



ONE BODY. ONE MINISTRY. ONE INVITATION.

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Just One.

It's a goal.

A commitment.

A promise.



A way to demonstrate your dedication to living a Christ-centered life through service to others. Just One is the next paving stone on the disciple's journey—taking the next step on the road that leads us ever closer to Christ. As disciples, we don't grow in our faith by accident. Rather, we take our steps with intentionality, charting our path and choosing our way with purpose.

Just One is:

- Reading just one spiritual book this month, this quarter, or this year.
- Reading just one chapter of Scripture every day.
- Signing up for just one hour of Eucharistic Adoration per week.
- Saying just one Rosary, or even one decade of the Rosary, every day.
- Spending just one minute in prayer every morning and evening, or increasing your prayer time by just one minute a day.
- Praying for just one person that has hurt you in some way this week.
- Sharing the Good News of Jesus Christ, in some way, with just one person every day.
- Asking just one person to join you for Mass this weekend.
- Welcoming just one newcomer to the Parish this month.

These are specific examples that, if done with regularity, will lead you further along the road of discipleship and draw you closer to Christ.

This catalog is all about service opportunities and the options we have for sharing our Time & Talent with the Body of Christ. And so we ask you to commit to Just One in a unique and specific way:

- If you're already serving in ministry, renew that commitment and then commit to finding Just One other person to serve with you in ministry this year.
- 2. If you're not currently serving, commit to finding Just One ministry that engages your spirit while allowing you to serve others. Commit to trying Just One ministry at a time until you find your calling.

A different approach.

We know how busy people are today. We know that ministerial commitments are often difficult to fit in between school activities, work schedules, and the thousand other things that fill our days. But, there are many ways to do ministry that might not have occurred to you—ways that still have a significant impact and can change lives, but are a bit outside of what we'd normally consider as "doing ministry". Here's a list of ideas.

- Write notes of comfort and spiritual support to inmates, the homebound, or those who are grieving.
- Collect and donate soft cover religious books, magazines, holy cards, etc. or even plastic framed reading glasses for the Detention Ministry.
- Work in your community to collect non-perishable food, personal hygiene items, or paper products and cleaning supplies for the Thurston County Food Bank or the YMCA Other Bank.
- Provide as-available transportation to doctor appointments, the grocery store or pharmacy, for the homebound or those who need temporary assistance. Or perhaps provide temporary meal preparation.
- Record blood pressure and pulse rates and help provide patient education for Nurse Ministry efforts before or after Mass as scheduled.
- Create prayer shawls at home and turn them in at the Parish Office.
 Collect and donate yarn and other knitting/crocheting supplies for the Prayer Shawl ministry or bring shawls to those in your community in need of comfort.
- Distribute Pregnancy Aid pamphlets to schools, clinics, doctors offices, etc. Collect and donate new and gently used mom & baby items such as strollers, car seats, clothing, high chairs, etc.
- Launder bed linens for the Men's or Women's Homeless Shelters or drive shelter guests to and from the Salvation Army with the St. Mike's Tikes van.
- Collect, donate, and stock kitchen supplies like milk, juice, bowls, etc. and cold weather clothing like socks, hats, mittens, hand warmers and underwear for the shelters.
- Participate in a Social Justice advocacy activity such as writing letters to officials or join/organize a community group that seeks to change structures and policy. Write letters and articles for publications.

Call and talk with Bene Reece, our Steward for Pastoral Care and Community Outreach Ministries at (360) 292-7143. She'll help you find a myriad of ways to get involved using just the time and resources you have available.

A busy schedule doesn't have to leave you out of ministry!

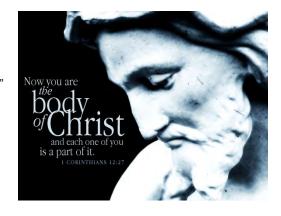
How do we cultivate our gifts?

The US Bishops' *Pastoral Letter on Stewardship: A Disciple's Response* tells us that a steward is "one who receives God's gifts gratefully, cultivates them responsibly, shares them lovingly and in justice, and returns them with increase to the Lord." These four attributes of a steward match up with four areas of focus for both individual Catholics and the Parish:

- We receive God's gifts gratefully through prayer and worship focused on thanksgiving. At Saint Michael Parish, we make prayer a priority and spend time with the Lord every day, at least five minutes each morning and evening. We also Make All Sundays Sacred (M.A.S.S.)
- We cultivate our gifts responsibly through formation and education.
 We continue to learn and grow in our faith, to become true disciples for whom Stewardship is simply a way of life as followers of Christ. We recognize and develop those gifts and talents God gives us so that we might use them to help build the Kingdom.
- 3. We share our gifts lovingly and in justice when we share them with others, especially the less fortunate. Generosity becomes the way in which we approach our lives. We live for others and not ourselves, knowing that, being made in the image and likeness of God, we must pour ourselves out for others as God does for us at every moment.
- 4. We return our gifts with increase to the Lord by giving adequately to the Lord's instrument here on earth, His Church. We understand that none of it is ours, that we only tend what has been given us and, like the good steward in Christ's parable, give back to the Lord with increase. We are managers, not owners.

Human nature puts many obstacles in the way of the generosity to which God is calling us. We hope this catalogue provides you with specific opportunities that speak to your heart, to the work that the Holy Spirit is truly calling you to carry out in the world.

We are the body of Christ, many parts, yet one. "The eye cannot say to the hand, 'I do not need you,' nor again the head to the feet, 'I do not need you' (I Cor 12:21)." We should, "Strive eagerly for the greatest spiritual gifts." Those gifts, properly understood, are oriented toward others and not ourselves. Find them. Use them. Build God's Kingdom.





Liturgical Ministries



Through our Baptism, we receive a share in the priesthood of Christ and participate in public worship which is the liturgy of the Church.

Our liturgical ministers place themselves at the service of the liturgical assembly and contribute to the worship of the community. As the Second Vatican Council makes clear, liturgical participation is the responsibility of all the baptized. While not all are called to active liturgical service, we all contribute through our active participation, in prayer and in song, in the celebration of the liturgy.

Altar Servers

Altar Servers serve at the Lord's table for Sundays, Holy Days, funerals, and wedding liturgies. This is a great way to be involved and to learn more about the Mass. Open to adults who are active parishioners and to youth in at least the fourth grade who have received First Communion. Training is provided and dress code is required.



