

St. Paul's Epistle

march

2018

Be Extraordinary
By The Rev. Holly Rankin Zaher

Are you a person with few enemies or many?

I never thought of myself as someone who had enemies. Until I did.

A difficult job situation.
Someone who apparently I hurt because of the way they talked about me behind my back.
A relationship that existed but one I could not seem to get moving in a healthy direction.

All of a sudden, I found myself wishing ill on a person. I wanted escape from the pain of being hurt. I wanted out.

Yet Jesus's message is pretty clear in Luke 6. Here is the way he fleshes out the Beatitudes:

27 If you're listening, here's My message: Keep loving your enemies no matter what they do. Keep doing good to those who hate you. **28** Keep speaking blessings on those who curse you. Keep praying for those who mistreat you. **29** If someone strikes you on one cheek, offer the other cheek too. If someone steals your coat, offer him your shirt too. **30** If someone begs from you, give to him. If someone robs you of your valuables, don't demand them back. **31** Think of the kindness you wish others would show you; do the same for them.

32 Listen, what's the big deal if you love people who already love you? Even scoundrels do that much! **33** So what if you do good to those who do good to you? Even scoundrels do that much...

35 If you want to be extraordinary—love your enemies! Do good *without restraint*...**36** So imitate God and be truly compassionate, the way your Father is.

My spiritual discipline became praying for good for that person. Hoping for helpful things. Practicing not talking poorly about them.

Please hear what I am not saying: I am not saying we are to endure abuse. I am not saying that I did not talk to trusted counselors. I am not saying I abdicated trying to improve the situation.

I shifted. Instead of complaining, at least all the time, I started praying for good things. Instead of rolling my eyes, I took deep breaths and offered the situation to God.

I know, I know. I have heard it. This is impractical. This is impossible. You cannot live like this.

You can't? Because it is pretty clear it is the Jesus way.

You can't? Ask for God to help you. Ask for the desire to live this way.

If you want to be extraordinary - love your enemies.

As we go through Lent, be extraordinary. Reflect on your life and who you have wronged and, when possible and helpful for all parties, make amends. In tricky relationships, choose to do good even if it seems the other party does not deserve it. Yes, choose health - go to a trusted counselor or friend to help you think through it, get help to get out of abusive relationships, and do what you can to help the situation.

Love. All. Those who deserve your love and compassion and those who do not.

And be extraordinary.

An Invitation to Walk with Christ during Holy Week

The Episcopal tradition, as with other liturgical churches, offers us a way to walk with Jesus through the last week of his life, wait and watch with him as we remember his death, and celebrate his resurrection.

Palm Sunday starts with us joining with the crowd, singing, "Hosanna." The liturgy leads us through recognizing Jesus as someone we honor and worship to rejecting him and calling for his crucifixion. *Palm Sunday liturgies are on March 25 at both 8am and 10:30am.*

Every *Monday* during Lent at *7am*, a group gathers in Webb Hall. Praying together Morning Prayer, they mark each week of the Lenten season. Join them at *7am* for prayer, food, and conversation.

The Maundy Thursday liturgy invites us to be present in the discomfort of Jesus being condemned. We see the ways we, too, condemn the innocent, condemn Jesus. Through the stripping of the altar and leaving in darkness, we are invited to allow ourselves to be uncomfortable with the injustice we see. *The Maundy Thursday liturgy is on March 29 at 7pm.*

We mourn on Good Friday. We listen to the last words of Jesus. We sit with the disciples and Jesus's mother as they watch their teacher and friend die. The liturgy invites us to grieve. *The Good Friday liturgies are on March 30 at noon and 7pm.*

After we grieve, the Easter celebration allows us to be caught off-guard again. We hear stories of this Jesus who somehow did not stay dead but instead came back to life. The liturgy invites us to wonder if Jesus did not stay dead, what else might God do in us and through us and in the world! *Join us to celebrate the risen Christ on April 1 at 8am and 10:30am.*



St. Paul's Food Ministry



What a gift! The Diocesan staff chose St. Paul's Food Ministries to be their Christmas donation recipient. St. Paul's received a check for \$740 to aid in the ministry done at and by the people of St. Paul's in conjunction with Sr. Joanna's Table with the eight other Evansville churches and the Food Pantry St. Paul's operates. We are grateful to have been chosen.



