



EMMANUEL NEWS

February 2020 / March 2020

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How to Survive Lent

I now have so many memories of Lent in church. Really dreary memories. Why not hold out during those tedious forty days (Sundays don't count!). We think of the forty days when Jesus was driven into the desert by the Holy Spirit after his baptism by John the Baptist. At his baptism the heaven's open up and a voice proclaims, "This is My beloved son in whom I am well pleased!" A lot of folks go out into the desert for pleasure. I think, in a way, that it may have been that way for Jesus. God has just blessed Jesus, and God's Spirit drives (no cars in those days) him into the desert to begin to understand what the message, "my beloved child," is all about.

Imagine that the message is given to you. God says to each of us, "You are my beloved child." What are we going to make of that? Look in the mirror and say to yourself, "I am God's beloved." That is what my life is really all about. It is not about how smart, good looking, wealthy I might be. In essence it is saying to each of us, "Before anything else you are loved. My mantra during these days is "I am unconditionally loved," what a difference that is going to make. That is point number one. Point number two: I have often lived my life as if that fundamental truth did not make any difference. But it does. So Lent is a time when we face the fundamental truth of God's unconditional and unrelenting love. And, you know what? God's love is the same for your neighbor. And, we are supposed to treat each other that way. So, think about it, pray about it and acknowledge it. As a wise woman (Julian of Norwich, first woman to write a book in English) said, "God made you. God loves you, and God sustains you. Happy Lent!

+Charles Preble



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**Sunday School: 9:30 a.m.
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Vestry:

JoEllen Doebbert, Sr. Warden ('21)
Sheila Stanton, Jr. Warden ('21)
Karen Reicks, Treasurer ('22)

Vestry Positions:

Tim Johnson ('22)
Farren Morical ('22)
Karen Reicks ('21)
Sheila Stanton ('21)

Delegates to Region and Convention:

Belvin Doebbert
Alternate: JoEllen Doebbert

The Season of Epiphany

by Tim Johnson

Definition of *epiphany*

1 capitalized : January 6 observed as a church festival in commemoration of the coming of the [Magi](#) as the first manifestation of Christ to the Gentiles or in the Eastern Church in commemoration of the baptism of Christ

2 : an appearance or manifestation especially of a divine being

3a(1) : a usually sudden manifestation or perception of the [essential](#) nature or meaning of something

(2) : an intuitive grasp of reality through something (such as an event) usually simple and striking

(3) : an illuminating discovery, realization, or disclosure

b : a revealing scene or moment

Once the twelve days of Christmas come to a close each year, we begin the Season of Epiphany on January 6, the Day of Epiphany. This day and season commemorate and celebrate the coming of the Magi following the birth of Christ. In accordance with the description above, perhaps a better way to phrase this is to say that it remembers when Christ was manifested, or revealed to the Magi, as well as to the world. Although our displays of the Nativity often show all of the company who eventually came to adore the Messiah The shepherds, the angels, the animals in the stable and the Magi or Three Kings The Magi did not appear on the specific day of the Nativity, but shortly thereafter. Often, people will use January 5th, known as Twelfth Night, or the Day of Epiphany itself as a marker to take down Christmas decorations and to begin celebrating the coming of the Good News to all. In our household, we ordinarily keep lights and decorations up through the 6th and take them down thereafter. Although the Christmas Season has ended, the joyful spirit of the coming of Christ continues through Epiphany. We continue to look back at this event and even for a time keep with the use of Christmas Carols. Hymns appropriate to Epiphany as well as those which we recognize from the general Church Year gradually displace the Carols as the season progresses.

The length of Epiphany varies each year, lasting four to nine weeks. The duration of the season depends upon the date of Easter Sunday, which is one of the moveable Feasts in the Church calendar. If the day of Epiphany (January 6th) does not fall on a Sunday, it is celebrated either on the Sunday preceding or the Sunday following this date. All depends upon the proximity (that is, how close is it) to the specific Sunday. On the Sunday specified to recognize the Day of Epiphany, the coming of the Magi is celebrated. The following Sunday is the observance of the Baptism of our Lord. Other Sundays include Gospels describing the wedding at Cana, the calling of the disciples, and various miracles, teachings, and works of Christ. The final Sunday after the Epiphany which concludes this season is dedicated to the Transfiguration. The season culminates with the Tuesday before Ash Wednesday, which marks the beginning of Lent.

