

ST. PAUL'S NEWS

ST. PAUL'S EPISCOPAL CHURCH - LANSING, MICHIGAN

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Lent and the Liturgy for Lent

By The Rev. Karen C. Lewis

The mystery of the dying and rising again of Jesus Christ and our participation therein is the theological core of the gospel, and its liturgical celebration is the central event of the church year.

Ash Wednesday marks the beginning of this season of repentance, penitence, reflection, contemplation, fasting, and self-denial. Our liturgy on this day has its roots in the Old Testament, where covering oneself with sackcloth and ashes was a sign of repentance and mourning. Early Christians also used sackcloth and ashes as a sign of their repentance. The imposition of ashes during this service is intended to give ceremonial embodiment to the theme of penitence. Ash Wednesday was also the day public penitents were admitted to their penitential discipline, so that they might be readmitted to communion before Easter. Taken together, these rites remind us that we stand before God as sinners doomed to die, and that it is only through God's merciful gift that we can hope for anything else.

Since the early days of the Church, Lent has been a time of preparation for deeper commitment to Christ (the preparation of baptismal candidates) and a time of renewal and re-dedication to the promises made in our Baptismal Covenant. Themes of repentance, penitence, and reflection are prominent throughout the Lenten period.

Repentance

The prophet Joel sounds the call in the Old Testament Lesson on Ash Wednesday, "Turn back to me with your

whole heart . . . turn back to the Lord your God; for he is gracious and compassionate, long-suffering and ever constant, always ready to repent of the threatened evil." (Joel 2:12-13). Lent is a time of conscious turning to the Lord in honest and sincere ways. It is a time of reaffirming previous conversion experiences and with renewed vigor, to set Christ and the things of God as the central focus of your life. Lent is a time to re-establish priorities. What are your priorities and do they reflect God's presence in our life?

Penitence

When we consciously turn to God, we know we are mortal, frail, weak, and not in complete control of ourselves. We know that we have, in the words of St. Paul, "sinned and fallen short of the glory of God." And so as a mark of the sincerity of our repentance we confess our sins, examine our consciences, deal with the dark side of our lives, and seek God's forgiveness. What are the sins which need confessing so that you might feel the overwhelming love of God's forgiveness and grace?

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...and more!



We're on the web!
www.stpaulslansing.org

Lent Liturgy *continued from Page 1*

Reflection

We take time in Lent to reflect on the Word of God in scripture through regular worship and participation in the sacramental life of the Church, as the special means of Grace. We study . . . we pray . . . we meditate . . . we listen for God! In Lent we make a special effort to clear our minds of unimportant things and think about ultimate things: sin and redemption; freedom from our idols; our separation from God and our salvation; death and resurrection. What are those things that clutter your mind and use your energy that prevent you from focusing on God and our salvation?

Simplicity

Lent is a special season and calls forth the need for austerity to reflect the themes of penitence. The music, the liturgies, the simplicity of the altar setting, all clearly state that Lent is a time when there are changes from our normal way of doing things in the Sunday liturgy. You will notice our new priestly vestments and pulpit/lectern hangings are simple—made of fabric known as “ashen white” with minimal design in colors of red and black. This is known as the Lenten Array—and is the Anglican way of vesting for Lent. Its roots are deep in our church history and could be found in all Anglican churches during medieval times.

Worship in Lent

The First Sunday of Lent begins with The Great Litany. The gateway to Easter joy is the acknowledgement of our

limitations and the seeking of forgiveness. It is one of the chief ways we prepare for Easter. The Great Litany has been used in the Church for centuries. Today, we join our Christian brothers and sisters who have gone before us as we pray this litany.

Sunday liturgy for Lent 2 through Lent 5

The remaining Sunday liturgies in Lent will begin with the Penitential Order. This draws our attention to our sinful nature and need for God’s forgiveness.

Silence

Periods of silence will be observed during the service. The service begins with a silent procession after having prepared our hearts for worship in the silence following the organ prelude. Silence will be observed following the Sermon and during the Prayers of the People. In a noisy world like ours, silence is truly golden and an important part of our liturgy.

I invite all of you into a holy Lent—to consider this a time of change and growth; a time to reflect on your faith life and your commitment to our Lord and Savior Jesus Christ; a time to prepare yourself to receive God’s grace as one of his children, holy and beloved. May all of you find newness of life and forgiveness of sins during our forty days of Lent.

Welcome Jeanne Stout!

She is rather petite in size; sits on the pulpit side at the 10:00AM service; has salt and pepper shoulder length hair, and wears glasses. It’s clear she is a long-time Episcopalian as she knows when to stand and when to sit. She’s friendly and soft-spoken and enjoys sharing the peace and getting to know others.

