



St. Paul's ePistle from McHenry
February 15, 2017



New and Notable...



Thoughts from Lori

I'm still moving through *The Book of Joy*, based on a week-long meeting and conversation between Archbishop Desmond Tutu and His Holiness the Dalai Lama as they spoke of the Eight Pillars of Joy. Today's subject is FORGIVENESS.

I have long believed that forgiveness is the most important aspect of Christianity. Of life, really. And the hardest. At one point in the conversation, the compiler and editor of this book asked this question of the Archbishop and the Dalai Lama: "What do you say to people who say that forgiveness seems like weakness, and revenge seems like strength?" The Dalai Lama reflected on the ways in which revenge is so tempting, but ultimately unsatisfactory, even harmful to the avenger, and concluding that to say tolerance and forgiveness are signs of weakness are totally wrong. Then the Archbishop laughed and said, "...those who say forgiving is a sign of weakness haven't tried it."

Here are some quotes from their conversation:

- (DL) Sometimes people misunderstand and think forgiveness means you accept or approve of wrongdoing. No, this is not the case.
- (DL) Where the wrong action is concerned it may be necessary to take appropriate counteraction to stop it. Toward the actor, or the person, however, you can choose not to develop anger and hatred. This is the power of forgiveness - not losing sight of the humanity of the person while responding to the wrong with clarity and firmness.
- (AB) Forgiveness is the only way to heal ourselves and to be free from the past. Without forgiveness, we remain tethered to the person who harmed us. We are bound to the chains of bitterness, tied together, trapped. When

we forgive, we take back control of our own fate and our feelings. We become our own liberator.

In my own experience, there are two aspects of forgiveness. The first is forgiveness as an act of will. It is a decision that may not involve feelings yet. The second - and this may take a good deal of work and prayer - is an act of the heart. That is when true freedom and real reconciliation occurs.

Who do you need to forgive? What resentment or bitterness lives in a dark and hardened part of your heart? If you wish to be free, to be whole, begin (or begin again) the work of forgiveness. What guilt lingers like a fog in your thoughts? Forgiving ourselves is no less important than forgiving others. Whether it is forgiving someone else or yourself, no work is more sacred than this. If I can help, all you have to do is ask. I will ask when I need yours.

Faithfully,
Loritt

SHROVE TUESDAY - FEBRUARY 28th

Also known here as Taco Tuesday!

(Who wants pancakes when you can have tacos?)



In the tradition of Mardi Gras, we will end the season of Epiphany and anticipate Lent with a feast of tacos with all the trimmings on Shrove Tuesday, February 28th beginning at 6pm and going until 7 or so. There is no charge, but an offering basket will be there for contributions to defray the costs. Look for a place to sign-up so we'll have a head count in order to prepare wisely.

Or call/email the church office to add your name(s):
815-385-0390 or lisa@stpaulmchenry.com.

LENTEN BOOK STUDY

One Diocese, One Book

Bishop Lee has invited the diocese to participate in a Lenten book study using *Living Into God's Dream: Dismantling Racism in America*, by Dr. Catherine Meeks. We have ordered a few copies for your convenience. They are \$13.50 each, or you can purchase your own copy and check the library. We'll have the books available by the 26th (maybe sooner) and I'll have a schedule of chapters to be discussed at Coffee & Conversation during Lent.

Lent begins on Ash Wednesday, March 1st with the Holy Eucharist and Imposition of Ashes at noon and 7pm. Dr. Meeks will be here in the diocese on Thursday, March 2 at 7pm, St. Matthew's, Evanston, to speak about the book. This is open to anyone who wants to attend.

Apropos to the Subject of Racism
An article by our Priest Associate, Bill McLemore



Absolam Jones

Monday, February 13th, is the Feast Day of Absolam Jones. He was born a house slave in 1746 in Delaware. He taught himself to read out of the New Testament, among other books. When he turned sixteen, his owner sold him to the proprietor of a local store, and he was allowed to attend night school for black youngsters operated by the Quakers. At twenty, he married another slave, and purchased her freedom with his earnings.

