



## St. Paul's ePistle from McHenry

February 24, 2016



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### St. Paul's Episcopal Church

3706 W. St. Paul Ave.  
McHenry, IL 60050  
815-385-0390

## Holy Eucharist and the Laying on of Hands for Healing

Every Wednesday at 6:30 p.m.  
All are welcome.



### Thoughts from Lori

We're winding up the second week of Lent already. How are you doing with your Lenten discipline? Or did you keep putting off deciding on one? Well, it's never too late to re-start or to start from scratch. Me? Mine is off to a rocky start, so I'm rebooting.

The invitation to "a holy Lent" in the Ash Wednesday service includes these: self-examination and repentance, prayer, fasting and self-denial, and reading scripture. That list presents a lot of options. Journaling. Confession. Meditation. Bible study... just to name a few.

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## Quick Links

St. Paul website

Vestry Minutes

December 2015  
January 2016

Diaper Bank

Episcopal News  
Service

Diocese of Chicago

Lectionary Calendar

Forward Day by Day

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Our Sunday morning study of Luke/Acts is a good way to include that in your Lenten discipline. We're reading chapters 10-12 of Luke this week. Come to Coffee & Conversation and participate. Even if you haven't kept up with the reading, I think you'll benefit from the discussion. The Wednesday evening Eucharist is another way to enrich your experience of Lent. It's a quiet, somewhat contemplative service and another opportunity to receive Communion.

Speaking of confession, yes, we have that sacrament in The Episcopal Church (TEC). In the Book of Common Prayer, it's called "Reconciliation of a Penitent." [See pages 447-452 for the two options.] Lent is a particularly good time to make a confession. If you've never done that before, or if you have a history of confession in another tradition, I recommend a little book called *Reconciliation: Preparing for Confession in the Episcopal Church* by Martin Smith. While individual confession is not mandatory in TEC, it is available. There's a saying that applies: "None must, all may, some should." And let me add, sometimes there is no substitute of hearing - physically hearing - the words of absolution. I am available, of course, to hear confessions (by appointment) anytime, not just in Lent.

Bottom line: if you need to re-boot, do it. Don't give up. If you never got around to starting, start now. The invitation to a holy Lent is still open.

Faithfully,

*Lori*



## COFFEE HOUR *Another way to serve!*

We're going to re-establish the role of COFFEE HOUR HOSTS here at St. Paul's. It's a fairly simple thing to do, and we'll provide instructions. It involves making the coffee, set-up and clean-up, buying or making something to serve with the coffee. Not too much and not too fancy. There are usually some frozen donuts or coffee cake in the freezer you can use. And there are always folks around to help.

Please see the sign up poster on the bulletin board in the parish hall. It's an opportunity to serve that enriches our life together. If you've got any questions, check with Nan Patnaude. Thanks!



## Mobile Food Truck

On Saturday, March 12, the Northern Illinois Food Bank will again have a Mobile Food Pantry here at St. Paul's from 10:00 a.m. to noon.

All volunteers are asked to arrive no later than 9:00 a.m!

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## Upcoming Events

**Women's Wednesday** - March 2, 7:00 p.m.  
**Men's Breakfast** - March 5, 8:00 a.m.  
**Mobile Food Truck** - Saturday, March 12  
**Vestry** - Wednesday, March 16, 7:15 p.m.

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## Lessons and Hymns

Sunday, February 28, 2016

Third Sunday of Lent

by the Rev. William P. McLemore

### THE SCRIPTURE LESSONS:

**The Old Testament:** Exodus 3:1-15. God gives a call to Moses in the burning bush.

**The Gradual:** Psalm 63:1-8. "O God, you are my God; eagerly I seek you."

**The Epistle:** I Corinthians 10:1-13. Paul teaches that God never tests us beyond our strength.

**The Gospel:** Luke 13:1-9. Jesus tells the parable of the fig tree.

## **THE HYMNS:**

**ProceSSIONAL Hymn:** No. 372. "Praise to the Living God." This hymn was written by Thomas Olivers and is based on an ancient Jewish creed called the "Yigdal." It has thirteen articles that praise God in every way imaginable. Translated into English, it begins with these words, "Extolled and praised be the living God, who exists unbounded by time." The tune was written by a Jewish cantor, Meyer Lyon, thus the name, "Leoni."

**Sequence Hymn:** No. 685. "Rock of Ages, Cleft for Me." This popular Protestant hymn was written by Augustus Montague Toplady (1740-1778) and first published in his "Gospel Magazine, III" (March 1776), attached to an article on spiritual improvement-dealing with human sin and waywardness. The tune, "Toplady", was composed for this text by Thomas Hastings (1784-1872) and published in "Spiritual Songs for Social Worshop", 1831.

**Presentation Hymn:** No. 343. "Shepherd of Souls Refresh and Bless." This hymn is from an 1832 Moravian hymn and the text is generally believed to have been written by James Montgomery (1771-1854). The tune, "St. Agnes," was composed by John Bacchus Dykes (1823-1876) for another Christian hymn but its strength of meter lends it to be used with this hymn as well. It relates well to the scriptural theme today, "Shepherd of souls, refresh and bless thy chosen pilgrim flock with manna in the wilderness, with water from the rock.

**Communion Hymn:** "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 Hymn:** No. 344. "Lord Dismiss Us With Thy Blessing." This hymn is attributed to the Baptist minister and hymn writer, Rev. Dr. John Fawcett (1739-1817). He wrote some 160 hymns, many designed to be sung following a particular sermon that he preached. Another one of his popular hymns is "Blest Be the Tie That Binds." Again, we have the image of being on a journey as we sing this hymn, "O refresh us, O refresh us, traveling through this wilderness." The tune, "Silician Mariners," is an old folk melody of Sicily.

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### **February 28th Servants**

Ushers: Beth Lukas, Jim Lukas

Lector: Jim Lukas

Intercessor: Barb Moriarty

Eucharistic Ministers: Pam Dietmeyer, Charlie Boak

Vestry Person of the Day: Beth Lukas

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From the cartoons created by  
*the Rev. William P. McLemore*



Church  
Bulletin  
Bloopers



*"We are grateful for the help of those who cleaned up the grounds around the church building and the rector."*