

# JOURNAL First Quarter 2023

# A message from the Rector

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THE EPISCOPAL DIOCESE IN EAST TENNESSEE

## Lent and the Disciplines of Love Create and make in us new and contrite hearts....

Welcome, welcome to the holy season of Lent! Each season of the church year is a gift and treasure to sustain and guide our journeys as followers of Jesus and his Way of Love. Lent is no exception.

Each season highlights certain strands of Jesus' life, and ministry, and teachings and invites us to reflect on our own lives and communities in light of Jesus' example. And each season is a different doorway into the ministry of healing and reconciliation that has been entrusted to us as followers of Jesus' Way of Love.

Lent begins with Jesus fasting and testing in the desert wilderness, ends with Jesus' journey to Jerusalem and to the Cross, and is the most austere and penitential season of the church year. We "lament our sins" and confess to God and to one another that "we have not loved you with our whole heart, and mind, and strength...we have not loved our neighbors as ourselves." We try to be more reflective and specific about the ways in which we have failed to walk in the Way of Love and so get back on track and traveling in the right direction.

Many of us take on special disciplines for the season of Lent. Some abstain from sweets, or from alcohol. Some take on new habits of prayers. Some choose a book of mediations, or a course of study, or a service project.

Whatever discipline you undertake, do it for love, to grow in love of God and neighbor, and to honor and grow the relationships of love in your life.

I invite you to discover again the treasure of a Holy Lent. The door is now open.

Peace, Laura

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# Lenten programs, worship, and activities in February / March

This year the Season of Lent begins on Ash Wednesday, February 22 and ends on Holy Saturday, April 8. A variety of "programs" will be offered - some of individual time, some in quiet and prayerful times, some in worship form, some as group discussions - as each of us may choose different ways to explore, examine, and experience the full meaning of this season.

Pre-Lent: Burying the "Alleluia" - February 19 after the 10:00 am service (Last Sunday of Epiphany) Pre-Lent: Adult Faith Forum - February 19: Journeying with Jesus in Lent (Chapel)

Ash Wednesday: Holy Eucharist and the Imposition of Ashes, 12:15 pm and 7 pm (Nave)

#### Sundays in Lent:

9:15 am Adult Faith Formation (Great Hall) See article on next page. *The Book of Forgiving: The Fourfold Path to Healing Ourselves and Our World* by Desmond Tutu and Mpho Tutu

Wednesdays in Lent: That You May Know the Healing Power of God's Love

5:30 pm Holy Eucharist and Sacrament of Healing (Chapel)
6:00 pm Soup Supper (Great Hall)
6:45 - 7:30 pm Living Well Through Lent: Practicing Compassion with All Your Heart, Soul and Strength (Great Hall)

#### Fridays in Lent

10:30 am - Noon Prayer Room Open for Quiet Reflection, Prayer, Reading or Journaling (Centering Prayer Room) 12:15 pm Stations of the Cross (Nave)

#### Lenten Mite Boxes and Calendars for the Hungry

Our Lenten Outreach Ingathering will benefit our Streetside Food Pantry. The shelves empty quickly. The expense of providing food for our hungry neighbors is considerable and we hope everyone, as able, will participate generously in this effort. *Mite boxes and calendars are available in the narthex.* 

## Vestry Retreat 2023

The vestry of St. John's, along with Rev. Laura and Deacon Cathy, gathered for retreat at Lake Logan Camp and Conference Center at the end of January. Canon Michelle Bolt, diocesan Canon to the Ordinary, joined us on Friday morning and for the Saturday morning session.

The purpose of the retreat was to set goals for 2023, engage a process of strategic visioning for the future, and build a foundation of fellowship for good communication and creative collaboration throughout the year. Our time together was fruitful, joyful, and laid a strong foundation for the year ahead.

The vestry identified *two core values* as foundational for the faithful vitality of the parish and our ministries:

- We will continue to practice sound stewardship of all our financial, physical, and spiritual resources;
- We will continue to deepen and expand our practices of hospitality and dedicate ourselves to building an inclusive community of welcome to all.

