



EMMANUEL NEWS

March 2014

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Lenten Gladness

by Donald Hultstrand

Contrary to some opinions, Lent is not a time of gloom but of gladness. Jesus said, "When you fast be not as the hypocrites of a sad countenance". It is not a sad thing to draw near to the Lord. Anything we do in Lent to increase our sensitivity to the living Christ cannot diminish our lives but only increase the joy in our lives.

I've always looked forward to Lent. When I think of Lent I get a mental picture. I see a lane that is 40 days long, and arching over this lane are trees on both sides, dense with foliage, and covered with purple blossoms. At the end of the lane, fully in sight throughout, there is a brilliant golden glow. That golden glow is Easter. It is the living, glorious and victorious Christ standing before our eyes!

So Lent is preparation for unutterable joy and gladness. One doesn't have to be prepared to be gloomy or sad. It comes too easily – with an unfeeling word, with a cloudy day, with a look of rejection. However, to make ready a vessel that is cleansed, emptied, and scoured in order that it might be ready to be filled with the life of the risen Christ does take preparation.

Therefore, let us seize hungrily all the opportunities which this blessed season has to offer us and to our famished souls.

Every opportunity to worship them

Every opportunity to commune at His holy altar

Every opportunity to come into closer fellowship with our Christian family

Every opportunity to sing His praises

Every opportunity to turn to His holy word

Every opportunity to fall on our knees in prayer and to let him fill our emptiness with His wholeness.

There is no dreariness about Lent because there is no dreariness about Christ. Jesus said, "I have come that you might have life and to have it more abundantly".

This is one of my favorite hymns: #701

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: 9:45 a.m.

Adult Bible Study: 9:00 a.m.

Pastoral Care: Contact

Tom Sinning, Deacon, or
Edith Kelly

Support Staff:

DeAnn Runge, email:

episcopal@centurylink.net

Newsletter: Wendy Zander

wendyjzander@hcinet.net

Godly Play Director/Teacher

Verlie Sinning:

verlieb@nnbnet.com

Vestry:

Karen Reicks Sr. Warden ('16)

Mark Reicks Jr. Warden ('15)

Rachael Sinning Clerk ('15)

Wendy Zander Treasurer ('15)

Mary Sinning ('17)

Sheila Stanton ('15)

John Hull ('17)

Rachael Sinning ('15)

Delegates to Region and Convention:

Rev. Tom Sinning, Deacon

Laird Barber

Alternate: Belvin Doebbert

Jesus all my gladness,
My repose in sadness,
Jesus, heaven to me.
Oh my spirit straineth,
Longeth after thee
Thine I am, O holy Lamb;
Only where thou art is pleasure,
Thee alone I treasure.

Senior Warden Report – March Newsletter

The season of Lent is about to start. When I was a child, the Episcopal church I attended stressed giving something up for Lent. The idea was to give up something we really enjoyed. In Sunday school, we had to stand and tell what we were giving up and why. I remember that candy and chocolate were always mentioned; a few would offer to “give up” schoolwork and chores for Lent. The reason for giving up something always seemed kind of vague - to appreciate how Christ had suffered. Even as child, I knew that not eating candy was nothing like how Christ suffered.

I have recently read some articles that stress “taking-on” instead of “giving up” for Lent. Maybe we should “take-on” more prayer, reading, and meditation. Maybe we should “take-on” more ways to help those who need our help – like we will be doing in praying for Heartland Girls Ranch and giving to Gloves of Love for Mission 2014. Lent is the time we have to prepare for Easter – a time to do whatever makes us feel closer to God. Let’s try to use that time wisely and lovingly.

Karen

Mission Opportunity 2014 is about connecting, and building a healthier community with all of God’s children. It’s about imagining and creating an alternative future with the children and youth in our neighborhoods. It’s about moving from problems to possibilities and helping young people to live into those possibilities! Emmanuel will take part in two diverse projects: Dylan’s Gloves of Love, and the Heartland Girls Ranch in Benson, MN.

To learn more about these two projects, please go to page 5.

