

**A SPIRITUAL EXERCISE FOR
LENT AND HOLY WEEK**

IN ANOTHER PART OF THE NEWSLETTER ARE THE COLLECTS FOR ASH WEDNESDAY, HOLY WEEK AND EASTER. COLLECTS ARE COLLECTIVE PRAYERS, USUALLY PRAYED BY A CONGREGATION. HOWEVER, A WORTHY SPIRITUAL EXERCISE FOR AN INDIVIDUAL IS TO PRAY AND REFLECT ON THE COLLECTS, TO CAREFULLY EXPLORE EACH PHRASE IN THE PRAYER, AND TO SEEK ITS DEEPEST MEANING. LET GOD SPEAK TO YOU THROUGH THESE ANCIENT PRAYERS.

YOU MIGHT MEDITATE ON THEM, ONE PRAYER PER WEEK, EACH WEEK IN LENT. OR YOU MIGHT MEDITATE ON THEM AS A PRAYER CYCLE, ONE PRAYER PER DAY, CYCLING THROUGH THE PRAYERS SEVERAL TIMES DURING THE WEEKS OF LENT AND HOLY WEEK.

WHATEVER YOU CHOOSE TO DO, MAY THIS LENT, HOLY WEEK, AND EASTER BE A BLESSING TO YOU. FR. EARL

Senior Warden's Report

The vestry spent the weekend of February 23-25 in Rehoboth on retreat. We had a wonderful time learning about prayer. I am not a very prayerful person, so this instruction was quite enlightening to me. We learned about stillness, concentration, and clarity of mind. But, I think the most important thing I took away from the meeting was to listen. Prayer is not about asking God for things or to have Him help us out of a bad situation. Prayer is about listening to God to find out his plan for us. This is not to say that we can't ask God for things, but more importantly we need to listen to God's response. This response as I see it is not the answer laid out for us, but more of advice to resolve the issues ourselves. As an example, a student may pray for a good grade on a test. I think God's response would be "You will get a good grade on that test.... if you study hard." Therefore, the important part of the prayer is how we respond to God. Do we study or not? We also learned about combining prayer with other activities such as walking, yoga, pilates, and art.

I think the whole vestry found the retreat to be very enlightening. The other vestry members and I have dedicated ourselves to improving our prayer life. If you wish to improve your own prayer life, ask a vestry member about their experiences during the retreat.

I will leave you with a line from a song that I enjoy listening to.... It states:
"if you want to hear God laugh, just tell Him your plan"

Yours in faith,
Chris Bennett

Vestry Commitment

The focus of this year's vestry retreat was prayer. Before returning home the vestry committed to praying daily for each other. We are asking the congregation to join us by praying daily for your vestry. We want to be the best leaders that we can and we hope to do this with the help of your prayers. The names of your vestry members are listed in the insert in the Sunday bulletin along with others that need our prayers. Please join us in fulfilling this commitment.

COLLECTS FOR SPECIAL DAYS

Ash Wednesday

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Palm Sunday

Assist us mercifully with your help, O Lord God of our salvation, that we may enter with joy upon the contemplation of those mighty acts, whereby you have given us life and immortality; through Jesus Christ our Lord. *Amen.*

Maundy Thursday

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Good Friday

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Easter Vigil

O God, through your Son you have bestowed upon your people the brightness of your light: Sanctify this new fire, and grant that in this Paschal feast we may so burn with heavenly desires, that with pure minds we may attain to the festival of everlasting light; through Jesus Christ our Lord. *Amen.*

INVITE SOMEONE TO HOLY WEEK & EASTER AT SAINT PAUL'S

April 1 - PALM SUNDAY (*BCP 270*) - 8:00 & 10:30 a.m. - We begin Holy week by blessing the palms, recalling Jesus' entry into Jerusalem, and hearing a dramatic reading of the Passion story.

April 5 - MAUNDY THURSDAY (*BCP 274*) - 7:00 p.m. - We remember the Last Supper, we are reminded of our servanthood in washing feet, we recall Jesus instituting Holy Communion, and we tell again Jesus' new commandment "that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another (John 13)" and we strop and darken the church.