In addition, the vestry identified *three areas of concentration* for 2023:

- Growth in outreach to neighbors and community development of new ministries of compassion and care;
- Develop ministries to support all ages and stages of life;
- Greater variety of liturgical worship, music and other devotional offerings.

The retreat was productive in many respects. All agreed that it was time well-spent getting to know each other, listening fully and respectfully to different perspectives while focusing on both challenges and opportunities for the parish as a shared leadership team. Thank you for providing this opportunity for your vestry to learn, grow, and serve.

Pictured L-R: Kathi Horne, Hugh Webb, Lee Phillips, Anne Koehler, Allen Pickel, Deacon Cathy Johnston, Bill Archer, Rita Plemmons, Tom McGinnis, Rev. Laura Bryant, and Rucht Lilavivat



## Faith Formation

Adult Faith Forum Lenten Series - The Book of Forgiving Adult Faith Forum will offer discussion of <u>The Book</u> of Forgiving by Desmond Tutu and Mpho Tutu in five Sundays during Lent, from Sunday, February 26 through Sunday, March 19, 9:15-10:15 am in the Great Hall. All are welcome. Anne Koehler and Frances Jackson will facilitate. We encourage participants to order or borrow the book to begin reading in advance. Here are several links that may be of interest. Two minute summary: <u>https://www.youtube.com/watch?v=lNZELSoGP5E</u>

Desmond Tutu and Bill Moyers: <u>https://www.youtube.com/watch?v=uo2LGGqtjqM</u> Inspire Nation with Mpho Tutu: <u>https://www.youtube.com/watch?v=-1f\_dqPqFzo</u>

#### Confirmation - Inquirer's Class

This class is especially for newcomers to St. John's and the Episcopal Church, and it is also open to anyone who wants to learn more about our church and the Christian journey of faith. The class also prepares those who desire to be confirmed or received into the Episcopal Church at the Bishop's visitation, which will take place in April.

The schedule for the classes is 12:30 - 2:00 pm on Sundays, from January 29 through April 2. Instructors will include the Rev. Dr. Laura Bryant, Deacon Cathy Johnston, Fred Mackara, and guest teachers. If you are interested, curious, or have any questions, please speak to Rev. Laura (revlbryant@stjohnstn.org) or Fred (mackara@mail.etsu.edu).

## Pastoral Care

Altar Flowers - Sundays and Beyond: The Pastoral Care Committee is developing ways to help and serve our fellow parishioners who may be ill or otherwise unable to attend worship services in person. One way we are doing this is by re-purposing altar flowers – arranging them into smaller vases after Sunday services for sharing. If you'd like to help bring a bit of sunshine in the form of flowers, here are a couple of ways: Bring your extra vases (and pretty jars) to the church, marked for the altar flower program. Help with disassembling and rearranging the altar flowers. Assist with delivery. Please let a committee member know if you know of someone who might appreciate a floral gift. This is an evolving program; please share your ideas!

Also, if you'd like to provide or fund altar flowers in memory or in honor of a special person, we've recently posted a "flower chart" on the bulletin board in the narthex for you to participate. Our long-standing flower coordinator, Harriet Cone, will follow up with you, so please include your phone number and email address.

**Memoríal Plaques:** Many of you have visited the memorial chapel in the bell tower for quiet prayer. There is a kneeler and a votive stand available for private use, and several memorial plaques have been made for our loved ones who have died, so we can remember them there. If you are interested in having a remembrance plaque placed for your loved ones, please contact Rita Plemmons (423 388 5051 or retp62@gmail.com) with their name, dates of life and a quote that speaks to you about them.

The Pastoral Care Committee is comprised of Jackie Mabrey (Chair), Rita Plemmons, Mary Alice Fryar, Phil Ulmer, Rev. Laura, and Deacon Cathy Johnston. Please get in touch with any member of the committee with ideas and/or if you'd like to assist in any way.