She is Jeanne Stout, or as I first knew her many years ago, the Rev. Deacon Jeanne Stout, archdeacon in the Diocese of Eau Claire. Jeanne and I met when I was facilitating some workshops and discernment processes in the very cold northern land of Eau Claire. She was the right hand of the bishop and responsible for making me comfortable and the smooth running of the weekend.

Jeanne retired to this area in 2012 and has chosen St. Paul’s to be her worship home. For several months, Jeanne

has joined us in worship and formational programs and is willing to offer her diaconal ministry to St. Paul’s (on a limited basis as she is retired). Perhaps you will soon experience her reading the gospel lesson, and offering the dismissal during our 10:00AM service. Jeanne will also engage in some visitation to those who are homebound. She is a gift and a true servant of God. Please welcome Jeanne and find a time to chat so that you may learn more about her three sons; six grandchildren; her life growing up in North Dakota; and her long expansive career in hospital medical record administration and long-term care administration.

Your 2017 Vestry

By The Rev. Karen C. Lewis

St. Paul's new Vestry met for its first time immediately following our annual meeting on Sunday, January 29, to elect this year's Senior and Junior Wardens. The responsibilities and duties of wardens are delineated in our diocesan canons (laws) and include: assisting the clergy to develop and maintain a climate and environment of mutual ministry; to identify and hear the concerns of the congregation and to communicate to the congregation, and resolve those concerns; assist and advise in the discharge of the duties of the clergy; and act as chief stewards and spiritual lay leaders of the congregation.

The Vestry elected **Keeli Baker as Sr. Warden** and **Jim Milne as Jr. Warden**. **Jeff Irwin was re-appointed as our parish Treasurer** and **Pam Irwin as clerk of the Vestry**.

This year's Vestry is a healthy balance of new and older St. Paul's members and include the following folks: **Justin Alexander, Keeli Baker, Sue Boulton, Larissa Clark, Isaac Francisco, Laura Julier, Sally Lawrence, Jim Milne, Christine Overway, Amanda Ross, and Lyn Zynda**.

Our congratulations to all who serve in this capacity and our prayers are with you as you lead us this year.

How many Episcopalians does it take to change a light bulb?

By The Rev. Karen C. Lewis

Zero! Nada! Absolutely none. But it does take almost twelve months, several false starts, a broken lift and broken ladder, three different electric companies, and \$4,585 to change the overhead light bulbs in the Sanctuary. Hard to believe but true.

In February of last year we contacted FD Hayes Electric for an estimate to change the overhead lights—four were out and we knew the rest would soon go dark. The original estimate was \$4,200 in March—a lift was brought in to pull a bulb to see what was needed for a replacement and the lift broke.

In May, Hayes rented a lift, pulled a bulb (from the front of the sanctuary) and found out it cannot be replaced by an LED, so the hunt started for replacement bulbs. At the same time we consulted with Bohnet Electric regarding the possibility of replacing the fixtures. Estimates ranged from \$500 per fixture to \$70,000 for the entire job. At the end of May, Hayes returned with a 40-foot ladder to access the ceiling panel above the pulpit—the ladder was not tall enough. Next step—rent a 60-foot ladder of which only one was available in the entire state and now we must go on a waiting list to use the ladder.

In September the ladder arrived but the access panel would not open. The recommendation then was to install scaffolding to reach the access panel in the back of the sanctuary. The estimate arrived and the cost was \$12,000 to place scaffolding in the back of the church as it must be done in accordance with MIOSHA standards. Hayes presented us with another option—rent a special platform that will fit over the pews at a cost of \$3,000 and place a lift on top of that to reach the rear access panel. Vestry approved the change in cost and on January 10, 2017, Hayes arrived with the lift and platform and the bulbs were changed. DONE!

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Ten Thousand Rivers of Oil MISSION AND OUTREACH MINISTRY

By Sue LeDuc

The lesson from Micah 6:1-8 evokes a response in me... maybe because I have sung it many times and so it sticks with me. Should we give "thousands of rams" or "ten thousand rivers of oil?" What does the Lord require of me? It is very simple, really, but hard to live: "to do justice, to love kindness and to walk humbly with your God." (The Old Testament lesson for Sunday, January 28) It is a welcome vision considering the frenetic pace of our lives.

