



EMMANUEL NEWS

March 2011

Visit us on the web: <http://alexmnepiscopal.org>

Bishop Prior Confirms 3 at Emmanuel

Over 40 parishioners, family members and friends celebrated the confirmation of Connor, Summer, and Joe

on Saturday, February 12. In his first visit to Emmanuel, Bishop Brian Prior met with the vestry before the service. He

explained that the Bishop, his staff, the trustees and other diocesan committees are there to serve the 'faith communities' of the Episcopal Church in Minnesota, including all its parishes. He asked about our needs and expressed a commitment to help us get those needs addressed. Bishop Prior plans to visit each region of the state



every year. Following eucharist, a chili and cornbread lunch was served. With a little humor, Bishop Prior was introduced to Alexandria as the Birthplace of America,



and he graciously accepted some gifts from the Runestone Museum. No doubt, the purple T-shirt will be a hit at future bishop's gatherings.



Connor with Josie.



Contact us: Emmanuel Episcopal Church

P O Box 231
12th Avenue and Lake Street
Alexandria, MN 56308
320-763-3201

Sunday Service: 10 a.m.
Sunday School: 9:15 a.m.

Pastoral Care: Contact
The Rev. Kathryn Jeffrey,
Tom Sinning, Deacon, or
Edith Kelly

Support Staff
DeAnn Runge, email:
rector@rea-alp.com

Newsletter: Wendy Zander
wendyjzander@yahoo.com

Open Church Wed. & Fri.
10 a.m. to 1 p.m.: Bette Wolf

Vestry:
JoEllen Doebbert
Sr. Warden ('12)
Don Krueger
Jr. Warden ('12)

Edith Kelly, Clerk ('13)
Wendy Zander, Treasurer ('13)
Mary Sinning ('12)
Tim Johnson ('14)
Wendy Zander ('14)
Edith Kelly ('13)
Bob Baas ('12)
Mark Reicks ('12)

Delegates to Region and Convention:

Rev. Tom Sinning, Deacon
Laird Barber
Alternate delegate open.

LENT

Lent in the Christian tradition, is the period of the liturgical year leading up to Easter. The traditional purpose of Lent is the preparation of the believer — *through prayer, penitence, almsgiving and self-denial* — for the annual commemoration during Holy Week of the Death and Resurrection of Jesus, which recalls the events linked to the Passion of Christ and culminates in Easter, the celebration of the Resurrection of Jesus Christ.

Conventionally, it is described as being forty days long, and represent the time that, according to the Bible, Jesus spent in the desert before the beginning of his public ministry, where he endured temptation by Satan.

That's the wikipedia version. We've all gone through "giving up something for lent," or "taking on" a task: bible study or reading an inspired book. But here's a new challenge for you.

A Nov. 29, 2010 *Newsweek* article pointed out "What you eat for dinner has become the definitive marker of social status." During January, 2011, there were 478,000 Minnesotans whose meals were wholly or partially funded by food stamps, more than the population of Minneapolis. In our localities the number of people requiring assistance from Food Shelves is still on the rise. There is a great divide created by food-as-consumer-product vs. food as sustenance. So what about food as a spiritual issue: what does our relationship with food tell us about ourselves? Our relationships with others? With God?

The challenge then is to eat as though we were on food stamps, that is, restricting our total food-spending per month to a formula used by the government (\$200/mo. for one person; \$367 for two, etc.) In Minnesota, the average per person is \$133.70 (based on a sliding scale, according to income.) I am proposing that we use an in-between figure of \$150.00 per month (\$275 for 2)—for food only.

There are some basic rules:

1. Do not use anything from your cupboard, refrigerator, or freezer. (Perhaps we can get together and share expenses for staples?)

March Events

6th-Baptism of Christopher Shaper

9th-Ash Wednesday

Wednesday's during lent:

10:30 Bible Study

12:00 Noon Day Prayer

22nd-Vestry meeting 5 p.m.

25th-The Annunciation of our Lord Jesus Christ to the Virgin Mary.

March Birthdays

Karen Runge

Margaret McLachlin

Bette Wolf

Summer Jeffrey

Jerry VanKempen

March Anniversaries

Bill & Josie Heegaard

Address Updates:

Stefanie Schaper

1705 6th Avenue E, Apt 9

Alexandria, MN 56308

320-424-0964

Don't forget: March is Food Shelf Month!

2. Keep a diary, and on Sundays we'll have support group-meetings, to help each other get through the challenges: how do you go out to lunch or dinner with friends if your total food budget is \$37.50/wk.? Can you really afford bottled water? A latte?
3. Keep your grocery lists and receipts.

What assumptions do you make about food? Do you eat to live—or live to eat! Would you like to join me in this "Lenten Food Challenge" this year?

Wendy

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Maccabees anyone?

A couple of parishioners have indicated an interest in studying Maccabees, one of the books of the Apochrypha. If this interests you, please contact JoEllen or Kathryn. This study could be held on Sunday mornings at 9:15, or at a mutually agreeable time.

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The vestry has approved the purchase of several copies of Bishop Don Hultstrand's new book, "Holy Living Today," which will be available for folks to purchase or borrow. They will be put into the tract racks. If you would like to have your own copy, see JoEllen.

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From our long-term supply priest: "On March 1, I will be celebrating the 25th anniversary of my ordination to the priesthood. I want to thank Emmanuel Church for being part of my very interesting journey in serving God!--Love, Kathryn"

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Bill and Josie Heegaard want to share the following from Rev. Charles and Jana Preble: "...We enjoyed our times at Emmanuel very much and give thanks that we could be with such a special group of people who make up your wonderful congregation. We hope you all know how wonderful you are."

New Church Signs

The best vitamin for a Christian?

B1

**Try our Sundays.
They are better than
Baskin-Robbins**

You are not too bad
to come in.

You are not too good
to stay out.

**Can't Sleep?
Try counting your
blessings.**

Where will you be sitting in
eternity?

Smoking or non-smoking?

**Life is hard.
Afterlife is harder.**

Aspire to inspire
Before you expire.

**Under same
management
for over
2000 years.**