## Milestones & Memories - 2022

This past year we celebrated the baptism of Lillian "Lilly" Eads and William "Liam" Eads on June 5, and the birth of Aubrey Marie Goad on November 21. During Bishop Cole's visitation on June 19 we celebrated the confirmation of Sara Allen, Emily Baker, Andrea Eads, Andrew Eads, Ray Fine, Blake Johnson, Caitlyn Pendleton, and those received into the Church – Katie Goad, Mike Grosserode, and Mark Merriman.

Congratulations to Maria Morrill and Elizabeth Thomas, who graduated from high school; to Caleb Kennedy, Catherine Phillips, and Elijah Thomas, who graduated from college; Joshua Booher, Ray Fine, and Becky Parsons, who received masters' degrees; and Nick Combs and Kathi Horne who were awarded doctorate degrees.

We give thanks for the lives of dear friends and family members who are no longer with us.





Jane Peterson May 21, 1932 - Feb 25, 2022



Jackie Kirkey June 13, 1951 - July 13, 2022 Dec



Sept 13, 1953 - Mar 14, 2022



Seth Cooper Sept 19, 1983 - Mar 25, 2022



John Nash June 26, 1937 - Sept 2, 2022







Ted Tyrcha

Mar 6, 1959 - Sept 25, 2022



Haynes Wilkes Apr 2, 1949 - June 1, 2022



Charles Cole Nov 30, 1945 - Nov 24, 2022

## Outreach

#### Caring Cabinet & Streetside Food Pantry (SSFP)



Thank you for contributions of items, funds, and time to stock the pantry. Each week we are suggesting specific items to bring to Sunday services. Our first round was for cans of SPAM, and you answered bountifully. Coming up, the Lenten ingathering will feature the Streetside Food Pantry,

so please watch your e-news and worship bulletins for each week's special item. Additionally, we've developed a Mite Box Offering Calendar that includes a suggested mite box donation for each day. The calendar helps us appreciate the abundance that we may otherwise take for granted while heightening awareness of the needs of others. (Mite boxes and calendars are available at the church. The weekly enews will also include a link to a downloadable PDF of the calendar.) The Mite Box reminds us that even little amounts can add up to make a big impact! Contact: Jennifer Kinser. (612-388-0218 or jjkinser@comcast.net)

#### Donation Drop-off Saturday, March 4, Noon - 1:15 pm

Thank you for your ongoing dedication to this ministry. For a complete list of specific items most needed, see the list posted in the narthex and watch for updates in the weekly e-news. Contact: Peter Krause. (423-617-2763 or peter.kp.krause@web.de)

#### STREETSIDE FOOD PANTRY LENTEN WORD SEARCH

E	D	W	F	F	A	С	н	I	L	T	Ρ	1	Ε	Т	Ε	peanut butter
т	S	0	U	Ρ	N	R	0	н	1	Α	R	S	Ρ	Α	М	soup
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т	N	Ε	Ν	F	F	R	υ	T	т	υ	Ν	Ε	т	G	Α	breakfast bars
Ρ	т	Α	G	U	M	С	N	D	С	G	Ρ	н	Ε	Ε	G	spam
С	м	R	Α	к	т	Ε	Ε	R	S	S	Α	х	T	т	В	tuna fish
м	Α	м	0	F	F	в	T	Ν	Α	х	S	С	Α	Α	R	baked beans
А	С	Ρ	Ρ	Α	Ε	v	υ	Ε	S	L	т	L	н	в	Е	pasta
Ρ	Α	к	к	T	т	Ε	s	т	0	0	Α	L	т	L	Α	mac and chees
I.	N	Ρ	Е	T	Ν	м	0	L	т	т	Α	Ν	S	Ε	к	crackers
F	D	A	R	Ν	υ	υ	Е	T	s	Е	S	т	Ε	s	F	muffin mix
м	С	Ν	U	D	F	в	F	Α	T	Т	R	S	N	G	Α	pancake mix
С	н	С	Е	1	L	L	А	G	L	v	S	Е	0	Ν	S	apple sauce
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т	Е	к	Ν	T	Α	F	F	S	Е	T	н	0	s	s	в	individual meal
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#### St. John's Discretionary Fund

Under Canons outlined by The Episcopal Church, discretionary funds are to be used for the poor and for "other charitable and pious purposes." The Rector's Discretionary Fund is underwritten by earmarked donations and our plate offerings each week. Additionally, collaboration with agencies and hands-on activities by various parish groups and members provide muchneeded goods and services. Following is a summary how your financial contributions were used to provide assistance in the fourth quarter of 2022. Thank you for your support of our outreach ministries! If you'd like additional information, see Deacon Cathy Johnston at church, call the church office (423-926-8141) or email cjmtnbike@charter.net.

