



A publication of St. Michael's in the Hills Episcopal Church

# Cross Currents

Worship: Sunday at 8:00 and 9:45 am

April 2020 Edition

My Sisters and Brothers in Christ,

How is it with your spirit in these tumultuous days? The bluster of this late March day and the presence of the voracious COVID-19 pandemic bring to my mind an image of the Psalmist's "ravaging and roaring lion" [Ps. 22:13]. This recollection of the 22<sup>nd</sup> Psalm makes it feel as if I've been hurled past Palm Sunday directly into Good Friday; the day appointed for the reading of and reflection upon this Psalm.

Frankly, this is the most sobering Lent I've encountered in my brief life, and one I will not forget because thus far it feels more like a protracted Holy Week; a grim countdown to Good Friday. I think it also feels so sobering because it is so communal. The observance of a holy Lent is typically the purview of a minority of people: observant and pious Christians. Yet this year we, and all our neighbors, are experiencing sacrifice and likely pondering our very existence.

Would that we could be spared this time of sacrifice and pondering; yet even as I say it I am reminded of what this time can reveal to us. When any system is stress-tested the system reveals its weaknesses and strengths to the observant. I wonder, what have you observed? I am so grateful for the strengths and commitment to our common good that have been revealed at every level of our communal life: political, medical and first responders of every stripe; they give me hope.

Yet, at the same time I am painfully aware of the cracks in our common life that leave so many of us more vulnerable than we were before. These cracks break my heart because with each setback the cracks become wider – bordering on chasms – and more of us fall into and through them with less and less hope of restoration. Unlike Daniel in the lions' den, who comes out unscathed, many of us will emerge from this time in this den scarred, scared and diminished by the "ravaging and roaring lion."

May your spirit be so strengthened by these trying and tumultuous days that it's not just altered in some small measure but transformed forever by the witness of love in these days.

Yours in Christ's love,



Building a People who Love, Learn & Serve in Christ's Name!

## WE'RE MOVING...ONLINE!

*The Church building may be closed, but that won't stop us. Here are some online options.*



"I would like to thank those who have joined us for our online, virtual compline services. It has been a comfort to see your faces, hear your voices, and have the community connection. Please reach out to Julia Burtscher if you're unsure of Zoom and need a little help getting started, we would hate for technology to be a barrier. These services—with a little time before and after to say hello and ask how everyone is doing—have lasted about 30 minutes." — *Julia Burtscher*

We are offering Sunday and Wednesday evening Compline services via Zoom web conferencing. This allows us to see each other's faces and interact with each other online, real-time. Don't know how to use Zoom? We'll work through it together! You can join from a PC, Mac, iPhone, iPad, Android device, or even via telephone call!

- ◆ For connection information and order of service, please go to: [www.lovelearnserve.org/worship/worship](http://www.lovelearnserve.org/worship/worship)
- ◆ For the Sunday night service, we will be using the New Zealand Book of Common Prayer.
- ◆ For the Wednesday night service, we will be using the American Book of Common Prayer.

*Please join us! We would love to connect with you, share a simple service, and worship together.*

### Other Resources:

\* Father Foster's sermons are available at <https://lovelearnserve.org/news-events/links/>

\* Sunday, Holy Eucharist at 10:00 a.m., Trinity Cathedral, Cleveland, <https://trinitycleveland.org/worship/>

\* Daily Worship at the Washington National Cathedral, <https://cathedral.org/>

\* Bible readings from the Episcopal Lectionary at <http://lectionarypage.net/>

## ONLINE GIVING IS NOW AVAILABLE!

St. Michael's now offers the option of electronic giving!  
You can contribute anywhere, anytime right from your computer, smartphone or tablet.



← Give online by visiting our website at <https://lovelearnserve.org/> and clicking "Give Online" in the upper right corner of the homepage.

Download our free GivePlus mobile app from the App Store or Google Play Store. →

**GIVE  
PLUS+**

Get started today! Download our mobile app or visit our online donations page to set up your online contribution. Please reach out to Senior Warden, Julia Burtscher, if you have any questions.