HYMN OF THE MONTH

By Tim Johnson

Hymnal 1982 #43 “All praise to thee, my God, this night”

Words: Thomas Ken (1637-1711)

Hymn Tune: *The Eighth Tune*, Melody: Thomas Tallis (1505?-1585); adapt. *Hymnal 1982*

As in the past, the Friends of Music Committee took a slight departure from the “norm” when selecting a Hymn of the Month for March. Although we will begin using this hymn on March 9th, the First Sunday in the Season of Lent, we did not select a traditional Lenten selection as would ordinarily be the case. Rather, this title is part of the “Compline” section in the Hymnal 1982. Again, this leads to yet another irregularity as we will be singing “All praise to thee, my God, this night” as the Recessional for our Sunday morning service which is a good deal earlier in the day than a Compline service would take place. We came upon this hymn quite by accident while looking over other selections for this month. As we found its melody to be very pleasing and its text to be meaningful, we made the decision to select it as a hymn that we’d like to learn for use in future evening services.

Thomas Ken, an Anglican bishop, composed this title as part of a series of three hymns for morning, evening, and midnight devotions for the students of Winchester College. “All praise to thee, my God, this night” was the evening hymn. While “Awake, my soul, and with the sun” served as the morning hymn, I was unable to find a definitive answer to the question of which title was used as the midnight hymn. The first official publication of this evening hymn took place in 1693 as part of a collection entitled “*Harmonia Sacra*” developed by the publisher Henry Playford. However, Ken also published the text in his “*Manual of Prayers*” in 1695 and revised it for the 1709 edition of this work.

According to hymnary.org, “All praise to thee” not only is the oldest but has also become the most popular of the traditional English evening hymns. This source further states that this selection “has standard features of an evening hymn: thanksgiving for the day that is past (st. 1), penitence for sin committed (st. 2), prayer for peaceful sleep (st. 3), and confidence in God's care and keeping (st. 1-3). The final stanza (st. 4) has become the most famous doxology in the English language.” We’re most familiar with this doxology, “Praise God, from whom all blessings flow”, as sung to the tune “*Old 100th*”.

Thomas Ken was an interesting man who stood firm in his convictions and did not allow royalty to override nor stand in the way of these principles. One narrative tells of a time when King Charles came to visit the city of Winchester. Apparently, he took his mistress along with him and Ken was asked to provide lodging for her. As a result, Ken quickly declared his house as being under repair and had the roof of the structure removed. He later was imprisoned in the Tower of London when he refused to acknowledge King James II’s “Declaration of Indulgence” which had the purpose of permitting more widespread religious freedom in England. Finally, he refused to swear allegiance to King William which led to the loss of his bishopric.

The tune entitled “*The Eighth Tune*” was composed in 1567 by Thomas Tallis and is also known as “*Tallis’ Canon*”. Tallis is considered to be one of England’s greatest composers and has contributed much to early English hymnody. Very little is known of his early life and even his year of birth is an estimate. He did, however, begin his career in Waltham Abbey which was a large Augustinian monastery in Essex, England that was dissolved in 1540. In fact, his career would’ve taken place during the Church of England’s separation with Rome although Tallis remained an “unreformed Roman Catholic” throughout his life. He worked for several English monarchs including Henry VIII, Edward VI, Queen Mary, and Queen Elizabeth I. He managed to avoid the religious controversies which were taking place around him and his talent for altering musical styles to accommodate the various monarchs’ tastes and demands was his saving grace. In fact, he along with William Byrd, an equally esteemed composer of his time, was granted a patent by Queen Elizabeth I to print and publish music.

The reason this melody is given the title "*The Eighth Tune*" is due to the fact that it was number eight of nine tunes that Tallis contributed to a work entitled "Archbishop Parker's Psalter". It is called a "canon" (similar to a "round") as it is often sung in the manner. In this instance, one voice will begin singing and the second will begin once the first has reached the fifth note. However it is sung, either in unison or as a canon, it is the hope of the Friends of Music committee that it will be favorably received and become one that we can easily use during our evening services!

Sources:

<http://www.hymnary.org/hymn/PsH/441>

http://en.wikipedia.org/wiki/Thomas_Ken

http://en.wikipedia.org/wiki/Tunes_for_Archbishop_Parker's_Psalter

Alexandria Area Mens' Chorus Free Concert

Sunday, March 23rd 4:00 p.m.
At Emmanuel Episcopal Church

The Men's Chorus is approximately one year old having begun in March of 2013 with Paul Anderson spearheading this project. Wanting to develop a group for men who simply enjoy singing, Mr. Anderson began by contacting area churches, music directors, and other sources in a search for voices for the ensemble. The choral group is under the conductorship of Steve Dietz and has a current membership of approximately 30 vocalists.