Donation Receipts	\$ 5,092.00	Total number of families assisted: 114		
Total dollars of assistance	( 3,379.15)	Food assistance: 36 families, \$ 473.34		
Net change in fund balance	(\$ 1,712.55)	Gasoline assistance: 22 families, \$ 465.00		
		Housing assistance: 10 families, \$ 1,681.00		
		Assistance through organizations: 76 families, \$ 685.98		
		Utilities assistance: 1 family, \$ 73.83		

# Fellowship

#### Mardí Gras Celebration (February 21)



The annual Mardi Gras dinner and celebration will return after three years! Mark your calendars for Tuesday February 21 at 5:30 pm in the Great Hall. It's a Cajun potluck, so bring a dish if you can, or just come on either way. It's a festive party for all ages. If you'd like to help with decorating, setup or cleanup, please get in touch with Jo Anne Paty. (423-737-8592 or paty@mail.etsu.edu)



Fellowship and adventure await! This is for folks who are "21 to 40ish" years of age. Contact Ryan Clinton (704-689-9541 or ryanclinton4747@gmail.com) if you'd like to be notifed of upcoming events and gatherings.

## Men's Fellowship Group Calendar

Enjoy evening meals with newfound friends and longtime friends every 2nd Tuesday of the month. Upcoming: March 14 at Black Olive, April 11 at Rock's Pizza & Grill, May 9 at Tommy Thai, and June 13 at Bella Vita. No need to make a "reservation" to attend the dinners. For more information, contact David Kalwinsky at 423-202-8102.

# EfM – My Spiritual Journey by Peter Krause



I am a German immigrant who came to this God-beloved part of the United States in 2013. In Germany, everybody must pay church tax; therefore, it is easy to believe that your place in heaven is safe when the time comes. God was not significant in my life then. However, I knew that something spiritual was missing, but I had no idea what.

As an engineer, I first and foremost believed in logic and numbers; I had almost no spiritual life. The only exception I allowed myself was the Christmas and Easter service visit as some "submarine Christian."

This began to change soon after I immigrated to the USA. It is strange to explain what happened, but the spirit and Christian faith of the people in the Bible belt differs from what I had found in Germany. Here faith is more grounded and more fundamental in a positive way. If you are in a sad situation and friends of yours would say, "We pray for you," they will undoubtedly do so; that's normal here.

I think the final difference between faith here and in Germany is that faith is "heart-driven" here. In Germany, faith is "braindriven": it's more academic.

Back then, I considered myself a "lost sheep" who was trying to find the way back to Jesus. I began to discuss with US colleagues how they try to be Christian in their daily life, and sometimes the answers I got were astonishing. One colleague "rents" out a room for free to a homeless person to give him a chance to fix his life.

It was in 2017 when I heard about the EfM Group, and I was introduced to Lee Phillips, the EfM mentor. I asked her whether it was possible to be a guest for a few minutes to get a first impression of what was happening.

I was impressed by how questions of faith, the content of the Bible, church history, and differences between different religions were discussed. Under a set of rules based on Christian core values introduced every year, it was possible to discuss questions of faith differences respectfully. Confidentiality gave an additional frame for these meetings. This group and its content were the missing guidance for which I had been looking for so many years.

In my first year, EfM began with studying the Old Testament in steps of 50 or more pages per lesson. I could remember all the stories from the Creation, Adam and Eve, Noah and the Great Flood, Abraham, Joseph, his brothers, and of course, Moses. This was like a walk through history about 4000 years ago – when God was supposed to be a God of fear, reward, and discipline.