If you prefer to mail your weekly / monthly / quarterly pledges, please feel free to do so. *Thank you!*

## EASTER OFFERING: SEW HOPE AND BISHOP'S ANNUAL APPEAL

Truly I tell you,  
whatever you did  
for one of the  
least of these...  
*you did for me.*

Matthew 25:40 NIV

Although we are separated, we stand together. As we draw inward during the introspective time of Lent and seclusion, it feels good to know that we can reach out in some way.

This year's Easter Offering will continue to sponsor Osman and Yojana, the two youth from Guatemala. Upon our return to St. Michael's, you will see their recent photos, shared by SewHope, posted on the bulletin Board. If you or any family member has extra free time for the next few weeks, consider writing a letter in Spanish to our sponsored children. If you don't speak Spanish, Google translator is an option. Further options could be to share the letter with me for Meridith Heckler to translate, or even just send a very simple note in English that they could attempt to translate themselves.

As always, we split the Easter Offering; this year supporting the Bishop's Annual Appeal. (*See below.*) Depending upon the total outcome of the Easter Offering, the outreach committee will consider a portion of proceeds to stay local to support organizations such as Connecting Kids to Meals (that has kicked into high drive since schools are not in session). Feel free to contact me with any questions or concerns regarding outreach, [yoga2day@hotmail.com](mailto:yoga2day@hotmail.com).

Peace & wellness to you all,  
Ann Heckler, Outreach Committee

## THE 2020 BISHOP'S ANNUAL APPEAL



Every day, people in our diocese help to change the world by putting into action our shared commitment to love God, to love our neighbors, and to change the world.



The Bishop's Annual Appeal, supports parishes' response to people in need, clergy and lay formation opportunities, youth leadership development, outreach ministries, and many other important initiatives that further God's Mission to heal the world.

*The Rt. Rev. Mark Hollingsworth, Jr.*  
Bishop of Ohio



For more information or to give online,  
please visit [www.dohio.org/give-now](http://www.dohio.org/give-now).

LOVE GOD. LOVE YOUR NEIGHBOR. CHANGE THE WORLD.®

## BREATH MANAGEMENT

Because our daily schedule has taken a drastic shift and the current state of affairs can cause a person to feel a heavy amount of anxiety, I would like to offer a friendly reminder to breathe. The way we take a breath informs the brain to what emotions we are feeling. Psychology Today says, "Respiration is one of the physiological processes altered by emotions (Boiten et al. 1994). In respiratory patterns, respiratory rate is changed dramatically by emotional changes. ... Thus, respiratory changes in response to anxiety are affected by higher centres related to the emotion." So I am going to teach you an easy breathing exercise that will help calm the mind and guide you towards a deeper breath for singing.



In an upright seated position, take your thumb and pinky finger to create a 'Y' shape with one of your hands. Bring your thumb to your nose and close the left or right nostril depending on which hand you are using. Take a slow deep diaphragmatic breath in. Then alternate to your pinky, closing the opposite nostril and breathe out slowly. Control the rate of the air that is leaving your body. Make sure it enters slowly and exits slowly. Repeat this several times, until you are relaxed.

For an extra challenge count to eight when taking in air and releasing air. Be sure that the flow of air stays even throughout the exercise because this helps you with breath management which is great for singing.

*Justin Bays, Music Director*



### Update: Monday at Mike's 2020 Programs

*Currently, Monday at Mike's is suspended  
until further notice.*

In the meantime, here's a list of possible future events.  
Stay tuned!

- Local historian, Ted Ligibel
- Toledo Mudhens event that would include guests.
- Road trip to the Cherry Street Mission
- Road trip to a local planetarium
- Bowling

All men are invited to attend Monday at Mike's events. Contact Scott Hendricks or the church office for more information.

*May the beautiful character of the Lord Jesus be increasingly reflected in each one and may the Christian men throughout the world be godly witnesses to the truth of the gospel both in their own home and with others, with whom they come in contact. Amen.*

### MEMORIAL GARDEN WORKDAYS



Memorial Garden work days this Spring will be the mornings of the 3rd Saturday of the month from 9-11 a.m. weather permitting. Come prepared for the weather and to do some weeding. Gloves and a water bottle are usually a good idea. Everyone is welcome to attend. Youth service hours are available. Contact Dee Becker with any questions. Scheduled days for 2020: April 18, May 16, June 20, July 18, August 15, and Sept. 19.

