



# The Epistle



CHURCH OF THE HOLY SPIRIT

WWW.HOLYSPIRITWACO.COM

FEBRUARY 2015

## What's Happening?

### The Presentation, Feb 2

The Presentation of Christ in the Temple will be commemorated with Holy Eucharist at 6:00 pm on Tuesday, Feb 2.

### Office Closed, Feb 16

The office will be closed on Monday, Feb 16 in observance of Presidents Day.

### Shrove Tuesday Pancake Supper

#### Tuesday Feb 17

The traditional Shrove Tuesday Pancake Supper will be held in the parish hall, from 5:00-7:00 pm.

### Ash Wednesday, Feb 18

The Imposition of the Ashes and Holy Communion will be held at 7 am, Noon, and 6:00 pm.

### Lenten Soup Suppers & Program

The first weekly Wednesday Lenten Soup Supper and Program will take place in the parish hall following the 6:00 pm service on Ash Wednesday.

### Stations of the Cross

The Stations of the Cross will be walked at 6:00 pm Wednesday's in Lent.

### Valentine's Dinner, Feb 13

Family Life and Youth Ministries will once again host a Valentine Dinner on Friday evening, Feb 13 at 6:30 pm .

### Saint Matthias, The Apostle Feb 24

The Feast of Saint Matthias will be commemorated with Holy Eucharist at 6:00 pm on Tuesday, February 24.

## Coming next month

### Lenten Soup Suppers & Program

The Wednesday Lenten Soup Supper and Program continue through Mar 25.

### Stations of the Cross

The Stations of the Cross will be walked at 6:00 pm Wednesday's in Lent.

### Annunciation of our Lord, Mar 25

Feast of The Annunciation of Our Lord Jesus Christ to the Blessed Virgin Mary will be celebrated at 6:00 pm.

### Palm Sunday, Mar 29

Holy Week commences with Palm Sunday. The Liturgy of the Palms and Holy Communion will be held at 8 & 10:30 am.

## From the Rector's Desk

by the Rev'd Jason Ingalls

### "A Holy Lent"

*I invite you, therefore, in the name of the Church, to the observance of a holy Lent...*

*Book of Common Prayer, p. 265*



It feels like only a short time since the festival of Christmas. We welcomed the Holy Family into our church, and waited with them for the three wise men from the East. Now, beginning February 18, we begin a different journey, a journey through the shadowy valley to the bright Easter morning. The sentence cited above is from our Ash Wednesday service. It continues by inviting us to observe Lent in three ways.

#### 1. ...by self-examination and repentance...

Lent is a season set aside for moral and spiritual renewal, a type of spiritual spring cleaning. It gives us the opportunity to examine ourselves and our lives before God and others. It frees up time for silence and prayer. It gives us time to wrestle with the hard things in our lives, in the hope that God will shed his Easter light abroad in our hearts.

During Lent, there will be times set aside to meet with Fr. Jason for the Sacrament of Reconciliation (BCP, pp. 446-52). If you would like to meet in private with Fr. Jason, please email or call to set up an appointment. The confidentiality of the confessional is morally absolute.

#### 2. ...by prayer, fasting, and self-denial...

In the season of Lent, many choose to abstain from something symbolic, like alcohol or chocolate or television, for the period of the Lenten fasts. The earliest Christians who observed Lent spent the entire period fasting, eating only evening meals. Some continue this observance by fasting from all food until dinner on Wednesdays and Fridays of Lent. If you are thinking of fasting for the first time, I recommend you read the book *Fasting*, by Scott McKnight. It is a helpful Lenten devotional and outlines some of the practical necessities involved with abstaining from food for spiritual purposes. Please consult your physician if you think you might suffer from dizziness or severe drops in blood sugar while fasting.

#### 3. ...and by reading and meditating on God's holy Word.

Finally, we are invited to observe a holy Lent by reading and meditating on Scripture. Consider taking on an additional devotion this Lent, either by joining the Wednesday night Lenten series, or by joining (or starting) a small Bible study group for the season. If you are thinking of the latter, please consult Fr. Jason for instructions and suggestions.

On behalf of the Church of Christ throughout time and space, I invite you to a holy Lent. May you grow in Christ's image this season. May you know Christ's humility this season. As a result, may we all come spiritually prepared for the joyous Easter feast.

# YOUTH MINISTRY

Mark & Lisa Long (772-6809), Holly Lockhart (855-8173)

On February 13, the youth will help Family Life host a Valentine's dinner. As last year, we will reprise the stunningly-popular Newly Wed game, with newly weds, not-so-newly weds, and long-term weds. And the spaghetti will be *sooo* good, attendees will likely leave singing "Nessun Dorma".

On March 25, the youth will lead in the feast day service, marking the Annunciation of Our Lord Jesus Christ to the Blessed Virgin Mary.

