



EMMANUEL NEWS

FEBRUARY / MARCH 2021

www.alexmnepiscopal.org

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A message from the Sr. Warden

On January 24th, we held our annual meeting by Zoom video conferencing. While we missed the Epiphany cake, it was good to see attendees, relaxed in their homes, safe and sound.

I would like to welcome John Rutledge as our newest Vestry member. John will join Vestry members Tim Johnson and Karen Reicks and myself as Sr. Warden as the voting members of the Vestry. Rev. Tom Sinning serves in an ex officio, nonvoting capacity. Farren Morical will be taking a brief break from the Vestry, but is interested in continuing to serve. Thank you, Farren, for serving as Clerk and for your work on Vestry, for the past several years. The position of Jr. Warden remains vacant following the departure of Sheila Stanton. I would like to thank Sheila for being so attentive to the needs of the building these past two years.

While the pandemic put a ka-bosh on our outreach and social events in 2020, members expressed an interest in planning a "post-pandemic event" or "PPE" as soon as it is safe to do so. Stay tuned!

As we reported at the annual meeting and in the financial reports you received, we are facing a budget deficit in 2021 of approximately \$16,750. Please pray for Emmanuel and for your Vestry as we make decisions over the coming months about how to deal wisely with the church's financial condition.

This past week I attended an ECMN training relating to the filing by each parish of its annual "parochial report". Because of the pandemic, there are quite a few changes on the report this year, and one set of questions has to do with what we have learned from 2020 and what, if anything, we may continue to do that we did differently in 2020 due to the pandemic. I would like to hear your thoughts about this, so I encourage you to call or email me. Your input will help us to be good stewards of Emmanuel as we move forward, embracing **change**.

Contact us:

Emmanuel Episcopal Church

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Sunday Service: 10:30 a.m.

Sunday School: 9:30 a.m.

on the 1st and 3rd Sundays

Pastoral Care: Contact Rev. Tom Sinning at 612-720-0473

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DeAnn Runge, email:
episcopal@centurylink.net

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Verlie Sinning
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Vestry:

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

Vestry Positions:

Tim Johnson ('22)
John Rutledge ('22)
Karen Reicks ('22)

Delegates to Region and Convention:

Belvin Doebbert
Alternate: JoEllen Doebbert

I have really enjoyed reading our new Bishop's weekly emails which arrive on Tuesdays. I find his prayerful and spirit-filled messages to be uplifting and inspiring. On the anniversary of his election this past week, he wrote:

"...despite all of the limitations we have faced and continue to face, there is unmistakably a sense of the Holy Spirit working among us. Every day, everywhere I go, I see new connections being formed, new energy emerging, longings for community and deepening spirituality emerging and converging in every part of our state. There is a palpable sense that the Holy Spirit is using this time to prepare us for renewal and revival that even now are taking root. While I am not naive about the massive challenges we face, my heart is overflowing with hope for the future of our beloved old church. The world needs our witness to Jesus' way of love urgently, and we have all we need as a diocesan family to do what God is asking us to do. I can't imagine giving my life to something more exciting or more important." Craig Loya, X Bishop of Minnesota.

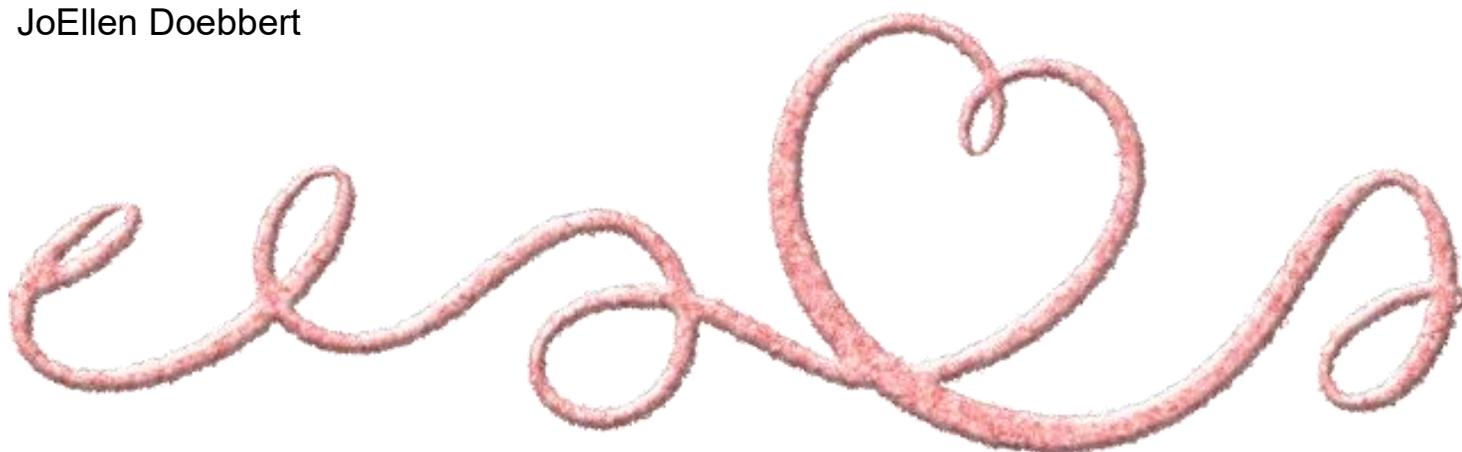
And I'll leave you with Bishop Loya's recommendation to read *The Way of Love*, by our Presiding Bishop, Michael Curry. Bishop Loya wrote,