### Off the Beaten Path

The May 6 Off the Beaten Path presentation by Rev. Becca Stevens entitled, "The Thistle Farm Story," has been cancelled.

# CHILDREN'S, YOUTH & FAMILY MINISTRIES

## Lent and leaving things in the shopping cart.

“So how’s it going?” Lent, that is. It’s been a bit difficult to hold fast to the Lenten disciplines that I set for myself. Thankfully, spending more time in prayer has been easy, there’s so much to pray about! Curbing my shopping habits are another matter. My internal battle has been momentarily won - I leave things in an online shopping cart. I wonder if there are some things that you need to leave in a shopping cart? Anger, fear, worry, arrogance, or, apathy? Ask the Holy Spirit to help you leave these things.



Here’s something I say to the children and the youth:  
*I love you all and there’s nothing that you can do about it!*

Wash your hands and flee from sin!  
*Imani*



## Family House

On March 15, 2020, some of the St. Michael's youth group were gladness ambassadors at Family House! The youth played, games, made bracelets and paper fortune tellers with a few of the Family House residents. We learned Family House is the largest family shelter in the state of Ohio. The shelter is currently at capacity, housing 26 families and has a waiting list of 130 families. I hope that we have an opportunity to visit and share with our neighbors at Family House again.



I want to thank the youth participants and their parents. I would also like to thank the DeRosas and Mrs. Gomulinski for serving as chaperones. Also, Mrs. Walker's cookies were a big hit! What a blessing it was to live more fully into our baptismal vow to "seek and serve Christ in all persons."

Please remember the residents of Family House and all of the unhoused in your prayers.



## GOOD NEWS!



Something that has continued to impress me about our church family is our determined tenacity to move forward with making and executing decisions in uncertain environments to best serve our mission. I am delighted to inform you that on Friday, March 27, 2020 St. Michael's has sold the rectory! John Graham, Kate O'Connell and I represented St. Michael's (in a room separate from the buyers to allow for social distancing protocol).

While I am disappointed that we cannot announce this at a service and celebrate together, I know we will do so when it is safe to convene again. In the meantime, I would like to extend my profound and sincere gratitude to:

- to the rectory sale committee: **Brent Cousino, John Graham, Mark Keleher, Barb Malkoski** for multiple meetings, countless emails, honest opinions and super-responsiveness to many time-sensitive communications enabling the process to continually move forward;
- to **John Graham and Gretchen Rohm** for researching and providing paperwork, records, and documents needed to answer questions and accurately represent the rectory and property;
- to **Kate O'Connell** for navigating the process of getting the new deeds approved by Ottawa Hills and filed for the closing, as well as attending closing to provide legal expertise;
- to **Jeff Smith** for measuring property lines for the pre-survey drawings to enable us to re-parcel the two lots, to **David Braun** for his many and varied efforts to address maintenance issues with the rectory as well as providing time as vestry clerk to help file tax assessment paperwork;
- to **Pam Cousino** for her efforts over the years keeping the empty rectory clean and in good repair (and to keep the pipes from freezing);
- to **Kim, Michelle, Diane, and Lisa** who so often are 'surprised' by a need for something...anything related to the rectory and knew how to address any given situation, ask a question, or raise a concern;
- to **Fr. Foster and the vestry** for providing honest feedback, support, and resources as we worked our way through the process;
- and to the indomitable **Nancy Lehmann**, rectory sale committee chair who wrangled every detail, herded every cat, managed a very convoluted situation with grace and clarity. I do not know how many emails and phone calls she fielded, but without her laser-focused drive we would have had a much more difficult time of it.

Please join me in thanking all of these folks who have been so generous in time, talent, and spirit in completing this monumental goal enabling us to more directly Love, Learn, & Serve in Christ's Name.

