



St. Paul's Episcopal Church
McHenry, IL



Weekly ePistle ~ March 10, 2021

~~~~*Don't forget to "Spring Forward" this weekend!*~~~~

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### **St. Paul's At Home Worship for Sunday, March 14th**

Join us at **8:30 am** for Morning Prayer led by the Rev. Eileen Shanley-Roberts. Even if you don't have a computer, you can join by phone!

To join by computer, click on this link: <https://zoom.us/j/95751784278>

To participate by phone, dial **312-626-6799** and be prepared to enter the ID below.

Our meeting ID is **957 5178 4278**

All participants will be muted upon entry to the service. You do not necessarily have to have the video enabled if you do not wish to be seen.

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***Let's beautify the sanctuary for Easter!***

In conjunction with First United Methodist, we will be taking donations for Easter flowers and lilies. You'll be able to take these home after Easter Sunday! Flowers may be dedicated "In honor of" or "In memory of". Options are:

Single stem lily - \$14.00  
Tulip (6" pot) - \$12.50  
Daffodil (7.5" pot) - 15.00

Just call or email the office with your request. Checks can be mailed to St. Paul's.  
The deadline for ordering is **March 15.**

## HOLY WEEK



## WORSHIP SCHEDULE

### ***Palm Sunday***

March 28, 8:30 am  
In-Person Worship

### ***Maundy Thursday***

April 1  
St. Paul's In-Person Service  
7:00 pm

### ***Good Friday - Noon***

April 2  
Stations of the Cross via Zoom

### ***Good Friday - Evening***

First United Methodist In-Person Service  
7:00 pm

### **Easter**

In-Person Worship  
8:30 am

As part of our shared ministry here at First United Methodist, St. Paul's will be conducting the Maundy Thursday service in-person and have Stations of the Cross via Zoom on Friday. FUMC will be conducting the Good Friday evening service. All are welcome to every service!

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### ***From Deacon Deb***

*“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life” John 3:16*

In all of scripture these are perhaps the most well-known words. We can see them wherever people are gathered. They are beautiful words that sum up the entire purpose of the life, death and resurrection of Jesus.

The potential problem with familiarity is that we tend to gloss over without really looking. God gave up his Son. As a mother and grandmother I can freely imagine giving up my life to save the lives of my children and grandchildren. What I cannot possibly imagine is giving up their lives to save another – someone on death row. This is not hyperbole for this is what God has done for us in Jesus. We were condemned to death. In Christ Jesus God has given us life.

How can we ever doubt the love that God has for us?  
*For God so loves the world...*

In Christ,  
Deacon Deborah



**Living Well Through Lent 2021**  
**A Personal Devotional and Lenten Program**  
Listening With All Your Heart, Soul, Strength, and Mind

***Different Kinds of Fasting***  
by Scott Stoner

*Fast from words and be silent so that you can listen.*  
—Pope Francis

Giving something up for Lent is a traditional practice observed by many. Fasting as a Lenten discipline also has a long tradition, which is where the idea of giving something up comes from. When a person takes on the practice of fasting, it is not to experience deprivation but rather to practice the discipline of delaying gratification, which is an essential factor in all dimensions of wellness. Fasting also helps to heighten the awareness of the nature of one's true hunger, helping to clarify our need or hunger for spiritual, emotional, and relational wellness.

A few years ago, Pope Francis suggested the following list of things from which we can fast.

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so that you can listen.

Lent is an ideal time to be more intentional about holding fast to the habits, beliefs, and practices that ground and secure our lives. Making It Personal: Have you given up anything for Lent this year? If so, how is that going for you? What are you learning as a result?

*The Rev. Dr. Scott Stoner—founder of the Living Compass Spirituality & Wellness Initiative—has served his community for more than 30 years as an Episcopal priest, retreat leader, licensed marriage and family therapist, and author. In addition to his coaching and psychotherapy work, he leads wellness retreats for organizations and leadership teams. Scott has been married to Holly Hughes Stoner for 41 years and together they are the co-creators of The Teen Compass and the Parent Wellness Compass. In his free time, Scott loves cycling, running, and soccer, and spending time with family, especially with his two grandsons.*

For daily reflections to follow up on this article [\*\*click here\*\*](#)

Submitted by Beth Lukas, Senior Warden

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### **Vestry Meetings and Minutes**

The St. Paul's Vestry currently meets the third Sunday of each month following worship. Parishioners are welcome to attend these open meetings. The minutes from past meetings are available as well. Please let Lisa know if you'd like to be sent the Zoom link to the next meeting, or if you'd like the minutes sent to you.

