



St. Paul's ePistle from McHenry  
February 22, 2017



*New and Notable...*



*Thoughts from Lori  
Continuing Reflections\* on  
The Book of Joy*

As Archbishop Tutu and the Dalai Lama continue their conversation on the Eight Pillars of Joy, they come to the sixth pillar: Gratitude. It might help to mention that the author/editor of *The Book of Joy*, Douglas Abrams, weaves other sources and additional information through his recollections of the conversation between the Archbishop and the Dalai Lama. One such interjection acknowledges what scientists have long known: that the human brain is wired with a negative bias which was an evolutionary advantage enabling us to identify danger. In other words, it's natural for us to spot the fearful, to see the things that are wrong all around us. But - and this is my addition - we are endowed by God with free will, which allows us to evaluate our circumstances and decide how to respond to them. That means we can *choose* to be grateful.

Quoting a contemporary Benedictine monk, "It is not happiness that makes us grateful. It is gratefulness that makes us happy." When we are grateful, we live with a sense of enough, even of abundance, instead of a sense of scarcity. That in turn, enables us to share and to see the goodness in others. It's not that grateful people ignore or deny pain and suffering, but they choose to appreciate what is positive as well.

Studies have shown that people who focus on gratitude are healthier. We have more power over our emotions and how we experience life than we realize. Gratitude means moving from counting our burdens to counting our blessings. Does this sound simplistic? Perhaps, but ask anyone who has kept a gratitude journal or some intentional (there's that free will thing again!) practice of gratitude how it has affected their lives and you'll hear stories of transformation.

Try it yourself and see what happens. Put a pad or small notebook and pen on your nightstand, and before turning off the lights, write down five things that you are grateful for that day or in general. Do this for at least 30 days. I can practically guarantee you of two things: you will sleep better, and you will discover a new capacity for joy.

Faithfully,  
*Loritt*

\* Click [here](#) for the link to previous reflections on the Book of Joy!

---



## 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. Sign-up on the poster in the narthex or call/email the church office to add your name(s): 815-385-0390 or [lisa@stpaulmchenry.com](mailto:lisa@stpaulmchenry.com) so we'll have a head count in order to prepare wisely.

---



If you have not signed up already, we invite you to share in the 2017 Lenten email series from Episcopal Relief & Development. Each day during Lent you will receive a daily reflection, co-authored by a group of Anglican Communion and other faith leaders. During this season of reflection on our Christian faith, their writings will enhance your spiritual journey as they both inspire and challenge you. Each daily meditation is presented in both English and Spanish.

\*\*\*[Sign up to Receive our Daily Lenten Meditations by Email](#)

[Subscribase para recibir nuestras Meditaciones de Cuaresma Diarias por correo electronico](#)

Other materials are available on our [Lenten Resources](#) page

\*\*\*Please note that the sign-up form is bilingual and contains both Spanish and English. To sign up for the Lenten Meditation emails, you only need to fill in the fields marked First Name, Last Name and Email Address. Thank you.

---

## Children's Chapel

This week's lesson will be  
"Season of Lent." Leaders will be Bobbi  
Fiali, and Katie & Bill Lang.



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

---

*In case you missed it....*

---

**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.

---

*The usual fare...*

---

**Servants for February 22nd**

Beth Lukas, Jim Lukas - *Ushers*  
Jim Lukas - *Lector*  
Barb Moriarty - *Intercessor*  
Deb Lang, Charlie Boak - *Eucharistic Ministers*  
Michelle Wiejaczka - *Vestry Person of the Day*

---

**Lessons and Hymns**  
**Sunday, February 26th**  
**(Last Sunday after the Epiphany - Year A)**  
*by the Rev. William P. McLemore*

**THE SCRIPTURE LESSONS:**

**First Lesson:** Exodus 24:12-18. Moses is transfigured on Mount Sinai and his appearance was "like a devouring fire on the top of the mountain."

**The Psalm:** Psalm 2 or Psalm 99. Psalm 2 has God saying. "I have set my king upon my holy hill of Zion"; Psalm 99 also extols God as "mighty king, lover of justice."

**Second Lesson:** II Peter 1:16-21. The writer here recounts the power and coming of the majesty of our Lord Jesus Christ.

**The Gospel:** Matthew 17:1-9. This is Matthew's account of the transfiguration of Jesus Christ on a high mountain.

### **THE HYMNS:**

**Processional Hymn:** No. 135. "Songs of thankfulness and praise." Christopher Wordsworth, Bishop of London and nephew of the poet, William Wordsworth, wrote this hymn for the sixth Sunday I after the Epiphany. The fourth verse was written and added by Francis Bland Tucker, an Episcopal priest who authored and translated many hymns and helped develop the 1940 hymnal. The tune, "Salzburg," was composed by Jakob Hintze and later harmonized by Johann Sebastian Bach.

**Sequence Hymn:** No. 7. "Christ whose glory fills the skies." This hymn was written by Charles Wesley (1707-1786) which he based on Malachi 4:2. "But for you who revere my name the sun of righteousness shall rise, with healing in its wings." The tune, "Ratisbon," is from Johann Werner's "Gesangbuchern," (1815). The present harmony is by William Henry Havergal (1793-1870).

**Presentation Hymn:** No.324. "Let all mortal flesh keep silence." This is an ancient hymn from the Liturgy of St. James of Jerusalem as used in the Eastern Orthodox Churches-possibly as early as the fifth century. It was sung as the sacred elements were brought to the sanctuary at the beginning of the liturgy. "Picardy" is a folk song from the French region with the same name.

**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. 437. "Tell out my soul the greatness of the Lord." Here we have a hymn paraphrasing the "Magnificat" written by Tim Dudley-Smith in 1962. Timothy Dudley-Smith OBE is an English hymn-writer and a retired bishop of the Church of England. Born in Manchester, United Kingdom, he was educated at Tonbridge School and Pembroke College, Cambridge. The words also form a spirited plea for evangelism, "Tell out my soul, the greatness of his Name! Make known his might, the deeds his arm has done; his mercy sure, from age to age the same; his holy Name-the Lord the Mighty One." The tune, "Birmingham," is from Francis Cunningham's Selection of Psalm Tunes (1834).

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



## Join Our Mailing List

## Quick Links and Info

### [St. Paul's Website](#)

Phone: 815-385-0390

Fax: 815-385-3936

St. Paul's email - [stpaulmchenry@sbcglobal.net](mailto:stpaulmchenry@sbcglobal.net)

Lori's email - [lorilowe@stpaulmchenry.com](mailto:lorilowe@stpaulmchenry.com)

Vestry Minutes


[November 2016](#)

[December 2016](#)

[January 2017](#)

[Diocese of Chicago](#)

**[Episcopal News Service](#)  
[Lectionary Calendar](#)  
[Forward Day by Day](#)  
[Diaper Bank of Northern Illinois](#)**

 Like us on Facebook

 Forward to a Friend

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

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [stpaulmchenry@sbcglobal.net](mailto:stpaulmchenry@sbcglobal.net) in collaboration with

**Constant Contact** 

Try it free today