



EMMANUEL NEWS

February 2013

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A Lenten Message

"I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial and by reading and meditating on God's holy Word." The Book of Common Prayer

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face." Matthew 6:16-17

"I'm going to give up candy." said one child. "I'm going to give up T.V.," said another. "I'm going to give up sleeping with my cuddle." said the third. With Ash Wednesday coming up in a few weeks I'm reminded of the conversations my young children used to have as they decided what they were going to do for Lent. They preferred to give up something, often trying to one-up each other with their sacrifices. I tried to encourage them to do something extra instead of giving up something. I'd quote from Matthew to them, reminding them that Jesus was not impressed with how well disciplined they were. They were not moved. They'd rather give up something than take on anything. It became a competition for them.

I'm really no better. I usually start thinking I should give up all things sugar and realize that I would benefit by losing weight. I think about giving up my evening glass of wine to prove to myself and to everyone else that I don't NEED a glass of wine. I just enjoy the ritual of it. Plus, I'd probably lose some weight without those added calories. I think about getting up earlier and reading a whole chapter each day in the Bible. While I'm up that early, I might as well do some weight lifting. That would speed up my metabolism lifting weights first thing in the morning. I could ponder God's word while lifting the weights. I'd probably end up losing a few pounds in the process. Oh, wait. I'm back to trying to lose that weight I've gained since Christmas. Wasn't that my New Year's resolution?

During Lent, we are invited to time of self-examination and repentance. Maybe for me, that means recognizing that I'm not really obeying the spirit of Lent when I think of how it will benefit me. I realize also that I wasn't being a very good example for my children either. That's where I definitely need to repent...keeping in mind that "repent" means to change your way of thinking, to change your mind, to turn around.

In the early Church, Baptismal candidates (known as Catechumens) who were completing a three year preparation to be baptized, used the forty days of Lent for their intense, final preparation for Baptism at the great Easter Vigil. "Notorious sinners" used the same period of time, through acts of penitence and self-denial, to prepare to be restored to the Church.

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.

Godly Play: 9:45 a.m.

Adult Bible Study: 9 a.m.

Pastoral Care: Contact

Tom Sinning, Deacon, or
Edith Kelly

Support Staff

DeAnn Runge, email:

episcopal@centurylink.net

Newsletter: Wendy Zander

wendyzander@hcinet.net

Godly Play Director/Teacher:

Verlie Sinning

verlieb@nbnnet.com

Vestry:

Karen Reicks	Sr. Warden ('14)
Mark Reicks	Jr. Warden ('15)
Wendy Zander	Treasurer ('15)
Sheila Stanton	('15)
Tim Johnson	('14)
Wendy Zander	('14)
Betty Wolf	('15)

Delegates to Region and Convention:

Rev. Tom Sinning, Deacon
Laird Barber

Alternate: Mary Sinning

So what acts of penitence and self-denial are appropriate for you? I've been reading a book called "Fasting: spiritual freedom beyond our appetites." by Lynne M. Baab. In it she says that "Fasting provides times to back away from excess in order to pray." She goes on to describe a time that she was asked to pray on a certain day for a friend going through a difficult time. She knew that she would be going to four different appointments during that day with car rides of 15 to 20 minutes each. Normally she would play music really loud, but she decided that she would "fast" from playing music while driving and use that time to pray for her friend. She discovered in the silence without music that her muffler needed replacing, something she never realized because of the loud music, but she also prayed for her friend. First she prayed for the outcome she wanted. The next car ride she prayed for her friend's family. The third trip she prayed a prayer of thankfulness for all the ways God was present in this woman's life. The last trip she just simply was listening for God's voice. She found that her prayer was evolving each car trip she took. She experienced a new companionship with God that she wouldn't have had, if she hadn't fasted from loud music in the car.

God doesn't want us to punish ourselves. Fasting or any act of self denial that is self punishment does not create a space for prayer or enable us to listen to God. God wants to be in a relationship with us. Our best relationships are when there is open communication. That may mean that we need to "fast" from something that might be getting in the way of that communication.

