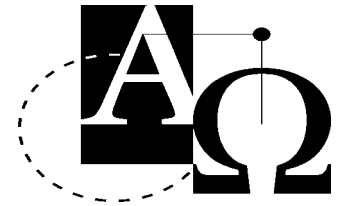


The SPIRIT of GRACE

MARCH 2009

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 9:15
- Christian Education 9:15
- Spanish Eucharist 12 pm
- Spanish Bible Study 1:30 pm

Monday

- Quilting Group 6:30 pm
- Narcotics Anonymous 7 pm

Tuesday

- Men's Social, St Luke's 10
- Exercise 10 am & 6 pm
- Spanish Choir Practice 5 pm
- Tap Dance 6 pm

Wednesday

- Holy Eucharist 6 pm, with Adult Ed, Young Adult, Youth Group & Dinner

Thursday

- Holy Eucharist, St Luke's 2 pm
- Friends Anonymous 4 pm
- Exercise 10 am & 6 pm

Friday

- Holy Eucharist 10 am

Saturday

- Spanish Family Prayer, Spencer Hall 7 pm

March Coffee Hosts

Steve & Sue Friede

Daylight Savings Time

begins Sunday, March 8—sleep one hour less this night. Set clocks ahead Sat. night, SPRING FORWARD.

St. Paddy's Bowling Tournament

Sunday, March 15, at 1 p.m., \$12.50 per person, dinner included. Reservations required for our six person teams! Wear green & see the office...

From the Rectory: The Rev. Steven C. Wilson

The popular notion is that Christians are people who don't have any fun, and don't want anyone else to either. The equally popular notion is that The Episcopal Church (which has seen serious numerical decline over the past few decades) is collapsing because we don't get upset enough if people choose to have fun on their own time and their own dime. Does it strike you that those two things are mutually incompatible? If American Christianity really is shrinking because people think believers are too judgmental (and all signs point to that), then The Episcopal Church, which has a long tradition of "live and let live," ought to be doing fine!

I mention this because the tendency in Lent is to focus on the wrong things, to not think out our sins very clearly. We get very puritanical (it's worth remembering that the Puritans outlawed Anglicanism ever chance they got, so let's not go there). The problem with puritanism is that it confuses symptom with cause—like saying The Episcopal Church is declining because we're too much like the world, which has *never* been bad for business!

Dancing, for instance, isn't a sin—but the lustful impulse behind the hip swivel might very well be. Having a second slice of cake isn't gluttony—unless you're doing it to keep someone else from eating it first, or to make you feel special because you got more chocolate than

your neighbor. Being upset about a disappointment isn't wrath, unless you treasure and ponder your anger, and refuse to let go, because it's the worst thing that's ever been done to anyone by another human being.

It's who we *are*, not what we *do*, that Jesus came to save. If we are people of wrath, gluttony, lust or the whole desolate list of deadly sins, then even our purest actions will be charged with sin. A nun of my acquaintance had the filthiest mind I've ever met—because she assumed that everyone she met was wallowing in sybaritic self-indulgence, and disapproved heartily of their (mostly imaginary) proclivities. And yet, she was "pure as the driven snow."

In this Lent, our task is to purge our hearts, to ask *why* we do what we do, and to conform our motives to Christ's example. Remember, He's the one who broke the law against harvesting on the Sabbath *for the right reasons*. Lent is a time to take a moral inventory of the soul and discipline our wayward hearts. Just as we need to think hard about why our beloved Church is in decline, instead of falling for easy but fictional answers, so we need to work on the hard, interior problems of our souls, not just relatively easy actions. There's a reason the deadly sins are all states of mind, and not actions. It's gluttony, not overeating, lust, not sex, avarice, not inflating the expense account. Move in the direction of the difficult! The second piece of cake will take care of itself.

MARCH BIRTHDAYS

- 1 Tim Putnam,
Kirby Newport
Sue Friede
- 2 Ann Geisert
Evelyn Shockley
- 3 Mike Robertson, Jr
Nancy Dymott
Lois Raschke
- 4 Loren Erwin
Cindy Rogers
- 6 Mindy Estes
- 7 Regine Anderson
- 8 Peggy Ralston
Debbie Evans
- 9 Chase Taylor
Judy Kauffman
- 12 Tom Bewick
- 13 Carolyn Cole
- 14 Angela Harwell
- 16 Catherine Marsden
Shirley Stigall
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 "Hopp" Flanigan
Betty Goodman
Katie Bewick
Daniel Stone
- 24 Steve Heidlage
Gabriel Amparan
Harley Madsen
Troy Salchow
- 25 Mariah Marsden
Rebecca Hertzberg
John-Lloyd Grigsby
- 26 Bill Hansford
- 27 Ruby Wilson, Keri Kirby
Ashleigh Wilson
- 28 Averi Heese, Jake Charleston
- 29 Bonnie Jones
- 30 Robert Lanham
- 31 Katie Platt Rendel

ANNIVERSARIES

- 3-1 Fred & Opal Faye Campbell
- 3-16 Brooks & Gloria Gubser
- 3-17 Jeremiah & Jacquee Wyczynski
- 3-17 Mark & Debbie Jones
- 3-18 Don & Lynette Gass

OUTREACH

QUARTER TUBE

During the month of September our Quarter Tube reached a goal of \$2,500 or the 10,000th quarter. Thank you for your generosity towards this ministry. Animals have scampered through the barnyards of five continents due to your commitment!

ST LUKE'S NEEDS

Join us for men's fellowship each Tuesday morning at St. Luke's Nursing Center at 10 a.m. See Chuck Erwin or Dale Hopp 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. Thanks to **John Bowman** of our junior high youth group for calling bingo on Sat, Feb 14!