Many of the feasts and celebrations of the Christian Church have their origins with pagan religions. Although it varied with different locations and different religions, the winter solstice was recognized on January 6th in certain places. Early Christians chose to replace this festival with the manifestations (“epiphanies”) of Christ’s divinity. It was originally called “The Feast of Lights” and the celebration of the sun was replaced with the celebrations of the Son of God.

As with Advent and Christmas, Epiphany is yet one more time to reflect on the Miracle of the Incarnation. Now that the rush and celebrations of the two former seasons are completed for yet one more year, may you find time to experience your own epiphany and to contemplate on what this Season means to us as Christians and to our world.

Sources:

<https://www.episcopalchurch.org/library/glossary/epiphany-season>

<https://www.britannica.com/topic/Epiphany>

<https://www.merriam-webster.com/dictionary/epiphany>

The Season of Lent

by Tim Johnson

“Lent (noun)

(in the Christian religion) an annual season of fasting and penitence in preparation for Easter, beginning on Ash Wednesday and last 40 weekdays to Easter, observed by Roman Catholic, Anglican [including Episcopal], and certain other churches.”

The above definition from Dictionary.com gives the “quick answer” as to what the Season of Lent actually is. The word “lent” itself has roots in the old English *lente*, *lencten*, or *Lengten* meaning the lengthening of days. Other origins come from the Dutch *lente* and the German *Lenz*, both meaning “spring”.

Just as we set aside Advent to prepare for Christmas, we have the days of Lent to prepare for Easter. Both are penitential seasons. However, whereas Advent traditionally has a childlike excitement while we await Christmas, Lent tends to have a slightly more subdued element as we examine our sinful nature and when we come to terms with the human condition. It also provides us time to slow down and become more contemplative of the sacrifice that Christ made to redeem us from our sins. This is a good place to give a reminder that just as we do not use the term “Alleluia” during Advent, we do not use it for Lent either. You may also notice that the Agnus Dei (Lamb of God) usually makes an appearance in our liturgy just prior to the Sacrament of Holy Eucharist during this time.

The period of this season is 40 days Not including the Sundays that fall within this period of time. You may have heard the expression “there are no Sundays in Lent”. Although the word “Alleluia” is absent until Easter Sunday, Sundays during Lent, along with those throughout the Church Year are recognized as “little Easters”.

The season of Lent officially began after the Council of Nicea in 325 AD. Originally, the focus on this time of year emphasized fasting which applied primarily to new converts to the Church in preparation for their Baptism which traditionally took place at Easter. Eventually, the practice spread Church-wide. This tradition did not mean not eating at all, but it was still rather strict. The requirement was to eat one very small meal after 3:00 p.m. with no meat, fish, or dairy. Eventually, this rule was relaxed to include one small meal earlier in the day and one more later in the day so that people would be able to keep up their strength for the rest of the day. Over time, this was relaxed even more to require that meals during Fridays not have red meat. “Fish Fridays” have long been observed even by those who do not necessarily restrict themselves from red meat on those days. Today, it is for the most part a voluntary act.

Until recently, the focus was to give something up for Lent. Chocolate seems to be the one thing that I’ve heard many people say that they renounce for this season. However, recent traditions are beginning to change their focus from “giving something up” to “adding something good”. Examples of this are things such as Bible reading and devotional times and works of Mercy (Somehow volunteering or otherwise doing charitable works to help those who are in need). It may even be something as simple as performing random acts of kindness to others. This later tradition of adding suggests that it is not something to simply do during Lent, but something to hopefully enhance a person’s faith life year-round. This emphasizes that this season is truly a time of renewal.

Lent includes special times of devotions. It begins with Ash Wednesday when we receive the imposition of ashes on our foreheads reminding us of our fallen condition. Palm Sunday or Sunday of the Passion reminds us of Christ’s glorious entry into Jerusalem before beginning Holy Week when he enters into His trials and the events leading up to His Crucifixion on Good Friday. Maundy Thursday commemorates the institution of the Sacrament of Holy Eucharist. Complete joy returns with His resurrection on Easter Sunday and the promise of eternal life for us all!