"I would like to 'do more' mission work but I just don't have time"...we on the Mission and Outreach Ministry Team understand this dilemma. We are aware of the myriad opportunities and organizations that offer help to myriads of people. We hope to help all of us in this community of St. Paul's find some way to serve and respond to God's requirements. Some can be very simple, like shopping for size 6T pull-ups for our Needs Closet or helping to sort books for the ERD parish book sale coming up or delivering a "meal on wheels" (which now has a long waiting list). We will be letting you know about opportunities and we would like to hear of work you are already doing. We don't have to bring "ten thousand rivers of oil" but we can quietly "do justice and love kindness."

PARISH NEWS & EVENTS

ERD Book Sale Begins Sunday, February 19



....And donations of books will be accepted until **Sunday, February 12**. So search through your shelves for gently used books and drop them off at the church at the St. Paul's library on the second floor of the parish house during office hours. Contact Amanda Ross at rossama1@msu.edu or Katie Johnson at johns21k@gmail.com if you have any questions or would

like to volunteer with the sale.

Proceeds go to Episcopal Relief and Development to support its work around the world. ERD focuses on Healing a Hurting World through programs that alleviate hunger and improve food supply, create economic opportunities and strengthen communities, promote health and fight disease, and respond to disasters and rebuild communities.



Lent Madness began in 2010 as the brainchild of the Rev. Tim Schenck. In seeking a fun, engaging way for people to learn about the men and women constituting the Church's Calendar of Saints, Tim came up with this unique Lenten devotion. Combining his love of sports with his passion for the lives of the saints, Lent Madness was born.

The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time and people vote for their favorite saint on the Lent Madness website, lentmadness.org.

Sixteen saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. The first round consists of basic biographical information about each of the 32 saints in the Saintly Scorecard book. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.

Everyone is welcome to participate in Lent Madness! The brackets and Saintly Scorecard books will be available **February 1**. Please return your completed bracket to Jackie Womble by **March 1**. We ask that you make a donation with your bracket of any amount. The funds raised will be used to provide scholarships for the Youth to attend the Episcopal Youth Event in July and other camps.



The parish owes many thanks to Senior Warden Lyn Zynda and Junior Warden Jeff Kressler for their service in leading the Vestry during 2016. Their contributions were celebrated as part of the Annual Meeting on Sunday, January 29.

PARISH NEWS & EVENTS

Spring Blood Drive

The Spring Blood Drive is **Saturday, March 25**, from **8:00AM to 1:00PM**. We had to move the drive up because April consists of Spring Break, Palm Sunday, and Easter. The weekend following Easter is typically a low Sunday, and we can't risk a low turnout for the Blood Drive.

This is our semi-annual Blood Drive. We need people to give blood, help set-up and tear down the drive, work the drive, and provide sandwiches. There is a critical need for blood. If you give blood often, please come to our drive. If you have never given blood, please consider giving blood at this drive. An individual blood donation can medically help up to three people. Every two seconds, someone in the US needs blood.

Please be generous with your time and blood. Thank you.

Elisabeth Richardson



Save the Date! Women's Retreat

The **last weekend of April** will be an opportunity for women to gather for retreat at Geneva Camp & Retreat Center in Holland, Michigan. Our hope is to provide all with a chance for rest, reflection, and a bit of tending to their souls. We will leave for Geneva Friday evening and return Sunday afternoon. Space is limited and once we finalize the cost for the weekend we will share that with you. Financial assistance will be available. If you wish to join us, please email either Kathy Vogel kathyvogel@ymail.com or Karen Lewis rector@stpaulslansing.org to reserve your space.

Church Wide Inventory Underway: Help Sought

By Mark Rudd, Building and Grounds Ministry Team Co-chair

The Church Insurance Agency Corporation had the Diocesan Safety Manager do a walkthrough of our building in November for our annual safety inspection. While he was "very impressed" with the several safeguards we have in place to protect our parishioners and property, he did make a few recommendations. One of them is that "the church maintain a video inventory of church contents and maintain a copy off site." We already keep their inventory for St. Michaels, and believe they would reciprocate for us.

St. Paul's Building and Grounds Ministry Team accepted the task of spearheading this initiative. Over the course of this month, we will be contacting the various ministries, committees, and guilds to have them conduct a pictorial inventory of their contents. While the Building and Grounds Ministry Team will offer assistance, each group better knows what contents and materials need to be photographed, and can do that as best fits their own time schedule. We will help coordinate this process with a goal of being done church wide later this spring. Theresa Milne has a digital camera in the office available for use. All video cards will be given to Theresa for consolidation into one inventory folder, and St. Michael's will be asked to hold a copy.

