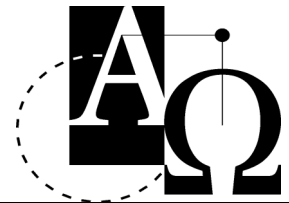


# The SPIRIT of GRACE

March 2011

GRACE EPISCOPAL CHURCH  
820 Howard Street PO Box 596  
417-358-4631  
gracechcar@sbcglobal.net

Carthage MO 64836  
fax 417-358-6775  
www.gracecarthage.org



## Regular Events...

### Sunday

- Holy Eucharist 8 & 10:30
- Acolyte Practice 9
- Sunday School 9:15
- La Santa Misa 12
- Estudio Biblico 1:30

### Monday

- Quilting, 1
- Narcotics Anonymous 7

### Tuesday

- Men @ St Luke's 10
- Coro en Espanol 5

### Wednesday

- Choir Practice 5:30
- Holy Eucharist 6
- Dinner, Youth Groups & Bible Study, 6:30

### Thursday

- Move Exercise Class 9:30
- Holy Eucharist @ St Luke's 2
- Friends Anonymous 4
- Tapping Toodle-Oos 5:30

### Friday

- Holy Eucharist 10

### Saturday

- Altar Guild 9
- Estudio Biblico 7

## COFFEE HOSTS

Steve and Sue  
Friede

## From the Rectory: The Rev. Steven C. Wilson

Tired of snow yet? Yes sir!! Which is why the first signs of spring, the crocus in Central Park, the birds flirting in the holly tree outside our front window, have been so welcome.

Lent comes from an old Anglo Saxon word meaning "springtime." This year, because Easter is especially late (the latest of any of our lifetimes), Lent will actually coincide with the season of spring in our climate. Which raises some interesting thoughts. For truth be told, most of us don't think of fasting, penance, and discipline as tender, charming, delightful signs of good things to come. We associate spring with blossoms and bunnies and the first tender asparagus, but Lent is associated with sackcloth, ashes and scowling refusal to indulge in chocolate.

I'd like to propose that we ask ourselves whether we have the wrong idea about Lent. Isn't it true that most of us at least pay lip service to the notion that a diet is an appropriately hopeful way to start a New Year, an appropriately hopeful way to enter into summer's "swimsuit sea-

son?" Don't we say that new life, as in a baby, requires some discipline from the expectant mother—no martinis, maybe extra vitamins? Well, Lent is the same—it is a focused, goal-oriented discipline. It isn't about what we're giving up *today*: it's about what new things God is doing in us *tomorrow*.

Like diets and doctor visits, Lent isn't discipline for its own sake, but preparation for a new, and demanding, gift, the salvation given us through Christ's triumph over death, sin and evil in the Resurrection. We get sloppy, lazy, and non-reflective in our humdrum lives, and we need the stimulus of Lent to appreciate and live into the strenuous glory called Easter.

The Prayer Book urges Christians to the classic disciplines: self-examination and repentance; prayer, fasting and self-denial; reading and meditating on God's holy Word (BCP 265). And it promises us as well the classic reward of life well-lived: sharing in His victory over death (BCP 285). So break out the lentils and the Stations of the Cross—swimsuit season is at hand.

## MARCH BIRTHDAYS

- 1 Tim Putnam, Kirby Newport, Sue Friede
- 2 Ann Geisert, Evelyn Shockey
- 3 Michael Robertson, Jr., Nancy Dymott, Lois Raschke
- 4 Loren Erwin, Cynthia Rogers
- 6 Mindy Estes, Ron Dowell
- 7 Regine Anderson, Tom Hartzell
- 8 Peggy Ralston, Debbie Evans
- 9 Chase Taylor, Judy Kauffman
- 12 Tom Bewick, Cathy Moomaw
- 13 Carolyn Cole, Jason Shelfer
- 14 Angela Harwell
- 15 Jan Sutter
- 16 Catherine Marsden, Connie Leek
- 17 Ruth Platt, Rosalie Griffin, Kevin Curtis
- 18 Jeanne Goolsby
- 20 Kamiean Welch
- 21 Becky Edds, Stephanie Palma
- 22 Linda-Marie Rice
- 23 Laurence Flanigan, Betty Goodman, Katie Bewick, Daniel Stone
- 24 Steve Heidlage, Gabriel Amparan, Troy Salchow
- 25 Mariah Marsden, John-Lloyd Grigsby
- 26 Bill Hansford
- 27 Ashleigh Wilson, Keri Kirby
- 28 Averil Heese, Jake Charleston
- 29 Bonnie Jones
- 30 Robert Lanham, Rebekah Casillas
- 31 Catie Platt

