learn to eat and cook at home.
- Take advantage of one of the free health/food websites like fitday.com.
- *Planning is the key* to making good choices for successful weight loss. If you wait until you are starving and head for the drive-thru, it will never happen.
- *Exercise.* You know you have to exercise, so pencil some time for this into your schedule. You can find time for what is important and this is important—no, vital—to you health, your well-being and your life.
- To provide yourself with ongoing information and motivation, subscribe to a health and fitness magazine, e.g. *Women's Health, Shape, Body and Soul* or others.

### **MORE TIPS ON HOW TO LOSE WEIGHT**

- Count calories and pay attention to portions. Write down everything you eat and its calorie content. You can eat anything you like; you just cannot eat too much.
- You do not need to eliminate carbs completely—but be aware that refined carbs can elevate your blood sugar and cause your body to release insulin, which lowers your blood sugar (sometimes too quickly) and makes you hungry again too quickly. You should eat no more than 60-75 grams of carbs at any one meal. Also, fiber slow down the absorption of carbohydrates. Read labels and get 25-35 grams of fiber (include both soluble and insoluble). In general, refined flour and sugar should be minimized in your diet. Focus on the good carbs—whole grains, fruits, and vegetables.
- Eat some protein at every meal.
- DO NOT SKIP BREAKFAST.
- Do not drink your calories! For example—sodas of any type, fruit juice, beer, and even that healthful daily glass of wine may go straight to your hips.
- Do weight training. You can go to the gym, or use free weights at home. It is almost magic what weight training can do for you. It boosts your metabolic rate and gives you more energy.
- Start a walking program. Work up to 45 minutes per day, walking as fast as you can. Get a pedometer and work towards 10,000 steps per day.
- Weigh yourself daily.
- Do not change everything at once. It takes three to four weeks to establish a habit. Add one new habit every three to four weeks, whether it is eating more vegetables, going to the gym, etc. **Remember, small changes will add up over time.**

**STAY HEALTHY!**