



St. Paul's ePistle from McHenry
March 1, 2017



New and Notable...

An Invitation to a Holy Lent
From The Book of Common Prayer
(page 264-5, adapted)

The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and the need which all Christians continually have to renew their repentance and faith.

[You] are invited therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word.



Thoughts from Lorí
Continuing Reflections on*
The Book of Joy

The last two of the Eight Pillars of Joy* are compassion and generosity, which are closely related. Compassion is concern for the well-being of another, much like empathy. But compassion moves us from empathy, which is simply relating to the suffering of another, to being moved to help relieve that suffering. And that act of helping is the beginning of generosity.

The opposite of compassion is self-concern, self-absorption, which can only breed unhappiness. When we are so focused only on ourselves the result is fear and negativity, anxiety and envy. We become separated from our fellow human beings and lose sight of the bigger picture, including concern for the creation itself. Compassion and generosity are the antidotes to the toxicity of self-absorption.

If we believe - as we say we do - that we are all made in the image of God, then we are born hardwired for compassion. But our culture distorts that image within us and teaches us to look out for number one, to be suspicious of each other. It teaches us that "I" is the most important thing; that scarcity is the watchword; that we are competing with each other for limited resources. When in fact, the earliest cultures knew quite well what we have forgotten: that our lives are dependent on each other; that your well-being enhances my well-being; that we need each other and Mother Earth in order not just to survive, but to thrive.

And though we may have forgotten our true nature - that is, being made in God's image - compassion is a skill that can be learned and cultivated. And it is especially important to teach compassion and generosity to our children. The future of the world depends on this. On them.

We can practice compassion and generosity and model it for our children by looking on every person we encounter as a child of God, as someone who's life - not unlike our own - may be full of problems, but who is worthy of God's love and ours. We can try to discover how we can help to alleviate that person's suffering, or if nothing else, pray for them. When we do this, when we eventually find ourselves responding to others with compassion and generosity, we will discover that we have found joy!

*The Eight Pillars of Joy are PERSPECTIVE, HUMILITY, HUMOR, ACCEPTANCE, FORGIVENESS, GRATITUDE, COMPASSION, and GENEROSITY. I have found my life enriched by this book, *The Book of Joy*, based on a week-long conversation between Archbishop Desmond Tutu and His Holiness the Dalai Lama, edited by Douglas Abrams. I hope you, too, have been enriched by my humble reflections on it.

Faithfully,

Loritt

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

Reconciliation of a Penitent

(BCP, pages 447-452)

Though individual confession is not required in the Episcopal tradition, it is available. Two forms are provided in the Book of Common Prayer for those who desire to make a formal confession. It is true that confession is good for the soul. Although we may receive forgiveness directly from God, sometimes it is beneficial and healing to actually hear the words of absolution through a priest. If you believe this would be helpful to you, please call me to set aside a time. My cell phone number is 706-957-2446.

lml+



A LETTER FROM THREE BISHOPS On Immigration

Please open this link to read a letter from three bishops: our own *Bishop Jeffrey D. Lee*, *Bishop Sally Dyck of the Northern Illinois Conference of the United Methodist Church*, and *Bishop Wayne Miller of the Metropolitan Chicago Synod of the Evangelical Lutheran Church in America* have issued a letter on the new federal immigration enforcement guidelines issued last week by the Department of Homeland Security:

<https://www.episcopalchicago.org/our-stories/2017/02/27/letter-immigration-bishop-dyck-bishop-lee-and-bishop-miller>

LENTEN STUDY One Book, One Diocese Living into God's Dream: Dismantling Racism in America by Dr. Catherine Meeks

In response to our Bishop's invitation to the whole diocese, we will be discussing this book at Coffee & Conversation during Lent. The subject of racism is not an easy one, and we will approach it prayerfully. Several of us have purchased the book, and that will facilitate and shape our discussion, but everyone is invited to participate in the conversation. If you are reading the book, here is the schedule:

March 5	Lent 1	Forward, Introduction, Chapter 1
March 12	Lent 2	Chapters 2 & 3
March 19	Lent 3	Chapters 4 & 5
March 26	Lent 4	Chapters 6 & 7
April 2	Lent 5	Chapters 8 & 9
April 9	Palm Sunday	Asking the Question: Now what?



The Bishop will also be leading an online discussion via the diocesan website. See below for more information.

During Lent, which begins March 1, Bishop Lee and other diocesan leaders will hold an online book discussion of "Living into God's Dream: Dismantling Racism in America," a collection of essays edited by Dr. Catherine Meeks. Congregations are also encouraged to hold their own discussions of the book.

"Living into God's Dream" combines personal stories and theological reflection with real-world examples of new conversations about race. The book is available online from Church Publishing, Amazon, and other retailers.

The online discussion will begin on Ash Wednesday, March 1. Watch for more information on how to participate in the diocesan e-newsletter and on their website and Facebook page.