There are many ways to fast. You could fast from criticism, gossip, judging others, or passing on rumors. You could abstain from unwarranted fear and anxiety. You can also tell that inner voice inside your head that criticizes you to abstain from eroding your ability to be the confident, blessed person God calls you to be. These are wonderful ways to observe the Lenten call to fasting and abstinence.

We are also invited to prayer. You may not think you have time to pray but if you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favor, you experience great and friendly service, or when something joyful happens to you—you could soon find yourself praying your way through the day. Try this simple practice and you will find that you are praying all the time. You will also find that this habit makes your life flow smoother, yourself more centered, and your Spirit more aware of God's presence.

I would encourage you to also get into God's word daily. The Forward Day by Day booklet available at the back of the church is an easy way to get started on this if you're not already in the habit of reading the Bible daily. You could go online and look up all kinds of Lenten devotions; some of them actually come to you on a daily basis. If you would rather try to do or give something, then daily life offers countless opportunities to give of yourself to others, and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes



unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Give smiles freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others.

If you think about Lenten practices as praying daily, different types of fasting, reading the Bible, and giving of yourself in little and big ways, then you will be opening up communication between you and God and you will be ready to celebrate when a joyful dawn breaks upon you on Easter morning.

The Rev. Linnae Grabner-Hegg.

Senior Warden Report - February 2013

Our Annual Meeting was held on Sunday, January 27. Twenty-one members were in attendance. The yearly report booklet was handed out; this booklet will be sent to members who were not in attendance.



Last year, Belvin Doebbert “won” the Epiphany ring; so we had a beautiful cake provided by Belvin. This year Edith Kelly was the lucky “winner” and will be supplying the cake next year. We enjoyed pizza for lunch during the meeting.

We discussed our Outreach activities. We plan to continue with the Soup & Salad Supper in May. We will also be doing our I-94 ministry on Labor Day, July 4, and Memorial Day. However, we need to have a chairperson for each of these activities if they are to continue. Please let me know if you are willing to chair any of these events.

Total Ministry was discussed. The local committee has gone over the forms used to suggest candidates for each position. The people selected for each position have been notified and asked to prayerfully consider if they are willing to serve the church in Total Ministry. There will be a meeting after church on February 10. Rev. Sandi Holmberg will be here to explain exactly what is involved in training. Everyone is welcome to attend.

As you are aware, our church organ needs to be repaired or rebuilt. The total cost will be about \$40,000. After discussion, it was decided to set up a task force to find ways to finance this. We hope to raise this money within the next 2 years. If you are interested in being on this task force, please contact Wendy Zander or Tim Johnson.

It was suggested that a nursery be set up for children too young to attend Godly Play Sunday School. The vestry will discuss this at the next vestry meeting. If you are interested in helping with this project, please call me.

The 2013 Budget was discussed and approved by the attending members. There is a copy of the budget in the booklet you will be receiving. We have an apparent projected deficit of only \$413.00. But because we already have the funding for the budgeted Sunday school expenses, we actually have a net operating gain of \$1,284.

Elections were held for the coming year. We elected the following people: Treasurer (re-elected) - Wendy Zander ('15); Junior Warden - Mark Reicks ('15). Returning vestry members are: Wendy Zander (14); Tim Johnson ('14); Sheila Stanton ('15); Bette Wolf ('15). Returning Sr. Warden is Karen Reicks ('14).

Karen



WHY WE DO THE THINGS WE DO

Beginning with Ash Wednesday and throughout the season of Lent, you will see that there are no flowers on the altar. Did you also notice that during Advent there were only 'greens' on the altar as well?

In addition to other themes, Lent shares much in common with Advent.

During these two seasons, the liturgical colors are purple (the hangings and vestments.) They are the only seasons of the year that we use these colors. Purple can symbolize pain, suffering, and therefore mourning and penitence. It is the liturgical color for Lent. It is also the color of royalty, so traditionally has also been used for Advent.