NEARLY NEW

Many of our outreach projects are funded by the sale of gently used clothing at the Nearly New Shop. We encourage you to 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. This shop provides many in our community with clothing that would otherwise be unaffordable.

MEALS on WHEELS

Thank you for providing meals & companionship for shut-ins in our community through Meals on Wheels deliveries in February! See you in November!

MINISTERIAL ALLIANCE

The Clergy in the community will meet here for a Ministerial Alliance Meeting on March 5 at 8 a.m.

ERD DIOCESAN INGATHERING

The ingathering for Episcopal Relief and Development in our Diocese is Sun, March 1. Two projects in Africa will be funded by this diocese-wide ingathering: Nets for Life, mosquito nets treated with pesticide to reduce malaria in our companion diocese of Botswana, and famine relief in Zimbabwe, where the government has created a massive health-crisis and food shortage, and also actively persecutes Anglicanism. Funds will help our fellow Anglicans in what is now Africa's poorest country to face the difficulties of life under the Mugabe dictatorship.

CONGRATULATIONS

To the Grace Notes Trivia Team for a WIN at the Carthage Chamber of Commerce Trivia Contest, 2-20-09. The church team tied with "The Barristers," featuring Episcopalian **Tom Flanigan**, for 1st place! Team members: **Doris Sample, Captain, Ted Estes, Paul Carr, Kirk Pierce, Jennifer Cartright, Fr. Steve Wilson, Mark Sponaugle & Barbara Mountjoy.** The team prize money was donated to the Youth Travel Fund. The team is already planning for next year!

The Parish Prayer List

Betty Carpenter, Jean Berry, Amanda McClanahan, Mary Helen Dunaway, Muriel Hallam, Dorothy Taylor, Dorothy Solomonson, Carolene Kelly, Juanita Pence, Harley Madsen, Kay McNew, Evelyn Jackson, Lois Raschke, Michelle Short, Patty Fasken

Jacquee Wyczynski, Angela, Mason Anderson, Connie Hobart, Hugh Shields, Wendell Silvers, Bob Erwin, Richard Kimrey, Tom & Kelly Hartzell, Chloe Chaiyaroj, Clay Hensley, Darland family, Frank Garner

(*Military*) Dane Bell, Ben Killman, Ethan Feurborn, Gary Welch, (*Iraq*) Jeffrey, Eric Leek, Web Feurborn, Jake Douglas, Randy Ayers, Gary Pieschel, Darrel Cude, Joe LaTendresse, Trevor Shields, Jason Kuykendall, Grant Stevens, Jake Evans, (*Afghanistan*) Rich Jones, Rick Frink, Jason Reynolds, Trey Schesser

The Diocesan Cycle of Prayer

All Saints, KC: The Rev. Barbara Beam, Supply Priest, The Rev. Beck Schubert, Deacon

Good Shepherd, KC: The Rev. Thomas Punzo, Rector Diocesan Treasurer & Associate, Robert Smart & Jon Yeager, and Diocesan Council

Grace & Holy Trinity Cathedral, KC: The Very Rev. Terry White, The Revs. Sue Sommer, Carol Sanfor & Joseph Behen, Priests, The Revs Bryan England & Bruce Hall, Deacons

Redeemer, KC: The Rev. Louise Baker, Rector

St Andrew's, KC: The Rev. Frederick Mann Rector, The Revs John Spicer & Anne Hutcherson, Priests, The Revs James Moore & Michael Shaffer Deacons

Episcopal Community Services, Jay Lehnertz, Executive Director

The Anglican Cycle of Prayer

Mississippi, Missouri, Montana (USA), Mityana, Muhabura, Muhabura, Mukono (Uganda), Mombasa, Mount Kenya Central, Mount Kenya South, Mount Kenya West, Mumias, Nairobi, Nakuru, Nambale (Kenya), Monmouth (Wales), Montreal, Moosonee (Canada), Moray, Ross & Caithness (Scotland), Morogoro, Mount Kilimanjaro, Mpwapwa (Tanzania), Mpumalanga, Mthatha, Namibia (South Africa), Multan (Pakistan), Mumbai, Nagpur (North India), Mundri (Sudan), Muyinga (Burundi), Myitkyina (Myanmar)

HOLY WEEK ACOLYTE PRACTICE

10:30 a.m. Sat, April 11, for Saturday night service

11:30 a.m. Sat, April 11, for Easter Sunday services

Transitions, February 2009

New Addresses/ Directory Changes

Alex Wiedemann, 1808 S. Elm, 412 Michell Hall, Pittsburg KS 66762

Visitors

Tom & Kelly Hartzell, 301 S. Pearl St, Carterville 64835 673-2521

Sylvia Bauer, 3305 Indiana # 1, Joplin 64804

Faithful Departed

Gail Ross departed this life Thurs, Feb 5, buried from the Church Sat, Feb 7

Hershel Jones, brother of Bonnie Jones, departed this life Sun, Feb 15

Paul Brackley, uncle of Carolyn Phelps, departed this life Mon, Feb 16

Stephen Fletcher departed this life Wed, Feb 18, buried from the Church Mon, Feb 23

Billie Pitts, great-aunt of Chalaine Bell, departed this life Thurs, Feb 5

Banns of Marriage

Deacon Galen publishes banns of marriage between **Stacy Perry** of this parish and Cruz Sanchez. This is the third time of asking. 2179 Honysuckle Lane, Fayetteville AR 72703

HOLY WEEK SCHEDULE

Palm Sunday, April 5: 8, 10:30 & noon (Spanish), starting outside weather permitting
Monday & Tuesday, April 6 & 7: 6 p.m. Eucharist

Holy Wednesday, April 8: 6 p.m. Seder Meal (Passover dinner with Holy Communion "built in")

Maundy Thursday, April 9: 2 p.m. St. Luke's, 6 p.m. Holy Eucharist, 7 p.m. Washing of Feet, 7:30 p.m. Litany of the Saints & Washing of the Altar, 8 p.m.-6:30 a.m. All Night Prayer Vigil
Good Friday, April 10: 7, noon, 5 (Spanish), 6 p.m. Reserved Sacrament

Holy Saturday, April 11: 7 p.m. Great Vigil & Baptismal Reaffirmations, 8:30 p.m. Agape Feast

Easter, April 12: 8, 10:30 & noon (Spanish), 9 a.m. Flowering of the cross, 11:45 Easter egg hunt

Please watch your April newsletter for a cooking schedule for Holy Week—lamb, stuffed grape leaves, and baklava don't make themselves!

