

The Net

St. Andrew's Anglican Church

February 26, 2017

From dust to dust

By Fr. Ron Baird

Lenten activities begin the night before Ash Wednesday, which we call Shrove Tuesday (in French, Mardi Gras), traditionally with a Pancake Supper (see story inside). The word "shrove" is the past tense of the English verb shrive, which means to obtain absolution for one's sins by way of confession and doing penance. Thus, Shrove Tuesday gets its name from the custom for Christians to be "shriven" before the start of Lent.



THE CALL TO A HOLY LENT

It is appropriate that we have a feast the evening before Ash Wednesday, the beginning of Lent, as it's our last opportunity to "stuff" ourselves with goodies before we enter into the serious discipline that is Lent.

Ash Wednesday, March 1, is a fast day in the Church. As you partake in the festivities of Shrove

Tuesday, also plan to partake in

the spiritual discipline of fasting on Ash Wednesday. Fasting helps us keep in mind the plight of those who don't have enough to eat, and also focuses our attention on the need to be "hungry" for the Gospel.

Of course, young children and anyone with special medical needs should not attempt to fast. The rest of us can gain much spiritually by submitting ourselves to this discipline.

In addition to the "liquids only" fast from sunrise to sundown, we pray that you will come to the altar of Christ at one of the two services that day, at 12 Noon and 7 p.m., to receive the imposition of ashes, to hear the call to a devout and Holy Lent and to receive God's mercy in the form of Christ's Body and Blood.

In order to experience the true joy of Easter, one must walk the Lenten journey. The imposition of ashes begins this journey by reminding us that we are but creatures of dust, created by God, and lost without his saving grace.

Many of us think of ourselves as immortal. It is important that we stop at least once a year to remind ourselves of the reality of death in our lives, and of our need for the salvation that is found in Christ alone.

Also during Lent, consider bringing whatever brokenness might exist in your life to Christ by availing yourself of the Sacrament of Holy Unction, or the Sacrament of Penance.

Read more on the back

Annual Parish Meeting today

The Annual Parish Meeting will be Sunday, Feb. 26, from 3 to 5 p.m. in the Sanctuary. This meeting will be an opportunity to hear from Fr. Ron Baird and members of the Vestry about the state of the parish in 2016, and look ahead to what's planned for 2017

It's also an opportunity to ask any questions you may have about the 2016 Annual Report, copies of which are in your mail slot in the Gathering Area today.



World Mission Sunday

St. Andrew's welcomed Joel, Elizabeth and their children, pictured above with Fr. Ron Baird, rector, for World Missions Sunday last week. Joel, who is currently in the ordination process with the Anglican Church in North America, preached at all three weekend services, and spoke during the Adult Forum on Sunday about the family's call from God to serve among Muslims in the Middle East. For more information about their ministry, please contact Marty Scott, St. Andrew's outreach coordinator, at mScott@standrewspolaris.org or 614-284-0182, or go to our website, standrewspolaris.org.

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"Embrace the Journey" of aging more!

The Daily Lectionary

Week of the Last Sunday of Epiphany · February * · -E Yj[` &

Sunday, February 26 — A.M.: Psalm 119:105-144; Genesis 12:1-9; 1 Corinthians 12:4-31 P.M.: Psalm 119:145-176; Genesis 6:5-33; Luke 17:20-37

Monday, February 27 — A.M.: Psalms 120, 121, 122, 123, 124 & 125; Genesis 31: 1-21; Matthew 23:13-38 P.M.: Psalms 126, 127, 128, 129, 130 & 131; Genesis 31:22—32:2; Romans 12

Tuesday, February 28 — A.M.: Psalms 132, 133, 134, 135; Genesis 32:3-30 (31-32); Matthew 24:1-28 P.M.: Psalms 136, 137 & 138; Genesis 33 (34); Romans 13

Ash Wednesday, March 1 — A.M.: Psalms 1, 2, 3, 4 & 5; Isaiah 57:15-21; Mark 2:13-22 P.M.: Psalms 6, 7, & 8; Isaiah 58; Hebrews 3:12—4:13

Thursday, March 2 — A.M.: Psalms 9, 10, 11; Genesis 35:1-20 (21-29); Matthew 24:29-51 P.M.: Psalms 2, 13, 14; Genesis 37 (38); Romans 14

Friday, March 3 — A.M.: Psalms 15, 16, 17; Genesis 39; Matthew 25: 1-30 P.M.: Psalm 18; Genesis 40; Romans 15