This is not the only similarity. Both are penitential seasons. We need to remember that it is within the context of preparation for our participation in the Feast of feasts that the lenten penitence is expressed. Our penitence is not the penitence of those who have no hope of forgiveness, but of those who have been redeemed by the dying and rising of Jesus the Lord." The first two Sundays of Advent include a major emphasis on sin, repentance, and the need for redemption. This emphasis remains, but lets up a bit, on the third Sunday and even more so by the fourth Sunday. But the themes of sin and repentance are present throughout the entire Advent season.¹

During Advent, we prepare for the birth of Christ...He is not here yet, and so the altar remains unadorned. In Lent we prepare for His resurrection, as we journey with Christ through His 40 days of fasting, temptation by Satan, His passion and death.

Both seasons end with the two most joyous days in the Church year: Christmas and Easter when we add extra flowers to the altar.

¹ The Creedal Christian: An Anglican website dedicated to affirming the faith of the Church as embodied in the Catholic Creeds, Holy Scripture, the Church Fathers, and *The Book of Common Prayer*.

Friends of Music Committee Formed

Tim Johnson and Wendy Zander have formed this committee in an effort to raise funds for the repair of the organ (more about this in next month's newsletter.) We were pleased by the support of the parish to pursue this project.

This is not the only agenda of the committee, however. We want to pursue more special music which we started last year. The 2013 budget included an increase in the amount to \$500.00. We feel that this music adds to our worship service.

We continue to do the hymn selection.

We invite anyone interested to join in our project. We will be having a planning session in February.

Special thanks to Josh Sinning for painting the Nursery, jumble sale and Sunday School rooms.

Christmas at Emmanuel (Oh, those Heegaards!)



Mission Project 2013: The Mama Ada Foundation

Mama Ada lives in Kenya on a farm in a community called Ziwa (zee-wah). For many years, she has watched her community suffer: children orphaned by AIDS, young people without school tuition, farmers without seeds to plant; jobs few and far between.



Several years ago, Mama Ada spent time with family in Minnetonka. She visited St. David's Episcopal Church, where she worshiped God, met new friends, and shared a dream: Americans partnering with Kenyans to meet the needs of children and families, while creating friendships nurtured by God's guiding hands.

Mama Ada has returned to her beloved Kenya, and her dream continues to grow: Kenyans and Americans are coming to know each other through The Mama Ada Foundation, a nonprofit organization.

The Mama Ada Foundation provides tuition funds for students living in the Rift Valley. These young people often live in large families with parents or grandparents struggling to provide life's basic necessities. Without these tuition funds, many young people could not attend school and be relegated to futures without hope.



The Mama Ada Foundation creates entrepreneurship opportunities for people living in the Rift Valley. Farmers work toward self-sufficiency through the aid of money for seeds and fertilizer. The foundation is developing other entrepreneurship opportunities in the Rift Valley by providing opportunities for people to start small businesses and to achieve self-sufficiency.

REMEMBER IN YOUR PRAYERS (please take this list home and use as a daily prayer list): Bishop Brian Prior - All clergy serving Emmanuel - Mission Project 2013 - Jessie - Dillon - Keith - DeAnne Runge - John & Cleone Sherman - Riley - Sally - Doug & Buzzi Rollins - Bill & Josie Heegaard - Jane - Mike & Lana Ennis - Pat Weinmann - Donna's brother Ken - Bill - Mike & Lana's daughter Nicki - Linnae's sister Linda - Military personnel, especially Summer & Andy - The Food Shelf - Peace in the world - The future of the Episcopal Church - Our friends in Rwanda.