### ANNIVERSARIES

- 1 Fred & Opal Faye Campbell
- 16 Brooks & Gloria Gubser
- 17 Jeremiah & Jacqueline Wyczynski, Mark & Debbie Jones
- 18 Don & Lynette Gass

### ORDINATION ANNIVERSARIES

- 7 Fr. Fred Taylor (Priest)

## VESTRY UPDATE

*At the Feb 15 meeting, the following was discussed*

**Rector's Report:** The rector reported on the clericus meeting held that morning with our new bishop-elect, Martin Field. His policy on deacons distributing reserved sacrament was clear—under most foreseeable circumstances, this will not be permitted. This impacts how we staff weekday services, including Saturday nights. The new bishop is interested in regional ministry in our area. The rector's sabbatical is summer **2012**, and the committee will start work on this after Easter. There was discussion about our planned assistant, with Fr. Wilson urging all to remember that the need is not for someone to assist him, but for our parish to more fully reach out as we continue to grow.

**Deacon Jeff's Report:** An acolyte appreciation Sunday is being planned for later this spring.

**Deacon Galen's Report:** Galen will be the Presiding Bishop's chaplain at the new bishop's consecration.

**Father Palma's Report:** We are seeking a leader for a Hispanic retreat in Lent.

**Senior Warden:** There were various thank-you's read for the parish's generosity with our clergy at the holidays. The Senior Warden and 3 other vestry will attend the diocesan stewardship conference and report next month.

**Junior Warden:** The various weather-related issues in the building have all been addressed. The Patrick family memorial will be used to cover re-carpeting of the nave, and the final window be repaired, soon.

**Treasurer:** As typical, January was a bit slow with a deficit for the month, but pledge income is significantly higher than in 2010 at this point.

**New Business:** The parochial report for 2010 was approved. Diocesan convention delegates and alternates were elected. The surplus income from 2010 was set aside in a restricted fund titled "Staff" in order to begin funding a future assistant.

*The next Vestry meeting is scheduled for Tuesday, March 15, at 5:30 pm.*

## The PARISH PRAYER LIST

(*Nursing Home & Shut Ins*) Patricia Rouse, Helen Rogers, Jean Berry, Amanda McClanahan, Mary Helen Dunaway, Dorothy Taylor, Dorothy Solomonson, Carolene Kelly, Gerri Green, Juanita Pence, Evelyn Jackson, Michelle Short, Lois Raschke, Tom Adams, Jim Brown, Jerry Chrisman, Bill Hansford, Jean Page  
(*Immediate Needs*) Jackie Cato, Ann Fritsch, Steve Wampler, K.L. Roske, Paul Carr, Andy Lynch, Philip Patrick, Barb Dalton, Carolyn Ford, Fr. Dennis Smart, Sarah Tim, Don Raison, Paul Foster, Nelson Family, Keith & Cynthia Shaw, Laurie Alejandro, Matthew Looney, Debi Sierra, Keith (Pistol) Baugh, Dakota Bayless, Jim Lynch, Nevin Yankie, Betty Starks, Michael "Mike" Evans, Stewart Johnson family, Glenn Dubry, Jake Berger, Gleeman Keller  
(*Military service*) Eric Leek, Adam Hertzberg, Doug Snodgrass, Randy Ayers, Dane Bell, Jake Berger, Brandon Collins, Michael Craig, Jake Douglas, Michael Franco, Cameron Graham, Danny Hughes, Rich Jones, Joey Olson, Garrick Palermo, Grant Short, Allan Vaughan, Devon Walker, Toby Walters, Gary Welch, Josh Wilson, Jeffrey, Vince Kaercher

### Diocesan Cycle of Prayer

Church of the Good Shepherd, Kansas City  
As of publication date, the diocesan prayer cycle for Lent was still unpublished. We'll double up in April's newsletter...