Do not forget that goals of Lent include slowing down, reflecting, and contemplating on God’s love for us and promise of redemption. May you all experience a time of rest and renewal as we await Christ’s resurrection!

Sources:

<https://www.dictionary.com/browse/lent>

<https://www.crosswalk.com/faith/spiritual-life/lent-101-honoring-the-sacrifice-of-jesus-1382259.html>

<https://groundwork.reframemedia.com/blog/a-short-version-of-the-long-history-of-lent>



BISHOP-ELECT CRAIG LOYA

of the Episcopal Church in Minnesota

The Very Rev. Craig Loya was elected during the 162nd convention of the Episcopal Church in Minnesota (ECMN), held in St. Mark's Episcopal Cathedral in Minneapolis, MN on January 25th, 2020.

He was elected on the 2nd ballot.

STATEMENT FROM THE BISHOP-ELECT

"I am deeply grateful to the people of ECMN, and I pray that, by God's grace, I will be faithful to the trust you have placed in me today. Among diverse people and across diverse contexts, Minnesota Episcopalians have always borne vibrant witness to God's reconciling love, and it's an extraordinary privilege to be called to join that work in this new season. I look forward to walking with you as we follow Jesus together, engage what the Holy Spirit is up to in our neighborhoods, and boldly navigate a new landscape, in order to continue proclaiming the good news of God's love to a world that is so hungry for it."

Visit mnbishopsearch.org for information
about your Bishop-elect and upcoming events.

ANNUAL REPORT OF THE SENIOR WARDEN

JOELLEN DOEBBERT

JANUARY 26, 2020

Early last year I asked each Vestry member two questions: 1) If you had a dream about what Emmanuel would (or could) look like in 5 years, what would it be? and 2) If we could do one thing this year at Emmanuel, what would it be? Of the several suggestions, two really stood out to me: 1) have an event that is fun! and 2) visit each parish family to talk about what is important to them and what their hopes are for Emmanuel. In October, we celebrated the return of the Sunday School kids with s'mores over the campfire in our meditation garden. All in attendance had a great time and we agreed we need to do more events like this - just for fun! So I am committed to us having more fun as a congregation in 2020!

The second suggestion that we will be following up on is to visit each parish family. My personal view is that we are at a critical juncture here at Emmanuel; we need to be communicating with each other about what is important to each of us and how we as a parish family can meet those needs. It's all about building community, loving each other, helping each other, and being stronger as a community so that we can do God's work here in Alexandria and in the world. By strengthening our relationships with each other, and by supporting each other, not only can each of us be transformed, but our community will be transformed.

Early in 2019, Emmanuel opened its doors to BIPOC, an organization committed to welcoming Indigenous, Black, People of Color, LGBTQIA+ and allies to come together over food and storytelling. The group met at Emmanuel on several occasions. Emmanuel donated \$200 to support the organization and will appear as one of several sponsors in BIPOC's promotional materials. As a church, we feel that our support of BIPOC is consistent with ECMN's and the national Episcopal Church's effort to help us in creating a Beloved Community here at Emmanuel and in Alexandria - by telling our stories and by living in relationship with one another, we can be transformed as individuals and as a community.

An Investment Committee consisting of Rev. Tom Sinning, Jr. Warden Sheila Stanton, and Sr. Warden JoEllen Doebbert was formed following the decision late in 2018 to move funds from Merrill Lynch. The committee researched several options and made its recommendation to move Emmanuel's investment funds to the ECMN's Pooled Investment Fund. In October, Vestry voted to accept the recommendation. In January, the Vestry approved the Pooled Investment Fund's recommendation to withdraw an annual distribution representing 5% of our fund's average balance, or \$10,788.93, payable over the course of 2020 in quarterly installments. This decision will be reviewed annually.

Our Sunday School needs your support and prayers. Children are our future and we are committed to providing Christian education for the wonderful kids whose parents have chosen Emmanuel as their church home. We will be meeting with parents to seek their input about what they deem to be important elements of a Christian education and to request help and ideas as we plan the way forward.