April 6 - GOOD FRIDAY (*BCP 276*) - noon - We hear a dramatic reading of the Gospel of John's passion story, we pray the solemn collects, and we walk the Stations of the Cross.

April 7 - HOLY SATURDAY (*BCP 283*) - 9:00 a.m. - We remember our Lord lying in the tomb and we await his resurrection.

April 7 - BLOOMING OF THE CHURCH - 10:00 a.m. - Throughout Lent our church has been bare of flowers. Today we prepare it for Easter with lilies and flowers of all kinds.

April 8 - EASTER DAY

6:45 a.m. - RAISE THE ALLELUIA

7:00 a.m. - EASTER VIGIL (*BCP 285*) - We light the new fire, hear the ancient *Exsultet* chanted, receive the good news of God's salvation history, renew our baptismal vows and celebrate the first Holy Eucharist of Easter.

8:45 a.m. - FESTIVE EASTER BREAKFAST

9:30 a.m. - CHILDREN'S EASTER EGG HUNT

10:30 a.m. - EASTER WORSHIP (*BCP 355*)

Heroes of the Faith - March

March 7

Perpetua and her Companions, *Martyrs at Carthage, 202*

Vibia Perpetua was a young widow, mother of an infant and owner of several slaves, including Felicitas and Revocatus. With two other young Carthaginians, Secundulus and Saturninus, they were catechumens preparing for baptism. Early in the third century, Emperor Septimius Severus decreed that all persons should sacrifice to the divinity of the emperor. There was no way that a Christian, confessing faith in the one Lord Jesus Christ, could do this. Perpetua and her companions were arrested and held in prison under miserable conditions.

In a document attributed to Perpetua, we learn of visions she had in prison. One was of a ladder to heaven, which she climbed to reach a large garden; another was of her brother who had died when young of a dreadful disease, but was now well and drinking the water of life; the last was of herself as a warrior battling the Devil and defeating him to win entrance to the gate of life. "And I awoke, understanding that I should fight, not with beasts, but with the Devil. . . . So much about me up to the day before the games; let him who will write of what happened then."

At the public hearing before the Proconsul, she refused even the entreaties of her aged father, saying, "I am a Christian." On March 7, Perpetua and her companions, encouraging one another to bear bravely whatever pain they might suffer, were sent to the arena to be mangled by a leopard, a boar, a bear, and a savage cow. Perpetua and Felicitas, tossed by the cow, were bruised and disheveled, but Perpetua, "lost in spirit and ecstasy," hardly knew that anything had happened. To her companions she cried, "Stand fast in the faith and love one another. And do not let what we suffer be a stumbling block to you."

Eventually, all were put to death by a stroke of a sword through the throat. The soldier who struck Perpetua was inept. His first blow merely pierced her throat between the bones. She shrieked with pain, then aided the man to guide the sword properly. The report of her death concludes, "Perhaps so great a woman, feared by the unclean spirit, could not have been killed unless she so willed it."

Heroes of the Faith - March

March 7

John and Charles Wesley, *Priests, 1791, 1788*

Wesley, Rector of Epworth, Lincolnshire. John was born June 17, 1703, and Charles, December 18, 1707.

The lives and fortunes of the brothers were closely intertwined. As founders and leaders of the “Methodist” or evangelical revival in eighteenth-century England, their continuing influence redounds throughout the world and is felt in many Churches. Although their theological writings and sermons are still widely appreciated, it is through their hymns—especially those of Charles, who wrote over six thousand of them—that their religious experience, and their Christian faith and life, continue to affect the hearts of many.

Both brothers were profoundly attached to the doctrine and worship of the Church of England; and no amount of abuse and opposition to their cause and methods ever shook their confidence in, and love of it. Both Wesleys were educated at Christ Church, Oxford. It was there that they gathered a few friends to join in strict adherence to the worship and discipline of the Prayer Book, and were thus given the name “Methodists.” John was ordained in 1728 and Charles in 1735.

The two brothers went together to Georgia in 1735, John as a missionary of the Society for the Propagation of the Gospel, and Charles as secretary to James Oglethorpe, the Governor. Shortly after their return to England, they both experienced an inner conversion, Charles on May 21, 1738, and John on May 24, at a meeting in Aldersgate Street with a group of Moravians, during a reading of Luther’s Preface to the Epistle to the Romans. John recorded, “I felt my heart strangely warmed. I felt I did trust in Christ, Christ alone, for salvation; and an assurance was given me that he had taken away my sins, even mine, and saved me from the law of sin and death.” So the revival was born.