Saturday, March 4 — A.M.: Psalms 19, 20, 21; Genesis 41:1-40; Matthew 25:31-46 P.M.: Psalms 22, 23; Genesis 41:41-58; Romans 16

Sunday, March 5 — A.M.: Psalms 24, 25, 26 Genesis 13; Matthew 9:1-17 P.M.: Psalms 27, 28, 29; Genesis 8; Mark 14:1-26

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Next Sunday's Lectionary · March 5 (First Sunday in Lent, Year A)

First Reading: Genesis 2:4-9, 15-17, 25-3:7 **Psalm 51:1-13** (BCP 656)

Second Reading: Romans 5:12-19 (21-22) **Gospel:** Matthew 4:1-11

Prayers for the Church

Anglican Cycle of Prayer: Please pray for Bishop Peter Mayom and the clergy and people of the Diocese of Malek, one of the 43 dioceses in the Episcopal Church of the Province of South Sudan and Sudan.

Six young Anglican missionaries arrived in Malek from England in 1906. Within 18 months, five were dead from various causes and the sixth gravely ill. The latter was able to recuperate and return to Malek, where he had built a church and school by the time he retired in 1939. Still, converts were few and many regarded the mission a failure. It seems the Holy Spirit had something else in mind, as the church has grown sufficiently that the Diocese of Malek became an entity in 2012, separating from the Diocese of Bor. Now, there's both a primary and secondary school and a church in almost every village surrounding the town of Malek.

Sadly, the civil war begun in December 2013 has led to the murders of many civilians and resulted in many refugees and internally displaced people. Just last week, some 20,000 civilians were reported to have been displaced by expanded fighting within the diocese. The disruptions have been sufficient that the Diocesan website declares "The whole congregation is in exile within the country and outside ... but this will not deter us from serving His people."

In part due to the depredations of the civil war and farmers fleeing their lands, the UN and government declared a famine in parts of South Sudan earlier this month.

Please pray especially for the Diocese's Peace and Reconciliation program, for outreach to all those affected by the war and famine, and for the continuing work of the Spirit in the area. Please give thanks for the faithful who, continuing the example of the first missionaries, remain to help others at the risk of their own lives.

Diocesan Cycle of Prayer: Please pray for Fr. Greg Myers and Priory of St. Patrick.

Parish Cycle of Prayer: Please pray for Emelie Deslauriers; Eric, Wendy, Benjamin, and Christian Emery; the Tuesday Women's Bible Study; and the Celebrate Marriage Small Group.

Chili Cook-off set for before Annual Meeting

The annual St. Andrew's Youth Group Chili Cook-off will be this Sunday, Feb. 26, at 2 p.m. There will be prizes for 1st, 2nd, and 3rd place and Fan Favorite, as well as a prize for the most unusual recipe. If you are planning to attend or to enter a chili into the contest, please sign up at the Information Desk or online at standrewspolaris.org, under the "Forms and Downloads" menu tab. For more information, please contact Karen Osmond, 614-975-0878 or khosmond@gmail.com.

March Birthdays

Lesley DeBella
Dick Busick
Bruce Vanderhoff
Jo Edda Habeker
Amy Beverick
Celia Nelson
Christian Emery
Rebecca Roberts
Joanna Spanos
Nadya Richardson
Joe Nelson
Sommer Whitehead
Caroline Bobay
Bonnie Freeman
Tiernan Stallsworth
Tom James
George Girard
Christine Brill
Gavin Stallsworth
Jim Connors
Monique Winkelman
Edward Yorke
Carolyn Connors
Brian Sylvester

March Anniversaries

Deryck & Nadya Richardson
Dave & Marilyn Barnes
Steve & Michelle Sattler
Ben & Danielle Tranchina
Eric & Tally Whitehead

Encouragement for your prayer time with God

The hymn says: "Prayer is the soul's sincere desire, Uttered or unexpressed;" (hymnal.net/en/hymn/h/761) "In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears." (*Psalm 18:6*) "For there is no difference between Jew and Gentile — the same Lord is Lord of all and richly blesses all who call on him, ..." (*Romans 10:12*) — *From the St. Andrew's Prayer Ministries Team*

Lenten Study Program

Take the 'Kindness Challenge' this Lent!