## Altar Guild

Norma Thronburg, Directress (876-3303)

Lent is coming. We will bury Alleluia and resurrect it at the Great Vigil of Easter. Ivy will grace the retable in lieu of fresh flowers and purple paraments, symbolic of penitence, will be the liturgical color for the latter half of February through the 28<sup>th</sup> of March. The banners will be rotated clockwise on the north and south walls of the Nave with the purple burlap banner hung on the east wall. There are two Holy Days--Thursday, March 19 marks the Feast of St. Joseph, and The Annunciation of Our Lord Jesus Christ to the Blessed Virgin Mary is celebrated on Wednesday, March 25. For both services the color is white and the proper preface is Epiphany.

The archaic intransitive verb *shrive* means to confess one's sins especially to a priest and as a transitive verb it means to administer the sacrament of reconciliation to free from guilt. So whether you celebrate in New Orleans, Galveston or any other part of the world, Shrove Tuesday, also called Mardi Gras, Fat Tuesday or Pancake Day, is the last day of the Shrovetide, the week before the beginning of Lent. During that time the faithful used as much of the eggs, butter, milk, and other foods that would spoil before entering a period of prayer and humbling oneself.

Ash Wednesday, sometimes known as the Day of Ashes, is one of the most sacred days for the western church. It occurs on the seventh Wednesday before Easter and begins a term of fasting in preparation for Easter festivities. The blessed palm crosses made for Palm Sunday 2014 were burned and the ashes are stored in a small, silver pyx in the Ambry or Tabernacle; they should be placed on the credence table for the priest to impose.

The Book of Common Prayer, pp. 880-881, lays out the tables and rules for finding the Date of Easter Day. The Council of Nicaea (A.D. 325) set the date of Easter as the Sunday following the paschal full moon that falls on or after the vernal or spring equinox.

The Lenten Soup Suppers will begin soon so locate your favorite bread and/or meatless soup recipes in preparation for the Wednesday when the Altar Guild will be the host for the evening.



## SCRIPTURE READINGS FOR FEBRUARY

- ❖ FEB 1, FOURTH SUNDAY AFTER EPIPHANY  
Psalm: 111  
First Lesson: Deuteronomy 18:15-20  
Second Lesson: 1 Corinthians 8:1-13  
Gospel: Mark 1:21-28
- ❖ FEB 2, THE PRESENTATION\*  
Psalm: 84  
First Lesson: Malachi 3:1-4  
Second Lesson: Hebrews 2:14-18  
Gospel: Luke 2:2-40
- ❖ FEB 8, FIFTH SUNDAY AFTER EPIPHANY  
Psalm: 147:1-12, 21c  
First Lesson: Isaiah 40:21-31  
Second Lesson: 1 Corinthians 9:16-23  
Gospel: Mark 1:29-39
- ❖ FEB 15, LAST SUNDAY AFTER EPIPHANY  
Psalm: 50:1-6  
First Lesson: 2 Kings 2:1-12  
Second Lesson: 2 Corinthians 4:3-6  
Gospel: Mark 9:2-9
- ❖ FEB 22, THE FIRST SUNDAY IN LENT  
Psalm: 25:1-9  
First Lesson: Genesis 9:8-17  
Second Lesson: 1 Peter 3:18-22  
Gospel: Mark 1:9-15
- ❖ FEB 25, SAINT MATTHIAS THE APOSTLE\*  
Psalm: 15  
First Lesson: Acts 1:15-26  
Second Lesson: Philippians 3:13b-21  
Gospel: John 15:1, 6-16  
*\*Feast Day, Incense will be used*



## MEN'S FELLOWSHIP

Easton Allen (772-2026)

Men of the church – join us for breakfast every Thursday at 7:00 am. We eat, we visit, we sing, we have a bible reading, and then we circle up and pray! Join us!!

Keep up with the calendar and weekly happenings at  
[WWW.HOLYSPIRITWACO.COM](http://WWW.HOLYSPIRITWACO.COM)

## Soup Supper Schedule

- Feb 18 – ECW
- Feb 25 – DOK
- Mar 4 – Pastoral Care
- Mar 11 – Parish Life
- Mar 18 – Altar Guild
- Mar 25 – Vestry



Mary Gresham (772-3424) or Joyce Stokes (732-0205)

Following is the coffee host list for January and February.

- February: 1-Judy & Bill Bauer, 8-Pam & Al Ritch, 15-Janet & Troy Schaffer, 22-Sarah & Donnie Vroman.
- March: 1-Maureen & Keith Bilbrey, 8-Holly & Parker Lockhart, 15-Linda Clemmer & Barbara Burr, 22-Catherine Jones Payne & Brendan Payne, 29-Fifth Sunday Potluck.