As the majority of the men involved in this organization are devout Christians, the musical repertoire originally consisted of sacred titles. However, the music that they currently present has since been expanded to include spirituals, show tunes, barber shop, as well as other styles. Since their formation last year, they have made appearances at various area churches as well as other venues of varying types. The members come from many backgrounds and the chorus remains open to any men who love to sing.

A free will offering will be taken for the benefit of the OUTREACH FOOD SHELF.

Reception following in the undercroft. We are asking parishioners to please bring cookies/bars. Let Tim, Nancy or Wendy know if you are able to do some baking.

Dylan's Gloves of Love

"My name is Donna and this is my son Dylan's story. I had two beautiful little girls named Megan and Mariah. My life was full, but I had always wanted to have a son. On March 27, 1994, I had a wonderful son and we named him Dylan. He was perfect in every way. His dad, Mike, and I were thrilled.

Dylan was a shy, quiet child who kept everything inside and to himself. On the night he was supposed to leave for college, he committed suicide. Dylan had a huge heart and always put others first. Even in his death, because he was an organ donor, his sisters, cousins, aunts and friends made and wore suicide prevention ribbons to wear at the funeral. At the funeral, a dear friend said that information about suicide needs to get into schools more.

The days have been a blur, except for seeing the pain in the eyes of everyone who loved him. There was as night, the day after the funeral that I could not sleep. I thought about all the parents and relatives who said this horrific loss of a child also happened to them. I was lying on my couch below Dylan's picture and I asked, "God and Dyl, what should I do with this pain? That is when the idea for *Dylan's Gloves of Love* came to me.

He loved the farm we lived on and he worked hard every day, never complaining or asking for anything. One thing he really liked was to receive work gloves. My children attended a Catholic Elementary School where I worked and did playground duty. On cold or winter days, children would forget or sometimes did not have mittens to wear. The school had a box of extras and the children were able to use from the box. On more than one occasion, I saw selfless teachers take off their own gloves and give them to a child with cold hands.

I am asking people to donate gloves or mittens for children and adults that don't have any. Gloves and mittens will be collected and donated to schools and other charitable organizations in Dylan's name. Included in the glove donation boxes will be suicide information and Dylan's story.

I am hoping that something positive will come out of this tragedy and that no other parent will feel this pain."

In the narthex at Emmanuel is a box for collecting the gloves/mittens. There is also a jar for donations for this not for profit organization. Money is used to purchase boxes and postage.

If you have questions, you can call Donna directly at 320-219-8094

Heartland Girls Ranch

According to the Central Intelligence agency, as many as 50,000 women and children are trafficked throughout the United States each year. They work as prostitutes, laborers and servants. The Twin Cities is the 13th most heavily trafficked metropolitan area in the U.S. according to the Justice Department, but the actual number of people transported to and through Minnesota isn't known. Many trafficked individuals come from other countries, but U.S. citizens can also become victims. Some of them come from rural Minnesota. There is help.

Heartland Girls' Ranch is located on Highway 9 just east of Benson. It may not be exactly in your backyard, but it is in mine. I've always been curious about this place, but until recently it's been hard to find any information about the ranch. Now they have a website heartlandgirlsrancho.org that tells you all about who they are and what their purpose is all while protecting the identity of the girls they work with. Following is an excerpt from the website from Executive Director, Cece Terlouw:

" 'Healing Youth Building Lives through Success' is the mission statement of Heartland Girls Ranch. I have been involved with HGR since its beginnings and have seen many girls come through our doors. Girls come to us with situations in their lives that would be difficult for most adults to cope with. Many have been physically, emotionally or sexually abused. Many come from "parentless homes" being forced to care for their younger siblings. Some are runaways, escaping the drugs and abuse at home and then turning to gangs or prostitution to survive. The girls that come through the doors are hurting, mistrustful of adults and often angry.

I have witnessed HGR transform the lives of many of these girls. The support, nurturing, and guidance they receive; the opportunities to succeed through horse programming, goal work and many other activities helps to facilitate a change that turns hurting young girls into responsible young ladies.

'Healthy nurturing relationships', it can't be said enough on how important of a factor this is to healing in the lives of girls! The staff at the Ranch is committed to investing into the lives of the girls that come to us. It has been the foundation of HGR since day one."