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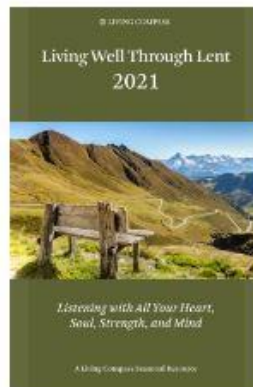
### ***Antiracism Commission Hosts Online Book Discussion*** ***"Waking up White"***

Five-week series begins Monday, March 15

The Antiracism Commission of the Diocese of Chicago invites members of the diocese to join in a five-week facilitated discussion of [\*Waking up White\*](#), by Debby Irving, beginning Monday, March 15. The discussion will be facilitated by Constance and Dain Perry, who recently led a screening of the film, [\*Traces of the Trade\*](#), for the diocese. Active Episcopalians who live in Boston, Massachusetts, Constance and Dain have years of experience facilitating conversations on racism and racial reconciliation.

The group will meet for five consecutive Mondays from 6-8 pm Central via Zoom, beginning on March 15. There is no cost to participate, but we ask that you purchase or borrow the book in advance of the first meeting. Learn more and register by [clicking here](#).

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### **Living Well Lenten Devotional Resources**

Lent begins today, and the Living Well Through Lent 2021 resources are now available on the [\*\*Living Compass website\*\*](#). There you will also find the annual Lenten Devotional, which you may download at no cost. (An e-book version is available through Amazon for 99 cents, or free if you have a Kindle Unlimited membership.) You may also sign up to receive daily readings via email, join the Facebook discussion group, and access all past daily readings.

St. Paul's has also downloaded a copy and we would be happy to **email** one to you. Just let the office know.

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## **Servants for Sunday, March 14**

Reader – Rick Carlstedt  
Intercessor – Terry Jaworski  
Cantor - Deborah Lang

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### **St. Paul's Prayer List**

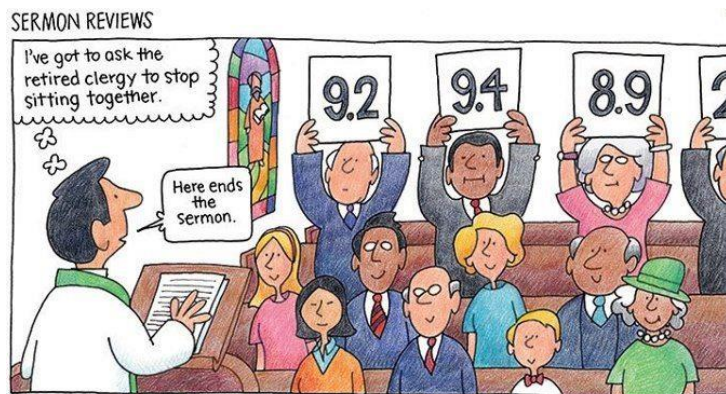
**Week of March 14 - March 20**

Please keep those on our prayer list in your thoughts during this time. If you wish to add to the list, please contact the church office.

**Ongoing prayers:** Yasmin, Kay, Edna, Amy, Tim, Marty, Barb, Marianne, Jim, Lucy, Eleanor, and Erin

**Current prayers:** Jenn, Bobbi, Rory, Bonnie, Brandy, Danielle, Shirley-Patricia, Doris, Peter, Terry, Samantha, Debbie, and Shawn

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*Cartoon by the Rev. Jay Sidebotham*

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### ***Questions or concerns?***

Please contact our Senior Warden - Beth Lukas: [Gramlukas2@gmail.com](mailto:Gramlukas2@gmail.com)

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

Please contact Deborah Lang, our Deacon: [DeaconDeb@stpaulmchenry.com](mailto:DeaconDeb@stpaulmchenry.com)

### ***Office Hours***

Tuesday, Wednesday, Thursday

8:30 am - 1:30 pm

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Fax - 815-385-3936  
St. Paul's Email - [stpaulmchenry@sbcglobal.net](mailto:stpaulmchenry@sbcglobal.net)

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St Paul's Episcopal Church | 3717 W. Main St., McHenry, IL 60050

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