<https://www.episcopalchicago.org/our-stories/2017/01/04/one-book-one-diocese-living-gods-dream>

On Thursday, March 2 at 7:30 pm, Dr. Catherine Meeks will speak at St. Matthew's Episcopal Church in Evanston about "Living Into God's Dream" and her work with the Diocese of Atlanta's Beloved Community: Commission for Dismantling Racism. The event is free.

On March 5 at 4 pm, Meeks will preach at St. James Cathedral's choral evensong. The choir will sing music by Byrd, Gibbons and Bach and Bishop Lee will preside.

Children's Chapel

This week's lesson will be
"Be Ready! The Son of Man is Coming." Leaders
will be Amy and Jeff Zabor.



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

In case you missed it....



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.

The usual fare...

Servants for March 5th

Bill Lang - *Usher*
Michelle Wiejaczka - *Lector*
Judy Robel - *Intercessor*
Deb Lang, Al Robel - *Eucharistic Ministers*
Judy Robel, Carol Toft - *Vestry Persons of the Day*

Lessons and Hymns
Sunday, March 5th
(First Sunday in Lent - Year A)
by the Rev. William P. McLemore

THE SCRIPTURE LESSONS:

First Reading - Genesis 2:15-17;3:1-7

Our reading is excerpts from an epic tale about the creation of humanity, beginning from after the creation of "the heavens and the earth"

The Gradual - Psalm 32

The psalmist tells us what he has learned in life: happiness is having one's sin forgiven and taken away ("covered") by God, and enjoying a clear conscience.

The Epistle - Romans 5:12-19

Paul has said that Christians, reconciled to God, will be saved, sharing in the risen life of Christ.

The Gospel - Matthew 4:1-11

Jesus is led by the Holy Spirit into the wilderness to be tempted by the devil.

THE HYMNS:

Processional Hymn: No. 448. "O Love How Deep, How Broad, How High." (Verses 1-3) The author of his hymn is generally believed to be Thomas a' Kempis, born near Dusseldorf in 1379 into a peasant family. At a young age, he was sent to a pauper's school run by a religious order in which he later became a member as was priested in 1413. The tune "Deo Gracias," is a 15th English ballad melody and is best sung with spirit and movement.

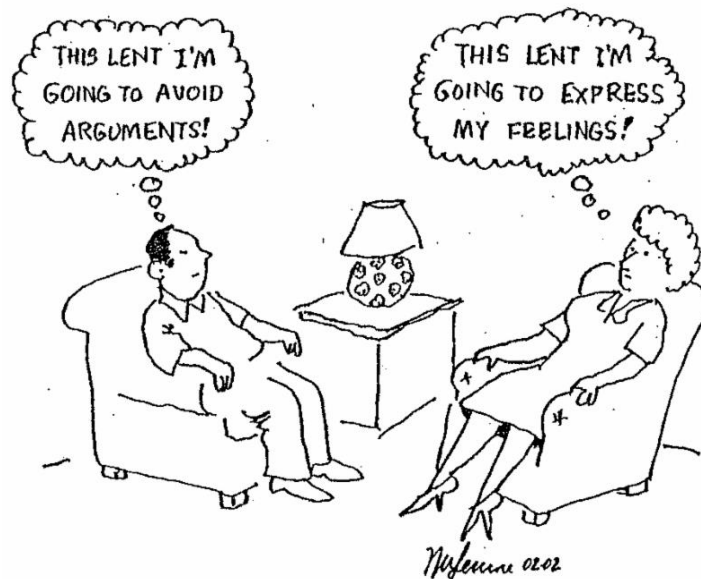
Sequence Hymn: No. 150. "Forty Days and Forty Nights." This is one of the three Lenten poems by George Hunt Smytten published in the "Penny Post VI" (1856). The original version had nine stanzas and our hymnal includes the 1st, 4th, 5th, 6th, and 7th of the nine, though greatly altered over the years. The tune called "Heinlein" in the 1940 Hymnal is "Aus der Tiefe rufe ich" in our new 1982 Hymnal, the actual melody attributed to Martin Herbst (1654-1681) and later harmonized by William Monk (1823-1889).

Presentation Hymn: No. 440. "Blessed Jesus at Thy Word." This hymn was written in German by Tobias Clausnitzer (1619-1684) and translated by Catherine Winkworth who was a very notable English song writer and translator. She is also known for her passionate and ardent support of women in higher education. The tune, "Leibster Jesu" is a melody by Johann Rudolph Ahle (1625-1673) and later harmonized by George Herbert Palmer in the early 20th century.

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. 448. "O Love How Deep, How Broad, How High." (Verses 4-6)

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



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[St. Paul's Website](#)

Phone: 815-385-0390

Fax: 815-385-3936

St. Paul's email - stpaulmchenry@sbcglobal.net

Lori's email - lorilowe@stpaulmchenry.com

Vestry Minutes

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[December 2016](#)

[January 2017](#)

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