### Anglican Cycle of Prayer

Matlosane, Mpumalanga, Mthatha (*Southern Africa*), Mbaise, Mbamili, Minna (*Nigeria*), Mbale, Mityana (*Uganda*), Mbeere, Meru, Mombasa, Mount Kenya Central, Mount Kenya South, Mount Kenya West (*Kenya*) Yangon (*Myanmar*), Dublin (*Ireland*), Medak (*South India*) Melbourne (*Australia*), Michigan, Minnesota, Mississippi, Missouri, Montana, Milwaukee (*USA*) Macau (*Hong Kong*) Oeste-Brasil (*Brazil*), Monmouth (*Wales*) Montreal, Moosonee (*Canada*) Moray Ross & Caithness (*Scotland*), Morogoro, Mount Kilimanjaro, Mpwapwa (*Tanzania*)

## TRANSITIONS, Feb 2011

### The FAITHFUL DEPARTED

**Harley Madsen**, departed this life Feb 2, plans pending for burial from the Church  
**Dorothy Wilson**, departed this life Feb 20, buried from the Church Feb 25

### BANNES of MARRIAGE

**Nate Dowell** and **Samantha Vaughn** of this parish, to be wed April 30. Banns have been read and are closed.

**Dr. Matthew Anderson** of this parish and Dr. Alison Mobley, to be wed June 25, 2011 in South Carolina. This is the second time of asking.

**Catherine Platt** of this parish and Hans Mack, to be wed May 29, 2011. This is the third and final time of asking.

### TRANSFER OUT

**Alex Weidemann**, to St. Peter's, Pittsburg KS

### CONGRATULATIONS

James A. Sneed and Simone Scrivner Still, daughter of **Idell and Dale Looney**, were united in marriage Feb. 11

Mary and I are overwhelmed with joy and gratitude with the gift you have given in our honor for the Botswana Day Care Center Project. The monies received from you will do much to make this work a reality for orphaned and vulnerable children. We are very grateful to you - always a community of giving souls. And I also thank the members of the quilting group who presented me with the unique and very beautiful stole. I shall always treasure it, and will wear it often in whatever endeavors I pursue in the years ahead. It will always help me remember all of our very dear friends at Grace Church! What a Sunday we had with you with the youth from around the Diocese! Such hospitality also took a great deal of preparation and work. Many thanks for all that work also. May the Lord continue to bless Grace Church with the spirit you so joyously express!

Faithfully, +Barry R. Howe

## From the DEACONS' DESK

The Rev. Jeffrey Bell

*"Father forgive them for they know not what they do."* Luke 23:34

These are Jesus' first words spoken from the cross. What powerful words. Let's look at each of these words. The first word from the cross tonight is "father." The first sentence from the cross is a prayer and Jesus teaches us to pray. Jesus begins his words from the cross, addressing not the women, nor the other men on the cross, not even the leering crowd below. Jesus did not look down at his tormentors, but up to his Father in heaven. Jesus' choice of the word, Father, reveals his closeness to God. Jesus was the first person in the Bible to use the familiar equivalent of "dad" or "daddy" in his prayer.

The second word that is spoken is "forgive." Rather than calling on God to punish those people who were crucifying and killing him, Jesus' heart was full of compassion for them, rather than rage. Jesus called out for God to forgive his tormenters rather than to punish them.

The third word is "them." Them refers to all the soldiers who have whipped and nailed him. Them refers to all the religious leaders who have falsely accused him. Them refers to all the gawkers in the crowd who were just watching. "Them" refers to all the disciples who had run away. And, more importantly, "them" refers to you and me. We too are in need of God's forgiveness. So often, we don't have time for God. We don't pray as we should, and we don't love as we could. We live a far too busy life, too busy for God who has literally given us everything. We are not the quality of Christian men and women, or boys and girls that we are called to be.

The next few words spoken by Jesus are, "for they know not what they do." The soldiers around the cross didn't really know that they were crucifying the Son of God. The religious leaders did not really comprehend that they were plotting against the very Presence of God. The on-lookers did not realize that they were watching the most loving human being of all time being killed. They didn't get it. And likewise with us today. We don't get it. We don't feed the hungry of the world, and they die of starvation while we all eat well. We don't get it that we are killing Christ who lives in those starving children. We don't visit the old folks' homes in our neighborhoods, and those elderly people slowly die of loneliness while we are too busy. We don't get it that we are neglecting Christ who lives in the bodies of our aging elderly friends. It is not the sins of commission that really bother us; it is the sins of omission that really get to us. And we don't know what we are doing.

We don't know or really comprehend what we are doing when we have little time for God, when we are too busy living our lives that we don't have a morsel of time for God. And so we cry out, "Father, please forgive us, for we too don't really know what we are doing." That day on the cross, even though the crowds below him did not confess or repent or even admit guilt, Jesus called out to God, "Father, forgive them."

Jesus' forgiveness and love from the cross was pure grace, a gift to people who did not deserve the gift. And so it is with us. The first word of the cross is pure grace for you and me and the world: "Father, forgive us, for we know not what we do."