Tom Targus at (360) 902-3845 ttargus@saintmichaelparish.org

Extraordinary Minister of Holy Communion

Extraordinary Ministers assist, with reverence and dignity, in the distribution of the Eucharist at Mass. This ministry is available to active, confirmed parishioners who are Partners in the Mission. Training session required.



Michelle Clinton at (360) 292-7111 mclinton@saintmichaelparish.org

Greeter/Usher

Just like the community, hospitality members are friendly, caring, and welcoming. They greet and welcome everyone who walks through our doors. They help usher for Communion and help parishioners find seats. They respond to emergencies, open windows, close doors, assist in taking up the Sunday offering, and hand out bulletins after Mass. Commitment is approximately 90 minutes per Sunday scheduled. A great opportunity for families and those trying ministry for the first time. Training is provided.



Michelle Clinton at (360) 292-7111 mclinton@saintmichaelparish.org

Lector

Lectors proclaim God's living word on Sundays and at special liturgies, approximately once a month or at daily Mass once a week. Lectors also lead the Prayers of the Faithful when a deacon is not present. This ministry is available to active, confirmed parishioners who are Partners in the Mission. Tryouts and training are required.



Michelle Clinton at (360) 292-7111 mclinton@saintmichaelparish.org

Sacristan

Sacristans ensure all preparations for Mass are complete and that albs, linens, candlesticks, etc. are clean and ready. A Sacristan has a love of the liturgy, an eye for detail, and good people skills. About two hours are needed for preparation before and cleanup after Mass. Volunteers must be Partners in the Mission and have previously served as Extraordinary Minister of Holy Communion. There is also an interview process.



Michelle Clinton at (360) 292-7111 mclinton@saintmichaelparish.org

Music Ministry

Saint Michael Parish has a long tradition of excellent leadership and participation in the music at liturgies. There is always a need for cantors (proclaiming the sung Psalm), instrumentalists, and choir members. Choirs sing at both the Downtown and Westside locations on Saturday Vigil and all Sunday Masses up to the 11:30 Mass. There is also a Children's Choir. Our Life Teen band plays for the Sunday 5:00 pm Mass and is always looking for skilled contemporary musicians. An audition is required for all music ministry groups. Rehearsal times vary according to the program.



Lee Ann Scherman Fralick at (360) 292-7140 Ischermanfralick@saintmichaelparish.org

Wedding Ministry Coordinator

This ministry provides an opportunity to personally witness the Sacrament of Marriage and is ideal for couples who want to share time together while helping others. Coordinators assist engaged couples to plan their liturgy, direct the rehearsal, and are present on the wedding day. Training is provided and weddings are assigned as your schedule permits.



Kimmy Jones at (360) 292-4774 kjones@saintmichaelparish.org

Art & Environment Committee

This hard-working group supports the liturgy and welcomes anyone with "arts & crafts" skills to help us decorate and create the atmosphere for fulfilling worship. Members help plan and implement the enhancement of our liturgical and worship spaces. Time commitment varies by project.



Joel Williams at (360) 753-4404 matercubed92@hotmail.com





Faith Formation Ministries



"Go, make disciples" Matthew 28: 19-20

Faith Formation at Saint Michael Parish establishes relationships of trust that:

- · Arouse spiritual hunger.
- Lead to a personal relationship with Jesus Christ.
- Ignite a desire to know Him through His Word.
- Deepen a commitment to follow Him in the Church.

The parish offers Faith Formation designed to support children, youth and adults throughout their lives as they follow Jesus and work to build the Kingdom of God.

F.A.I.T.H. Catechetical Team

If you love the Lord, love Holy Scripture, and are enthusiastic about sharing the faith with children, this ministry is for you! Meet as a catechetical team for prayer, study and planning once a month. Then work with children as a member of a two-person teaching team for children age 3-11. All training and materials provided, including two special workshops to help catechists feed their soul and nurture knowledge of the faith. F.A.I.T.H. catechists are also eligible for scholarships for advanced training through the Seattle Archdiocese. Ministry is open to confirmed adults and teens. A background check and Safe Environment training are required.



Mary-Jo Kelley at (360) 292-7100 mjkelley@saintmichaelparish.org

F.A.I.T.H. Advisory Team

Pass on a living legacy of faith. Parents, grandparents, and Godparents are invited to share their wisdom about nurturing faith in families. We offer support, mentoring, and resources to parents so they can nurture strong, loving relationships with Jesus and the Church within their families that will last a lifetime. The core gathers about 6 times throughout the year to share, study, vision, and set the course for family formation at the Parish.



Mary-Jo Kelley at (360) 292-7100 mjkelley@saintmichaelparish.org

F.A.I.T.H. Support Team

Our whole F.A.I.T.H. community is supported by a crew of energetic, dedicated adults, teens, and families. Team members provide hospitality, help in the kitchen, and assist with setup/tear down for F.A.I.T.H. gatherings.



Mary-Jo Kelley at (360) 292-7100 mjkelley@saintmichaelparish.org

Liturgy of the Word with Children

A proclamation of the Word of God adapted for children, it is celebrated at the 9:30AM and 5:00PM Masses downtown and the 8:30 & 10:30AM Masses at the Westside Chapel. Presiders offer the opportunity for children to share how scripture speaks to them and how they experience Jesus each day. Presiders lead children (age 5-10) in celebration in a separate classroom. Assistants accompany children during transitions and help them to participate. Weekly resources and training are provided. A background check and Safe Environment Training are required.



Anne Kunkle at (360) 292-7114 akunkle@saintmichaelparish.org

Catechesis of the Good Shepherd

In CGS, children explore their relationship with God through prayer, scripture, liturgy, and the liturgical year in a prepared environment called The Atrium. The Atrium and all the beautiful hands-on materials are based on a Montessori approach to faith formation. Sessions are offered for Level 1 (age 3-6), Level 2 (age 7-9), and Level 3 (age 10-12). Volunteer openings are for catechists, assistants, material makers, and setup crew. Training is provided. Background check and Safe Environment training are required.