EUCCHARISTIC MINISTERS IN MARCH 2009

Lent I: March 1, 8:00 a.m.

Chalice: Wayne Ytell
 Subdeacon: Larry Ross
 Lector: Wayne Ytell
 Server: Richard Roske
 Sacristan:

10:30 a.m.

Chalice: Charlyn Kester
 Subdeacon: Margie Tucker
 Lectors: Bonnie Jones
 Julie Anderson
 Acolyte Mentor: Brad Cameron
 Servers: 1 Ian Kyger (Capt)
 2 Jackie Spencer
 Cross: 1 Sam Wiedemann
 Torches: 1 Jay Simmons
 2 Tom Simmons
 3 Quincy Charleston
 4 Emma Charleston
 Ushers: Steve Friede
 Mike Goolsby
 Sacristan:
 AV Team: Mike & Ryan Robertson
 Greeters: Kevin Curtis

Lent II: March 8, 8:00 a.m.

Chalice: Larry Ross
 Subdeacon: Wayne Ytell
 Lector: Kelly Roske
 Server: Michele Sexton
 Sacristan:

10:30 a.m.

Chalice: Rayella Lindsay
 Subdeacon: Bonnie Jones
 Lectors: Scott Stone
 Marty Griffin
 Acolyte Mentor: Michele Sexton
 Servers: 1 Ashley Heidlage (Capt)
 2 Deandra Sexton
 Cross: 1 Carlie Wakefield
 Torches: 1 Ashleigh Wilson
 2 Sarah Wilson
 3 Lanceton Pettie
 4 Matt Goolsby
 Ushers: Steve Erwin
 Jeff Dymott
 Sacristan:
 AV Team: Jim & Colby Wakefield
 Greeters: Michael & Jennifer Cartright
 Home Communion: Ytell/Ross-L Orr

Lent III: March 15, 8:00 a.m.

Chalice: Wayne Ytell
 Subdeacon: Larry Ross
 Lector: Glenda Erwin
 Server: Brad Cameron
 Sacristan:

10:30 a.m.

Chalice: Don Gass
 Subdeacon: George Platt
 Lector: Kelly Roske
 George Platt
 Acolyte Mentor: Kevin Curtis
 Servers: 1 Mariah Marsden (Capt)
 2 Madeline Marsden
 Crosses: 1 Ellen Salchow Stiles
 2 Julio Ovalle
 Torches: 1 Chase Taylor
 2 Will Mansfield
 3 Katie Mansfield
 4 Taylor Mansfield
 Ushers: Mike Robertson
 Jim Creighton
 Sacristan:
 AV Team: Elisa White
 Greeters: Joel & Melissa Erdman

Lent IV: March 22, 8:00 a.m.

Chalice: Larry Ross
 Subdeacon: Wayne Ytell
 Lector: Donna Lane
 Server: Nancy Dymott
 Sacristan:

10:30 a.m.

Chalice: Tom Flanigan
 Subdeacon: Chuck Edds
 Lector: Mark Sponaugle
 Debbie Jones
 Acolyte Mentor: Elaine Wurst
 Server: 1 Cecilie Washburn (Capt)
 2 Haley Kester
 Crosses: 1 Drew Schesser
 2 Oliver Sprenkle
 Torches: 1 Elle Lanham
 2 Sydney Harlin
 3 Evan Sexton
 4 David Sexton
 Ushers: Larry Hartman
 Richard Ralston
 Sacristan:
 AV Team: Joel Erdman
 Greeters: Troy & Liz Salchow
 Home Communion: Rev. Snodgrass,
 B. Jones-C Courtade

Lent V: March 29, 8:00 a.m.

Chalice: Wayne Ytell
 Subdeacon: Larry Ross
 Lector: Glenda Erwin
 Server: Brad Cameron
 Sacristan:

10:30 a.m.

Chalice: Bonnie Jones
 Subdeacon: Marty Griffin
 Rosalie Griffin
 Acolyte Mentor: Brad Cameron
 Server: Nancy Dymott
 Michele Sexton
 Crosses: Brad Cameron
 Richard Roske
 Torches: Scott Stone
 Kevin Curtis
 Ushers: Larry McGuire
 Kevin Curtis
 Sacristan:
 AV Team: Carolyn Phelps
 Greeters: Jason & Lindsey
 Hettinger

WEDNESDAY EUCCHARIST

6:00 p.m.

