



# Mike's Missal

**July 2024**

St. Michael's Episcopal Church  
P.O. Box 720326  
Norman, OK 73070



## **From Father Joseph**

Therefore, following the holy fathers, we all with one accord teach men to acknowledge one and the same Son, our Lord Jesus Christ, at once complete in Godhead and complete in manhood, truly God and truly man . . . “

*-- Council of Chalcedon, 451 AD, Act V*

Christians proclaim two things about Jesus: First, that he was fully human, just like you and I; and second, that at the same time he was fully God. In Jesus, we see what humans would look like if our hearts were able to turn unerringly towards God. He came to show us the way so that we might become by adoption what He is by nature, Children of God. This Godward orientation is not something that can be achieved by effort, but only by love. Love always comes and must be received as a gift. We can never earn it. Although, through the effort of faithfulness we can make every effort to honor it and the goodness and wholeness it brings to our lives.

Few of us are able to turn our hearts unerringly towards God. We live in a broken world that desperately needs the love we have been given in order to heal itself. But we also live under the constant influence of that same broken and not very loving world, always working to draw our attention away from God. God understands our struggle, he “knoweth our frame; he remembereth that we are dust,” and is gracious. (Ps 103:14) Thanks be to God, in Jesus we have both a teacher and guide to show us the way, an advocate to take up for us (“Father, forgive them, for they don’t know what they do”), and a friend to walk with us and help us up when we fall.

Christians affirm that it is possible to have a relationship with Jesus, still, 2000 years after his ascension from this world. Jesus is, for us, “the ikon of the invisible God,” the one in whom all that is knowable about God is made visible, human, and personal. Just as God’s Wisdom became human in Jesus, when we make room for him, he “comes down from heaven” anew to dwell in our hearts. This cannot be proved by argument. But it can be experienced through the diligent practice of stillness, listening and prayer. One does not have to believe in order to pray. One comes to believe -- that is to say, to trust -- through faithful study, intentionally receiving Christ into ourselves in sacramental worship, and the faithful practice of prayer.

## **From Senior Warden David Zittel**

First, let me say that as of right now I have nothing new to report on the status of my health. I have visits with an oncologist scheduled for mid-July. Generally, I feel about as well as I would expect anyone 75+ years old, except that some meds that I am on tend to make me feel tired more easily than before. I am especially grateful for the offers of help and your prayers.

The following item has been mentioned elsewhere, but I will repeat it. Experience has shown that summer months tend to be lean in terms of pledge money coming in. This is a time when many go on vacation and it is easy to miss making a contribution. If you are able, I encourage you to prepay a pledge if you know that you will be away during a time when you would normally contribute.

If you have not already signed up to participate in the Ice Cream Social & Hymn Sing, I encourage you to do so. You do not have to bring home-made ice cream or even pick your favorite hymns. I have plenty of hymns to suggest to Jon Roberts. This event is intended to be fun and is something we have done in past years.

Lastly, I see as one of my roles as a senior warden to be attuned to the needs and desires of the congregation. If you are not comfortable talking with Fr Joseph, I invite you to share with me anything you think would enhance your worship experience or that of others. I can be reached via email at [david12330@gmail.com](mailto:david12330@gmail.com)

In Christ's Love, David Zittel, Senior Warden

## **JULY EVENTS**

### **Happy 4<sup>th</sup> of July**

The office will be closed for the holiday.

### **Wild Men's Night Out July 12**

Saint Michael's men's group will meet for an evening of fellowship and conversation on our usual 2<sup>nd</sup> Friday of the month at 7:00 p.m. on Friday, July 12<sup>th</sup>. Join St. Mike's men for The Best Steak You Ever Had for only \$20.<sup>00</sup>. Donations are always appreciated. Salad, baked potatoes, garlic bread and a plentiful selection of craft beers complete the menu. Please sign up by July 10. Contact: Peter Rodrigues or Brandt Cassidy

### **Outreach Committee July 13**

The Outreach Committee will meet at 9:00 a.m. on Saturday, July 13<sup>st</sup>.