Book Study: “White Trash” or “Hillbilly Elegy”

By The Rev. Karen C. Lewis

For several months we have been promoting our upcoming congregational book study of “White Trash.” The books have arrived and are in many of your hands, while some still need to pick theirs up in the church office. Some (like me) have found White Trash to be a bit of a challenge to read. While filled with well-researched information about the 400-year history of classism in our country, it can be a bit overwhelming to read. It is well worth the time, but not always easy.

For those who have found “White Trash” a bit of a challenge, we are offering an alternative book as a companion to our book study – “Hillbilly Elegy” by J.D. Vance. Below is a brief description of the book:

From a former marine and Yale Law School graduate, a powerful account of growing up in a poor Rust Belt town that offers a broader, probing look at the struggles of America’s white working class, “Hillbilly Elegy” is a passionate and personal analysis of a culture in crisis—that of white working-class Americans. The decline of this group, a demographic of our country that has been slowly disintegrating over forty years, has been reported on with growing frequency and alarm, but has never before been written about as searingly from the inside. J. D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hung around your neck.

The Vance family story begins hopefully in postwar America. J. D.’s grandparents were “dirt poor and in love,” and moved north from Kentucky’s Appalachia region to Ohio in the hopes of escaping the dreadful poverty around them. They raised a middle-class family, and eventually their grandchild (the author) would graduate from Yale Law School, a conventional marker of their success in achieving generational upward mobility.

But as the family saga of Hillbilly Elegy plays out, we learn that this is only the short, superficial version. Vance’s grandparents, aunt, uncle, sister, and, most of all, his mother, struggled profoundly with the demands of their new middle-class life, and were never able to fully escape the legacy of abuse, alcoholism, poverty, and trauma so characteristic of their part of America. Vance piercingly shows how he himself still carries around the demons of their chaotic family history.

Certainly you are welcome to read both books as you will find they complement each other. We will begin our book study conversations the first Wednesday following Easter—April 19. Whether you have read only one or both of the books, we will gather as a group that evening for initial conversation and distribute discussion guides for future group studies. If you wish to order a copy of “Hillbilly Elegy”, please contact Theresa in the office. Happy Reading!

Let Us Pray Lent Series Begins Wednesday, March 8th

Praying is not always the easiest conversation to engage in, as folks often wonder if they are praying the correct way. Some think they aren’t praying long enough or hard enough. Some get bored with the prayer forms they know but are hesitant to try others. Episcopalians often ponder if there are other ways to pray besides with a 1979 Book of Common Prayer in their hand. And did you know that you do not have to be on your knees to pray?

We are summoned to pray by Jesus who has provided us with the ultimate sample of prayer in The Lord’s Prayer. There are many more ways to pray. Have you considered praying with icons? Or Anglican prayer beads? Is journaling something you enjoy doing? How about body movement? Or coloring? Meditating or chanting? Some find reading and meditation the best form of prayer while others speak aloud. Have you discovered which are the best ways to pray for you?

And, then, what is it we are to pray for? My own needs and those of others? How many prayers of thanksgiving

do I need to offer—do I have to have just as many as I have petitions? How will you know if God hears you? What is prayer anyways and why bother? If God already knows everything I think and need, why spend the time praying?

Prayer is simply engaging in a conversation with God; not because God needs it but because we do. There are times I wonder if God gets bored with our prayers. Join us as we investigate various forms of prayer and discuss prayer and why we engage in it – personally and corporately. Our conversations will be lively as we ponder prayer, the why’s and how’s of it.

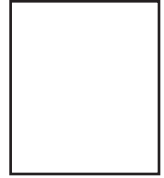
We will gather on Wednesday evenings beginning March 8th at 6:30 pm. Dinner will be offered at 5:30 pm from a Catered Affaire at a cost of \$7. Please sign up in the Merrifield Room if you will be joining us for dinner. This is a four-week series—you are welcome to join us for all four weeks or whichever nights you are available.