March 4

Lent I

Chalice: Ron Ferguson
 Reader: Julie Anderson

March 11

Lent II

Chalice: Margie Tucker
 Reader: Glenda Erwin

March 18

St. Joseph

Chalice: Bonnie Jones
 Reader: Margie Tucker

March 25

The Annunciation

Chalice: Scott Stone
 Reader: Glenda Erwin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 I Lent	2 <i>St Chad of Lichfield</i>	3 <i>John & Charles Wesley</i> 5 p.m. Egg Workshop	4	5 8 a.m. Ministerial Alliance meeting, Parish House	6	7 <i>Sts Perpetua and Companions of Carthage</i> Prayer Community for Happening, Grace Happening, St Philip's
8 II LENT TIME CHANGE Happening	9 <i>St Gregory of Nyssa</i>	10 6 p.m. Parish Life Committee meeting	11 7 pm Jr High/Friends Night: Movie & Pizza	12 <i>St Gregory the Great of Rome</i>	13 <i>James Holly of Haiti</i> 6:30 p.m. Movie Night: <i>My Big Fat Greek Wedding</i>	14
15 III LENT	16	17 <i>St Patrick of Ireland</i>	18	19 ST JOSEPH	20 <i>St Cuthbert of Lindisfarne</i>	21 <i>Thomas Ken of Bath & Wells</i>
22 IV LENT	23 <i>St Gregory the Illuminator of Armenia</i>	24 <i>Oscar Romero of San Salvador</i>	25 The ANNUNCIATION <i>(abstinence dispensed)</i>	26	27 <i>Charles Brent of Western New York</i>	28
29 V LENT	30	31 <i>John Donne</i>				

Sunday
8, 10:30 am
Holy Eucharist
9 a.m. Acolyte Practice
9:15 a.m. Sunday School
12 pm Spanish Eucharist

Monday
6pm Quilting Group
7 pm NA

Tuesday
10 am Men's Social Hour, St Luke's
Exercise 10 am & 6 pm
6 pm Tap Dance
7 pm Spanish Choir practice

Wednesday
5:30 p.m. Choir
6 pm Holy Eucharist
7 pm Dinner, Youth Group, Bible Study, Young Adult Bible Group

Thursday
2 pm St Luke's Eucharist
Exercise 10 am & 6 pm
7 pm Spanish Prayer Group

Friday
10 am Holy Eucharist

Saturday
7 pm Family Prayer, Spanish Parishioners Homes

EDUCATION

ADULT FORUMS: SUN at 9:15 a.m.

Virtues and Vices

Sun, March 1: Four “cardinal” virtues: Temperance, Prudence, Justice, Fortitude

Sun, March 8: Three “theological” virtues: Faith, Hope, Charity

March 15: Four personal temptations: Lust, Gluttony, Pride, Sloth

March 22: Social temptations: Wrath, Envy, Greed

March 29: Seven “works of mercy”: Feed the hungry, slake the thirsty, clothe the naked, shelter the homeless, visit the sick, visit the prisoners, bury the dead

SUNDAY SCHOOL

Ages 3-K, Grades 1-4, 5-7, & 8-12

WED BIBLE STUDY at 7 p.m.

Apocalyptic literature & the end of days:

passages from Daniel, Mark and Revelation and what they mean for today

WED YOUTH GROUPS at 7 p.m.

Grades 1-4, 5-6, 7-8, & 9-12

FELLOWSHIP & PARISH LIFE

(continued)

YOUR BODY—HIS TEMPLE

Presently we offer exercise 4 times each week, Tues & Thurs at 10 a.m. and 6 p.m.. We are planning a variety of workshop and/or special programs dealing with health and wellness. The first Tap Dancing class is in progress. It is a class for adults of all ages and gender All dancing is athletic in nature, and tap incorporates exercise with a mental workout also, in learning the routines. We will offer the class in 6 week segments. The classes will be limited to 15, only pre-requisite—tap shoes. Lessons will be \$45.00 for the 8 weeks. Need more info? Call the Parish Nurse

MOVIE NIGHT

My Big Fat Greek Wedding, written by and starring Nia Vardoulous, was the sleeper hit of 2002. Rated PG-13, the only off-color remarks are in modern Greek...although lots of ouzo is consumed. OPA! Friday, March 13, 6:30 p.m.

ST. CATHERINE’S GUILD

The ladies of St. Catherine’s would love donations of fresh baked breads that can be frozen and used for newcomers to Grace Church on Sunday Morning. Anything homemade would be great!

GARDEN GUILD

‘Tis spring and a young gardener’s thoughts turn lightly to planting! If you are interested in helping put in biblical bulbs, shrubs, perennials, and herbs which will arrive this spring, or helping to cultivate the small patches of annuals and grains, please contact the Rector. Planting depends on arrival of plants from specialist nurseries throughout the USA, Canada, Germany and France.

WOMEN’S BOOK CLUB

Julie Anderson is leading the Women’s Book Club which began on Monday, February 16, from 6:30 p.m. to 8 p.m. The book, *Prayer and Personal Religion*, is the updated 2008 edition of a classic written in the 1950s by our retired Bishop of Massachusetts, the Rt. Rev. John Coburn.

FELLOWSHIP & PARISH LIFE

ALTAR FLOWERS

If you would like to give altar flowers in memory of or thanksgiving for family or friends, please call the office 358-4631. We have these dates available Sunday, April 19 & Dec 20

6 + 2 DINNERS

Dinner groups have started meeting once month—February, March, April and May. Times, kinds of meals, places, etc. will be up to your group—be creative! Enjoy the food and fellowship.

140th ANNIVERSARY

Grace Church began with a group of women meeting in a living room in 1869. Beginning with Easter of that year, we have had services every Sunday. Interested in helping plan observances? Please contact the Rector to become part of our anniversary planning committee.

The Holy Land Institute for the Deaf in Salt, Jordan, sent a lovely thank you to Grace Church for contributions from private donations, Good Friday offering, and our pilgrimage group totaling \$1868 in 2008. See the bulletin board near the office to catch up on what your ministry is doing in the Middle East.