Please keep it simple. The coffee hosts are only responsible for coffee, water, and some type of snack. If you are unable to host, please contact Mary Gresham.

## **HOLY HOOKERS**

Judy Bauer (772-7111)

Anyone who wants to learn to knit or crochet, or already knows how and would like a group to do it with, please join us Friday's in the Parish Hall from 10:30-noon. We meet at Woodway Central Presbyterian Church the second Friday of the month. We are making scarves for the homeless and elderly that we feed on Christmas Day.



Susi Canuteson (753-8347)

## **MUSIC & MIRACLES**

I experienced a true miracle over the holidays. I believe in miracles, answered prayers, healing hands and caring hearts. I have the special opportunity to visit our wonderful friend, Fern Allen, at Wesley Woods each month. On my previous visits, we just sat together and I would hug her, kiss her forehead, and talk. Normally, there was little response from her and I wondered if my presence mattered. Oh, yes, it does, indeed matter. I saw a video on Facebook a few months earlier that stuck in my mind. It was a video of a Jewish woman visiting her Christian friend in a similar place as Fern singing Christmas carols to her. Her friend responded by singing with her. I thought I would try that approach. I began singing Silent Night, in my poor, pitiful voice. I cried for joy when Fern responded to me. She squeezed my hands, opened her eyes and blinked several times, opened her lips, and sang (in her own way) with me. I knew right then that she knew we were communicating. I might not have understood what she was telling me, but she understood what we were doing together. I know in my heart God was speaking to both of us. He was performing another miracle. We communicated in a different way from the norm, but God filled us both with joy. I have to admit my voice needs to remain in the pews, but that moment it seemed melodious to Fern and that's a good thing. [EPHESIANS 5:19]



Lorain Brown (361-813-3976)

The Daughters of the King Bishop's Chapter have an exciting Spring ahead. Many of the members will be attending the Spring Assembly in Tyler, Texas in February. Plans are being made for a garage sale at Holy Spirit to generate funds to purchase items to help fill more shoe boxes for Operation Christmas Child. Five prospective members are busy learning what it means to become a Daughter. A Quiet Day of prayer and reflection is also planned for this Spring.

On a sadder note, we lost a dear friend and fellow Daughter Jackie Orsag this month and will miss her dearly.



## **PARISH LIFE**

Karen O'Bric (399-9974) & Joyce Stokes (732-0205)

**SHROVE TUESDAY, FEBRUARY 17, 5:00 - 7:00 PM**

Join us for an evening of indulgence – wine bar (non-alcoholic offerings, too), hors d'oeuvres, and all-you-can eat pancake supper.

Plan now to attend!



Sue Wolfe (848-8188)

The New Year got off to a great start with 24 ladies attending the January 2015 ECW meeting in the Parish Hall. Outgoing President, Rosalind Modrall, having served with honor and distinction, turned over the gavel to Sue Wolfe for the coming year. Other officers who will continue to serve are: Susi Canuteson, Vice President; Mindy Wilkins, Secretary; Nancy Banks, Treasurer; and Judy Bauer, Devotions. Doris Carter accepted the important duty of carrying on the faithful work provided in previous years by ECWs beloved member, Jackie Orsag who died unexpectedly right after Christmas.

After the regular formalities concerning various reports were heard and approved, lively discussions absorbed the duration of the morning covering plans for future projects and programs. Announcements will be made as soon as these are formalized and officially on the calendar. They include notable speakers, interesting trips, and fun, light-hearted programs in the Parish Hall.

The delicious luncheon of Texas-sized baked potatoes with yummy toppings of homemade chili, grated cheese, sour cream/chives, along with a corn bread casserole, a green salad, and ice cream and cookies were totally consumed.

A big THANK YOU to Susi Canuteson, Nancy Banks, Martha Peacock, Joyce Stokes and Joan Wood for a different-kind of meal everyone enjoyed.

The upcoming ECW meeting falls on Valentine's Day, February 14th. Come and enjoy a sweetheart-kind of surprise program and luncheon provided by the Executive Committee. It will take place in the Parish Hall at 10:30 am.



## Family Life Ministry

Carol Stukenbroeker (299-7287)

Please join us on Friday, February 13 for Holy Spirit's Valentine Dinner, brought to you by Family Life and Youth Ministries. The fun begins at 6:30 pm and the cost is \$5.00 per person. We will be serving salad, spaghetti and meatballs, garlic bread and dessert. If you would like wine with dinner feel free to provide your own.

As previously reported, The Newlywed Game will be the evening's entertainment. Lisa and Mark Long will be our emcee's which in itself will be fun! Our contestant couples this year are Holly and Parker Lockhart, Misty and Richard Guy and Nettie and Ed Starnes.

I will be taking reservations and payments Sundays after the 10:30 am service, or you can see Shari in the office.