*Deacon Jeff*

# March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Season: March 1-8, Epiphany Color: Green	Season March 9-31: Lent Color: Purple (except St Joseph, March 19, & Annunciation, March 25, white)	1 <i>David of Wales</i>	2 <i>Chad of Lichfield</i>	3	4	5 11:00 am Bishop Field's Consecration KC
6 <b>LAST EPIPHANY</b>	7 <i>Perpetua &amp; Companions</i>	8 <i>Shrove Tuesday</i>	9 <b>Ash Wed</b> 7:00 Noon 6:00 pm 8:30 pm	10 <i>Gregory of Nysa</i>	11 <i>Gregory the Great</i> Encore Lunch	12
13 <b>FIRST LENT</b> Daylight Saving Time Begins  Devotees 3 pm	14	15	16	17 <i>Patrick of Ireland</i> Relay for Life meeting	18 <i>Cyril of Jerusalem</i>  Movie 6:30 pm <i>The Mission</i>	19 <b>St. Joseph</b>
20 <b>SECOND LENT</b>	21 <i>Thomas Cranmer</i>	22 <i>James De Koven</i>	23 <i>Gregory the Illuminator</i>	24 <i>Oscar Romero &amp; Martyrs of El Salvador</i>	25 <b>The Annunciation</b>	26
27 <b>THIRD LENT</b>	28	29 <i>John Keble</i>	30 <i>Innocent of Alaska</i>  3:00 Folding Party	31 <i>John Donne</i>		

## SPEAKING OF HEALTH: NURSE BARBARA MOUNTJOY

### Tips for Women's Hearts

Your heart disease risks and symptoms can be subtler – and deadlier – than a man's. For a woman, symptoms of a heart attack (a blockage of blood flow to the heart) can be very different from a man's. Where men are more likely to have what are considered typical symptoms, such as intense chest pressure or tightness or pain in the left arm or neck, women, however, can have very different symptoms. 43% of women having a coronary don't experience any chest discomfort at all.

Women also wait longer to go to the ER than men do. The top reason for hesitating - they don't want to bother anyone! Also, don't drive yourself and don't wait for someone to come and take you, call 911. An ambulance has equipment to begin treatment immediately. Any delay could be fatal. Your odds of surviving improve by 23% if you get treatment within 3 hours and 50% within 1 hour. Take an aspirin. Keep a supply of full-strength, uncoated aspirin at home and in your purse, and chew and swallow one with water as soon as symptoms start. This can prevent blood clotting and damage it causes. And, get pushy at ER. You or your advocate can forcibly say, "I think I/or she is having a heart attack," and insist on seeing a doctor within 10 minutes. Make sure you get an EKG to check your heart function, plus blood tests to detect heart damage. It's essential that women understand this gender gap because 43% of women having a coronary don't experience any chest discomfort at all.

I recently found an article which included 7 symptoms women ignore. **FATIGUE:** In the weeks before an attack, 71% of women have flu like symptoms. Days before you may feel too tired to lift a milk carton. **NON-CHEST PAIN:** Rather than an explosion in your chest, you may feel less severe pain in your upper back, shoulders, neck or jaw. **SWEATING:** You may find yourself suddenly drenched in perspiration for no apparent reason, and your face may be pale or ashen. **NAUSEA OR DIZZINESS:** During an attack, women often vomit or feel like they are going to pass out. **BREATHLESSNESS:** Almost 58% of women report shortness of breath or the inability to carry on a conversation. **SLEEPLESSNESS:** In the month before a coronary, nearly half of women have reported trouble sleeping. **ANXIETY:** Many women experience a sense of impending doom or fear before a heart attack. Trust your instincts. Your body is telling you to pay attention! All this is very important, and remember, it's better to be embarrassed than dead!

We now have an "Urgent Care" facility in Carthage!! I have been a patient there recently and am quite impressed with the facility. The urgent care center is affiliated with McCune-Brooks Regional Hospital and is participating network providers with both Freeman and St. John's programs. If you want to avoid long wait times, high copayments and do not have a debilitating or life-threatening injury, consider visiting the urgent care. It will prove to be quicker and costs much less than the ER. It is often less hectic and more convenient. It is staffed by physicians, physician's assistants, nurse practitioners and nurses. It is located at 1632 Missouri Ave. The hours are Monday - Friday, Noon to 8:00PM; Saturday 10:00AM to 8PM; Sunday 11AM to 5PM (holidays may vary). The medical services offered are urgent care, primary care, non-operative orthopedic care, work related injuries, physical exams, including sports, school and camp physicals, x-ray, lab services, influenza and strep screenings and EKG.