Calendar

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 ANNUAL MEETING 8:00 AM Worship & Holy Communion in Chapel 9:15 AM Choir Rehearsal 9:45 AM Sunday School 10:00 AM Worship & Holy Communion in Sanctuary 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Lange Ensemble-Sanctuary/Choir Room	30 9:00 AM Bhutanese Refugee Support Group-Merrifield	31 12:00 PM Worship & Healing Service	1 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 5:30 PM Children's Choir Rehearsal 5:30 PM Mission & Outreach Ministry 7:00 PM LDCA - Hill Room	2 FEAST OF THE PRESENTATION/CANDLEMAS 7:00 PM Chancel Choir Rehearsal	3 OFFICE CLOSED 12:00 PM AA Meeting-VanAtta	4 Altar Guild Training w/the Rev. Lewis
5 FOOD BANK SUNDAY NOISY OFFERING 8:00 AM Worship & Holy Communion in Chapel 9:15 AM Choir Rehearsal 9:45 AM Sunday School 10:00 AM Worship & Holy Communion in Sanctuary 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Lange Ensemble-Sanctuary/Choir Room 5:00 PM Youth Group - Hill Room 6:30 PM Bible Study - VanAtta Room	6 The Rev. Lewis Away 9:00 AM Bhutanese Refugee Support Group-Merrifield	7 The Rev. Lewis Away 12:00 PM Worship & Healing Service 6:00 PM Stewardship Ministry Team - VanAtta Room	8 The Rev. Lewis Away 12:00 PM AA Meeting-VanAtta 5:30 PM Children's Choir Rehearsal 6:00 PM Special Events Meeting - VanAtta Room 7:00 PM LDCA - Hill Room	9 The Rev. Lewis Away 6:00 PM Communications & Technology Ministry-VanAtta 7:00 PM Chancel Choir Rehearsal	10 OFFICE CLOSED The Rev. Lewis Away 12:00 PM AA Meeting-VanAtta	11
12 Baptism Anniversary Celebration 8:00 AM Worship & Holy Communion in Chapel 9:15 AM Choir Rehearsal 9:45 AM Sunday School 10:00 AM Worship & Holy Communion in Sanctuary 11:30 AM Altar Guild Training w/the Rev. Lewis 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Lange Ensemble-Sanctuary/Choir Room	13 9:00 AM Bhutanese Refugee Support Group-Merrifield 12:00 PM ERD Book Sale - Merrifield Room 12:00 PM ERD Book Sale - Merrifield Room 6:00 PM Confirmation Class - VanAtta Room 6:30 PM Building & Grounds Ministry--Merrifield Room	14 12:00 PM ERD Book Sale - Merrifield Room 12:00 PM ERD Book Sale - Merrifield Room 12:00 PM ERD Book Sale - Merrifield Room 6:00 PM B & PW - Hill Room	15 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 12:00 PM ERD Book Sale - Merrifield Room 5:30 PM Children's Choir Rehearsal 7:00 PM LDCA - Hill Room 11:59 PM SPN Deadline!!	16 The Rev. Lewis - Fresh Start 7:00 AM Men's Breakfast 12:00 PM ERD Book Sale - Merrifield Room 7:00 PM Chancel Choir Rehearsal	17 OFFICE CLOSED 12:00 PM AA Meeting-VanAtta	18 Altar Guild Training w/the Rev. Lewis
19 ERD Book Sale-Merrifield Room 8:00 AM Worship & Holy Communion in Chapel 9:15 AM Choir Rehearsal 9:45 AM Sunday School 10:00 AM Worship & Holy Communion in Sanctuary 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Youth Group - Hill Room 6:30 PM Bible Study - VanAtta Room	20 Presidents Day - Office Closed	21 Theresa Milne Away 12:00 PM Worship & Healing Service	22 Joyce Renfrew in Office Theresa Milne Away 9:30 AM MI Air/MI Health - Merrifield Room 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 5:30 PM Children's Choir Rehearsal 7:00 PM LDCA - Hill Room	23 Theresa Milne Away 7:00 PM Chancel Choir Rehearsal	24 OFFICE CLOSED 12:00 PM AA Meeting-VanAtta	25 Visions Training for Clergy & Vestry
26 ERD Book Sale-Merrifield Room 8:00 AM Worship & Holy Communion in Chapel 9:15 AM Choir Rehearsal 9:45 AM Sunday School 10:00 AM Worship & Holy Communion in Sanctuary 11:30 AM Altar Guild Training w/the Rev. Lewis 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Lange Ensemble-Sanctuary/Choir Room	27 9:00 AM Bhutanese Refugee Support Group-Merrifield 12:00 PM Four Fs--Hill Room 6:00 PM Vestry Dinner - Meeting @ 6:30 pm	28 12:00 PM Worship & Healing Service	1 ASH WEDNESDAY 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 12:00 PM Ash Weds. Liturgy & Holy Communion - Sanctuary 5:30 PM Children's Choir Rehearsal 5:30 PM Mission & Outreach Ministry 7:00 PM Ash Weds. Liturgy & Holy Communion 7:00 PM LDCA - Hill Room	2 7:00 PM Chancel Choir Rehearsal	3 OFFICE CLOSED 12:00 PM AA Meeting-VanAtta	4 9:30 AM Safeguarding God's Children 1:00 PM Safeguarding God's People

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