Lectionary Readings for February: RCL

February 3
Epiphany 4

[Jeremiah 1:4-10](#)
[Psalm 71:1-6](#)
[1 Corinthians 13:1-13](#)
[Luke 4:21-30](#)

February 10
Last Sunday of Epiphany

[Exodus 34:29-35](#)
[Psalm 99](#)
[2 Corinthians 3:12-4:2](#)
[Luke 9:28-36, \[37-43a\]](#)

February 13
Ash Wednesday

[Joel 2:1-2, 12-17](#)
[2 Corinthians 5:20b-6:10](#)
[Matthew 6:1-6, 16-21](#)
[Psalm 103](#)

February 17
First Sunday in Lent

[Deuteronomy 26:1-11](#)
[Psalm 91:1-2, 9-16](#)
[Romans 10:8b-13](#)
[Luke 4:1-13](#)

February 24
Second Sunday in Lent

[Genesis 15:1-12, 17-18](#)
[Psalm 27](#)
[Philippians 3:17-4:1](#)
[Luke 13:31-35](#)

Lent

Lent is traditionally described as lasting for forty days, in commemoration of the forty days which, according to the Gospels of Matthew, Mark and Luke, Jesus spent fasting in the desert before the beginning of his public ministry, where he endured temptation by Satan.

However, different Christian denominations calculate the "forty days" of Lent differently. In most Western tradition the Sundays are not counted as part of Lent; thus the period from Ash Wednesday until Easter consists of 40 days when the Sundays are excluded. However in the Roman Catholic Church Lent is now taken to end on Holy Thursday rather than Easter Eve, and hence lasts 38 days excluding Sundays, or 44 days in total.

This event, along with its pious customs are observed by Catholics, Lutherans, Methodists, Presbyterians, Anglicans, as well as some Baptists and Mennonites.

Most followers of Western Christianity observe Lent beginning on Ash Wednesday, and concluding on Maundy Thursday (Holy Thursday) or on Easter Eve. The six Sundays in this period are often not regarded as being part of the observance (being termed Sundays *in*, rather than *of*, Lent), because each one represents a "mini-Easter," a celebration of Jesus' victory over sin and death.

In the late Middle Ages as sermons began to be given in the vernacular instead of Latin, the English word *lent* was adopted. This word initially simply meant *spring* (as in the German language *Lenz* and Dutch *lente*) and derives from the Germanic root for *long* because in the spring the days visibly lengthen.

Source: Wikipedia

Emmanuel Episcopal Church

Important Dates

2/13 Ash Wednesday Service, 6:00 p.m.
 Imposition of Ashes
 2/21 Vestry Meeting, 5:00 p.m.
 Supper provided

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Visit us on the web:

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Birthdays

Dyanne Parsons
 Edith Kelly
 Mary Ann Maameri

February 2013



Anniversaries

Tarz & Sandy Embry
 Gordon & Donna Ziegelman
 Donald & Ann Hultstrand

Serving this month

Feb. 3	Holy Eucharist
Celebrant	Rev. Charles Preble
Organist	Margaret Kalina
Lector 1	JoEllen Doebbert
Lector 2	Mark Reicks
Altar/Intrcsr	Karen Reicks
Usher	Edith Kelly
Coffee	Karen & Mark Reicks
Godly Play	Verlie/Wendy
Feb. 10	Holy Eucharist
Celebrant	Rev. Glenn Derby
Organist	Laurie Krueger
Lector 1	Alison Derby
Lector 2	Laird Barber
Altar/Intrcsr	Mary Sinning
Usher	Mary Sinning
Coffee	Edith Kelly
Godly Play	Verlie/Wendy

Feb. 13	Ash Wednesday/HE
Celebrant	Rev. Linnae Hegg
Lector 1	Edith Kelly
Lector 2	Karen Reicks
Altar/Intrcsr	Mary Sinning
Usher	Edith Kelly
Feb. 17	Holy Eucharist
Celebrant	Rev. Glenn Derby
Organist	Margaret Kalina
Lector 1	Karen Reicks
Lector 2	Alison Derby
Altar/intrcsr	Edith Kelly
Usher	Mark & Karen Reicks
Coffee	Mary Ann Maameri
Godly Play	Verlie/Wendy
Feb. 24	Holy Eucharist
Celebrant	Rev. Charles Preble
Organist	Nancy Anderson
Lector 1	JoEllen Doebbert
Lector 2	Belvin Doebbert
Altar/Intrcsr	Bette Wolf
Usher	Doebberts
Coffee	Nancy Anderson
Godly Play	Verlie/



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