# EUCHARISTIC MINISTERS: MARCH 2011

<i>Sunday, March 6</i> <b><u>8 am</u></b>	<i>Sunday, March 13</i> <b><u>8 am</u></b>	<i>Sunday, March 20</i> <b><u>8 am</u></b>
Reader: Ruth Smith Prayers of People: Barbara McPheeters Chalice: Larry Ross Subdeacon: Wayne Ytell Server: Richard Roske Sacristan: Elisa White <b><u>10:30 am</u></b> OT: Dana Cameron NT: Marty Griffin Chalice: Margie Tucker Subdeacon: Brad Cameron Acolyte Mentor: Brad Cameron Servers: Quincy Charleston, <i>Capt</i> Jay Simmons Cross: Tom Simmons Torches: Emma Charleston Layla Pettie Sacristan: Connie Leek Ushers: Jeff Dymott/Chuck Erwin AV: Elisa White Flower Delivery: Clif Kester	Reader: Glenda Erwin Prayers of People: Peggy Ralston Chalice: Larry Ross Subdeacon: Wayne Ytell Server: Kirby Newport Sacristan: Cathy Tompson <b><u>10:30 am</u></b> OT: Mark Sponaugle NT: Margie Tucker Chalice: Rayella Lindsay Subdeacon: Marty Griffin Acolyte Mentor: Michele Sexton Servers: Carlie Wakefield <i>Capt</i> Julio Ovalle Crosses: Matt Goolsby Torches: Ashleigh Wilson Sarah Wilson Sacristan: Chalaine Bell Ushers: Mike Goolsby/Frank Lane AV: Jim & Colby Wakefield Home Comm: Bell/Ytell-Lon Orr Flower Delivery: Kelly Heidlage	Reader: Kelly Roske Prayers of People: Gary Cole Chalice: Larry Ross Subdeacon: Kirby Newport Server: Brad Cameron Sacristan: Dana Cameron <b><u>10:30 am</u></b> OT: Julie Anderson NT: Bonnie Jones Chalice: George Platt Subdeacon: Wayne Ytell Acolyte Mentor: Elisa White Servers: Madeline Marsden <i>Capt</i> Ellen Stiles Salchow Crosses: Will Mansfield Torches: Katie & Taylor Mansfield Sacristan: Chalaine Bell Cathy Thompson Ushers: Mike Robertson Chris Wilkowski AV: Mike Robertson Home Comm: Galen/Bonnie-G.Cordell Flower Delivery: Barbara McPheeters
<b><u>Sunday, March 27</u></b> <b><u>8 am</u></b> Reader: Wayne Ytell Prayers of People: Wayne Ytell Chalice: Larry Ross Subdeacon: Wayne Ytell Server: Nancy Dymott Sacristan: Dana Cameron <b><u>10:30 am</u></b> OT: Michael Goolsby NT: George Platt Chalice: George Platt Subdeacon: Michael Goolsby Acolyte Mentor: Elaine Wurst Servers: Cecilie Washburn <i>Capt</i> Drew Schesser Cross: Oliver Sprinkle, Sydney Harlan Torches: Alex & Ana Wilkowski Sacristan: Connie Leek Ushers: Jim Creighton Loren Erwin AV: Scott Mansfield Flower Delivery: Kevin Curtis	<b><u>Wednesdays, 6 pm</u></b> Sacristan: Barbara Mountjoy <b><u>March 2:</u></b> Reader: Julie Anderson Chalice: Ron Ferguson  <b><u>ASH Wed. March 9:</u></b> 7:00 am Sacristan: Chalaine Bell Noon Sacristan: Cathy Thompson Jenny Hopp 6:00 pm Sacristan: Elisa White Reader/Chalice: Scott Stone Ushers: Jimmy Grimes/Larry Hartman  <b><u>March 16:</u></b> Reader/Chalice: Bonnie Jones  <b><u>March 23:</u></b> Reader/Chalice: Margie Tucker  <b><u>March 30:</u></b> Reader: Glenda Erwin	<b><u>EXERCISE OPTIONS</u></b> Every Thursday at 9:30 am in the basement of Spencer Hall, join us for a low impact, just-get-moving exercise class. No Jane Fonda, Zumba or Richard Simmons! From 10:00-11:00 have book discussion, study or fellowship. Get your New Year started right –body, mind and spirit. Also on Thursdays, at 5:30 pm in Spencer Hall, join us for the Tapping Toodle-Oos, our tapdancing ministry. Tap is a great form of exercise, encouraging flexibility as well as burning calories and warming up your metabolism. You don't even need tap shoes!