In the second year of EfM, the study of the New Testament was the goal. I found it different from the Old Testament, with Jesus as its main character. He introduced the New Covenant based on the first two Commandments: "You shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength" and "You shall love your neighbor as yourself.".

The content of the New Testament is divided into the Gospels (Matthew, Mark, Luke, John), The Acts of the Apostles, The Letters of Paul, James, Peter, and Jude, and finally, the Revelation of John. All these books gave me witnesses of Jesus and his idea of a new covenant, which was now based on love for God and other human beings, and forgiveness instead of punishment.

I got hooked by the New Testament and tried to change my way back to the Lord. I, as a Christian, saw a chance for forgiveness; however, I had to confess and pray for it. And as in many parables told by Jesus, he even loved me when I came back, like a sheep which had gone astray. This helped me a lot to come back under the wings of Jesus.

The third year of EfM was by far the most challenging one. It was about church history from roughly 3000 years ago until today. The book we used in class contained all this in a highly concentrated way, like "The zipped version of Christian History." On average, we had 80 pages to read per class. However, the content was soon divided into time, persons, place, and events. So I had to track very often a four-dimensional piece of history. Since one of my hobbies is history, this year was super interesting. Christians, from the very beginning, were persecuted by the Romans. Then after the baptism of emperor Constantine, non-Christians got persecuted. Soon Christianity was used by people with political power to control the "normal" people. The first highlight was the Council of Carthage in 397 AD, where the content of the New Testament was canonized. The following 1000 years of Christian faith were mainly affected by politics, the expansion in Europe, Asia, and South America, the split into Roman Catholic and Orthodox, and the fight between the emperor and pope about power. Then in 1517, when Martin Luther nailed his 95 theses on a church door in Germany began one of the most profound impacts in the newer church history, which still influences our lives.

This past EfM year was the most fulfilling for me as it included the improvement of theological knowledge like the understanding of different religions like Islam and Judaism, the more profound sense of peace based on the Christian faith, God in everyday life, salvation, sin, death, and resurrection. This year contained the essence and basic application of the Christian knowledge which I learned in the three EfM years that passed.

As a result, the four EfM years helped me to improve and deepen my Christian faith and changed me into a humble servant of the Lord. Many thanks to my EfM fellows who have supported me in this journey. ~ Peter



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February	<ol> <li>Patricia Hart</li> <li>Keith Hart</li> <li>Gary Mabrey</li> <li>Steve Felix</li> <li>Alicia Benton</li> <li>Harriet Cone</li> <li>Frank Ray</li> </ol>	<ol> <li>Ray Fine</li> <li>David Kalwinsky</li> <li>Richard Luther</li> <li>Chris Honeycutt</li> <li>Messina Lyle</li> <li>Frank Newman</li> <li>Katy Pindzola</li> <li>Beth Wiley</li> </ol>	<ol> <li>Joe Nagy</li> <li>Mark Friesland</li> <li>Mike Radford</li> <li>Gary Fuller</li> <li>Sherry Hart</li> <li>Becky Ballard</li> <li>Jeannie Blackwell</li> <li>Jane Davidson</li> </ol>	<ul> <li>24 Elisabeth Dubberley</li> <li>25 Mary Alice Fryar</li> <li>25 Brandon Guffey</li> <li>26 Beth Brading</li> <li>26 Cathy Johnston</li> <li>27 Pearl Ume-Nwagbo</li> <li>29 Don Hart</li> </ul>
March	<ol> <li>Charlotte Caudill</li> <li>Kennie Boling</li> <li>Michael Humby</li> <li>Madison Van Tassell</li> <li>Mary Daught</li> <li>Beth Herron</li> </ol>	<ol> <li>4 Emma Wallen</li> <li>6 Anne Davidson</li> <li>6 Anna Faye Honeycutt</li> <li>7 Reneau Dubberley</li> <li>7 Heather Holland</li> <li>7 Margot Humby</li> <li>7 Joan Lancaster</li> </ol>	<ul> <li>9 Phil Ulmer</li> <li>11 Bruce Donaldson</li> <li>17 Rucht Lilavivat</li> <li>17 Benjamin Cleveland</li> <li>21 Charlene Lilly</li> <li>21 Melissa Van Tassell</li> <li>25 Walt Sweatt</li> </ul>	<ol> <li>Caitlyn Pendleton</li> <li>Bob Cooper</li> <li>David Champouillon</li> <li>Ruth Miller</li> <li>Bucky Farnor</li> <li>Esther Pawlowicz</li> </ol>
April	<ol> <li>Benny Baird</li> <li>Ellie Snow</li> <li>Mike Grosserode</li> <li>Charles Kinser</li> <li>Samuel Miller, II</li> <li>Lee Phillips</li> <li>Howard Cummings</li> <li>William Morrison</li> <li>Jim Hunter</li> </ol>	<ul> <li>6 Allison Maddux</li> <li>7 Lisa Lange</li> <li>7 Craig Osborne</li> <li>7 Phyllis Tuthill</li> <li>10 Becky Morrison</li> <li>10 Paula Patton</li> <li>11 Abbigale Byrne</li> <li>11 Jan Sparks</li> <li>12 Rick Gordon</li> </ul>	<ol> <li>Frances Jackson</li> <li>Bonny Stanley</li> <li>Mary Ripepi</li> <li>Andy Ford</li> <li>Thomas Ward</li> <li>Jon Lau</li> <li>Chance Pendleton</li> <li>Linda Webb</li> <li>Laura Duncan</li> </ol>	<ol> <li>Martha Montgomery</li> <li>Rebecca Paluzzi</li> <li>Hank Selby</li> <li>Maria Morrill</li> <li>Savannah Church</li> <li>SuzeAnne Silla</li> <li>Timothy Campbell</li> <li>Chris Newby</li> <li>Tara Thomas</li> </ol>