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March Birthdays:

- 01 – Glenna Leach
- 04 – Todd Howard
- 05 – Sidney Hardgrave
- 05 – Blair Gardner
- 06 – Christopher Jones
- 08 – Nancy Strawbridge
- 08 – Craig Watson
- 09 – Carrie Morris
- 09 – Ellen Mileham
- 14 – Keith Wyatt
- 15 – Jim Bauermeister
- 15 – Katie Davis
- 16 – Luther Cain
- 16 – Marissa Mitchell
- 17 – Dorris Gentsch
- 18 – Amy Feitl

- 21 – Fr. Larry Minter
- 21 – Margo Throop
- 24 – Carol Pettys
- 24 – Jaxton Brunson
- 28 – Anna Wiggins
- 28 – Collin Wiggins
- 28 – Katherine Wiggins
- 29 – Jamie Tinsley
- 30 – George Toral
- 31 – Briley Brunson



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March Anniversaries:

- 27 – Bob and Gayle Jeffers
- 31 – Shane and Patti O’Neill

Share on the Second (for St. Paul’s Food Pantry)



This month, with your help, we have been able to provide groceries that would provide several meals to 369 people! Thank you for bringing in groceries or giving money to the Food Pantry.

We have also been blessed with people willing to help. A new volunteer helped out twice this month when we needed a substitute. We welcome Polly Bigham as a helper. Others who continue to help are Shane and Patty O’Neill, Glynis Rosendall, Suzi Wolfe, Nelson and Sharon Graham, Bob Jeffers and Kate Ray.

This month we could especially use soup, breakfast bars (such as granola bars) and canned fruit and canned corn.

LAYREADER LED LENTEN SERVICES

We are again leading Morning Prayer, Rite I services on Monday mornings, beginning at 7:00 A.M. This is followed by a tasty breakfast which allows everyone ample time to continue on to work or other activities.

On March 26, the last Friday before Holy Week, everyone is invited to a pitch-in dinner in Webb Hall at 6:00 pm with STATIONS OF THE CROSS following dinner. The Stations represent the journey that Christ followed. It is truly what Lent is all about and it can prepare us to fully participate in Holy Week.

Senior Warden Report

Hello Fellow Parishioners.

It has been a relatively short time since I became your senior warden but the parish has been quite busy during a time when I had little ability to actively perform the duties of the senior warden. I had surgery on 2/06/2018 that idled me completely for a week and partially for longer. Most parishioners probably did not realize I was absent with the reason being that others stepped up to fulfill those responsibilities. Rev. Holly took care of more items than I am even aware as she did not want to bother me. Maury Leinenbach, as your junior warden, volunteered to do anything needed at any time. His comment was always: "What can I do to help?" Rev. Holly has been very busy with her normal responsibilities as well. She has been visiting parishioners to get to know them, helping families with the loss of a loved family member, officiating at funeral services, and working tirelessly for us. I hope she is finding time for family and rest. Our parish is in good hands!

A very important event, the New Ministry Celebration, was a milestone for us and well attended. A nice reception was enjoyed by many after the service. A big thanks to all who prepared for the service, participated in the service and helped with the reception after the service. We are blessed to have members who step up to help.

Your vestry has a retreat scheduled in March to plan for the year and beyond. We will have information to pass along after the retreat.

I am honored to be your senior warden. I had several express their pleasure in my role. My answer was: "I hope you feel the same way a year from now." I will do my best.

Randy Conner



Sundays with the Jesus Movement: Jesus sightings from the Book of Luke and in our Lives

Join us as we continue our walk through Luke in Lent, "Sundays with the Jesus Movement: Jesus sightings from the Book of Luke and in our Lives" during our Christian formation time in between services from 9:15 - 10:15am in Webb Hall. Through creative prayer, reflection, and learning, we will dive into the book of Luke during the season of Lent.



Our priest, Holly, has a new phone number. You can reach her through the office (812-422-9009), her cell phone (812-484-8543), or TheRevHRZ@gmail.com.

Matt Knonenborg, Director of Christian Education can be reached at 540-333-7959 or silentk44@gmail.com.