Jones bought his own freedom in 1784, and served as a lay minister at St. George's Methodist Episcopal Church. When this white congregation became worried about the number of black members Jones attracted, they tried to make them sit in an upstairs gallery. In protest, they left the church, and organized what became a "Free African Society."

This group then applied for membership in the Episcopal Diocese of Pennsylvania, whereupon Absolam Jones was ordained as a priest in 1802, and the group officially took the name, St. Thomas African Episcopal Church. He was an ardent preacher against slavery and all forms of oppression. His parish soon grew to over 500 members, and before his death, he was affectionately called, "The Black Bishop of the Episcopal Church." Absolam Jones died February 13, 1818.

What we learn from Absolam Jones is the struggle which still continues among the current ancestors of those brought into America as slaves, and the deep racial divide that still exists among a majority of our fellow citizens--not only for African Americans, but for peoples who have currently migrated to this country from places around the world.

St. Mary's FIRST Free Community Meal
February 18th

Our sister church, St. Mary's Crystal Lake, is having their first free Community Meal this Saturday, February 18th from 5:00 pm to 7:00 pm. This is a new ministry for them and we are invited to join them - either as volunteers or simply to visit and share a meal with those in our own community who are without adequate food. Folks from St. Mary's are always here to help with the Mobile Food Pantry. Let's support them in the generous endeavor!

Click to learn more: [Community Meal](#)

Children's Chapel



This week's lesson will be "The Transfiguration." Leaders will be Kerry and Tommy Obermeyer.

All children are welcome to attend after the service for a snack, bible story, and activity.

In case you missed it....

***A HEARTFELT MESSAGE
POSTED ON FACEBOOK BY
PHYLLIS MUELLER***

So I really didn't feel like doing a diaper delivery today. I went because the mom didn't have a car and sounded pretty desperate on the phone. She needed diapers for a six month old baby. I packed her an additional small bag of goodies, baby things collected for us by St. Paul's Episcopal Church of McHenry. When I walked into her apartment and she saw what I had brought, she burst into tears....and cried the whole time I was there. Friends, if you ever doubt how important providing diapers, and sometimes delivering them is, PLEASE think about this young mom and so many like her. She just lost her job, and is looking for a new one. In the meantime, her baby will be dry, clean and warm. Many thanks to all of you who help the Diaper Bank give out diapers to those in need. I gave thanks for you today over and again.



When bringing food for our grocery basket, here are some guidelines.



**Top 10 Most Needed Items
for FISH of McHenry Food Pantry**

1. Canned meats or tuna (*chicken, ham, hash, spam, tuna*)
2. Canned meals or boxed meals (*stew, pasta with or w/o meat, chili, hamburger helper*)
3. Canned soup
4. Canned tomatoes & tomato sauces
5. Canned vegetables (*green beans, peas, corn, potatoes, mixed veg., mushrooms*)
6. Peanut butter & jelly
7. Dried or canned beans (*black, chili, kidney, pinto, white, refried, pork & beans*)
8. Dry cereal & oatmeal
9. Dried pasta & rice
10. Toilet paper/Personal hygiene/Household cleaning & paper products

Non-Food Items also offered to clients:

1. Bath soap (bars) & deodorant
2. Shampoo
3. Toothbrushes & toothpaste
4. Dish & laundry detergent
5. Baby food, baby dry cereal & formula
6. Baby diapers & wipes
7. Feminine hygiene products
8. Depends or adult diapers & pads

Please check all expiration dates before donating food!

The usual fare...

Servants for February 19th

Rick Carlstedt, Don Jaworski - *Ushers*
Judy Robel - *Lector*
Terry Jaworski - *Intercessor*
Michelle Wiejaczka, Jeff Zabor - *Eucharistic Ministers*
Darrell Rowe- *Vestry Person of the Day*

Lessons and Hymns
Sunday, February 19th
(Seventh Sunday after the Epiphany - Year A)
by the Rev. William P. McLemore

THE SCRIPTURE LESSONS:

First Lesson: Leviticus 19:1-2, 9-18. The Lord gives Moses some instructions based upon the commandments especially good treatment of one's neighbors."