# Financial Times

This is the first of periodic reports from and about your Finance Committee. Current members are Bill Archer, David Kalwinsky, Suzanne Donaldson, Jon Lau, Ted Jackson, Reneau Dubberly and Bob Cooper (Chair), plus ex-officio members Rev. Laura Bryant and Senior Warden Tom McGinnis.

In general the committee is responsible for preparing and monitoring annual operating budgets, reviewing non-budgeted expenditures for recommendation to the vestry, ensuring that excess funds are invested in a wise and conservative manner, and generally looking out for the financial well-being of the parish.

As most of you are aware, St John's has faced a number of facility and financial challenges over the last number of years. The good news is that today we have most of them behind us and are reasonably stable financially. The wise and thoughtful work of the Finance Committee has played a significant role in where we are today. This is not to say that we do not have significant challenges going forward; we do.

In future issues we will dive into the details of these issues as well as give you more details about the Committee's activities. In the meantime, feel free to contact any of our members if you have questions or comments.

# Lent - Meaning and Traditions

"Lent" comes from the Anglo-Saxon word "lencton" meaning the time of year when the days grow long. The season begins with Ash Wednesday and ends with the Easter Triduum that includes Maundy Thursday through Easter Sunday. Because Lent is determined by the movable date of Easter Day, the dates of Lent are different each year.

## What is the meaning and purpose of Lent?

Early Christians observed "a season of penitence and fasting" in preparation for the Paschal feast, or Pascha (BCP, pp. 264-265). Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ's fasting in the wilderness. The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of "notorious" sins who were being restored to the Christian assembly.

In recent times, the liturgical churches have been reforming their rites for Lent, seeking particularly to recover the baptismal emphasis of the season and of Easter. The Book of Common Prayer as revised in 1979 embodies much of that, as do the revised rites in the Roman Catholic Church, the Lutheran Churches, and others.

## How long does Lent last?

The first day of Lent is Ash Wednesday, and the last day of Lent is Holy Saturday. Though we commonly refer to Lent as a 40-day period, that doesn't count the six Sundays between those two key dates.