The later schism of the Methodists from the Church of England occurred after the death of the two brothers—Charles on March 29, 1788, and John on March 2, 1791—but John’s uncanonical ordinations of “elders” for America (bitterly opposed by Charles) doubtless set the basis for it.

Heroes of the Faith - March

March 21

Thomas Ken, *Bishop of Bath and Wells, 1711*

Thomas Ken was born in 1637. Throughout his life he was both rewarded and punished for his integrity. His close relationship with the royal family began when he became chaplain to Princess Mary of Orange at The Hague. Ken was appalled at the Prince of Orange’s treatment of his wife, and rebuked him publicly.

In 1683, Ken returned to England and became chaplain to Charles the Second. His integrity stirred him to rebuke Charles for lax behavior. When Ken was notified that the King’s mistress, the actress Nell Gwyn, was to be lodged at his house, he refused, saving, “a woman of ill-repute ought not to be endured in the house of a clergyman, and especially the King’s chaplain.” The King took no offense, but in the next year made Ken the Bishop of Bath and Wells, declaring that none should have the position except “the little black fellow that refused his lodging to poor Nelly.”

In 1688, when Charles’ successor, James the Second, tried to undermine the authority of the Church of England, Ken was one of seven bishops who refused to read the King’s Declaration of Indulgence, which offered toleration to Protestant non-conformists and to Roman Catholics. The seven bishops were sent to the Tower, but were acquitted in the courts, and became popular heroes. After the resolution of 1688, however, Ken’s conscience did not permit him to swear allegiance to William of Orange, who became King William the Third. As a Non-Juror, Ken was deprived of his see.

Ken’s conscience would not let him rest and his disagreement with others of the “Non-Juring” party over various matters troubled him for the rest of his life. He deplored the Non-Juror schism, and after the accession of Queen Anne, he made his peace with the Church of England.

A man of deep piety, Ken was the author of several religious works which were immensely popular in the eighteenth century. He is best known as a writer of hymns, particularly the well-known evening hymn, "All praise to thee, my God, this night," which concludes with his doxology, "Praise God from whom all blessings flow." (see # 380, Hymnal 1982)

You're Invited To The
March Vestry Meeting

WHEN: March 14th, Wednesday, at 7:00 PM
WHERE: St. Paul's, in the Great Hall

This is an open meeting. As always,
 anyone with questions or concerns
 is welcome to join in!

Amanda Goebel

Big and Little Kids Page



A Rich Man's Mistake

Jesus told a rich young man to sell everything he had and follow him. What did the rich man do? Work these math problems to learn the code. Then fill in the blanks below to find out. Read Mark 10:17-22 to check your answer.

$\begin{array}{r} 9 \\ +5 \\ \hline \end{array}$	$\begin{array}{r} 16 \\ +15 \\ \hline \end{array}$	$\begin{array}{r} 12 \\ +7 \\ \hline \end{array}$	$\begin{array}{r} 24 \\ +3 \\ \hline \end{array}$	$\begin{array}{r} 24 \\ +13 \\ \hline \end{array}$	$\begin{array}{r} 34 \\ +14 \\ \hline \end{array}$
=A	=C	=L	=N	=S	=U

$\begin{array}{r} 24 \\ +15 \\ \hline \end{array}$	$\begin{array}{r} 37 \\ -12 \\ \hline \end{array}$	$\begin{array}{r} 34 \\ -17 \\ \hline \end{array}$	$\begin{array}{r} 15 \\ -11 \\ \hline \end{array}$	$\begin{array}{r} 48 \\ -19 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ \times 2 \\ \hline \end{array}$
=Y	=D	=E	=R	=T	=B

$\begin{array}{r} 3 \\ \times 3 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ \times 4 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ \times 3 \\ \hline \end{array}$
=G	=H	=W