Lectionary Readings for March:

March 2. The Last Sunday after Epiphany

[Exodus 24:12-18](#)

[2 Peter 1:16-21](#)

[Matthew 17:1-9](#)

[Psalm 2](#)

March 9. First Sunday in Lent

[Genesis 2:15-17; 3:1-7](#)

[Romans 5:12-19](#)

[Matthew 4:1-11](#)

[Psalm 32](#)

March 16. Second Sunday in Lent

[Genesis 12:1-4a](#)

[Romans 4:1-5, 13-17](#)

[John 3:1-17](#)

[Psalm 121](#)

March 23. Third Sunday in Lent

[Exodus 17:1-7](#)

[Romans 5:1-11](#)

[John 4:5-42](#)

[Psalm 95](#)

March 30. Fourth Sunday in Lent

[1 Samuel 16:1-13](#)

[Ephesians 5:8-14](#)

[John 9:1-41](#)

[Psalm 23](#)

Remember in your prayers:

All clergy serving Emmanuel, especially Charles, Linnae and Tom - Bishop Brian Prior - Jana Preble - John Hull - Don Krueger - Edith's daughter Dana - John & Cleone Sherman - JoEllen's father Al - Bill & Josie Heegaard - Pat Weinmann - Alison Derby - The Total Ministry Team - The Food Shelf and all who use it - Military Personnel - Peace in the World - the future of the Episcopal Church - the girls and staff at Heartland Girls Ranch.

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Heartland Ranch is a working ranch that uses horses as a catalyst to bring about positive change. The horses are used daily to address problem areas, attitudes and behaviors from a perspective that is new to our clients, that of the authority figure. Our clients are put in a role of on-going responsibility as "parent" and caregiver to the horse, the "child". This role reversal offers our clients remarkable insight into problem areas and ultimately invites and encourages girls to make dramatic changes in their approach to life. The girls grow in their self-esteem as they gain skills and experience success with horse programming."

With MN Girls are Not For Sale campaign to end human trafficking and this year's Mission Opportunity Engaging God's Children in Our Neighborhoods with a focus on "relationship building with children and youth who are struggling", I feel that this might be a worthy cause for Emmanuel Episcopal Church.

After talking with Executive Director, Cece Terlouw, she said that it always has been a dream of hers to have each of the girls matched up with someone who would pray specifically for that girl. There are other hands-on things we could do, but that was the one thing that came immediately to mind when I asked how Emmanuel Episcopal Church in Alexandria could engage these particular children in a meaningful relationship with us and with God. I would ask that you consider the Heartland Girls' Ranch.

Respectfully Submitted,
The Rev. Linnae Grabner-Hegg

Once Cece Terlouw gets approval for this project, we will set up a way for our parishioners to get matched up with a girl. In the meantime, keep all the girls at Heartland in your prayers.

Emmanuel Episcopal Church
March 2014

March 2	Holy Eucharist
Celebrant	The Rev. Fred Nairn
Organist	Margaret Kalina
Lector 1	Wendy Zander
Lector 2	Laird Barber
Altar/Intercessor	Karen Reicks
Usher	Tim Johnson/Farren Morical
Coffee	Mary Ann Maameri

March 9	Holy Eucharist
Celebrant	The Rev. Charles Preble
Organist	Nancy Anderson
Lector 1	JoEllen Doebbert
Lector 2	Belvin Doebbert
Altar/Intercessor	Edith Kelly
Usher	John Hull
Coffee	Rachael & Avery Sinning

March 16	Holy Eucharist
Celebrant	The Rev. Fred Nairn
Organist	Margaret Kalina
Lector 1	Karen Reicks
Lector 2	:Laird Barber
Altar/Intercessor	Mary Sinning
Usher	
Coffee	Edith Kelly

March 23	Holy Eucharist
Celebrant	The Rev. Charles Preble
Organist	Nancy Anderson
Lector 1	Wendy Zander
Lector 2	Edith Kelly
Altar/Intercessor	Karen Reicks
Usher	Karen & Mark Reicks
Coffee	Mary & Tom Sinning

Important Dates

March 5 5:00 p.m. Ash Wednesday Service
and imposition of ashes
March 17 St. Patrick's Day
March 21 1:00 p.m. Vestry
March 23 4:00 p.m. Alexandria Area Men's
Chorus Concert

Birthdays

Karen Runge
Hunter Botz
Bette Wolf

Anniversaries

Bill & Josie Heegaard

March 30	Morning Prayer
Celebrant	The Rev. Tom Sinning
Organist	Nancy Anderson
Lector 1	Mark Reicks
Lector 2	Laird Barber
Altar/Intercessor	Edith Kelly
Usher	
Coffee	Mary Ann Maameri

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