Our Tuesday Lenten Study Program theme this year will be a little different in nature than in years past. Best-selling author and speaker Shaunti Feldhahn, who St. Andrew's Director of Christian Formation Tally Whitehead has worked with for years, has partnered with several Christian organizations and mega-churches to promote her latest book, "The Kindness Challenge." More than just a book, Shaunti and these partners are trying to encourage a movement of kindness in this often less than kind times. Fr. Ron will be highlighting one of the main points from the book on each of the five weeks of the Lenten Study Program, which gets underway on March 7. Discussion time in small groups will follow his message.

The main idea is that by being intentionally kind for 30 continuous days, your attitude and behavior will become more kind toward another person, a relationship or organization (or even a country). For the purposes of Lent, we will focus on being more kind toward the church in general, and each person will be able to personalize their kindness journey.

We will once again offer a soup and salad supper each week, and sign-ups for food donations can be found on the Information Desk in the Narthex.

As in past years, we'll also be offering a younger kids program, with middle and high school youth being invited to help out there or join the adults in the Sanctuary.

The five topics for each week will be: Why Kindness, Nix the Negativity, Practice Praise, Carry out Generosity, and Superpower Kindness: Making it a Habit.

Here's an opportunity for those who can't make Tuesdays

For those who can't make Tuesday nights, Tally has a unique opportunity for you. She was able to secure a few extra books, so anyone who commits to hosting their own kindness small group will receive a free copy, as well as all the supplies you need to facilitate a five- to six-week small group. We know not everyone can make it on Tuesday evenings, so we hope some of you will be led to take a chance and participate with us in Lent this way! You will be responsible for inviting people to your small group and a good way to start this process is to make a list of friends or neighbors to invite to join you.

Small groups don't have to be big. If you are single, three to four people can be a small group. If you are married with children, three to four couples with their kids is more than enough for a small group. And this material leads itself; you just need to have an open heart to facilitate!

Tally only has a few extra books, so please pray about your commitment to hosting a small group and finding people to join you before talking to Tally. You may contact her at 740-548-1765 or twhitehead@standrewspolaris.org for more information.

Shrove Tuesday Pancake Supper Feb. 28!

The annual Shrove Tuesday Pancake Supper, hosted by the Brotherhood of St. Andrew, will be this coming Tuesday, Feb. 28. We'll be preparing for the Lenten season by feasting on pancakes, sausages, and all the traditional side dishes. Supper will be served from 5:30 to 7:30 p.m. (or until the food runs out, whichever comes first).

As in the past, the supper will be held in the Gathering Area of the church. There is no charge for the food; however, a free-will offering will be accepted to cover the expenses of the supper. Sign-up sheets are available throughout the church and online at standrewspolaris.org, under the "Forms and Downloads" tab. If you are able to attend, please sign up so we know how many to expect. That enables us to provide the right amount of food.

Any questions can be directed to Ed Summers at 614-371-1649, or to any member of the Brotherhood.

We hope to see you all there!

Attention, ladies!

How about some fun and fellowship with other ladies in our congregation, while helping others?

The Daughters of the Holy Cross is planning a get-together to bake cookies for the Men's Kairos prison ministry, on Tuesday, March 7, at the Church of the Messiah, 51 N. State St. in Westerville, from 12 to 5 p.m.

The church is a few blocks north of the old St. Matthew's, on the same side of the street, in Uptown Westerville.

We would love to see as many of you who can make it. Come to bake, or just to visit! There will be lots of cookies on hand to bake.

If you have a favorite recipe you want to share, please bring it (dough already prepared) for baking. We are unable to mix ingredients at the church due to lack of equipment, but they have graciously offered their ovens and baking sheets to us.

The typical favorite cookies are chocolate chip, peanut butter and oatmeal/raisin.

For security reasons, the Kairos team does require certain specifications when baking cookies: They must be 2-3" in diameter; no iced cookies; no sugar cookies; no powdered sugar; and no sprinkles.

Please check your calendars. The sign-up sheet is in the Narthex.

We promise to be finished by 5 p.m., so we can attend our Lenten Study at 6:15.

We're looking forward to seeing many of you on Tuesday, March 7!

Can't make it to the first baking extravaganza?

Well, the Daughters of the Holy Cross is planning a second baking day at the same church on Tuesday, March 28.

This time we plan to bake lots of different things for the Common Ground Ministry. Included, of course, will be cookies, but we want to bake mini breads and muffins, too.

All food will be delivered to Common Ground that week so the families who are being served may enjoy an extra treat and may even have something to take home.

You may also sign up in the Narthex for that date.