Your Vestry begins each meeting with prayer, inviting God into our decisions and deliberations, asking God to help us do His will and not our own will. We ask for your prayers as we do the work of the church.

Although we are small in number, there is an energy at Emmanuel. There are some new faces in the pews. We are here for a purpose. People are finding us. As we begin a new year, I invite you to think creatively about our future - how can we have fun together? How can we live out the promise of God's Beloved Community here at Emmanuel and in Alexandria? What do you want Emmanuel to be - now or in five years? We look forward to hearing your ideas, and your dreams, for Emmanuel.

Priest Annual Report 2019 Emmanuel Church

Once again I want to start out by expressing my gratitude for Emmanuel for blessing me with the privilege of being a priest in your midst. 2019 was a blessing for me. I continue to work with my colleagues in the Northwest Mission Area on a monthly basis and help put together our Mission area meeting, again scheduled for May. This year it will be a chance to meet and talk with our Bishop Elect and have the time to get to know him or her prior to the consecration in June. By the time you read this report we should have held the election and preparing for the arrival of the tenth Bishop of Minnesota. 2019 also marked my first full year of ordination to the priesthood and I am continually blessed by all of your prayers and support.

Rather than go into a long narrative, I would like to highlight what has happened and have the opportunity to talk and listen to those areas of interest or concern for our faith community family.

The following are both continuing and new areas of ministry to which I have been lead and hopefully serve the needs of those involved.

- I lead 46 Morning Prayer Services at Grand Arbor this year and we have a pretty committed group of folks who participate every Friday. We also introduced a Holy Eucharist Service on the 3rd Sunday each month in place of MP.
- I celebrated Holy Eucharist here at Emmanuel on 26 occasions in 2019.
- We had two Baptisms at Emmanuel.
- As part of CE, I took training as a facilitator for the pre-marital counseling program, Prepare & Enrich and facilitated my first couple in 2019, as well as performing the sacrament of marriage for them this past summer.
- Beginning in September I began training as an Associate Chaplain at Knute Nelson Communities and will begin serving in that capacity in the next month for about 12 hours per month.
- I continue to serve at the Outreach Foodshelf one day a week.
- I continue to serve on an advisory committee for housing and homeless in conjunction with the West Central Communities Action organization
- Again this past fall I was fortunate to be able to participate in a Habitat for Humanity Global Village Build, this time in the state of Chiapas in Mexico.
- I visited folks in the hospital 6 times during the year, as well as 14 home visits.

It is with great humility and thankfulness for all of you that I submit this report and, as always I invite your conversations and feedback on how I can better minister to the needs for our community.

Peace and Blessings to you all for a Blessed New Year of 2020, Rev. Thomas Sinning

Junior Warden Report Year of 2019

I'm reminded of the environmental logo: Water Matters. At Emmanuel this year, water matters have kept our sexton, Barry, and me busy. We have repaired or replaced pipes, drains, sinks, and toilets. Thankfully, we had only one flood this year. It was around the elevator downstairs. The sump pump was found to be burned out, so we replaced the pump only to find water pouring through the foundation. After excavating a hole near the northwest corner of the church, we discovered several holes in the irrigation pipes. Also some cracks in the foundation wall were visible. Barry promptly repaired these cracks. We eventually realized our drainage system from the sump pump needed to be modernized, so we had a new French drain system installed further away from the foundation. This new system worked fine the rest of the summer, but we have had to turn off the irrigation system permanently.

When we dug the hole for the sump pump problem, we inadvertently cut the electrical lines to our front sign. We then had to replace electrical lines out to the sign. Our sign is now illuminated again.

This summer, when it was time to service and tune our piano, the technician told us that our old piano could no longer hold tune. It was completely worn out. We had the piano removed and discovered a very fine electronic keyboard under a pew at the back of the church! Karen Reicks and Karen & John Kirckoff set up the keyboard with a new table, and wired the keyboard into our sound system. The keyboard is working fine.

Now we have our sexton or his substitute conduct a semi-weekly walk-through checkup of the church. They inspect for leaks or other problems. If it is minor, they fix it themselves. If it is a larger problem, they arrange for it to be repaired.