FROM THE DESK OF THE DEACON: The Rev. Galen Snodgrass

There seems to be numerous shows on television these days that have ‘Before and After’ themes. There’s one show where an ordinary person is placed in a glass case for those passing by to guess their age before the team of experts touch a hair on their head. We stay tuned in to watch those who specialize in skin, makeup; hair, etc. demonstrate their trade in the transformation process. Afterwards, the same model goes in the glass case and a miraculously change occurs and the person loses 8-15 years just like that. Amazing!

Then there’s the show *Flip this House* where a dump house is purchased by a real estate expert, the professional contractors come in and make it over by tearing out walls, fixtures, etc; then replacing with new items. After a few weeks the workers have made it the most desirable home on the block. Breathtaking!

Is it possible that we could apply that same thinking during this season of Lent to ourselves? Sure! Just like the shows a before picture is necessary. We must take an inventory of ourselves by looking into our heart, mind, and soul; looking closely in the mirror as we examine ourselves (yes, after you’ve put on your makeup). Don’t be afraid to write things that can be addressed during the next forty days. Then make a realistic goal of one or two items to make over. We’re all set! But where’s the transformation team?

You are the most important member. Often we sell ourselves short. We don’t have to be number one, but we certainly know what we can and will do, so let’s place ourselves on the team; you choose the order.

Next choose a teammate. We rely on our friends/neighbors for many other things in our lives. Ask them for help. It’s their ideas and opinions we respect and they can help motivate us; while being sensitive.

The next part is hard. We have to study from those who have gone through such changes. Of course Biblical characters are great resources, so read your Bible. It isn’t and shouldn’t be your only book. Use our church library. I think we often ignore the Old Testament Story’s because we get bogged down in the language. The New Testament is equally beneficial. If you need to start out with a youth Bible, that’s fine. Getting started is always the hardest thing. Like the Nike ads say, “**Just Do It.**” Then get together with your friend and read the same story; talking about what you think and feel it’s saying to you. Don’t be afraid to read a *Day by Day* or another writer’s perspective. Be sure and include lots of prayers for others and yourself. Prayer will do marvelous things to and for us. Oh, Yes! Regular church attendance is a must.

Don’t be afraid to ask any of your clergy for help. We’d be glad to support you in the way you feel is most appropriate. Attending Wednesday Adult Bible Study with Jeff or Steve are great sources.

The important part is to stick with your pattern. Being a person who contemplates is one who is taking an action with a plan or pattern. That’s the definition of a contemplative and what they do. During all this, occasionally review how you’re doing and please focus on the positive changes you and your buddy see. Notice the negative, but don’t dwell on them exclusively. Then modify the goal as needed.

At the end of the forty days return to the mirror and take an after picture. Ask your buddy to do it with you. We may see a minor change, but be ready for others to notice ‘what’ a change they see.

Best to each and all on your ‘Before and After’ Lenten Season.

Deacon Galen

FROM the PARISH NURSE:

Barbara Mountjoy, RN

His Temple ~ Your Body, Mind and Spirit

We have talked about the importance of caring for your body; eating well and in moderation, exercising on a regular basis and getting plenty of sleep. And caring for your mind involves a positive attitude, reading, doing puzzles, keeping active and involved with others. But the spirit, how do we care for our spirits? Our lives are filled with mentally, emotionally, and physically draining multitasking activities. How is it possible to keep our spirit alive and connected? **Prioritize** ~ Be thoughtful about your goals, your ongoing projects and the time required before you agree to another commitment. Say “no” when things begin to get out of hand. **Find stillness** ~ All of us benefit from quiet. You may not know this, because your life is so filled with sound. But finding a time in your day when you can be quiet and alone will calm you. If you can carve out some time at the same time every day, the ritual it becomes will be a comfort in itself. We Episcopalians like ritual. **Self talk** ~ Don’t allow your inner voice to be constantly critical. You should think about the things you like about your self and concentrate on those things. And say them aloud to yourself. Say aloud, “God loves me!” **Feed your spirit joy** ~ Have you thought about what you are feeding into your spirit lately? With the uncertain economy, danger throughout our world, neighbors losing their jobs and maybe their homes, it is easy to feed only despair and anguish to our spirit when that is all that is dwelling in our mind. When doubt and fear dominate our thoughts we may soon find our spirit in the depths. But God knows us so well. He knows the tendency we may have to settle into the depths of despair. In His tender care He has given us His Word by which we can choose to lift our eyes from ourselves and raise them to Heaven.

*“Praise the Lord, O my soul;
My innermost heart, bless his holy name.”*

It may take everything in you to turn your eyes away from yourself to Heaven and to offer the sacrifice of praise from a heavy heart, yet it is most important to do.

*“Bless the Lord, O my soul,
And forget none of his benefits.”*

Just stop and think about all the Lord blesses you with and praise him for it. Even our very life. Waking up each day to have an opportunity to live one more day deserves thanks and praise.

*“He pardons all my guilt
And heals all my suffering.”*

Thank you Lord that I am forgiven. Fill me with the wonder of a clean heart. Help me to remember my forgiveness when I am tempted to dwell in the pit of despair over the past or my present weaknesses. I know I am forgiven. Give me the wisdom to care for this body you have given me. Help me to improve this temple in which you reside. Strengthen my self discipline and remove bitterness and pride that can erode my spirit and my body.

*“He rescues me from the pit of death and
Surrounds me with constant love,
With tender affection”*

Lord, how amazing that You can lift me up from the ashes of my own despair and give me new life. Thank you for the care and attention you give to the details of my life as I offer these to you.

*“He contents me with all good in the prime of life
And my youth is ever new like eagle’s.”*

Oh Lord, when I think that you love me, give me wisdom and healing, promise to keep my spirit young, how can I help but rejoice and feel my spirit soar! Amen

ANNUAL MEETING & VESTRY UPDATE

At the February 17 meeting, the following items transpired:

Rector's Reports: The Rector discussed the canonical division of responsibilities between Vestry and Rector. Saturday night services will begin again at 5 p.m. on Sat, April 18. There has been a preliminary conversation with a community member who is interested in providing Legal Aid work on immigration issues.

