



St. Paul's Episcopal Church  
McHenry, IL



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*Weekly ePistle*  
*March 27, 2019*

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*New and Notable...*

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Thoughts from Lori

Yesterday was the Feast of the Annunciation; that is, the angel Gabriel's visit to Mary to announce that she had been chosen to bear the Son of God into this world. And yes, if you count nine months from now, that's Christmas. But the real importance of the Annunciation is that Mary had a choice. (God never forces anything on us.) Theologians, scholars, mystics, and ordinary Christians have considered this a profound moment in time. Mary's "yes" changed everything.

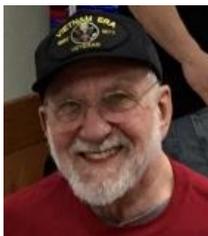
What is God asking of you? Never forcing, just asking. We always have a choice. We can say yes or no. We can try to ignore the question, but it's unlikely to go away. What is God asking of you?

Perhaps in addition to those things to which we are saying no during Lent, those things we have given up for the Lenten fast, there is something to which we might be called to say yes. At the very least, take time to be still and listen.

Meanwhile, this will be the Fourth Sunday in Lent. Holy Week and Easter are just a few short weeks away. May this Season of Lent, as the Eucharistic Prayer says, "...prepare [us] with joy for the Paschal feast..."

Faithfully,  
Lori +

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We offer up special blessings and God's speed to Charles Sterbis as he moves to Florida. Thank you, Charles, for your service to St. Paul's! Charles' new address is: 411 Mark Drive, Lady Lake, FL 32159.

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#### **A Lenten Message from our Presiding Bishop, Michael C. Curry**

This Lenten season, our thoughts turn to the story at the heart of our faith — Jesus' crucifixion and resurrection. Jesus was crucified because he taught a radical message: Love God. Love your neighbor. It's a message that lives and sustains us 2,000 years later. Love was on Jesus' mind the night before he died.

At the Last Supper, he said to his disciples, "A new commandment I give you" — not a new option, mind you, but a new commandment — "that you love one another." I am convinced that love is the key to life. I'm also convinced that the opposite of love is not hate but selfishness, and that hatred is merely a derivative of selfishness. Love, on the other hand, is the cure.

To read more of Bishop Curry's message, [click here](#)

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We are in need of Coffee Hour Volunteers! If you can help out once a month, it would be greatly appreciated. This is an easy way to serve St. Paul's. Coffee is provided. There's a sign up sheet next to the kitchen. Call the office if you have any questions!

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*In case you missed it...*

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You won't want to miss this event! Mark your calendars and be there or be square.

**ST. PAUL'S PARISH SOCIAL**

# CHILI

## COOK-OFF

**BRING CHILI** | **OR COME TO TASTE AND VISIT** | **REGULAR & ADULT BEVERAGES WILL BE PROVIDED**

**5 PM SATURDAY, MARCH 30TH**  
JEFF ZABORS HOME 4908 W, GLENBROOK TRAIL MCHENRY, IL

**BRING YOUR POT OF CHILI**

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**CHILI SHOULD BE READY TO TASTE BY 6.00 PM**

CALL OR EMAIL JEFF WITH QUESTIONS  
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77boater@gmail.com



### **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](http://www.veriditas.org).

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*The usual fare...*

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***On the Calendar...***

**Labyrinth Hours -**

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

**Vestry** - Thursday, March 28, 6:30 pm

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

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

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**Lessons and Hymns for this Sunday, March 31, 2019**

Fourth Sunday in Lent (Year C)

by the Rev. William P. McLemore

**THE SCRIPTURE LESSONS:**

**The Old Testament:** Joshua 5:9-12. The people of Israel keep the Passover and after the Passover, they no longer eat God's manna, but plants from the land. **Psalms 32.** This psalm recounts the blessings of forgiveness. **The Epistle:** II Corinthians 5:16-21. Paul teaches that in Jesus Christ, God calls us to a "ministry of reconciliation." **The Gospel:** Luke 15:1-3, 11b-32. This is the story of the son who leaves his father and brothers and goes off on his own and returns to be forgiven and welcomed with a party.

**THE HYMNS:**

**Proclamation:** No. 690. "Guide me, O thou great Jehovah." This hymn was written by William Williams (1717-1791) who was the chief hymn writer of Wales and one of her greatest poets. Though ordained an Anglican priest, he later withdrew from the Established Church and joined the Calvinist Methodist Connection. He composed over 800 hymns in Welsh and 100 in English. This hymn was later re-written and translated into English by another Welshman, Peter Williams, (1722-1796) a biblical scholar. The tune, "Cum Rhondda," was composed by John Hughes (1873-1932). The hymn reflects the biblical image of God's people on a pilgrimage, "For the Lamb in the midst of the throne will be their shepherd, and he will guide them to springs of living water." (Revelation 7:17a)

**Sequence:** No. 455. "O love of God how strong and true." This hymn was written by Horatius Bonar (1808-1889), a priest in the Church of Scotland, who authored many hymns. The tune, "Dunedin," was composed by Thomas Vernon Griffiths, a New Zealand music teacher and lecturer-composer (1894-1985). This hymn was one of those sung at the funeral of President Ronald Reagan, June 10, 2004, at the Episcopal Cathedral of St. Peter and St. Paul in Washington, D.C. (The National Cathedral).

**Presentation:** No. 411. "O bless the Lord my soul." This hymn was written by James Montgomery and is based upon Psalm 103. The text has been in our hymnals since 1826 without any alterations over the years. The tune "St. Thomas" was composed by Aaron Williams and is used in its abbreviated form for this hymn. The words call forth our faith in the deepest sense, "O bless the Lord my soul."

**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. 559. "Lead us, heavenly Father, lead us." This hymn, written for the children of the London Orphan Asylum by James Edmeston, was first published in the second set of his "Sacred Lyrics" of 1821. It has been in the Episcopal Hymnal since 1874. The tune, "Dulce Carmen," has been ascribed to Johann Michael Haydn, but the composer of this lyric is yet unknown. Its earliest appearance is in the "Essay on Church Plain Chant," of 1782. The message of this hymn has long provided strength for those who suffer physically or mentally.

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### **Servants for March 31st**

Rick Carlstedt, Don Jaworski - *Ushers*  
Judy Robel - *Lector*  
Terry Jaworski - *Intercessor*  
Al Robel - *Eucharistic Minister*  
Judy Robel - *Vestry Person of the Day*  
Christian Bell - *Children's Crucifer*  
Doris Gaic - *Altar Guild*  
Pam Dietmeyer - *Flower Guild*

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The Rector's Email - [lorilowe@stpaulmchenry.com](mailto:lorilowe@stpaulmchenry.com)

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**Vestry Minutes**  
*November 2018  
December 2018  
January 2019*

St Paul's Episcopal Church | 3706 W. Saint Paul Avenue, McHenry, IL 60050

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