Respectfully submitted

Sheila C. Stanton
Junior Warden

Lectionary Readings for February

February 2
Presentation of Our Lord

Malachi 3:1-4
Hebrews 2:14-18
Luke 2:22-40
Psalm 84
or Psalm 24:7-10
Preface of the Epiphany

February 9
Fifth Sunday after the Epiphany

Isaiah 58:1-9a, [9b-12]
1 Corinthians 2:1-12, [13-16]
Matthew 5:13-20
Psalm 112:1-9, (10)



February 16
Sixth Sunday after the Epiphany

Deuteronomy 30:15-20
or Sirach 15:15-20
1 Corinthians 3:1-9
Matthew 5:21-37
Psalm 119:1-8

February 23
Last Sunday after the Epiphany

Exodus 24:12-18
2 Peter 1:16-21
Matthew 17:1-9
Psalm 2
or Psalm 99

February 26
Ash Wednesday

Joel 2:1-2, 12-17
or Isaiah 58:1-12
2 Corinthians 5:20b-6:10
Matthew 6:1-6, 16-21
Psalm 103 or 103:8-14

Lectionary Readings for March

March 1
First Sunday in Lent

Genesis 2:15-17; 3:1-7
Romans 5:12-19
Matthew 4:1-11
Psalm 32

March 8
Second Sunday in Lent

Genesis 12:1-4a
Romans 4:1-5, 13-17
John 3:1-17
Psalm 121

March 15
Third Sunday in Lent

Exodus 17:1-7
Romans 5:1-11
John 4:5-42
Psalm 95

March 22
Fourth Sunday in Lent

1 Samuel 16:1-13
Ephesians 5:8-14
John 9:1-41
Psalm 23

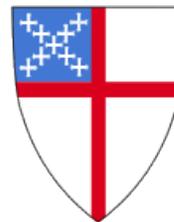
March 22
Fifth Sunday in Lent

Ezekiel 37:1-14
Romans 8:6-11
John 11:1-45
Psalm 130



Position	February 2	February 9	February 16	February 23	February 26
					<i>Ash Wednesday</i>
Priest	Linnae Hegge	Tom Sinning	Fred Nairn	Randy Welsand	Tom Sinning
Organist	Margaret Kalina	Laurie Krueger	JoNette Brogaard	Nancy Anderson	-----
Lector 1	Karen Reicks	Tim Johnson	Mark Reicks	John Rutledge	-----
Lector 2	Karen Sinotte	Farren Morical		Karen Sinotte	-----
Altar	Karen Reicks	Tim Johnson	Karen Reicks	Tim Johnson	Karen Reicks
Chalice					<i>simple service</i>
S School	Tom-Belvin-JoEllen	<i>No Sunday School</i>	Tom-Belvin-JoEllen	<i>No Sunday School</i>	<i>out of</i>
Coffee	<i>No one signed up</i>	Farren Morical	Karen Sinotte		<i>Prayer Book</i>

Remember in Your Prayers: (please take this list home and use as a prayer list): All clergy serving Emmanuel - Bishop Brian - Tom - Jana & Charles - Hultstrand Family - Kathleen - Karen - Edith - Cleone - The Families of Dana Christenson & Patty Den Hartog - Belvin - Trappier - Linda - Laird - Wendy - Jessie - Hunter - Tarz & Sandy - Law Enforcement Officers - Military Personnel - Peace in the World - The Food Shelf, volunteers & all who use it - Total Ministry Team - Those affected by recent wildfires & Hurricanes Florence & Michael



This symbol, which you will see at every Episcopal Church, is the official "logo" of the Episcopal Church (TEC), and represents our history.

The red Cross of St. George on a white field is symbolic of the Church of England. The blue field in the upper left corner is the Episcopal Church. It features a Cross of St. Andrew, in recognition of the fact that the first American bishop was consecrated in Scotland. This cross is made up of nine cross-lets or mini crosses, which represent the nine dioceses that met in Philadelphia in 1789 to form the Protestant Episcopal Church of the U.S.A.



February Birthdays
Dyanne Parsons
Edith Kelly
Mary Ann Maameri

Anniversaries
Tarz & Sandy Embry
Gordon & Donna Ziegelman



March Birthdays
Karen Runge
Ariana Rutledge
Hunter Botz
Avery Sinning

February



Address service requested

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