### **Care-A-Van Meals for the Unhoused July 18**

Josh Yarbrough will prepare meatloaf on July 18<sup>th</sup>. Sign up for meals through the end of the year. Food is prepared at home and boxed up at 5:00 p.m. on the date. We always need water and extra snacks if you don't want to cook anything. Contact: Debi Kelley

### **Saucy Sisters July 19**

The Saucy Sisters women's fellowship will gather at 5:30 p.m. and dinner starts at 6:00 p.m. on June 19<sup>th</sup>. We'll have a potluck - Bring a salad or dessert. The cost is \$10, but your first time is free. Please sign up in the ingathering space.

### **Vestry Meeting July 21**

The Vestry will meet following the service on Sunday July 21<sup>st</sup> in the Education Building.

## **Worship Committee      July 23**

The Worship Committee will meet following the 11:00 a.m. service on Sunday, July 23<sup>rd</sup>.

## **Serving our Community - Outreach Luncheon & Presentation    July 28**

St. Michael's awesome Outreach Team (a.k.a. committee) invites everyone to come to our "lunch and learn" after the 11:00 service on July 28<sup>th</sup>. At this luncheon program you will learn more about our

various outreach ministries through pictures and stories. Discover how our ministries impact our brothers and sisters in the city, state, nation, and the world. Discern how God is calling you to participate in one or more of these ministries. Enjoy some food, fellowship, and learn about ways that St. Michael's walks the Way of Love!

## **Other Ministries, News & Events**

### **Altar Flowers & Sanctuary Candles**

If you'd like to see flowers on the altar, please consider signing up for them. Flowers are \$45 and candles \$10. You will be billed the next week. Contact: Debi Kelley

### **Altar Guild**

We appreciate the beautiful altar on Sunday mornings, and all the work done by our wonderful Altar Guild. If you are available once every few weeks on a Saturday morning to help set the altar and Sunday morning after church to clean the altar, please contact the church office.

### **Bible Study**

The study of the Old Testament continues from 10:30 a.m. to 11:30 a.m. on Wednesdays. Come read and discuss with us.

### **Book Discussion Group**

The Book Discussion Group has the summer off and will resume in September.

### **Book Sale**

We continue to collect books in the choir room for our next sale. Contact: Amy Gardner

### **Budget & Finance Committee**

The next budget meeting will be on August 27<sup>th</sup>. Contact: Amy Gardner

### **Care Team**

If you have a need for delivered meals or transportation, please let Debi or Nancy know. If you would like to join the Care Team, a sign-up sheet is available.

### **Choir**

St. Mike's choir Thursday evening rehearsals are suspended until mid-August. We rehearse at 10:30 a.m. on Sundays. If you are interested in singing in the choir, contact Parish Musician, Jon Roberts.

### **Churches Caring for Creation**

St. Mike's Styrofoam drop-off has moved to the garden side of the Education Building. Volunteers are always needed to haul the styrofoam mto University Lutheran. Donations for this project should be made to University Lutheran or to St. Michael's for tax purposes. Contact: Tina Mahle, Green Team

### **Crafters**

Our crafters meet from 6:30 to 7:30 p.m. every Monday. Bring your project and enjoy the fellowship. Contact: Amy Gardner

### **Cursillo**

A Cursillo weekend is scheduled for September 5<sup>th</sup>-8<sup>th</sup> at St. Crispin's in English and for Sept. 19<sup>th</sup>-22<sup>nd</sup> in Spanish. St. Michael's is active in the

renewal of the Oklahoma Episcopal Cursillo. Fr. Joseph is the chaplain for the Secretariat (state-wide board) and Amy Gardner is a member. Cursillo is a movement of the Episcopal church. Its purpose is to help those in the church understand their individual callings to be Christian Leaders. Leadership, in Cursillo, does not mean power over others, but influence on others; all of us need to be aware that we can exert a positive influence on those around us. Contact: Amy Gardner

### **Discretionary Fund Sunday**

Any cash received in the plate on the last Sunday of the month goes to Fr. Joseph's Discretionary fund. If you would like to donate with a check please put Discretionary in the memo. These funds are used to address unexpected needs.

