



St. Paul's Episcopal Church
McHenry, IL



Weekly ePistle

March 13, 2019

New and Notable...

Thoughts from Lori

We're a week into Lent now. How's it going? I'm guessing that some of us decided on our Lenten discipline and are doing fairly well so far; that some of us decided, then have had a rocky start; and that some of us haven't started anything yet. And of course, some of us aren't paying much attention to this arcane practice.

I would argue that, arcane or not, it's a potentially positive and helpful practice; one that offers the possibility for insight and spiritual growth. The forty days of Lent (which excludes Sundays, by the way) are roughly a tithe or tenth of the year. We can think about it as a tithe of our time specifically dedicated to God.

If your Lent practice is going well, blessings on you. If yours isn't going so well, don't worry. Just hit the restart button. And if you haven't given it any thought at all yet, it's never too late. Remember the Invitation to a Holy Lent from the Ash Wednesday service? It specifies these things:

- Self-examination and repentance
- Prayer, fasting, and self-denial
- Reading and meditating on God's holy Word

I would add these as well:

- Quiet time to allow for self-care and the possibility of hearing God whisper in your ear
- Some form of service to another, preferably without that person knowing your identity
- Almsgiving to a charity or cause of your choice

Remember that this season of sacrifice is preparation for Easter. May it set the stage for the glory of the resurrection!

Faithfully,
Lori+

Walking the Labyrinth after the service

March 10

After the Eucharist, parishioners had the opportunity to walk the labyrinth. Remember that you may come on Thursdays in Lent from 11am to 1 and 5 to 7:30pm. See details below.



HONORING MISSY ROBEL

Missy Robel is Al's sister-in-law. She is an RN at the Capt. James A. Lovell Federal Health Care Center here in McHenry. On April 12th, she will be one of those honored at the Legacy of Service Awards Dinner sponsored by the Foglia Family Foundation, Northwestern Medicine, and American Community Bank and Trust. We at St. Paul's congratulate her and join in celebrating her service.

Taco Tuesday

Twenty-five of us enjoyed our mardi gras celebration.
Thanks to all who prepared our feast!



You won't want to miss this event! Mark your calendars and be there or be square. And BTW, we'll be announcing the kick-off of our next outreach project.



In case you missed it...



St. Paul's Offers Labyrinth Walks During Lent

St. Paul's will hold weekly labyrinth walks twice daily on Thursdays through April 11th to members of our community during Lent. St. Paul parishioners will act as docents to members of the community as they walk the labyrinth. There is no cost to walk the Labyrinth. Hours are 11am-1pm and 5pm-7:30pm.

The labyrinth is a spiritual tool that has many applications in various settings. It reduces stress, quiets the mind and opens the heart. It is a walking meditation, a path of prayer, and a blue-print where psyche meets Spirit, says the Reverend Dr. Lauren Artress, Creator of The Labyrinth Project and President of Veriditas.

A labyrinth is not the same as a maze. With a labyrinth there are no decisions to be made, no tricks, no dead ends, and its whole is always visible. A maze, on the other hand, is a puzzle with many possible routes. Mazes are meant to disorient the seeker. A labyrinth has only one path that leads the seeker into the center and back out again. Each walk is a different experience for each person. Labyrinths have been in existence since before Christ. For more information about labyrinths please go to: www.veriditas.org.

The usual fare...

On the Calendar...

Labyrinth Hours -

Thursdays, 11 am-1 pm, 5:00 pm-7:30 pm
starting March 14

Vestry - Thursday, March 21, 6:30 pm

Chili Cookoff - Saturday, March 30, 5:00 pm

Men's Breakfast - Saturday, April 6, 8:00 am

Lessons and Hymns for this Sunday, March 17, 2019

Second Sunday in Lent (Year C)

by the Rev. William P. McLemore

THE SCRIPTURE LESSONS:

The Old Testament: Genesis 15:1-12, 17-18. God makes a covenant with Abraham regarding the promised land. **Psalm 27.** "The Lord is my light and my salvation; whom then shall I fear?" **The Epistle:** Philippine 3:17-4:1. Paul says that the followers of Jesus have their citizenship in heaven. **The Gospel:** Luke 13:31-35. Some Pharisees warn Jesus about Herod wanting to kill him, but Jesus insists he must carry on his ministry as God ordained.

THE HYMNS:

Processional: No. 495. "Hail, thou once despised Jesus." This hymn is one which praises Jesus in his various roles: Galilean King, Universal Savior, Paschal Lamb, God Appointed, Reconciler, Intercessor, and the Emmanuel. The original composition is ascribed to John Blakewell (1721-1819) with later adaptations by Martin Madan (1726-1790). The tune, "In Babilone," is a traditional Dutch melody. When the 1906 hymnal was being produced, the hymn was harmonized by Ralph Vaughan Williams (1872-1958) and has been in our hymnals since.

Sequence: No. 147. "Now let us all with one accord." This hymn was written by Gregory the Great (540-604 A.D.) who was popularly known in his day as the "Father of Christian Worship," for his work with the liturgy to make it Christ-centered. This particular hymn calls for God's help in our temptation and redemption. The tune, "Bourbon," is attributed to Freeman Lewis (1780-1859), a surveyor who played the organ for a Presbyterian Church in Uniontown, Pennsylvania and composed hymns and music.

Presentation: No. 671. "Amazing grace, how sweet the sound." "Amazing Grace" is a hymn written by the English poet and clergyman John Newton (1725-1807), published in 1779. It is one of the most recognizable songs in the English-speaking world. Newton grew up without any particular religious conviction. He was pressed into the Royal Navy, and after leaving the service became involved in the Atlantic slave trade. In 1748, a violent storm battered his vessel so severely that he called out to God for mercy, a moment that marked his spiritual conversion. "Amazing Grace" was written to illustrate a sermon on New Year's Day of 1773. The tune "New Britain" has been traced back to "Southern Harmony," a shaped note hymnbook published in 1847 published by William Walker which sold 600,000 copies. The hymn is a wonderful testimony of personal faith. "Twas

grace that taught my heart to fear, and grace my fears relieved; how precious did that grace appear the hour I first believed."

Communion: "Let the broken ones be healed." This short song will be used for our communion hymn during Lent. It was written by the Rev. Michael Hudson in his "Songs for the Cycle," (c) 2004.

Recessional: No. 143. "The glory of these forty days." This Latin hymn emerges from the 10th century and has been attributed to St. Gregory the Great but its true origin is unknown. The current translation was made by Maurice F. Bell for the 1906 Episcopal Hymnal and it has been in the hymnals ever since. The tune, "Erhalt uns, Herr," and is a hymn tune traced back to Martin Luther and a hymn that he wrote against the papacy and heretics, "Preserve us, Lord, by thy dear Word; from Turk and Pope defend us Lord."

Servants for March 17th

Terry Jaworski, Don Jaworski- *Ushers*
Michelle Wiejaczka - *Lector*
Terry Jaworski - *Intercessor*
Barb Moriarty, Jeffrey Zabor - *Eucharistic Ministers*
Judy Robel - *Vestry Person of the Day*
Bella Pecoraro - *Children's Crucifer*
Heather Dodge, Ashley Pecoraro - *Altar Guild*
Ashley Pecoraro, Carol Toft - *Flower Guild*



"Well, the hymnal does say to
'Sing with feeling!'"

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