YOUNG DISCIPLES



Children's and Youth Ministry @ St. Paul's

Important Dates

- March 2-4: Youth Retreat
- March 11, 4-5PM: Youth group
- March 25, 4-7PM: Youth movie night

Youth Movie Night

This month, our youth are getting together for a movie and popcorn in the youth room! We will decide which movie to watch at the first youth meeting in March, so bring your favorites.

Check for other upcoming youth events on our new Google Calendar. Contact Matt Knonenborg to receive access.

Youth Group Update

The Youth Group will now be meeting twice each month. The first event will be on the second Sunday and the second will be on the fourth Sunday. Youth Group will be centered around Fellowship, Formation, and Service.

Children's Sunday School

Our Children's Sunday School Class is every Sunday from 9:15AM—10:15AM. The children's class (preschool-4th grade) is taught by Melissa Coleman, assisted by Abby and Sky Buttrum. So far, we have had up to four children in the class. They have begun a unit on the Eucharist.

Youth Sunday School

The youth class continues to study the Gospel according to Matthew. We recently completed the Sermon on the Mount. These classes are led by Matt Knonenborg every Sunday from 9:15AM-10:15AM.

Our Youth in the Community

Alex Hargrave's school show choir won first in a competition in February. Congratulations, Alex!

Claudia Emig will be starring in her school's production of *Mary Poppins*, March 9 and 10. Tickets are now available. Contact Diane Emig for details.

Is your youth involved in an extracurricular activity? Are they going to be in a play, a recital, or an athletic tournament, or participate in an event outside of the church? Then please contact Matt Knonenborg so that the St. Paul's family can come support our youth in all they do.

We Need Teachers

Children's Ministry is growing! Accordingly, we are hoping to create a new Sunday school for 8-12 year olds. We want to recruit and train teachers as soon as possible. If you are interested, please contact Matt Knonenborg. You will need to complete the Safeguarding Children program. No experience required.

Sunday Sermons Now Online

Rev. Holly's Sunday sermons are now available 24/7 on St. Paul's website. This means that throughout the week you can listen to the sermon you heard on Sunday or that you may have missed. Please share this information with family, friends and neighbors. <http://stpaulsevv.org/>



Prayers for Healing the past month:

Shirley Hager, Richard Haanebrink, Kathy Tracey, Carolyn Begley, Jax Brunson



Those who have died:

Karl Lamb, Jan Johnson



Choir News

Welcome to Hannah Hunt, our newest University of Evansville singer, who adds her beautiful soprano voice to our worship at St. Paul's. Like our other choir members, Hannah is a joyful person, and for good reason: she sings. In a 2018 article entitled **Ode to Joy** (adapted from her book, **Imperfect Harmony: Finding Happiness while Singing with Others**), Stacy Horn cites numerous scientific studies that show what our choir members already know: singing will make you feel better! A "singer's high" comes from a surge of **endorphins**.

Dopamine, a neurotransmitter in the brain that increases pleasure and alertness, is another benefit. And as if these aren't enough, music also releases **serotonin**, adding feelings of euphoria and contentment within our minds. Personally, I know this is true because on Wednesday evenings, after teaching fifth-graders all day, I'm actually refreshed after our 6:30 pm rehearsals.

If you've given any thought to joining us in the choir room, here's one more nudge toward that goal. Ms. Horn acknowledges that any singing has rewards, but finding a choir is preferable to simply singing in the shower. Group singing releases **oxytocin**, a chemical that reduces anxiety and stress, while also enhancing feelings of trust and bonding. Ask any St. Paul's choir member and I'm sure you'll get confirmation of all Stacy Horn's findings. Best of all, as Christians, singing together puts us in the company of all saints, including Saint Paul who wrote, "...I shall sing with the spirit and I shall sing with the mind also." I Corinthians 14:15. What a wonderfully-wise creator our God is for blessing our singing with so many spiritual and physical benefits!

Neil Jones, Choral Director

Holy Week



Palm Sunday, March 25th

Holy Communion 8 and 10:30 a.m.

Monday, March 26th

Lenten Morning Prayer and Breakfast 7:00 a.m.

Maundy Thursday, March 29th

7:00 p.m. service

Good Friday, March 30th

12:00 noon service

7:00 p.m. service

St. Paul's Episcopal Church
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