## EDUCATION

### ADULT FORUMS

Sun, March 6: Lent's not in the Bible, is it?

Sun, March 13: Fr. Roger Stinnett leads discussion on Rembrandt's painting of the Prodigal Son, Henri Nouwen's book on the same subject

Sun, March 20: The Rev. Jeffrey Bell discusses-Servant Ministry, the heart of the diaconal identity

Sun, March 27: Fr. Steve discusses the Annunciation in Art

### WED NIGHT BIBLE STUDY

*Seven Days of Creation: Walking through the Universe in the Wednesdays of Lent.*

March 2: Jesus, the Light of the Kosmos

March 9: The vast expanse of interstellar space

March 16: This fragile Earth, our island home

March 23: Times and seasons

March 30: The creatures around us

### QUIET DAY April 2

There will be a Lenten Quiet Day, with Holy Communion, prayer time in the Centering Prayer tradition, and Labyrinth walk (weather permitting) on Saturday April 2. Mark your calendars now.

### BOOK CLUB

Join us for Lenten Bible Study on the book And The Angels Were Silent by Max Lucado. We will meet from 6:30 pm to 8 pm on Thursday evenings beginning Thursday, March 10. The book is available from the parish bookstore.

## PARISH LIFE

### MARCH 11: ENCORE CLUB

Friday, Noon: RSVP \$5 per person

Chef: Susie Bewick

Presenter: Catie Platt speaks about the ministry of the Lafayette House

### MOVIE NIGHT: Feb 18

Join us at 6:30 pm to enjoy *The Mission*. Last time we tried to watch it, the disc stuck. But we've got a better copy of DeNiro's masterpiece this time. Come at 6 with your snack and friend to have a social hour. Maybe a suitable South American dish for Lenten festivities might be in order?

### ST. MARTHA'S GUILD

Meeting Wed. March 2 at 12:30 at the Sassy Spoon.

### SCHOLARSHIPS

Are you a junior or senior in college? Pick up your scholarship form from the office. The deadline for application is April 15.

### SHROVE TUESDAY

Tues, March 8. The traditional pancakes and sausage this year (we try to alternate menus). However, we'll also have a bit of duck gumbo for the discerning palates amongst us. Gentlemen, your help with this popular "breakfast for dinner" is always appreciated. 5-7 pm, \$6 per person.

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Grace Church welcomes **Don Gass** Saturday, March 12, 10 to noon as he leads us in discussion of methods of legacy giving. A wonderful tool for those planning their estates or for leaders of charitable boards! How you choose to plan for the future makes a major difference in what kind of impact you leave for future generations. And remember—if you don't plan, Uncle Sam is delighted to plan on your behalf. But most likely, it will be Uncle Sam, not the local ministries you treasure, which will benefit...Don Gass, one of our own, returns home to share some of his insights on this. 10 to noon, with lunch! Bring a friend—the information is not just for parishioners, and not just aimed at Grace Church bequests.

## WORSHIP & SPIRITUAL LIFE

### March 9: ASH WED

*Create in me a clean heart, O God,  
and renew a right spirit within me...*

7:00 am

Noon

6:00 pm

8:30 pm Spanish

All services include the imposition of ashes, the litany of penitence, and communion. Ash Wednesday is a fast day (BCP page 17) and a Holy Day having precedence over all other occasions (BCP 16). Your attendance is expected, and your self-denial taken for granted, on this day. We look forward to seeing you at one of the four services that day.

### PALMS

Bring your palms to Church in late February or early March. They will be burned for ashes on Shrove Tuesday, March 8, then double-sifted and put on your heads on Ash Wed, March 9.

### LENTEN LITURGY

At the 10:30 & Wed night services, we will use Prayer C, which is more focused on our sin and need for repentance.

The color for the season is purple, a dark and somber color. This isn't the purple of royal robes, but of the darkness of twilight, to remind us that without Our Lord, we labor in darkness.

There are NO FLOWERS on the altar during Lent, except on Maundy Thursday (April 21) or at funerals.

We will sing the Great Litany on Sun, March 13, at both 8 & 10:30 services as the opening prayers.

On March 27, the first part of both services will be Morning Prayer.

### CENTERING PRAYER

Tuesdays, 7 pm, in the basement of Spencer Hall. A self-directed meditation on the words of Holy Scripture followed by quiet, contemplative prayer.