Very sincerely,  
*Julia Burtscher*  
 Senior Warden



## APRIL BIRTHDAYS

- |  |  |
|--|--|
| 1 Lovi Aldinger<br>Kay Gerhardinger                | 14 Ann Verner                                    |
| 2 Spencer Smith<br>Julia Waweru                    | 17 Vicki Creekmore<br>Julie Graham               |
| 3 Doug Nafziger<br>Julia Stephens                  | 18 Suzanne Rorick<br>Brad Stephens<br>Abby Hauck |
| 4 Carolyn Cousino                                  | 19 Margot Estes                                  |
| 5 Brent Cousino<br>Kendall Kropp                   | 20 Leonard Walker<br>Mike Porter                 |
| 6 Susan Hendricks<br>Peter Graham                  | 21 Meredith Randall                              |
| 7 Craig Bailey<br>Lane Hileman<br>Caroline Lathrop | 22 Elmer Haigh<br>Scott Tuttle                   |
| 8 Waverly Hart<br>Julia Burtscher                  | 23 Puffin Coe<br>Christopher Sailstad            |
| 11 Vivian Bork<br>Stephanie McBride                | 26 Morgan Kottke                                 |
| 12 Grace Waweru                                    | 27 Elizabeth Day                                 |
|  | 29 Susan Mason<br>Lindsey Walker                 |
|  | 30 Cam Smith                                     |



## WE HOLD IN OUR PRAYERS...

Homebound: Isabelle Carter, Carolyn Cousino, Kay Marion, and Al Reiser.

Parishioners: Bob Butler, Dick Aldinger, Elmer and Letty Haigh, Carol and Dennis Kanfield, Gayle Kurrelmeier, Jackie Moore, John, Jim Lindeen, Jim and Marion Boyer, Marilyn Palermo, Lindsay Smith, Lillian Spaulding, Peter Handwork, Puffin Coe and Nancy Loughlin.

\*Family & Friends: Elda Rae, Rowen, Ron, Bernadette, Nancy, Hunter, Julie, Leland Ames, Didi Beckham, Dixie, Evelyn, Lee Gable, Joan, Jean, Karen, Lexi, Sandra, and Gloria Weller.

For those in harm's way: Michael, Ian Reinheimer, John P. Smith, Scott Sykes, and Russell.



\*Family and Friends remain on the prayer list for one month unless the Church Office is otherwise notified.

## NOTES FROM THE OFFICE

*April Newsletter: Articles due April 15.*

Please check in at the office when entering the building. It is helpful for the staff to know who is coming and going — so we do not lock anyone in or set the alarm on them.

Please schedule meetings at the church through the church office. All meetings should be written on the church office calendar. Just send us an e-mail or call! *Thank you!*

Updated Parish Directories are always available. Contact the office to request one.

## CANCELLATIONS FOR APRIL

All Holy Week and Easter Services  
Monday @ Mike's  
Knit and Pray Shawl Ministry  
Friday morning Bible Study  
All in-person meetings

*Check with the church office, our website or Facebook for the most current information.*



When you are sick, hospitalized or in need of pastoral care, please notify the church office or Fr. Foster. Privacy laws prevent institutions from sharing such information. Also, the church office is happy to keep a record of your emergency contact info. should someone need to be contacted. In the event of a pastoral emergency after office hours, Fr. Foster Mays can be reached at: (419) 482-8383.



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Church Office Hours

Monday–Tuesday, 9 am to 2 pm

Wednesday–Friday, 9 am to 4 pm

\*Closed for Lunch from 12-12:30pm

**THE VESTRY**

Julia Burtscher, *Senior Warden*

Dani Zoorob, *Junior Warden*

*Class of 2021*

David Braun  
 Julia Burtscher  
 James Carlisle  
 Barb Malkoski

*Class of 2022*

Nancy Elzinga  
 Kay Gerhardinger  
 Eboné Waweru  
 Dani Zoorob

*Class of 2023*

Jen DeBacker  
 Joe Myers  
 Carol Nichols  
 George Shirk

**PARISH STAFF**

Imani Driskell – Director of Children's, Youth and Family Ministry

Rebecca Park – Organist

Justin Bays – Director of Music

Michelle Knecht & Kim Schrinel – Administrative Assistants

Diane Reeves & Lisa Watson – Sextons

Gretchen Rohm – Financial Administrator

**PARISH LEADERSHIP**

The Rev. Foster Mays – Priest-in-Charge

Julia Burtscher – Senior Warden

Dani Zoorob – Junior Warden

John Graham – Treasurer

David Braun – Clerk