Reader Schedule March 2007

8:00 AM	March 4	March 11	March 18	March 25
Chalicist	R.Henk	B.Quillen	B.Richardson	N.Whelen
10:30 AM	J.Dean	C.Bennett	F.Dean	R.Henk
1st Lesson	D.Goebel	K.Bennett	D.Bennett	J.Beshears
2nd Lesson	F.Dean	K.Dill	C.Dryden	J.Dryden
Intertcessor	B.Quillen	B.Richardson	T.Rust	D.Fleming

The April and Holy Week schedules will be sent out at a later date. If you know you will be attending the Good Friday or Holy Saturday services please let me know. Thanks, Bobbie

March 2007 – Usher schedule

March 04	Buster and Bev Richardson
March 11	Russ and Cindy Henk
March 18	Bill & Bobbie Quillen
March 25	Lit Dryden – John Messick

If you are unable to usher, please find a substitute
Guidelines for Ushers

1. 10:15 AM – Greeters at front and rear doors of church.
2. After a reading of the prayer for silence – Ring bell during entrance hymn.
3. Select 2 or more people to take gifts (bread and wine) to altar.
4. Count number of people in church
5. Give count to people taking gifts to altar for number of wafers to Fr. Earl
6. After taking plates to altar, place rail and kneeler in place.
7. Usher people to the altar rail, 10 will fit comfortable.
8. After communion place altar rail and kneeler back in original position.

After service check the pews for anything left behind.

Celtic Rune of Hospitality

I saw a stranger yesterday;
I put food in the eating place,
drink in the drinking place,
music in the listening place;
and in the sacred name of the Triune God
he blessed myself and my house,
my cattle and my dear ones,
and the lark said in her song:
Oft, Oft, Oft,
goes Christ in the stranger's guise.

FOOD AND DRINK FOR 2007

During 2006, Cindy Henk (and Russ) spearheaded the St. Paul's Coffee Hours. They relied on many willing and able-bodied souls to help; they even drafted helpers. If you participated in any way, THANK YOU!!!

A new schedule has been posted; January and February were filled in by volunteers!! Now would be the time to put YOUR name on a Sunday that best suits your schedule. Beat the phone call from Cindy!!

Remember that the first Sunday of each month is a parish luncheon. That's a perfect time to ask a friend or another family to join with you in preparing a main dish. We always have side dish contributions from our members for these special Sundays.

Coffee Hour = prepare drinks; furnish a snack; clean up.

Luncheon = prepare a main dish for 50; ask congregation to bring side dishes to go with your plans.

Heather and me

by The Rev. Earl Beshears

We sit together on hard wooden chairs,
in the library,
working on a poem for the memorial service.
We, an uncle and niece, sharing our grief,
writing a poem
about a father and a grandfather.

That's where he would sit and read the paper
she says softly,
pointing at the overstuffed green leather chair.
I look up from the paper and our vision of God's Navy,
toward the chair,
and there he sits,
legs crossed,
looking over the top of his paper at us
and just as quickly
he's gone.

Notes from the Other Side

I divested myself of despair
and fear when I came here.

Now there is no more catching
one's own eye in the mirror,

there are no bad books, no plastic,

no insurance premiums, and of course

no illness. Contrition
does not exist, nor gnashing

of teeth. No one howls as the first
clod of earth hits the casket.

The poor we no longer have with us.
Our calm hearts strike only the hour,

And God, as promised, proves
To be mercy clothed in light.

By Jayne Kenyon, from *Otherwise*.

March Birthdays

March	6	Corey Messick
	12	Karen Baker
	15	Douglas Myers
	16	Linda Evans
	17	Miriam Carter
	18	Maynard Mires
	19	Betty Cogswell
		Andy Talley
		Rebekah Goebel
	22	Randy Murray
		Doug Marshall-Steele
	23	Anna Isabelle Morris
	25	Russ Henk
	27	Brett Kauffman, Sr.
	28	Lee Bailey, Jr.

March Anniversaries

March	1	Mary Lou and Shelly Ewell
	29	Allan and Karen Baker



Bird tracks

Bird tracks in the sand on the seashore
like the handwriting of someone who jotted down
words, names, numbers and places, so he would remember.
Bird tracks in the sand at night
are still there in the daytime, though I've never seen
the bird that left them. That's the way it is
with God.

from *Open Close Open*, by Yehuda Amichai