## Stewardship

TIME-TALENT-TREASURE

### **“Look at the birds of the air.”**

Jesus' words in Matthew's gospel took on new meaning for my friend Bill who recently put out a bird feeder... which soon became three feeders... to which was then added a heated birdbath. The reward was amazing! The cold, sometimes dreary, sometimes snowy days of winter were filled with more birds, and more kinds of birds, than Bill ever knew hung out in his backyard. The bright and drab colors, the quick and flighty movements, the liveliness of it all...

One neighbor had objected. It'll just attract rodents, he said, squirrels too. Actually, the feeders attracted a deepened appreciation in Bill for the endurance, sturdiness and beauty of our often-unnoticed feathered friends.

Jesus noted that the birds, lovely as they are, pale in comparison to our beauty. “Are you not more important than they?” he asked. And so we are. Let's look at the birds of the air... and look at one another too.

Thanks for your generous support of each other, and of our church home.

(c) 2014 Church Development

### **COAT DRIVE**

Thank you to everyone who donated coats to Waco ISD for their coat drive. The administration and students were so appreciative of all the warm and wonderful coats that were given to the students. Their winter will be much warmer due to the warm and loving folks of Holy Spirit!

*Beverly Fallon*

# Camp Allen Corner

## Abundant Living Conference

### A Time for Transition

**March 16-18, 2015**

Are you over 60? Feel like 60? Care for the over 60? Then this conference is for you! UTMB's Sealy Center for Aging has partnered with Camp Allen to create an engaging program that encourages older adults to embrace aging as a spiritual journey and to live the gift of years to the fullest. Learn from geriatricians, enjoy nature walks, cooking, canoeing, song fests, and more!



## Fishers of Women

**April 10-11, 2015**

Ladies, get your rods ready for an overnight fly-fishing retreat! In addition to hours of fly-fishing on beautiful Lake Coffield, the retreat will include sessions on fly tying, Texas fly fishing, fly casting, and spiritual programming. Fisherwomen of all skill levels are welcome.



## The Adventure

### A Parent/Teen Challenge Retreat

**April 10-12, 2015**

Take teamwork to new heights at Camp Allen's Challenge Course weekend designed specifically for parent/teen (ages 13-19) pairs. Experience the low and high Challenge Course as well as our new Adventure Summit Course, with its 480 ft. dual zip line and 10-element circuit.



# Celebrations

## BIRTHDAYS

- February 1- Bob Butterfield
- 2- Mia Am Trujillo
- 3- Doris Carter
- 7- Mark Long
- 7- Holly Lockhart
- 7- Madison Columbus
- 7- Duncan Betros
- 11- Ellen Filgo
- 12- Hendley McDonald
- 14- John Mason Leverington
- 16- Harold Wellbaum
- 18- Linda Totten
- 19- Elizabeth Roberts
- 20- Caitlyn Harmon
- 26- Lisa Saxenian
- 26- Jackson Kucera
- 26- Nicholas Kucera
- 27- Su Wells
- 29- Chris Dyer

## WEDDING ANNIVERSARIES

- February 1- Fern & Easton Allen
- 9- Karen & Joe Augeri

*Did we miss your birthday or anniversary? Please call the parish office so we can correct our records.*

# Parish Leadership

- RECTOR  
THE REV. JASON INGALLS
- SENIOR WARDEN  
MARK LONG
- JUNIOR WARDEN  
HARLAN WILLIAMS
- TREASURER  
STEVEN KUCERA
- PARISH ADMINISTRATOR  
SHARI PAULEY
- VESTRY CLERK  
JAN ATTAWAY
- CHOIRMASTER  
PAUL THRONBURG
- WEBMASTER  
ELLEN FILGO
- ACOLYTE WARDEN  
SARAH VROMAN
- ADULT CHRISTIAN FORMATION  
CHRISTIAN VAN GORDER
- ALTAR GUILD  
NORMA THRONBURG
- CHILDREN'S MINISTRY  
BEVERLY FALLON
- DAUGHTERS OF THE KING  
LORAIN BROWN
- EPISCOPAL CHURCH WOMEN  
SUE WOLFE
- FAMILY LIFE MINISTRY  
CAROL STUKENBROEKER
- HOPE  
SUE WOLFE
- LITURGICAL MINISTRY COORDINATOR  
CHURCH OFFICE
- MEN'S FELLOWSHIP  
EASTON ALLEN
- NEWCOMER MINISTRY  
BARBARA BURR
- OUTREACH  
HOLLY LOCKHART
- PARISH LIFE  
KAREN O'BRIC
- PASTORAL CARE  
SUSI CANUTESON
- STEWARDSHIP  
ROGER BANKS
- YOUTH MINISTRY  
MARK & LISA LONG, HOLLY LOCKHART
- YOUNG ADULT MINISTRY  
Vacant