### **Facility Use**

Anyone using St. Mike's buildings for a purpose outside of regular church activities, must contact the office and complete an *Application for Facilities Use*. We need to have a record of all activities in our buildings and ensure that usage is appropriate.

### **Financial Report**

Below are a few bills paid in June.

General Lighting ( fixing the lights in the school building) \$813.62  
Sumner One ( copy machine) \$333.81  
Fire Extinguisher Maintenance \$385.38  
Lawn Care \$580  
OEC (electric) \$937  
Air Conditioner Repair \$8688

Please be aware with the heat going up, our AC costs will continue to rise. Check all thermostats when you are the last out of the building. In July, we will have the well pump and tank replaced at a cost of \$4,900.00

### **Greeters & Ushers needed!**

Sign up to serve as a greeter or usher. We want visitors to feel that they belong. Specific tasks for these positions are available on the sign-up counter. Contact: Santa Velez.

### **Laundry Love**

St. Michael's will sponsor Laundry Love on August 24<sup>th</sup> from 9-12 at Sooner Wash. We will provide about 50 of our neighbors with up to \$15 for laundry and a lunch. Bring your quarters, as we need about \$900 to sponsor laundry and lunch. We will need a couple of volunteers for the event. This is a back-to-school event, so we will collect school supplies in Sharon's Wagon in July. Contact: Amy Gardner

### **Lawn Mowing**

Our lawn and property mowing costs \$580.00 a month for seven summer months. Each mowing is \$290.00. If you would like to make a special gift for this maintenance, please indicate "lawn" on your check.

### **Lectio Divina**

Wednesdays 6:30 p.m. in the Library

Lectio Divina is a contemplative way of reading the Bible. Dating back to the early centuries of the Christian Church, it was established as a monastic practice by Benedict in the 6th century. It is a way of praying the scriptures that leads us deeper into God's word. We read a short passage more than once. We chew it over slowly and carefully. Scripture begins to speak to us in a new way. It speaks to us personally and aids that union we have with God through Christ who is himself the Living Word. Contact: Rt. Rev. Wallis Ohl (ret)

### **The Library at St. Michael's**

The Library Committee has completed a year of work in St. Mike's library. Stop in and read awhile in a comfy chair in the new reading nook.

### **Norman Coalition for Refugee Support**

I have been very impressed with the organization and accomplishments of the Norman Coalition for Refugee Support, and I am so proud of St. Michael's for participating in this important ministry. Brent Smith is the Chair. Each of the seven participating churches in the Norman area are represented on the Board: First Christian, First Congregational, First Presbyterian, McFarlin, St. Michael's, and University Lutheran. At our May

meeting, the Board approved the addition of an eighth member, the largely Hispanic Tenth Man church.

The Coalition provides “wraparound” support for refugee families in the Norman area with the goal of eventual independence. The Coalition is currently sponsoring seven Afghan families and three from South America, including one each from Colombia, Guatemala, and Venezuela. We do not currently have the resources to take on additional families. We work along with Catholic Charities and a local resource, the SPERO Project.

The high cost of housing and the limited availability of Section 8 housing has been a problem. But the biggest problem most families face is a lack of facility in English, particularly amongst the wives and mothers. A new summer school language course, under the leadership of our own Amy and Jim Gardner, will take place this summer at Memorial Presbyterian.

There have been some notable successes in Coalition families. Two entering (Afghan) college students were approved for the Oklahoma Promise scholarship. Another Afghan student, interested in journalism, was awarded a master's degree in International Studies at OU this Spring. Primary level students are also succeeding. Two older elementary students plus all the kindergartners are working at a high enough level that summer school was not needed. All 5 of our eligible pre-K students were selected to attend full day pre-K next year. Several of the adult men now have jobs.