### FASTING & ABSTINENCE

Fasting is giving up food (NOT water—you need more when fasting!). Abstinence is restricting your food—none of a particular kind, or less of everything. Lent is a season of abstinence. We “give up” for the entire 40 day season in order to discipline our bodies and our self-indulgent appetites. Please note that the Sundays in Lent are not included in the total of 40 days! Ash Wednesday and Good Friday are days of fasting—no more than one meal, and that light, meatless and simple, in the 24 hour period. The money saved by not eating on fast days, or by eating more simply on abstinence days, should go to feeding the hungry. The Church offers several ways to achieve that goal—through the Quarter Tube, our ministries in Haiti, or the Crisis Center.

### CONFESSION

Private confessions are made *to God*—but with a priest listening, to offer godly counsel, and to reassure the confessing party that God forgives all who truly and humbly repent of their sins. All such confessions are absolutely secret—they may not, under any circumstances, be divulged, not even if the priest is subpoenaed by a court of law. While no one is obliged to make such confessions in our tradition, there are times when it may be a spiritual discipline worth considering. If you'd like to do so, please speak to Fr. Wilson, Padre Palma, or Fr. Stinnett at your convenience.

**El Peregrino Ruso**

Continuación.

Dichas estas palabras, me dio de comer, me puso algunas cosas para el camino y se retiró. Pero no me había explicado nada.

Me puse en marcha. Mientras caminaba, iba yo pensando, leía, reflexionaba como podía en lo que me había dicho aquel hombre, pero no podía comprender nada; pero eran tales mis deseos de llegar a interpretarle que pasaba las noches sin conciliar el sueño. Después de haber recorrido doscientas verstas, llegué a una ciudad cabeza de partido. En ella vi un monasterio. En la posada me dijeron que en él vivía un superior piadoso, caritativo y hospitalario. Me presenté a él, y me recibió con bondad, me hizo tomar asiento y me invitó a comer.

—Santísimo Padre —le dije—, yo no tengo necesidad de comida, sino que quisiera que me dieseis una lección espiritual: ¿Cómo he de obtener la salvación?.

—¿Que cómo has de obtener la salvación? Vive según los mandamientos, ruega a Dios y serás salvo.

—Me han enseñado que hay que orar sin cesar, pero no sé cómo hacerlo, y ni siquiera puedo comprender qué significa oración continua. Os ruego, Padre, que me queráis explicar estas cosas.

—No sé, hermano mío, de qué manera explicártelo mejor. Pero espera: aquí tengo un librito que trata de esta cuestión. —Y sacó la Instrucción espiritual del hombre interior de San Demetrio—. Toma, lee en esta página.

Y comencé a leer lo que sigue: «Estas palabras del Apóstol: Orad sin cesar, se aplican a la oración hecha por la inteligencia; la inteligencia puede, en efecto, estar siempre sumergida en Dios y orar a Él sin cesar.»

—Explicadme cómo puede la inteligencia estar siempre sumergida en Dios sin distracciones y orar siempre a Él.

—Esto es cosa difícil, si el mismo Dios no concede esta gracia —respondió el superior.

Pero no me había explicado nada. Pasé la noche en su casa y, por la mañana, habiéndole dado las gracias por su amable hospitalidad, me puse de nuevo en camino sin saber de modo preciso a dónde dirigirme. Estaba muy triste por no haber comprendido nada, y para consolarme leía la santa Biblia. Así fui adelante por el camino real, hasta que una tarde encontré a un anciano que tenía traza de ser un religioso.

A mi pregunta, respondió que era monje y que la soledad en que vivía con algunos hermanos estaba a diez verstas del camino, y me invitó a detenerme con ellos.

—En nuestra casa —me dijo— se recibe a los peregrinos, se los cuida y se les da de comer en la hospedería.

Yo no tenía ningún deseo de ir allí, y le dije:

—Mi descanso no depende del hospedaje, sino de una enseñanza espiritual; no busco comida, pues llevo mucho pan seco en mi alforja. Continuaré en Abril.

## DIOCESAN LIFE

Sat, March 5, is the Consecration and Ordination of our bishop, the **(Rt.) Rev. Martin Field as the Eighth Bishop of West Missouri**. Join us in downtown Kansas City for these important milestones in our common life.

Saturday, March 5, 2011

**8:00 a.m.** • Choir Rehearsals - *Muehlebach Hotel*

**10:00 a.m.** • Vesting of Liturgical Participants - *Muehlebach Hotel*

**11:00 a.m.** • Ordination Service - *Muehlebach Hotel*

**1:00 p.m.** • Post-Ordination Reception - *Marriott Hotel*

Sunday, March 6, 2011

**10:15 a.m.** • Welcoming and Seating of the Bishop - *Grace and Holy Trinity Cathedral*

*Child care will NOT be available during any of the events. Child-friendly activities may be provided during the ordination.*

Grace and Holy Trinity Cathedral is at 13th and Broadway, two blocks south and two blocks west of the Marriott.