Deacon Galen's Report: Deacon Galen updated the Vestry on the work of the Haitian ministries and the MDG committee of the Diocese. He trained LEMs in Nevada on Feb 15.

Deacon Jeff's Report: Deacon Jeff updated the Vestry on young adult and motorcycle ministries. He will train LEMs on March 14 in Joplin.

Senior Warden's Report: Keri Kirby has taken over the chair of the newly renamed Parish Life committee, which is exploring sending care boxes to soldiers abroad by "sponsorship," and adding cottage meetings during the summer.

Junior Warden's Report: The squirrel issue in the Church roof appears to be under control. A committee was appointed to revamp the rental policy of the Church facility.

Treasurer's Report: January is historically a deficit month, and this year is fairly typical, with a \$13,000 shortfall. The Perpetual Trust investments have suffered severely in the stock market and are approximately \$40,000 below their investment minimum, meaning it is unlikely that there will be a distribution in 2009.

Fr. Palma's Report: Fr. Palma updated the Vestry on the work he is doing in our Hispanic community, which includes new choir practices, home prayer groups, week-night Bible studies, and a pledge program.

Parish Nurse's Report: Barbara updated the Vestry on the parish nurse program—4 weekly exercise events a week, Tap Dancing class, a March health retreat at Rivendell, the national Episcopal Health Ministries meeting in Omaha in April and work with parishioners about individual health issues.

Old Business: A committee was appointed to plan for our parish's 140th birthday celebration after Easter. The roof on the Church is deteriorating and will need to be replaced in the near future: Gary Cole made a preliminary report on options, with more to come in the future. **New Business:** Good Friday's offering is designated to the Holy Land Institute for the Deaf in Jordan. Easter's offering will go to our Hispanic ministry and the Literacy Center. A Vestry get-together potluck dinner will be held on Thurs, March 5, to discuss columbarium liaison and perpetual trust appointments, and to select diocesan convention delegates.

Next Vestry meeting is Tues, April 21 at 7 p.m.

ENDOWMENT UPDATES

At the time of the annual meeting in January, the extreme instability of the stock market made it difficult to present an accurate assessment of our Perpetual Trust situation. While the market has not been a delight to work with these past two months, it is at least stable, and so we are able to give a better assessment at this time.

On January 1, 2008, the market value of the Perpetual Trust was \$809,949.07. On January 1, 2009, the value had fallen to \$565,553. Since that time the account has lost a further several thousand dollars. This amount is below the historic contributions level, meaning that the amount actually given to the Perpetual Trust was more than the value at this time. Our operating principles stipulate that we cannot withdrawn income for the parish budget if it would reduce the principle below that historic contributions level.

In 2008, the Perpetual Trust disbursed \$29,569.34 to the parish budget. If the Perpetual Trust value were to rise (i.e., when the stock market goes up), the 2009 contribution should be \$37,982.34. However, our budget was formulated on the assumption that there will be no disbursements this year.

A second endowment account is with the Community Foundation of the Ozarks. From a Jan. 1 2008 value of \$43,976.47, this lost \$12,961.45 in the last quarter of last year. The historic contributions level, once again, limits what can be disbursed, and it is unlikely that there will much, if any, available from this source this year. Two other Community Foundation accounts, one by John & Nancy Williams for youth work, and one in memory of Dick Mansfield for building needs, have approximately the same results.

Finally, the Education Fund is our scholarship fund. The value of this account has fallen from \$116,178.01 to \$81,956.10, with approximately \$8000 in accounts payable. In 2008, 8 scholarships were awarded, for a total of \$4000. We anticipate 11-12 possible scholarships this year (any Grace Church parishioner who is a junior or senior in college is eligible). The historic contributions level in this account are much lower (approximately \$45,000) and so scholarships will be disbursed, if applied for. Parents of eligible students should receive forms this month—if you do not, call the office.

WORSHIP

SHHHH!

ALLELUIAS ARE NAPPING!

Please remember that the word “alleluia” is hibernating during Lent! Don’t wake it up by saying its name inadvertently in service! Altar flowers also nap in Lent...

GIVING UP & TAKING ON

Having trouble thinking about your Lenten disciplines? How about these suggestions—

- 1.) Read your Bible, every day. The back page of this newsletter offers one fairly easy scheme to do so, with readings for the week so you can divide up shorter and longer passages based on your daily schedule.
- 2.) Attend Church weekly, and bring your entire family to the Sunday school hour as well. 135 minutes is not that big a commitment.
- 3.) Volunteer at the Nearly New, or St. Luke’s, or the Literacy Center, Crisis Center, Community Clinic, hospitals, or other community service group of your choice. Start small—4 hours a month.
- 4.) Give \$1 a day to some worthy undertaking. Pay for that by cutting out a petty self-indulgence—gum, cola, “supersize me.”
- 5.) Talk to someone you rarely talk to—a relative, neighbor or someone outside your “comfort zone.”

EASTER LILIES

Memorial lilies for the altar space are \$10. Please print the names you wish to memorialize or honor and bring them to the office, or attach a slip of paper to your check in the offering basins on Sundays.

STATIONS OF THE CROSS

Friday stations of the Cross in March will be held in the Church at noon on March 13 and 27.

CONFESSIONS

Private confession may be made in the hearing of a priest (Fr. Steve or Fr. Jose) by appointment. Should you wish to schedule a confession, it might be good to speak the clergy and ask for some ideas on how to prepare for and structure your confession.