Mary Trotter at (360) 292-7145 mdtrotter@comcast.net

Faith & Light Ministry Leaders

Faith and Light is a loving community that includes the intellectually disabled, their families, and friends. It is an international, interdenominational organization that began with Jean Vanier and a pilgrimage of parents and children with disabilities to Lourdes in 1971. Faith and Light at St. Michael Parish meets on the 2nd Sunday of every month to share friendship, pray together, and celebrate life. Orientation provided. Background check and Safe Environment training required.



Mary-Jo Kelley at (360) 292-7100 mjkelley@saintmichaelparish.org

Special Needs Catechetical Team

People with special needs have gifts to share with the larger Church community. Be part of that joyful team that accompanies children and adults with special needs as they grow in their faith and sense of giftedness as a valuable member of God's family. Experience gained either at home or in a professional environment is a valuable asset, but not necessary. Background check and Safe Environment training required.



Mary-Jo Kelley at (360) 292-7100 mjkelley@saintmichaelparish.org

Sunday School

Catechists and assistants share their faith with pre-school children during the 9:30 AM Mass from October through June. With support from Parish staff, catechists may choose to help with prayer and welcoming, art, playtime and story time, or singing. Each week is a new theme based on the Liturgical Year, a Saint, and Bible stories. Teens at least 16 years old and adults are welcome to serve. Orientation is provided and a background check and Safe Environment training are required.



Anne Kunkle at (360) 292-7114 akunkle@saintmichaelparish.org

Sacramental Preparation Catechist

This ministry assists the Steward for Sacramental Preparation in preparing children and their parents for the Sacraments of Reconciliation and Eucharist. The primary role of the catechist is that of guide and spiritual companion to a small group of families involved in preparation. Catechists also facilitate preparation sessions in their homes. Accommodations for those with special needs may be available. Commitment begins in the Fall and ends with First Eucharist after Easter. Training is provided and a background check and Safe Environment training are required.



Elizabeth Lyons at (360) 292-7119 elyons@saintmichaelparish.org

Vacation Bible School

Each year, a themed VBS is held for children age 4 through those entering 6th grade the following fall. VBS is normally held at the end of June. Advance preparation includes registration, planning, decorating, and craft preparation. Volunteers during the week of VBS are involved as small group guides or activity leaders from 9:00 AM to noon for 1-5 days during the week. Individuals who love children and who are gifted in prayer, music, cooking, crafts, and recreation are encouraged to serve. Youth who have completed 6th grade through adults are invited to help. Orientation is provided. Background check and Safe Environment training are required.



Anne Kunkle at (360) 292-7114 akunkle@saintmichaelparish.org

Confirmation Team

This is a great ministry that journeys with our high school youth and prepares them to receive the Sacrament of Confirmation. They have the opportunity to facilitate small groups; attend, support, and plan a Confirmation retreat; and assist with service projects. The ministry requires a one year commitment, 5-10 hours per month. Training is provided and a background check and Safe Environment training are required.



Jessi & Jamie Oakland at (360) 352-3321 jessib1145@gmail.com

Disciples of L.I.G.H.T.

Jesus calls us to be "light of the world", to shine the light of God's love and truth into the world by living a life rooted in His love. The Disciples of L.I.G.H.T. (Living in God's Holy Truth) is a youth leadership opportunity within the LifeTeen program and is open to youth in grades 10-12. The team helps plan Life and Edge nights and coordinates events for their peers. Members learn valuable life skills and deepen their relationship with Christ.



Chris Peterson at (360) 292-7106 cpeterson@saintmichaelparish.org

LifeTeen Core Team & Life Support (High School ministry)

Core Team is a relational ministry opportunity for adults over 20 years old who are passionate about their faith and feel called to lead high school teens closer to Christ. Responsibilities include participation in LifeTeen Mass and Life Nights on Sundays, weekly planning meetings, two retreats, various outside activities, and interaction with teens on their "turf". Members are blessed with the opportunities to be part of an amazing faith community, grow in relationship with God, and deepen their understanding of the faith. It requires a one year commitment, 6 or more hours per week.

Life Support members assist in prayer, facilities preparation, hospitality, liturgy, service projects, special events, transportation, and core support. Life support requires a one year commitment, 2-3 hours per week. Training is provided and a background check and Safe Environment training are required.



Chris Peterson at (360) 292-7106 cpeterson@saintmichaelparish.org

The EDGE (Middle School ministry)

EDGE Core Team members take a front-line role as catechists, giving witness talks, leading small groups, participating in skits, and working to bring Middle School youth to Christ. Core Team might be for you if you're over 18 (out of high school) and have a desire to share your faith with others. The program follows the EDGE format: Built on scripture, prayer, service, and fellowship. Commitment is for most Sundays after LifeTeen Mass, late September to early June, until 8:30-9 pm. Training is provided and a background check and Safe Environment training are required.



Rachel Yabut at (360) 292-7137 ryabut@saintmichaelparish.org

Vietnamese Eucharistic Youth Movement (TNTT)

Specific to the Vietnamese community, TNTT aims to teach youth age 6-17 to be virtuous people and good Christians. The objectives are to promote prayers for the Holy Father, devotion to the Eucharist, to honor Mary as a model for discipleship, and to support the missionary efforts of the Church through prayer, sacraments, service and sacrifice. Parents and other adults assist Youth Leaders as assistants and supporters to set up facilities, prepare snacks, sing songs, provide transportation for special events, and general chaperoning. Open to adults ages 25 and up. Youth leaders learn, share, teach, and guide other youth on living a "Eucharistic Day", playing games, camping, skits, assisting in retreats, and prayer. Commitment is 3-4 hours per week. Training is provided for both adult and youth volunteers, and a background check and Safe Environment training are required.



Nhu Vu at (360) 349-9611 nhuvu0719@gmail.com

Baptism Facilitator

Assists in welcoming parents and expanding their understanding of the baptismal commitment. A facilitator's commitment is to assist one class annually (six hours) scheduled at various times during the year. Primarily involves greeting families and guiding them in the Sacrament of Baptism during a Sunday Mass on dates mutually agreed upon. Training provided.



Elizabeth Lyons at (360) 292-7119 elyones@saintmichaelparish.org

Scripture Study Facilitator

Scripture study includes daily personal Bible reading and study, small group faith sharing, video and lecture presentations, and prayer. Objectives include a deeper personal relationship with God, richer appreciation of the Catholic faith tradition, and a fuller experience of Christian community. Facilitators guide the discussion, establish an open and accepting climate, lead group prayer, and support and encourage participants. Training is provided. Volunteers should be faithful to the time commitment, be willing to lead prayer and discussion, and have a welcoming spirit.