NCRS has need of volunteers, donations, and money. Volunteers are needed to provide transportation and function as liaisons with families. Handy persons can be needed to provide occasional repairs. Anyone wishing to volunteer can speak with me or Amy Gardner. Money will be used to pay for driving lessons, health insurance, immigration attorneys, utility deposits, and when necessary, rent. Current furniture needs include dining table and chairs and coffee table, desk and chair, and chest of drawers. Donations of used automobiles are also welcome.

The NCRF has included in their 2024 budget a \$ 1,000 donation from St. Michael's. They would

prefer if we, and other participating churches, could pledge donations. I don't know (since I am not on vestry) if we have already donated that amount or not. I believe we have the resources to do so, and I would love to see our congregation give generously to this worthy cause. Judy Phillips

### **Outreach Committee**

The next Outreach Meeting will be July 13<sup>th</sup> at 9:00 a.m. Contact Amy Gardner, Deacon Laura Blazek, or Deacon Ann Murray

### **Photo Release Forms**

We need a signed form from everyone so that we have a record of your permission to be in photographs that June be used in our digital presence. Pick one up from the entrance counter and leave it in the office.

### **Prayer Chain and List**

Please direct private prayer requests for the Prayer Chain to David Sims at [davidsims82420@gmail.com](mailto:davidsims82420@gmail.com). The Prayer List printed in Sunday's bulletins will start anew at the beginning of each month. Please submit the names of those you wish to be added to the July published prayer list this week. The list will continue throughout the month, so additions for June be made at any time. Contact: Nancy Littlejohn

### **Rummage Sale**

Keep gathering items for St. Mike's Rummage Sale! Saturday, August 24<sup>th</sup> from 8:00 a.m. to 2:00 p.m. (set up on Aug. 23 starting @ 1 pm.) Please consider donating gently used items to our rummage sale in August. We take most items including clothes as long as they are clean, in good condition, and working. See the bulletin board for a list of items we will not take.

### **Sharon's Wagon**

In July we will collect school supplies for Laundry Love in August. Sharon's Wagon is in honor and memory of Sharon Vaz who had great compassion for those in need. We fill her wagon with items for those in need in our community.

## Sign Up Counter

Opportunities for Participation are on the Sign-Up Counter. We have many ways for you to be involved in the life of St. Mike's. If everyone volunteers to do one thing, we can share the load – check it out!

## Southwind Summer School

June 3 – July 12      9:00 a.m. – 1:00 p.m.

## Tea in the Kitchen AI-Anon Family Groups

Tea in the Kitchen AI-Anon Family Group is for the friends, family, and loved ones of someone who is struggling with addiction. All are welcome! We meet on Fridays at 8:00 p.m. in the Education Building.

## Thanksgiving Baskets

For the past thirty-six years St. Michael's has been distributing Thanksgiving Baskets from the church to families in need. This year Ninety (90) baskets will be distributed again to families. We are asking for donations to purchase the food items for the baskets—turkey breast, stuffing, potatoes, milk, butter, canned vegetables, cranberry sauce, bread, pies, and apples. Please address checks to “St.

Michael's Thanksgiving Baskets” and deposit them in the offering plate or in the church office. We are working with Homeland for the seventh year.

Tentatively we will assemble baskets on Monday, November 25, 2024, at 10:00 a.m. and distribute them from the church on Tuesday, November 26, 2024, from 11:00 a.m. to 1:00 p.m. Volunteers will be needed. If you can help, please call Rick Young (405-637-6376) or Patrick Moore (405-659-2126).