SATURDAY NIGHT SERVICES

Holy Eucharist on Sat nights starts with 7 p.m. the night before Easter with the Great Vigil (April 11). Starting **Sat, April 18**, services will be held at 5 p.m. through the coming months.

SEDER & AGAPE SIGN UP

Sign up sheets in the Parish House for these dinners in Holy Week help us to know how many to plan for! Seder meal Wed, April 8, 6 p.m.

Agape dinner Sat, April 11, after the Great Vigil (approximately 9 p.m.)

DAYLIGHT SAVINGS MARCH 8

Lose one hour’s sleep before Church this morning.

ST PATRICK’S DAY EUCHARIST

Join us for a medieval Irish liturgy which claims to have been written by St. Patrick himself on Wed, March 17. Where else will you be able to watch the Eucharistic bread being crucified (literally), the wine fanned to keep demons from falling into it, and hear St. Elvis and St. Bride invoked? Green clothing entirely optional.

FASTING

Traditionally, and by Prayer Book, Lent is a season of penitence and self-denial, while Ash Wednesday and Good Friday are days of fasting (BCP 17). You are encouraged to fast on these days, and to severely restrict consumption throughout the season. The most traditional Anglican fast would be hot cross buns and black tea (Dr. Johnson, the famous 18th century writer, was noted for his rigorous adherence to this “most ancient custom”), while Eastern Christians often emulate John the Baptist and eat, literally, locusts and wild honey (uck). In the Roman Catholic tradition, fasting involves limiting consumption to a single meal at which no meat is served. In best Anglican fashion, you decide what a fast is.

HAPPENING! PRAYER CHAPEL

The Prayer community (PC) is an event that is congruent with the Happening! Of the Diocese of West Missouri. PC takes place at a different church, close to the Happening!, on Sat afternoon-Sun afternoon. This March 7-8 it will be held at Grace Church. It is the job of the PC to be in prayer for those attending Happening! This is a very important part of the Happening! Experience even though held in a separate venue. It is a serious and reflective time, well-suited for adults and mature youth who wish to focus on prayer. A good-sized PC involves ten or so people, but the prayer is more important than the size. If you’d like to sign up for this PC, contact Kim Snodgrass at kimwestmo@swbell.net, or let the office know.

Hojas Informativas

Migración y la Iglesia Episcopal

La política pública de la iglesia Episcopal en relación a temas de inmigración y migración esta basada en que la hospitalidad y trato justo hacia refugiados, personas en busca de asilo, inmigrantes y cuestiones de seguridad no son incompatibles con legítimas preocupaciones sobre seguridad nacional. Preocupación sobre cuestiones de seguridad no significa abandonar ni nuestra tradición nacional de hospitalidad hacia aquellos perseguidos y marginalizados o nuestra tradición de fe de bienvenida al extranjero y servicio aquellos que más la necesitan.

Alentamos al Congreso para que de una respuesta a inmigración familiar de manera realista, aplique las leyes migratorias tanto en la fronteras como en el lugar de trabajo de manera efectiva respetando derechos humanos, cree canales para que trabajadores puedan entrar legalmente al país, para reducir las demoras en casos de reunificación familiar, y cree incentivos que vaya más allá de soluciones simplistas e imprácticas como “reportar para deportar” hacia los aproximada mente 12 millones de inmigrantes indocumentados, ofreciendo verdaderas respuestas hacia la legalización.

El Consejo Ejecutivo de la Iglesia ha expresado su apoyo para una reforma migratoria comprensiva e integral que extienda el pleno reconocimiento de los derechos de los trabajadores inmigrantes, incluyendo la posibilidad de status permanente y eventualmente ciudadanía. El Consejo expresó particular interés por un sistema migratorio que permita a trabajadores entrar a los Estados Unidos a través de un proceso ordenado, legal y relacionado a la realidad del mercado de trabajo que proteja los derechos de los trabajadores para evitar explotación por parte de empleadores inescrupulosos. La unidad de la familia es entendida como un imperativo de cualquier sistema reformado.

La Iglesia Episcopal continuará trabajando por una reforma migratoria que incluya un plan para arreglar el quebrado sistema actual mientras que mantenga el control sobre nuestras fronteras. Estados Unidos necesita un sistema migratorio que permita a los trabajadores entrar a esta nación de manera legal y que reunifique familias que han estado separado por años por las demoras del sistema.

La Iglesia Episcopal ha reasentado refugiados por más de 60 años – inicialmente bajo el auspicio de Church World Service, luego como un programa del fondo del entonces Fondo del Obispo Presidente para Asistencia Mundial y desde 1988 a través de los Ministerios Episcopales de Migración (Episcopal Migration Ministries, EMM). EMM es una de las 10 agencias que trabajan con el Departamento de Estado de los Estados Unidos para reasentar refugiados en el mundo. EMM recibe fondos federales, pero se sirve del apoyo de parroquias y redes de afiliados para proveer servicios y asistencia a refugiados.

La Oficina de Relaciones Gubernamentales trabaja en la defensa de inmigrantes, refugiados y otros grupos en riesgo. El objetivo de esta colaboración es servir a los más necesitados y abriendo nuestras puertas, llevando la voz de refugiados, inmigrantes, y otras personas vulnerables que necesitan protección por medio de una mejor política pública.