Elizabeth Lyons at (360) 292-7119 elyons@saintmichaelparish.org

RCIA Sponsor or Team Member

The Rite of Christian Initiation for Adults welcomes those considering becoming Roman Catholic and prepares them for the Sacraments and full reception into the Church. Our sponsors are compassionate, good listeners, and love to share their faith with others. A sponsor doesn't need to be a saint or theologian – just a faithful and participating member of our community who lives out and models the faith. Your own faith will be deepened and enriched by sponsoring another. Those with experience as an RCIA sponsor who want to become team members who instruct and/or dismissal catechists are welcome to apply for an interview.



Debs Pokos-Dugan at (360) 292-7117 ddugan@saintmichaelparish.org

Ministerio Hispano

El Ministerio Hispano se centra en el desarrollo de la Formación de la Fe en español para los miembros de la parroquia y los fieles de la comunidad católica. Trabajamos en coordinación con los directores de la parroquia para proporcionar preparación sacramental de Bautismo, Primera Comunión y Confirmación para adultos y niños y clases de catequesis para adultos. También ofrecemos clases de Quinceañeras(os) para familias deseando la bendición de su hija o hijo. Estos están programados durante todo el año en coordinación con otros programas y actividades parroquiales. Nos reunimos regularmente como comunidad hispana en las siguientes actividades: (cont.)

- Misa en español mensualmente el segundo martes de cada mes.
- Oración del Rosario y la Coronilla de la Divina Misericordia cada martes.
- El rezo del Rosario por y en las casas de los Padrinos de la celebración de Nuestra Sra. de Guadalupe
- Misa y las Mañanitas de Nuestra Sra. de Guadalupe el 12 de diciembre anualmente con una fiesta patrocinada por los Padrinos y la parroquia.
- Catequesis de Fe durante el año para adultos

El Ministerio Hispano necesita del apoyo de la comunidad hispana para seguir difundiendo la fe en Nuestro Señor Jesús y en Nuestra Madre la Virgen de Guadalupe por medio de las actividades y programas. Necesitamos su ayuda de sus dones y talentos que Dios nos concedió para el servicio de los demás.



Jane Villanueva at (360) 489-0895 mjvillanueva44L@comcast.net

Alpha Team

Alpha gives everyone the opportunity to explore the meaning of life in a relaxed, friendly setting. People come to investigate questions about the existence of God, the purpose of life, the afterlife, the claims of Jesus and more. The Alpha course usually meets once a week for 10 weeks, including a one-day or weekend getaway. Most are evening courses, typically two hours, and feature a meal followed by a presentation and discussion. Team members serve in set-up, small group facilitation, food preparation, or prayer support. A sincere commitment to the duration is expected once a team member agrees to serve for a specific course. Team members should have a heart for evangelization and be willing to gently and, without judgment, facilitate discussion among people who may have no faith, misunderstand their faith, or hold views contrary to the teachings of the Catholic Church. Training and support are provided.



Ralph Shawver at (360) 292-7115 rshawver@saintmichaelparish.org

Small Group Facilitator

Small Groups form the backbone of our Adult Faith Formation. Facilitating a small group is a great leadership opportunity that draws others into deeper relationships with Christ and His Church. Many groups continue year-round. Facilitators should be committed to the meeting time of their group, be willing to open their homes to participants and to lead them in prayer and reflection. Structured programs with video presentations and Lectio Divina (traditional Benedictine scriptural reading), start 2-3 times per year, and groups are encouraged to continue to meet on their own once the structured programs end. Training and materials provided.



Diane Steinbrecher smp.smallgroups@gmail.com



Community Outreach Ministries



The Church is a community of human beings who, while still subject to sin, strive to live out the Gospel call to love our neighbors as ourselves. Our St. Michael Parish faith community works to promote justice and charity through numerous ministries and programs. Our outreach to the poor and most vulnerable is one key way in which we live out our faith in the world. The Catholic Church is the world's largest provider of social services. We're honored to be part of that tradition.

Beyond Just Faith

Just Faith is a 30 week program that focuses on options for the poor and on solidarity, two of the seven themes of Catholic social teaching. The Beyond Just Faith ministry provides an outlet for the graduates of the Just Faith program to more fully participate in putting that teaching into action. The group meets monthly and supports programs such as the Bread for the World letter-writing campaign, Fair Trade sales, faithful citizenship and creating a culture of peace forums. All parishioners are invited to participate.



Bill Brennan at (360) 357-3982 wpb53@comcast.net

Bridge of Hope Grief Support Ministry

Bridge of Hope is a faith-based support group for those experiencing any type of grief. Grief support facilitators help individuals work through the feelings, thoughts, and memories associated with their grief. Facilitators should have listening skills and deep faith, the ability to give comfort, support, and encouragement; to develop strategies for seeking support and self-care as well as a deep trust in God's power and presence. Training and/or experience is helpful. Facilitators work with a co-leader to facilitate eight consecutive weekly meetings held on Saturdays from 10AM-NOON. Facilitators and co-facilitators have the option to lead one full cycle of eight meetings per year or meet one-on-one with those needing support. Facilitators are needed to support those experiencing stillbirth, miscarriage, death of an infant, addiction, and other types of grief.



Benedetta Reece at (360) 292-7143 breece@saintmichaelparish.org

Christmas Giving

The downtown church partners with Catholic Community Services, Drexel House, and St. Mike's Tikes every year at Christmas for the names of needy individuals in our community. Volunteers set up a Giving Tree, hang tags with the wish lists of those needing gifts, and deliver donated gifts to the partner organizations. The Westside Chapel similarly partners with the City of Tumwater for names of needy individuals. Volunteers set up a table with the wish lists of those needing gifts and deliver those gifts to the partner organizations.



Downtown – John Terranova at (360) 292-7108 Westside – Rich Pallechio at (360) 786-0055

Clothing Bank

In the spirit of Christ, our volunteers assist the needy of our community by sorting and distributing donated clothing, bedding, and other household items to them. Those sorting donations typically work Monday and Friday mornings, plus Wednesday evenings. The Clothing Bank is open 9-11:30AM on Tuesdays and Saturdays, plus 6:30-8PM Thursdays, and volunteers are always welcome to help distribute donations to those in need. If your availability falls outside the typical operating hours, the Clothing Bank can still make good use of any time you have available to volunteer!