The Psalm: Psalm 119:33-40. The Psalm blesses those who observe the Lord's commandments.

Second Lesson: I Corinthians 3:10-11, 16-23. The Apostle Paul tells us of temples of God needing a solid foundation of faith.

The Gospel: Matthew 5:38-48. Here we hear Jesus asking his followers to "be perfect, therefore, as your heavenly father is perfect."

THE HYMNS:

PROCESSIONAL HYMN: No. 657. "Love divine, all loves excelling." Here is a famous Charles Wesley hymn which he published in a pamphlet titled, "Hymns for

Those that Seek, and Those that Have Redemption in the Blood of Jesus Christ." Some of the symbolic imagery of Revelation is found in these words, "Changed from glory into glory, till in heaven we take our place, till we cast our crowns before thee, lost in wonder, love, and praise." The tune, "Hyfrydol," composed by Rowland Hugh Prichard, has some delightful harmonies and movement.

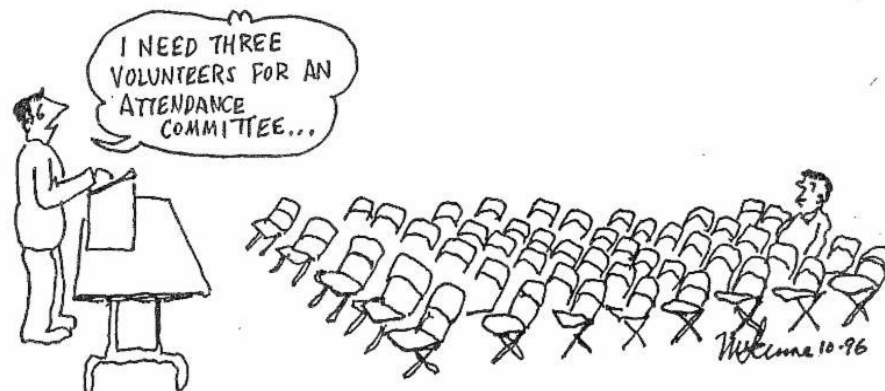
THE SEQUENCE HYMN: No. 656. "Blest are the pure in heart." John Keble wrote this hymn based on the Beatitudes in 1819. William John Hall abbreviated it from 17 to 4 verses in 1834. The tune 'Franconia' is taken from a setting by Johann B. Konig and lends itself to the words that call forth the mercy and blessing of God.

PRESENTATION HYMN: No. 635. "If thou but trust in God to guide thee." This hymn is new to the Episcopal 1982 Hymnal (though almost four centuries old). It was written and composed by Georg Neumark (16 March 1621 - 8 July 1681), a German poet and composer of hymns. In 1640 he began law studies, but fearing the tumult of war, he took a position as tutor instead. This particular hymn was written for himself as much as anyone else as he feared war so much, "God will give thee strength whate'er betide thee, and bear thee through the evil days."

COMMUNION HYMN: "Take, O take me as I am." This is one of the best-known songs from the Iona Community in Scotland which has become a major center for ecumenism, social justice, healing, reconciliation, and worship renewal. John Lamberton Bell, a member of the Iona Community, was born in 1949 in Kilmarnock, Ayrshire Scotland. As you sing the song, you will notice that there are four phases of our faith journey in the text: (1) surrender and conversion, (2) transformation, (3) sealed and marked by God's covenant, and (4) new life together with and in God.

RECESSIONAL HYMN: No. 518. "Christ is made the sure foundation." This hymn is ancient in Christian hymnody probably dating back to the 6th or 7th century A.D. The image of a heavenly Jerusalem is a favorite medieval theme for hymns and this particular version has many lost and left out verses of the Latin original. The current translation is by John Mason Neale (1818-1866). The tune "Westminster Abbey," was composed by Henry Purcell (1659-1695).

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



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