## When do we "bury the Alleluía"... and why?

The omission of saying or singing "alleluia" during Lent goes back at least to the fifth century in the western church. The association of alleluia with Easter led to the custom of intentionally omitting it from the liturgy during the season of Lent, a kind of verbal fast which has the effect of creating a sense of anticipation and even greater joy when the familiar word of praise returns. We let it rest, as it were, during Lent, so that when it reappears on Easter, we may hear it anew. The custom of actually bidding it farewell developed in the Middle Ages in Babylon. At St. John's we bid farewell to the Alleluia and bury it on the church grounds (with a lot of help from our youngest members!) on the Sunday preceding Ash Wednesday.



## Mardí Gras / Shrove Tuesday

Carnival, which comes from a Latin phrase meaning "removal of meat," is the three day period preceding the beginning of Lent, the Sunday, Monday, and Tuesday immediately before Ash Wednesday, which is the first day of the Lenten Season, The three days before Ash Wednesday are also known as Shrovetide. ("Shrove" is an Old English word meaning "to repent.") So, the Tuesday before Ash Wednesday is also called Shrove Tuesday, though it is more popularly known by the French term "Mardi Gras," translated as "Fat Tuesday," in contrast to fasting during Lent.

## Ash Wednesday

The seventh Wednesday before Easter Sunday is Ash Wednesday, the first day of the Season of Lent. Its name comes from the ancient practice of placing ashes on worshippers' heads or foreheads as a sign of humility before God. In the early church, ashes were not offered to everyone but were only used to mark the forehead of worshippers who had made public confession of sin and sought to be restored to the fellowship of the community at the Easter celebration. However, over the years others began to show their humility and identification with the penitents by asking that they, too, be marked as sinners. Finally, the imposition of ashes was extended to the whole congregation in services similar to those that are now observed in many Christian churches on Ash Wednesday. Ashes became symbolic of that attitude of penitence reflected in the Lord's prayer: "forgive us our trespasses, as we forgive those who trespass against us." (Luke 11:4)

## Paschal Tríduum

The last three days of Lent are the sacred "Triduum" of Maundy Thursday, Good Friday, and Holy Saturday.

*Multiple sources were used in compiling this summary including: www.episocpalchurch.org, www.epicenter.org, www.elca.org, www.anglicancompass.com, www.stjohnsspringfield.diowestmo.org, www.churchsp.org, www.stlukesfw.org* 

#### Meetings & Special Events Mardi Gras -Cajun Potluck Dinner, Tuesday February 21, 5:30 pm

Lenten Worship and programs February & March



Ash Wednesday, February 22 12:15 and 7:00 pm Holy Eucharist and Imposition of Ashes (Nave)

#### Wednesdays in Lent:

That you may know the healing power of God's love
5:30 pm Holy Eucharist and Sacrament of Healing
6:00 pm Soup & Sandwich Supper (Great Hall)
6:45-7:30 pm *Practicing Compassion with All Your* Heart, Soul and Strength (Great Hall)

#### Fridays in Lent:

10:30 am-Noon: Prayer Room Open for Quiet Reflection, Prayer, Reading or Journaling (Centering Prayer Room); Labyrinth (Chapel) 12:15 pm Stations of the Cross (Nave)

> On February 12, the very talented Bucky Farnor led a flower arranging class to support a new Pastoral Care program. See article on Page 3.



#### Men's Group Fellowship Dinner, 2nd Tuesday of each month Vestry Meeting, 3rd Tuesday of each month Inquirer's Class, Sunday evenings January 29 through April 2

## Programs Recurring Weekly

Tuesdays	Centering Prayer, 6 pm, via Zoom					
Fridays	Community AA meeting, 7 pm					
Wednesdays	Choir Rehearsal, 7 pm					
Sundays	Centering Prayer, 9:55 am, in-person					
************	EfM, 5 pm, via Zoom					
	Handbell Choir Rehearsal, 11:45 am					
Regular Worship Schedule						
Tuesdays	5:30 pm, Evening Prayer/Healing Service					
Thursday	10 am, Morning Prayer					
Sundays	8 am, Holy Eucharist Rite I (Chapel)					
	10:30 am, Holy Eucharist Rite II					
	Nave & Facebook Live					
	9:15 am, Adult Faith Formation					
X St. Jahn's II	Children's Sunday School					
The state of the s	Youth Sunday School					



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