Ed Knuckey at (360) 943-4567 woodk4@comcast.net

Community Kitchen

Catholic Community Services operates the meal program for the hungry and homeless at the Salvation Army site at the intersection of 5th and Plum. Parishioners from St. Michael Parish, along with people from a number of other area churches and institutions prepare, serve, and clean up at meals Monday through Saturday. There are always opportunities to support the Community Kitchen at lunch or at dinner. Hours for lunch preparation are 9-11AM, with serving and cleanup from 11AM-1PM. Hours for dinner preparation are generally 3-5PM, with dinner service and cleanup 5-7PM. Some volunteers assist for the entire four hour lunch or dinner service, while others assist only for a specific two hour shift. Youth aged 6-17 are welcome to accompany their parents. Training is provided.



John Terranova at (360) 292-7108 jterranova@saintmichaelparish.org

Detention Ministry

Detention ministry volunteers bring the Word of God and the message of God's love and forgiveness to incarcerated men and women. Working in teams, volunteers share their faith with prisoners by leading or assisting with activities such as Bible study, prayer services, faith formation classes, and by bringing Holy Communion to Catholics behind bars. Others may assist with parish activities in support of this ministry. Volunteers should have a deep faith, the gift of patience and the willingness to recognize the God-given dignity of every person. This ministry requires a background check and Safe Environment training, and volunteers must comply with specific requirements depending on the institution they visit.



Benedetta Reece at (360) 292-7143 breece@saintmichaelparish.org

St. Vincent de Paul Society

"St. Vinnie's" provides financial assistance to those in need within certain guidelines. A special emphasis is keeping those with housing from becoming homeless by providing assistance to those facing eviction or imminent power and water shutoffs. The ministry operates Mondays, Wednesdays, and Fridays from 1-3 PM and requires a minimum commitment of 4 hours monthly. A background check is required.



Roger Theine at (360) 357-6246 rtheine@comcast.net

Youth Migrant Project (YMP)

Youth in grades 6-8 work in food and clothing banks and other outreach projects that serve our migrant sisters and brothers of the Skagit Valley during this week-long summer "mission at home". Their desire is to discover Jesus' call to a life of loving service, understand the importance of respecting the rights of all people, experience the richness of Hispanic culture, make new friends by developing and deepening their faith, and experience the universality of the Catholic Church. The project needs adults to serve as chaperones and drivers who are willing to share their faith and lead youth during this intense week of service. Adults are also needed to help with prep work, collect donations, and serve as "prayer warriors". Training is provided and a background check and Safe Environment training are required.



Rachel Yabut at (360) 292-7137 ryabut@saintmichaelparish.org

Men's Homeless Shelter

There is a need every year for volunteers to serve as shelter hosts and to prepare food. Between November 1 and February 28, hosts spend one or two nights per month supervising a shelter for homeless men in the downtown church Gathering Space and meeting rooms. There are always two hosts present, and couples and families are encouraged to participate together. The shelter houses up to twelve men per evening, and opens from 9 pm – 7 am. Volunteers new to hosting will be teamed with experienced hosts. There are additional opportunities for volunteers to prepare meals for each night the shelter is open, as well as to wash bedding materials. Training is provided and a background check and Safe Environment training are required.



Hosts or food – John Terranova at (360) 292-7108 Shelter laundry – Benedetta Reece at (360) 292-7143

Helping Hands

This ministry provides a "helping hand" to people 18 and older who are in need of temporary assistance, regardless of their faith, ability, or income by providing meals on different occasions, short-term respite for caregivers, visiting or calling on the home-bound, plus assisting with healthcare appointments, grocery shopping, or other errands. Requires a valid driver's license and auto insurance, as well as a background check and Safe Environment training. No minimum service time is required and is based on your schedule and availability.



Benedetta Reece at (360) 292-7143 breece@saintmichaelparish.org

Impact

Impact is the service outreach ministry of LifeTeen, based on Matthew 5:16, which states, "Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father." It is open to youth in the LifeTeen and EDGE programs, who help to be the mouth, arms, and feet of Christ as they work at community assistance activities from visiting the elderly to cleaning up a neighbor's yard. Volunteers are especially needed to help plan and coordinate events.



Chris Peterson at (360) 292-7106 cpeterson@saintmichaelparish.org

Journey of the Heart

As people of God, we are called to be missionaries. Journey of the Heart organizes short term mission experiences within and outside the archdiocese. Some volunteers will go on a mission trip, helping to paint or repair facilities, care for children, or distribute food – whatever is needed. Others will plan mission activities, provide transportation, prepare missionaries for their journey, or support them and the people they serve with prayer. Meetings are monthly for about two hours. The only requirements are compassion and the desire to love and serve others.



John Terranova at (360) 292-7108 jterranova@saintmichaelparish.org

Little Red Schoolhouse

Saint Michael Parish joins with the Little Red Schoolhouse annually in their progam to collect and distribute school supplies to needy families. Volunteers are needed to monitor parish donations and to help in the distribution of supplies, which takes place in August or September, depending on the scheduled start of school.



Benedetta Reece at (360) 292-7143 breece@saintmichaelparish.org

Meals for Moms/Food for Fathers

This ministry presents an opportunity to deliver dinner to mothers in our parish who have recently given birth. You'll receive an e-mail notification whenever a new baby arrives (averages about twice a month) along with a link to a convenient website where you can chose a date that works for you, plan a dinner, and deliver it to the family. There are also occasional opportunities, using the same online process, to bring dinner to our priests at the rectory. St. Michael School families also receive an hour of community service credit for each meal delivered.



Valarie Ripley at (360) 923-9227 valarie59@comcast.net

Monthly Food Collection

St. Michael Parish collects food donations for the Thurston County Food Bank and the YMCA "Other Bank" on the first Sunday of each month. Parishioners drop off their donations before Masses at both parish sites. On the following Monday, volunteers meet, sort, and box the food and other supplies.