'Embrace the Journey'

Sunday morning Adult Forum to look at end-of-life issues

"Embrace the Journey," an eight-week program formulated by Anglicans for Life, will begin Sunday, March 5, during the Adult Forum from 10:15 to 11 a.m. This important program will give us the theological, moral, emotional, and practical undergirding for how to face end-of-life issues. Presenters include Dr Jim Menke, Pat Carpenter, Deacon Ernie Tracy, Fr. Will Verhoff and Joyce Waddell. Please contact Deacon Becky Spanos at 614-868-3720 with questions.



Aging and end-of-life issues are becoming a greater concern as our population ages. Just consider:

- There are more than 40 million people in the U.S. aged 65 and over
- 5.5 million of those are 85 and over

Is the church prepared to minister to this demographic? Are lay people prepared to help parents and loved ones embrace the journey into their golden years and eternity?

Death is inevitable, but we tend to live life pretending death only happens to others. Because of medical advances, we are living longer, and dying is more complicated, drawn out, and removed from the experience of most people. Death is hidden in hospital rooms and nursing homes, removed from daily life. Most of us find ourselves at a loss when death approaches. We don't know how to die gracefully.

While it is difficult to discuss death and end-of-life issues, it is important to be prepared, whether for yourself or for a loved one. Healthcare decisions, medical ethics, and legal issues, as well as personal aspects that are emotional and spiritual in nature, must be considered.

Additionally, the term "end-of-life" for the elderly, the disabled, and the terminally ill means something different in today's culture than it did even a mere 20 years ago. Labeling vulnerable people as second class citizens is no longer something we fear may happen, it is happening. And with it comes a growing disregard for the value of life in the golden years.

"Embrace the Journey" provides practical information, such as writing your obituary and guidelines for appointing a healthcare advocate, but also features spiritual guidance, as participants learn about the biblical perspective on aging, dying, and heaven.

The series will look at what the Bible teaches us about mortal life and eternal life; hospice and comfort care; the need for health care proxies when someone is incapacitated; practical steps to prepare for aging and dying; ways to prepare and plan for the death of a loved one; and the role of the church in helping people embrace the journey of suffering, death, and heaven.

Groups on hiatus through Lent

Brotherhood of St. Andrew

The Brotherhood of St. Andrew will not be holding our regular bi-weekly meetings until Tuesday, April 18. We do this so our members can join their families for the parish Lenten Study Program.

Celebrate Marriage Small Group

The Celebrate Marriage Small Group, which meets regularly on the second and fourth Tuesday of the month at 6:30 p.m. at the Parish House, will break during Lent so that members may participate in the parish-wide Lenten Study Program. The group's next regular meeting will be Tuesday, April 25.

Stations of the Cross to be offered Fridays

Fr. Wil Verhoff will offer the Stations of the Cross at 6 p.m. on Fridays in Lent in the Sanctuary. A potluck supper following at 6:30 p.m. in the Gathering Area. If you plan to stay for supper, please bring a dish to share. For further information, please call Fr. Wil at 704-602-8810. A sign up sheet for potluck contributions will be at the Information Desk weekly.

From dust to dust

Continued from the front

Holy Unction, or the administration of oil with the laying on of hands and prayers for healing, is offered on Sundays during communion at the 9 a.m. and 11:15 a.m. Eucharists. At 9 a.m., the prayer intercessors are stationed to the left of the altar near the band equipment; at 11:15 a.m. they are stationed to the right of the altar, near the piano and organ.

The Sacrament of Penance is undoubtedly one of the least used sacraments available to Anglicans. Yet it remains an important channel of God's grace. Lent is a particularly appropriate time to make a private confession to a priest. More information about this sacrament will be provided in coming editions of *The Net*, and can be found on our web site, standrewspolaris.org. If you have additional questions, or desire this sacrament during Lent, please contact me at 740-548-5112, ext. 1, or rbaird@standrewspolaris.org, or see one of our associate priests.

Whether the wholeness you seek is spiritual, physical or both, in the sacrament of Holy Unction we come seeking the wholeness of God in our lives. It is appropriate for us to offer to God whatever brokenness we have, so that the healing power of his love might restore us to the perfection to which he calls us.

Whether your brokenness is a physical ailment, a broken relationship with a friend or child or spouse, or with God, whatever the need, you are invited to receive the sacrament. It is also appropriate for you to receive the laying on of hands for someone else.

Most importantly, Lent provides an opportunity for all of us to come, to pray and to offer our lives to God as a "reasonable and holy sacrifice." May each of us find ourselves at Christ's altar in Lent!