## Vestry at St. Michael's

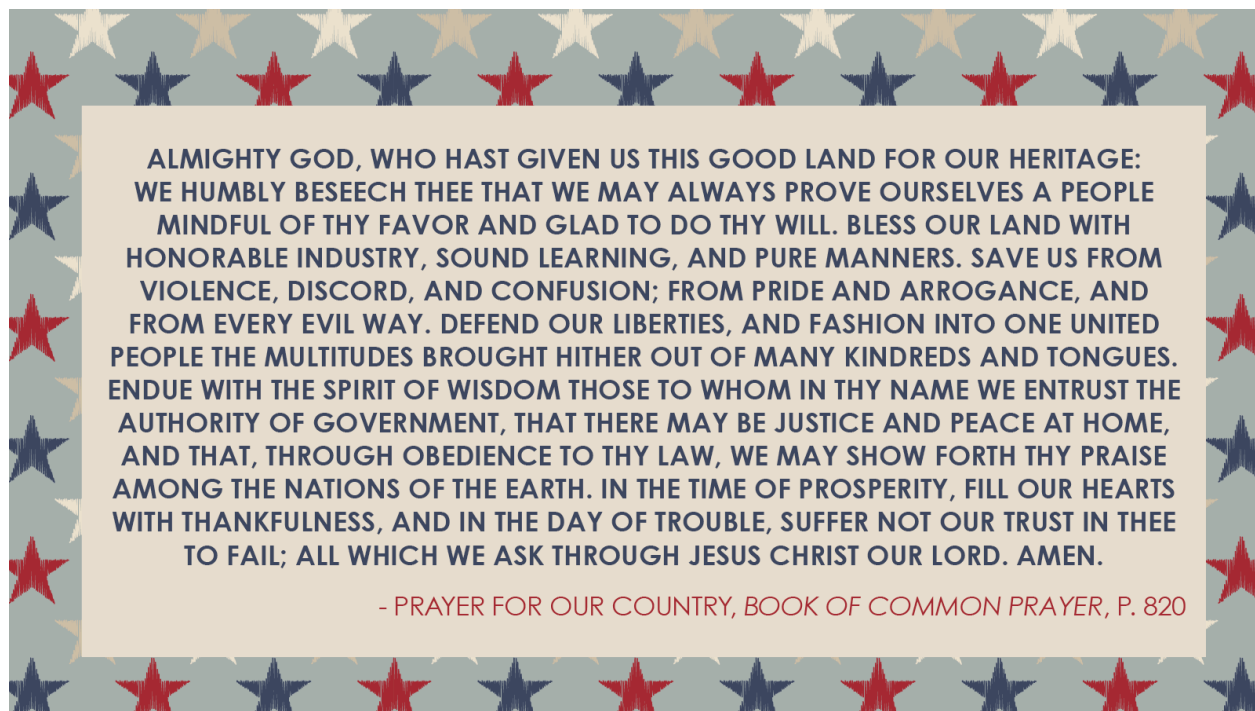
The Vestry meets after the 11:00 service on the 3<sup>rd</sup> Sunday of the month. All members are welcome to visit vestry meetings. Minutes of the meetings are posted on the bulletin board.

## St. Michael's Website

Katie Blair and Tim Phillips are the webmasters for our site. Please help them out by sending them current information or new photos.

## Yoga Class

Join instructor Anne Roberts on Fridays at 9:00 a.m. Each class session is \$10.00.



# July Days to Remember

## Birthdays

7/1 Betty McCallister	7/20 Daniel Gray
7/5 Evelyn Bibens	7/23 Debra Baggett
7/6 Wallace Lester	7/23 Ann Murray
7/7 Jane Rauch	7/24 Sheila Ohl
7/9 Joseph Bugher	7/25 Randy Witzke
7/10 Madalene Lanphere	7/26 Suzanne Moore
7/12 Sam Gray	7/28 Paul Goodchild
7/20 Rita Akin	

## Anniversaries

7/3/1999 Amy McGovern & Andrew Fagg  
7/15/1999 Gary & Carol Wittmer  
7/18/1981 Jim & Madalene Lanphere  
7/19/1974 Lester & Pam Wallace  
7/25/1959 Paul & Liz Wilson  
7/25/1970 Peter & Kathy Rodrigues