Downtown – Doris & Robert Smith at (360) 459-4612 Westside – Chuck & Terry McCarthy at (360) 866-2051

Interfaith Works Emergency Overnight Shelter

In collaboration with Interfaith Works, St. Michael volunteers help staff the shelter, which is currently hosted for the entire season by other area churches. Guests are pre-screened and given light case management through Sidewalk Advocacy Center. Volunteers spend the evening from 5-10PM at the shelter, where they supervise and build relationships with guests. There are additional opportunities for volunteers to prepare and serve meals and wash bedding materials. Families are welcome and encouraged to participate in hosting and meals. Training is provided and a background check and Safe Environment training are required.



Benedetta Reece at (360) 292-7143 breece@saintmichaelparish.org

Parish Nurse Ministry

Parish Nursing promotes whole person health within the context of the values, beliefs, and practices of our Catholic faith. It includes functions such as health education, health counseling, advocacy, developing support groups, and coordinating health events. Volunteers should have the desire to improve or address today's health care needs and need not be a health care provider, though we'd love to have you if you are!



Kathy Rayburn at (360) 556-7514 krayburn@saintmichaelparish.org

Pastoral Care Ministry

As Extraordinary Eucharistic Ministers of Holy Communion to the sick (also known as Eucharistic Visitors), Pastoral Care members bring Holy Communion to members of our faith who are temporarily or permanently unable to join the community at Mass. We care for the home-bound and those living in retirement communities, assisted care communities or nursing homes, and parishioners who are in hospitals or rehabilitation facilities. Ministers are commissioned for two years. Training is required and provided, and a background check and Safe Environment training are required as well.



Benedetta Reece at (360) 292-7143 breece@saintmichaelparish.org

Prayer Shawl Ministry

The Prayer Shawl is not only a knitted or crocheted garment of many colors and patterns, but a mystery of God's wisdom and warming embrace for those faced with life's challenges. Come and share your talent and prayers and enjoy fellowship with members on Wednesdays from 1-3PM. The group prays over the shawls, which are then blessed and given to those in need of comfort, or even in celebration!



Flora Pallechio at (360) 786-0055 fspallechio@comcast.net

Pregnancy Aid

Pregnancy Aid provides pregnancy tests, decision-making information, positive emotional support, maternity clothing, prenatal vitamins, baby clothing and diapers, bassinets, emergency infant formula, toddler clothing, and referral services. The office is open from 2-4PM on Monday, Tuesday, Thursday, and Friday afternoons and 9AM-NOON on Wednesday mornings.



Karen Wood Knuckey at (360) 956-7413 woodk4@comcast.net

Sanctity of Life

The Sanctity of Life Committee promotes all life issues that are woven into the seven facets of Catholic social teaching. They focus on the dignity and value of all human life from conception to natural death. They participate in the 40 Days for Life, Catholic Advocacy Day, and October Respect Life months, among other activities. The group gathers monthly to plan events and pray. Meetings are held the third Tuesday of each month from 7-8:30PM. All are welcome.



Benedetta Reece at (360) 292-7143 breece@saintmichaelparish.org



Community Building Ministries



God has revealed to us that his very nature is communal and social. God the Father sends his only Son Jesus Christ and shares the Holy Spirit as his gift of love. God reveals himself to us as one who is relational, one who is Trinity.

We who are made in God's image share this communal, social nature and are called to reach out and to build relationships of love and justice.

Adopt-a-Flower Bed

A great opportunity for a group of friends or a family to help maintain our critical first impression – the grounds at the Downtown and Westside sites. Enthusiastic participation is crucial to preserving these large landscaped areas. Flower bed spaces are assigned for individuals or groups to inspect and maintain on a weekly basis from early April through October. Thirty minutes per week should be enough for most areas. Periodic group work parties provide an opportunity to share fellowship while completing large or extra projects. Tend God's beautiful creation as it flourishes for all to enjoy and appreciate!



John Graussam at (360) 292-7107 jgraussam@saintmichaelparish.org

Altar Society/Guilds

The Altar Society supports altar needs such as cleaning, new altar cloths, laundry, and the parish Nativity set. They also support seminarians and the Funeral Luncheon ministry. Guilds meet, select, and support individual service projects.



Mary Schade at (360) 866-0305

Creative/Technical Writer

Our sense of community depends on our ability to communicate. You can foster communications by contributing your writing skills for various publications within the parish such as newsletters, grant applications, brochures, etc. Time commitment varies by project.



Ralph Shawver at (360) 292-7115 rshawver@saintmichaelparish.org

Cursillo

The Cursillo movement helps fulfill the need for Christ's disciples in our everyday world. It provides a method dedicated to strengthening Christians in their faith and assists them in evangelizing in their daily lives. The method includes a three day weekend experience followed up with weekly friendship group reunions.



Bill Hine at (360) 923-0244 Larry Holt at (360) 754-4310

Special Events Team

We are blessed to have a large Parish family. One way to celebrate and build community is through special events. If you enjoy working with a team, planning, or have organizing skills, you can be part of several annual events, which are assigned as your schedule permits.



Kimmy Jones at (360) 292-4774 kjones@saintmichaelparish.org

Funeral Luncheon Ministry

Every year, hundreds of our parishioners, their families, and friends are able to gather for comfort and caring moments at lovely luncheons served after their loved one's funeral. These times of outreach and kindness depend on the Funeral Luncheon Ministry, a wonderful opportunity to serve and share food as we participate in the Church's Corporal Acts of Mercy.



Margaret Stone at (360) 866-3912

Parish Office Support

There are always so many things to do to help our Parish run smoothly and keep our community involved and informed. We'd love to have you come in and answer the telephone, greet visitors, stuff envelopes, make calls for ministries, do data entry, etc. Training is provided and there's always plenty of coffee!



Dolly McKay at (360) 292-7102 dmckay@saintmichaelparish.org

Pew Preparation

Want to spend quiet time in the Downtown church or Westside chapel and help the Parish at the same time? This ministry involves straightening pews and placement of materials in preparation for Sunday Masses and special liturgies. The time commitment is approximately two hours on a Friday or Saturday once a month. There is also the option of helping out after the regular Sunday Mass that you attend. This is a great ministry for families with school-age children. Commitment is open ended and training provided.



Dolly McKay at (360) 292-7102 dmckay@saintmichaelparish.org

Westside Coffee Social

Provides an opportunity for the community to celebrate and fellowship together after Sunday Masses at the Westside Chapel. Time required is usually about 45 minutes before and after Mass every few weeks as scheduled for either the 8:30AM or 10:30AM Mass. We ask for a one year commitment.



