

Prayer • Sacrifice • Good Works



LENT

A TIME OF PREPARATION



St. Paul's Episcopal Church  
McHenry, IL



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Weekly ePistle ~ March 11, 2020

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*New and Notable*

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***Words from Wardens***

Good day to all!

How is your observation of Lent? Don't forget our Lenten practice labyrinth walk. If you have not already done so, I urge you to carve out some spiritual time and walk the labyrinth; it is a wonderful experience.

With all the Corona virus news, it is indeed worth mentioning to be cautious in public. That being said, be mindful that the media has a mysterious way of instilling fear that can be worrisome at times.

Deuteronomy 31:8 - "He will never leave you nor forsake you. Do not be afraid; do not be discouraged."

It appears unfortunately that our time with Estime has come to an end for the foreseeable future. We wish him luck on his journey. I hope to see you at this Sunday's service. The fun begins at 10!

Jeffrey Zabor, Junior Warden

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## **Resources for Limiting the Spread of Coronavirus** *From the Diocese of Chicago*

As more cases of coronavirus, also known as COVID-19, are identified in our region and across the country, our churches can play an important role in sharing accurate information and educating people about practical measures to slow the progress of the virus.

Episcopal Relief & Development is posting current information and guidelines on its website. **Find reliable information about the symptoms of the virus, how it spreads, and what you can do to prevent it.**

Bishop Lee has also suggested measures for clergy and congregational leaders to consider as ways to limit the spread of the virus:

- It is entirely appropriate to use hand sanitizer visibly when celebrating the Eucharist or distributing the elements.
- Congregations should avoid intinction (the dipping of the host or bread into the chalice).
- Some research suggests that illness is less likely to spread when metal, rather than ceramic, chalices are used.
- If worshippers are concerned or are feeling unwell, they can be reminded that we receive the fullness of communion by receiving only the bread.
- Hugging and handshaking are best avoided at the moment. Instead, worshipers can greet one another during the peace with waves, bows, or other signs that don't involve physical contact.
- People who are ill can be encouraged to stay home and assured they will be included in the congregation's prayers.
- Coffee hour and feeding program volunteers can be reminded to wash their hands and handle food with plastic gloves or utensils.

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*In case you missed it*

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### ***Easter Vigil***

St. Ann's Woodstock has invited us to their Easter Vigil on Saturday, April 11 at 8:00 pm. The Great Vigil of Easter is the high point of the Triduum of Holy Week. It is the first service of Easter and is made beautiful through the voices of St. Ann's choir. Reverend Scott has graciously extended the offer for us to participate in the readings. If anyone is interested in participation, please let me know soon.

Thank you,  
Deacon Deborah



### **Labyrinth Walks**

St. Paul's will host labyrinth walks in the parish hall during Lent. Walks will be held every Wednesday starting March 4th going through April 1st from 5:30 pm to 7:30 pm. All are welcome to experience this wonderful opportunity for reflection, meditation, and renewal. Questions? Please call the church office or contact Jim Lukas: jimlukas2016@gmail.com.

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*The usual fare*

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**On the Calendar**

**Morning Prayer** – March 22

**Morning Prayer** – March 29

**Palm Sunday** – April 5

**Maundy Thursday Service** – April 9, 7:00 pm

**Good Friday Services** – April 10, noon & 7:00 pm

**EASTER** / Rev. Eileen Shanley-Roberts – April 12

**St. Paul's 3rd Annual Craft Show** - September 19

**Labyrinth Walks** – Wednesdays through April 1  
5:30pm – 7:30pm

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**Lessons and Hymns for March 15, 2020**

(Third Sunday in Lent, Year A)

**Officiant - The Rev. Deacon Deborah Lang**

**THE SCRIPTURE LESSONS:**

**The First Lesson:** Romans 5:1-11

**The Psalm:** Psalm 95

**The Gospel:** John 4:5-42

**THE HYMNS:**

**Opening Hymn:** No. 686. "Come, thou fount of every blessing"

**Offertory Hymn:** No. 685. "Rock of ages"

**Closing Hymn:** No. 344. "Lord, dismiss us with thy blessing"

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**Servants for March 15th**

Bill Lang - *Usher*

Rick Carlstedt - *First Reader*

Carol Toft - *Intercessor*

Barbara Moriarty - *Gospel Reader*

Jeffrey Zabor - *Vestry Person of the Day*

**March 11th Labyrinth** - Carol Toft, Judy Robel, Jeffrey Zabor

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***Questions or concerns?***

Please contact our Wardens - Beth Lukas (Senior Warden)  
or Jeffrey Zabor (Junior Warden).

***In need of pastoral care?***

Please contact Deborah Lang, our Deacon.

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AN IDEA WHOSE TIME HAS NOT YET COME: LENTEN GREETING CARDS



Cartoon by the Rev. Jay Sidebotham

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### Vestry Minutes

*January 2020  
February 2020*

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