"...he calls us to embrace a universal love as the way forward as individuals and a nation. His understanding of what love is, how we find God, and how love has the power to change the world and see us through these challenging times is deeply grounded in his own very real experiences of both suffering and hope. It's one of the most energizing and inspirational things I have read in a very long time, and I highly commend it to you." Bishop Loya, X Bishop of Minnesota.

I purchased Bishop Curry's book several months ago, but have not taken the time to read it until now. Given all we have been through this past year - the pandemic, the racial turmoil, politics like we have never seen before - it seems we could all use an energizing and inspirational book about love, set in these most challenging of times. Let's all read *The Way of Love* and be inspired for what 2021 can offer!

Blessings to you!

JoEllen Doebbert



Phishing Emails

Many of us have received emails that seem to be coming from leaders of our churches or from leaders in ECMN that seem off. Maybe they're asking you to send them money, maybe they're asking you to reach out to them urgently, but the text in the message is misspelled. These types of emails are called email-based impersonation, and are a form of phishing utilized by cybercriminals to get access to your information, or to influence you to send money.

When you look closely, there are telltale indications that these messages aren't truly from the leaders we think they are, but are examples of Phishing.

"Phishing is the fraudulent attempt to obtain sensitive information such as usernames, passwords and credit card details by disguising oneself as a trustworthy entity in an electronic communication. Typically carried out by email spoofing or instant messaging, it often directs users to enter personal information at a fake website which matches the look and feel of the legitimate site.

There is no way to stop these scams from occurring. However, with some vigilance and a list of things to look for, you can keep yourself and your data safe.

Here are a few things to look for to determine if a message is, indeed, fraudulent:

The return email address: the email sending the message is often something like `bishop@gmail.com` or `the.rt.rev.craiglowa@gmail.com`. They might look semi-plausible, but aren't the actual email of the individual being impersonated. You can expect any email coming from ECMN to come from an account using the domain `@episcopalmn.org` or `@ecmn.org`

- The message: phishing emails often address the recipient as 'dear friend' or 'hello' but don't list you or your name in the message.
- Grammatical errors: phishing emails often have strange grammatical errors or use language, phrases and content that seem out of character for the individual being impersonated.

Here's what to do if you think you've received a phishing email:

- Don't open any attachments
- Don't click on links
- If you can, report the email as phishing or spam

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>

Lectionary Readings for February

February 7

Fifth Sunday after the Epiphany

Isaiah 40:21-31
1 Corinthians 9:16-23
Mark 1:29-39
Psalm 147:1-12, 21c

February 14

Last Sunday after the Epiphany

2 Kings 2:1-12
2 Corinthians 4:3-6
Mark 9:2-9
Psalm 50:1-6

February 21

First Sunday in Lent

Genesis 9:8-17
1 Peter 3:18-22
Mark 1:9-15
Psalm 25:1-9

February 28

Second Sunday in Lent

Genesis 17:1-7, 15-16
Romans 4:13-25
Mark 8:31-38
Psalm 22:22-30



Lectionary Readings for March

March 7

Third Sunday in Lent

Exodus 20:1-17
1 Corinthians 1:18-25
John 2:13-22
Psalm 19

March 14

Fourth Sunday in Lent

Numbers 21:4-9
Ephesians 2:1-10
John 3:14-21
Psalm 107:1-3, 17-22

March 21

Fifth Sunday in Lent

Jeremiah 31:31-34
Hebrews 5:5-10
John 12:20-33
Psalm 51:1-13
or Psalm 119:9-16

March 28

Sunday of the Passion:
Palm Sunday

The Liturgy of the Palms

Mark 11:1-11
or John 12:12-16
Psalm 118:1-2, 19-29

The Liturgy of the Word

Isaiah 50:4-9a
Philippians 2:5-11
Mark 14:1-15:47
or Mark 15:1-39, [40-47]
Psalm 31:9-16





BIRTHDAYS THIS MONTH

February

Edith Kelly

Mary Ann Maameri



March

Karen Runge

Ariana Rutledge

Hunter Botz

Avery Sinning

Anniversaries

Tarz & Sandy Embry

Gordon & Donna Ziegelman

Remember in Your Prayers: (please take this list home and use as a prayer list): All clergy serving Emmanuel - Bishop Brian - Bishop Elect, Craig Loya - 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 - All of those who are affected by the COVID19 virus and those who are bravely on the front lines of service - Jason and Deb - Guide us in the way of peace





Address service requested

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