The clergy welcome our eighteen confirmands (**Urbano Alacan, Francisco Alfaro, Kevin Beatty, Fredy Beltran, Shayne Bruce, Mitch Christy, Craig Diggs, Jake James, Stephanie Lynch, Julio & Jennifer Ovalle, Chris & Julio Palma, Bonnie Pugh, Irvin Rodriguez, Karen Rouse, Allen Stinebrook, and Tracy Wilkowski**, all middle and back rows), the family of our two baptisms (**Joseph & Christopher Beatty**, front center with baptismal candles) and **Bishop Howe** on January 30.

## OUTREACH

### AL-ANON & NA

Do you know someone with a drug problem? Narcotics Anonymous meets at Grace Church in the basement of Spencer Hall each Monday at 7 pm. Al-Anon is a meeting for those whose lives have been affected by a problem drinker. A new group is forming on Mondays at 6 pm, meeting at the northwest corner of 6th & Lyon. Information is on the parish bulletin board outside the office for those interested, and all meetings are open and completely confidential.

### NEARLY NEW

Many of our outreach projects are funded by the sale of gently used clothing at the Nearly New Shop. Speak to Cindy Chilton or Carolyn Cole about donations (you can receive money back on consignment or make a tax-deductible contribution) or to volunteer for a 3-hour shift once a month.

### ST LUKE'S

Join us for men's fellowship each Tuesday morning at St. Luke's Nursing Center at 10 a.m. See Chuck Erwin for details. **Each Sat morning, we need volunteer bingo callers** to help with the social highlight of the weekend at St. Luke's. See Richard Roske for details.

### KAIROS

In April, your clergy will join Brian Jones in a weekend prison ministry at the Crossroads Penitentiary in Cameron (northern Missouri). Please consider signing up to pray for this ministry while they are there, April 14-17. Kairos is an inter-denominational ministry to those in prison, modeled on the very successful Happening/Cursillo model of weekend encounter with Christ which has enriched so many of our lives.

## READINGS in MARCH

**March 1-5:** Deuteronomy 4:24-5:33, II Corinthians 11:1-13:14, Matthew 6:16-7:29

**Sun, March 6, LAST SUNDAY in EPIPHANY:** Exodus 24:12-18, 2Peter 1:16-2, Matthew 17:1-9

**Mon, March 7-Tues, March 8:** Deuteronomy 6:10-25, Hebrews 1:1-2:10, John 1:1-28

**March 9, ASH WEDNESDAY:** Joel 2:1-2, 12-17, II Corinthians 5:20-6:10, Matthew 6:1-6, 16-21

**Thurs, March 10-Sat, March 12:** Deuteronomy 7:6-7:26, Titus 1:1-3:15, John 1:29-51

**Sun, March 13, I LENT:** Genesis 2:15-17; 3:1-7, Romans 5:12-19, Matthew 4:1-11

**Mon, March 14-Fri, March 18:** Deuteronomy 8:11-20, 9:4-21-10:5, 10:12-22, 11:18-28, Hebrews 2:11-5:10, John 2:1-4:26

**Sat, March 19, ST JOSEPH,** II Samuel 7:4, 8-16, Romans 4:13-18, Luke 2:41-52

**Sun, March 20, II LENT,** Genesis 12:1-4, Romans 4:1-5, 13-17, John 3:1-17

**Mon, March 21-Thurs, March 24:** Jeremiah 1:11-2:13, 3:6-18, 4:9-10, 19-28, Romans 1:1-2:24, John 4:27-5:29

**Fri, March 25, the ANNUNCIATION to the VIRGIN MARY,** Isaiah 7:10-14, Hebrews 10:4-10, Luke 1:26-38

**Sat, March 26:** Jeremiah 5:20-31, Romans 3:19-31, John 7:1-13

**Sun, March 27, III LENT,** Exodus 17:1-7, Romans 5:1-11, John 4:5-42

**Mon, March 28-Thurs, March 31:** Jeremiah 7:1-7:34, 8:18-9:6, 10:11-24, Romans 4:1-5:21, John 7:14-7:52, 8:12-32

### Patronal Feasts

Grace Carthage, March 7—Perpetua & the Martyrs of Carthage, one of the two “Carthage, Tunisia” days in our church's Kalendar

Please pray for your clergy on the Ember Days, March 16, 18 & 19