Rosemary Barnhart at (360) 866-7589 rosemary.b@comcast.net

Photo & Video Ministry

Photos and videos are a great way we celebrate all the great activities at St. Michael Parish. We use them for publications like newsletters or the annual report, on our website and on social media, and in other ways as well. If you like taking pictures or videos, and have experience and skill with digital photography, or editing, this ministry is for you! Time commitment is flexible and depends on your availability.



Stephanie Richardson at (360) 292-7141 srichardson@saintmichaelparish.org

S.S.A.S. (Same Sex Attraction Support)

We provide spiritual support for men and women with same sex attractions who desire to live chaste lives in accordance with the teachings of the Roman Catholic Church. If you or a loved one have same sex attractions and are looking for a place for prayer and fellowship, we offer spiritual support in consonance with Church teaching, especially the dignity and love that all have a right to expect as children of the living God.



Fr. Jim Lee at (360) 754-4667 office@saintmichaelparish.org

Telephone Ministry

Telephone Ministry members call from their homes or from the Parish to greet newcomers and inform parishioners about upcoming events. The time commitment can vary as you are available – usually only two or three calls per month. Training and ongoing support are provided. This is a wonderful ministry for those who may be physically unable to serve in other ways.



Ralph Shawver at (360) 292-7115 rshawver@saintmichaelparish.org

Welcoming Ministry

Several hundred new parishioners come to us every year, and we want to welcome every one of them! You can be a part of this team in several ways: Develop the overall welcoming strategy, facilitate or serve refreshments at our monthly Newcomers Orientations, staff the Welcoming Counter in the Gathering Space before and/or after Mass, or join with other hospitality ministers and greet guests at the door. Families with children are most welcome to serve! Commitment varies, but ministry members should serve in some capacity before and after Mass once per month. Training is provided.



Mike and Sharon Rushing at (360) 491-5509 smrushing@hotmail.com



Groups



We have a host of active groups at Saint Michael Parish, from prayer groups to councils and commissions. You're sure to find a group that speaks to your heart and helps you to live out your spiritual call to holiness.

Eucharistic Adoration

Meet Jesus face-to-face in the Holy Eucharist. Adoration of the Blessed Sacrament is an expression of our love and a profession of our faith in Christ's presence now on earth. This is our opportunity to come before Jesus and thank him for his ultimate sacrifice for our salvation, to share with him our trials and sufferings, and to ask for his help and grace in our lives. He waits patiently and lovingly for each of us to come to him. Give yourself the gift spending time with our Lord; remember the question Jesus asked his apostles, "Could you not spend one hour with me (in prayer)?" Adoration takes place 24 hours a day, 7 days a week in the Saint Joseph Chapel. Volunteers can commit to adoration at a specific time for one hour per week, or for one or more hours per month as a substitute.



Roger Theine at (360) 357-6246 rtheine@comcast.net

Centering Prayer

Centering Prayer is one of the traditional prayer practices that opens us to God's gift of contemplation. The group's intention is just to be in God's loving, healing presence. The contemplative community at St. Michael Parish prays twice a week in the Saint Joseph Chapel, offers silent retreats four times a year, and offers introductions to Centering Prayer. Everyone is invited to enter into this silent, healing relationship with God.



Rosemary Barnhart at (360) 866-7589 rosemary.b@comcast.net

Eucharistic Prayer Cenacle

This group prays the Rosary, the Fatima Prayer, the Chaplet of Divine Mercy, and other prayers and engages as a group in Adoration of the Blessed Sacrament. The primary focus is prayer for the Holy Father and priests and for encouragement of individual Eucharistic Adoration. Everyone is welcome to join them every Thursday at 11 AM in the St. Joseph Chapel.



Alice Janny at (360) 866-7340 jjanny2@comcast.net

Charismatic Prayer

Join the group for charismatic praise, worship, music, as well as healing and intercessory prayer. They are committed to fostering a personal experience of Pentecost through the Baptism of the Holy Spirit, receiving and using charismatic gifts, commitment to Jesus Christ as Savior and Lord, and developing a life of holiness in a Catholic context of faith and practices. The group meets every Thursday from 7-9PM in the St. Joseph Chapel. Everyone is welcome to join them at any time during the evening.



Connie Smith at (360) 943-9767 connie.s246@gmail.com

Intercessory Prayer Ministry

All that we do at St. Michael Parish is rooted in prayer. Ministry Intercessors sustain and strengthen our ministries with their prayer support. Intercessors are contacted four times per year and are asked to pray for special requests of our parish ministries. This is a wonderful ministry for the homebound or those who otherwise find it difficult to attend ministry gatherings. A one year commitment is asked.



Stephanie Richardson at (360) 292-7141 srichardson@saintmichaelparish.org

Legion of Mary

The Legion of Mary is the largest apostolic organization of lay people in the Catholic Church. Members contribute to community welfare in a balanced program of prayer and service through Mary, Mother of the Church. Meetings are held every Thursday at 10 AM.



Leigh Phillips at (360) 489-4797 leigh_sophie@live.com

Young Adults

This group is geared toward anyone in their 20's and 30's who is interested in learning about and living out their Catholic faith. The group helps connect both single and married



young adults with Jesus, the Catholic Church, and one another through spiritual, social, and service opportunities.



Elizabeth Lyons at (360) 292-7119 elyons@saintmichaelparish.org

Men's Group

Since 2005, the Men's Group at St. Michael Parish has provided an opportunity for men to grow in their faith as they strive to become the men God calls them to be. Led by our Pastor, the group meets each Wednesday morning from 6:30-7:30 am and uses a process of prayer, song, study, and discussion. Topics include Sacred Scripture, teachings of the Catholic Church, and the issues and challenges that confront men in today's world as they strive to follow Christ's example at home, work, and in their community. This is an on-going gathering and one can join in at any time.



Fr. Jim Lee at (360) 754-4667 office@saintmichaelparish.org

Moms of Faith

A ministry of mothers from St. Michael Parish and a variety of Christian backgrounds building faith and friendship while supporting each other in the happy, holy, and sometimes crazy vocation of nurturing families and leading them closer to Jesus. All mothers are welcome, whether pregnant with a first baby or a mother of older children. The group shares life's highs and lows, as well as reads and discusses the upcoming Sunday readings. They meet every Tuesday from 11:30 AM to 12:30 PM, and summer months include playground/park outings.