Resolución de Consejo General 2006-A017—Parte I

Se resuelve, que la 75a Convención General de la Iglesia Episcopal reciba “Los extranjeros y nosotros” en el Informe Libro Azul de la Comisión Permanente sobre Asuntos Anglicanos y de Paz Internacional con Justicia y, respetando el derecho que tiene cada nación soberana a proteger y defender sus fronteras, que adopte los principios fundamentales incluidos en “Los extranjeros y nosotros” como símbolo de la política de la Iglesia Episcopal:

1. Los extranjeros indocumentados deberán tener una oportunidad razonable de obtener su residencia permanente;
2. A los trabajadores legales debería permitírsele ingresar a Estados Unidos según las necesidades laborales del país;
3. A los parientes cercanos debería permitírseles reunirse sin demoras innecesarias con sus familiares que están legalmente viviendo en Estados Unidos;
4. A todas las personas deberá concedérseles los principios fundamentales de los Estados Unidos sobre el debido proceso;
5. El celo con el que se hacen cumplir las políticas de inmigración en las fronteras, deberá ser razonable y humano.

The Rev. Canon “Padre Jose” Palma

Fact Sheets

Migration and the Episcopal Church

Based on the resolutions passed at General Convention and Executive Council, the public policy positions of The Episcopal Church regarding immigrants and refugees are based on our faith tradition of welcoming the stranger and serving the “least among us.” While recognizing legitimate security concerns, we need not abandon our national tradition of hospitality to the persecuted and marginalized.

We will encourage Congress, when considering comprehensive immigration reform, to extend full recognition to the rights of immigrant workers, including the possibility of permanent status and eventual U.S. citizenship; address family immigration in a realistic way; employ effective workplace and border enforcement strategies; create channels for workers to enter the country legally for jobs; reduce the family reunification backlogs; and create workable incentives for the approximately 12 million undocumented immigrants already here to come forward and register with the government.

We are particularly concerned that a restructured system permit immigrant workers to enter the U.S. through an orderly, legal process tied to real employment possibilities for new workers and protect the rights of workers to avoid exploitation by unscrupulous employers. Family unity is an imperative of any reformed system.

The United States needs an immigration system that would allow workers to enter the U.S. legally with a path toward permanent residence and citizenship, offer protection under laws and regulations that pertain to U.S. workers, and re-unite families that have been kept apart due to the family backlog.

BACKGROUND

The Episcopal Church has been resettling and advocating for refugees for 60 years—first under the auspices of Church World Service, then as a program of the Presiding Bishop’s Fund for World Relief, and since 1988 through Episcopal Migration Ministries (EMM). EMM is one of ten agencies that work with the U.S. Department of State to resettle refugees from around the world. EMM receives federal funding, but relies upon the support of individual parishes and its affiliate network to provide direct services to refugees.

The Episcopal Church has been a forceful advocate on behalf of refugees, immigrants, and other at-risk groups. Our goal is to serve the least of those among us and to welcome the stranger by carrying forth the voice of refugees, immigrants, and other at-risk uprooted groups for whom protection through better public policy is needed.

General Council Resolution 2006-A017—Part I

Adopt the Fundamental Principles Included in “The Alien Among You” as the Policy of the Episcopal Church

Resolved, That the 75th General Convention of The Episcopal Church receive “The Alien Among You” in the Blue Book Report of the Standing Commission on Anglican and International Peace with Justice Concerns; and, while recognizing the duty and right of a sovereign nation to protect and defend its borders, adopt the following fundamental principles included in “The Alien Among You” as the policy of The Episcopal Church. 1. Undocumented aliens should have reasonable opportunity to pursue permanent residency.

2. Legal workers should be allowed to enter the United States to respond to recognized labor force needs.

3. Close family members should be allowed to reunite without undue delay with individuals lawfully present in the United States.

4. Fundamental U.S. principles of legal due process should be granted all persons.

5. Enforcement of national borders and immigration policies should be proportional and humane.

DAILY BIBLE READINGS IN MARCH

Sun, March 1: Genesis 9:8-17; I Peter 3:18-22; Mark 1:9-15

Mon, March 2-Sat, March 7: Deuteronomy 8:11-20, 9:4-23—10:5, 10:12-22, 11:18-28; Hebrews 2:11-18, 3:1-19, 4:1-16, 5:1-10; John 2:1-23, 3:1-36, 4:1-26

Sun, March, 8: Genesis 17:1-17, 15-16; Romans 4:13-25; Mark 8:31-38

Mon, March 9-Sat, March 14:Jeremiah 1:11-19, 2:1-13, 3:6-18, 4:9-28, 5:1-9, 5:20-31; Romans 1:1-28, 2:12-25, 3:18-31, John 4:27-54, 5:1-47, 7:1-13

Sun, March 15: Exodus 20:1-17; I Corinthians 1:18-25; John 2:13-22

Mon, March 16-Wed, March 18: Jeremiah 7:1-34, 8:18—9:16; Romans 4:1-25, 5:1-11; John 7:14-52, 8:12-20

Thurs, March 19, St Joseph: II Samuel 7:4, 8-16; Romans 4:13-18; Luke 2:41-52

Fri, March 20-Sat, March 21:Jeremiah 11:1-20, 13:1-11; Romans 6:1-23; John 8:33-59

Sun, March 22: Numbers 21:4-9; Ephesians 2:1-10;John 3:14-21

Mon, March 23-Tues, March 24: Jeremiah 16:10-21, 17:19-27; Romans 7:1-25; John 6:1-27

Wed, March 25, The Annunciation: Isaiah 7:10-14; Hebrews 10:4-10; Luke 1:26-38

Thurs, March 26-Sat, March 28: Jeremiah 22:13-23, 23:1-15; Romans 8:12-39, 9:1-18

Sun, March 29: Jeremiah 31:31-34; Hebrews 5:5-10; John 12:20-33

Mon, March 30-Tues, March 31: Jeremiah 24:1-10, Jeremiah 25:8-17; Romans 9:19-33, 10:1-13; John 9:1-41

Ember Days (March 4, 6 & 7): Please pray for our clergy, for the increase of ordained vocations, and for the ministry of all Christians, using the prayers on page 256 of the Prayer Book.

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