## On the anniversary of their death

7/14/1987 James Johnson, Sr.	7/16/2012 Joanne Melton
7/28/1989 Alvin Wheeler	7/05/2013 Erma Louise Yarney
7/26/1992 Mary Humphreys	7/08/2013 Joan Kaplan
7/12/1995 Mary Galluzzo	7/13/2015 Mildred Cella
7/20/1997 Ava Allenberg	7/14/2016 Sharon Vaz
7/06/1998 Mary Paden	7/09/2018 Norman de Carteret
7/29/2001 Jack Lynn	7/12/2019 Sara Haraway
7/07/2004 Richard Payne	7/09/2020 Paula Magarian
7/09/2004 Mary Heckendorn	7/20/2021 Charles Bradley
7/17/2007 Mary Anne Price	7/26/2022 Kenneth Stanton
7/11/2011 Joel Whittaker	



## Handy Information

---

If you have a pastoral emergency, please call the office at 405-321-8951 during regular hours, or call Father Joseph, Deacon Laura, or Deacon Ann in case of emergency outside office hours.

Office Hours: Monday – Wednesday 9:00 A.M.– 2:00 P.M. Thursdays 9:00 A.M. – 1:00 P.M.

St. Michael's Webpage: [www.stmichaelsnorman.org](http://www.stmichaelsnorman.org)

St. Michael's Facebook Group: <https://www.facebook.com/groups/6273015521>

St. Michael's YouTube Channel: <https://www.youtube.com/channel/UCZX8EOJFq5VykhED5K9q8eA>  
Subscribe to receive update notices when we post new videos for worship or other resources.

Father Joseph Farber <mailto:fr.jos.farber@gmail.com> 541-300-9207

Deacon Laura Blazek [laurablazek@sbcglobal.net](mailto:laurablazek@sbcglobal.net) 405-639-0300

Deacon Ann Murray [deaconann18@gmail.com](mailto:deaconann18@gmail.com) 405-919-8533

Parish Musician Jon Roberts [dachs.mirabilis@icloud.com](mailto:dachs.mirabilis@icloud.com) 405-850-5252

David Zittel, Senior Warden [David12330@gmail.com](mailto:David12330@gmail.com) 405-834-8764

Tina Mahle, Junior Warden [Tina.mahle@alumni.ou.edu](mailto:Tina.mahle@alumni.ou.edu) 405-517-5142

Ann Selvidge, Treasurer [annselster@gmail.com](mailto:annselster@gmail.com) 405-365-8985

Nancy Littlejohn, Parish Administrator [stmecnormanok@gmail.org](mailto:stmecnormanok@gmail.org) 405-321-8951 or cell 405-924-2782

Debi Kelley, Financial Secretary, [treasurer@stmichaelsnorman.org](mailto:treasurer@stmichaelsnorman.org) 405-321-8951

### OTHER CONTACTS:

Brandt Cassidy [bgcassidy@cox.net](mailto:bgcassidy@cox.net) 405-921-5772

Amy Gardner [awgardner@yahoo.com](mailto:awgardner@yahoo.com) 405-410-5523

### Your 2024 Vestry

Evelyn Bibens  
[ejinok@aol.com](mailto:ejinok@aol.com)  
405.329.7509

Katie Blair  
405.245.1073  
[katie.l.willis@gmail.com](mailto:katie.l.willis@gmail.com)

Santa Velez  
[santagv@gmail.com](mailto:santagv@gmail.com)  
405.664.1020

Joshua Yarbrough  
[jry246@gmail.com](mailto:jry246@gmail.com)  
405.226.5187

Patrick Calhoun  
405.59.-4919  
[phineas42@gmail.com](mailto:phineas42@gmail.com)

Timothy Phillips  
Clerk of the Vestry  
[hrothgar@earthlink.net](mailto:hrothgar@earthlink.net)  
405.625.9894

Debbie Bennett  
[turtle4661@aol.com](mailto:turtle4661@aol.com)  
405.370.0697