Kimmy Jones at (360) 292-4774 lbergford@saintmichaelparish.org

Prime Timers

Prime Timers are parishioners age 62 and older seeking an opportunity to share life experiences with other seniors in their faith community. This ministry offers monthly activities focusing on fellowship, education, social outreach and spiritual growth. Seniors are invited to join them at monthly potluck lunches or other programs. Check the Sunday bulletin or website for Prime Timer activity dates and times.



Judy Bourgault at (360) 754-7237 judybourg08@comcast.net

Knights of Columbus

The Knights of Columbus is a service organization for Catholic men, age 18 and older. The Knights are active in charity and service throughout the parish and the greater community, and support vocations to religious life. Involvement in the Knights presents opportunities for personal growth, responsibility, and leadership. Pillars of the order are charity, unity, fraternity, and patriotism. The group meets in the evening on the first Thursday of the month and holds a social activity on the third Thursday of the month.



www.kofc1643.org





School Ministries



Saint Michael Parish School is a ministry of the parish, and as such, is inexorably tied to the community of faith. The impact of a solid education grounded in Catholic teaching and morality is felt by all of us. It is for the future of our faith, our Church, and our world that we must continually raise up new generations of well-formed believers. Whether a school parent or not, school ministries need your support and prayers!

Parent-Teacher Service Association (PTSA)

The PTSA is dedicated to building good communication among home, school, and parish and to initiating and supporting activities that provide service to the school and parish. The PTSA plans community building activities to maintain a positive school climate and educational program. Class representatives spearhead a wide variety of in-class and school-wide service activities throughout the year.



Lisa Rehberger at (360) 754-5131 lisarehberger@hotmail.com

School Library Support

Library volunteers help students locate specific resources in the library, shelve books, and process new materials for check out. They may also assist with inventory, data entry, and other tasks as needed. Training provided and time commitment is flexible. Background check and Safe Environment training required.



Joan Joanis at (360) 754-5131 jjoanis@stmikesolympia.org

SMART Auction

The annual S.M.A.R.T. Auction Family is held in October and our Gala Dinner Auction is held in April. Donations are accepted throughout the year. Proceeds from S.M.A.R.T. are divided, with half going to the Endowment Fund for tuition assistance and the other half going into the Capital Facilities Improvement Fund. S.M.A.R.T. provides a wide variety of volunteer opportunities with varying time commitments and flexibility.



Aurea Estrella-Geraghty at (360) 754-5131 laynnee76@msn.com





Councils & Commissions



Suggestions for councils & commissions are gathered each year in May during an "offering of names" process in which parishioners prayerfully consider and submit the names of those they believe would be of service to the Parish in a leadership role. That process is followed by a "day of discernment" whereby those whose names have been put forward discern if and in what capacity they may be called to serve. Finally, the process concludes with a personal invitation by the Pastor to serve on a specific council or commission.

The Pastor seeks advice and counsel from eight leadership councils and commissions in order to guide the mission of the Parish: Pastoral Council, Finance Council, Stewardship Council, Faith Formation Commission, Spiritual Life and Worship Commission. School Commission. Community Outreach Commission and Vietnamese Commission. Each council and commission is engaged with one area of Parish life and ministry. A council or commission is responsible for developing a strategic plan for ministries which fall under their responsibility, ensuring that these plans are carrying out the mission and direction of the parish.

Pastoral Council Staff Liaison—Terry Walter

The Pastoral Council is the Pastor's primary consultative body and is responsible for helping the Pastor plan and execute the mission and vision of the Parish. Council members serve a three year term.

Finance Council Staff Liaison—Terry Walter

The Finance Council provides advice and recommendations to the Pastor concerning the stewardship of the parish's fiscal resources, including long-range financial planning and budgeting.

Stewardship Council Staff Liaison—Ralph Shawver

The Stewardship Council promotes Stewardship as a Way of Life for the people of the Parish. The Council advances all aspects of Stewardship by offering education, personal discovery, and a welcoming spirit in our ministries. Council members support the annual Time & Talent effort, the Annual Appeal for the Archdiocese, and the Sacrificial Giving renewal.

Faith Formation Commission Staff Liaison—TBD

A consultative body that offers support and advice to the Pastor on matters of faith formation, its goal is nurturing life-long faith in all parishioners. Members study best practices and Church documents on Faith Formation and develop the direction for future faith formation initiatives.

Pastoral Care and Community Outreach Commission

Staff Liaison—Benedetta Reece

The Commission promotes the awareness and practice of Catholic Social Teaching. It evaluates new and existing social ministries, provides educational opportunities on Catholic Social Teaching and recommends financial support for local organizations serving the poor.

Spiritual Life & Worship Commission

Staff Liaison—Michelle Clinton

The Spiritual Life and Worship Commission is committed to deepening the spiritual life of the Parish community. They recommend actions that will result in a more prayerful and spiritual parish community.

School Commission Staff Liaison—Connor Geraghty

A consultative body to the Pastor and to the principal on matters relating to the Parish school, its primary responsibilities include preparing the school budget and strategic plan for approval by the Pastor. There are three standing committees: Stewardship, Communication, and Finance.

Vietnamese Commission Staff Liaison—Terry Walter

A consultative body that provides advice and recommendations concerning care and ministry to the Vietnamese community, the commission provides opportunities for Vietnamese members to come together to worship and support one another and maintain their native language and culture. This is especially helpful to those new to the area who do not speak English.

Partner in the Mission

We expect that every registered family will strive to be a Partner in the Mission. The four key areas in which this partnership is visible and lived out are:

Sacraments

As a disciple of Jesus Christ, a partner participates weekly in the sharing of the Sunday Eucharist and the Sacraments at Saint Michael Parish.

Personal Spiritual Growth

As part of a community of believers, a partner is fully committed to constant personal spiritual growth.

Financial Support

A partner financially supports the mission and ministries of the entire parish. Every Fall, each partner household makes a sacrificial, financial pledge to support God's work at St. Michael Parish for the year to come. They then fulfill their pledge throughout the following year.

Time & Talent

Being a disciple, a partner is committed to living out our call within the community by giving of our Time and Talent to carry out the Lord's work. Each Spring we discern and commit to God's call to service. A partner, a disciple, serves in Parish ministry.





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