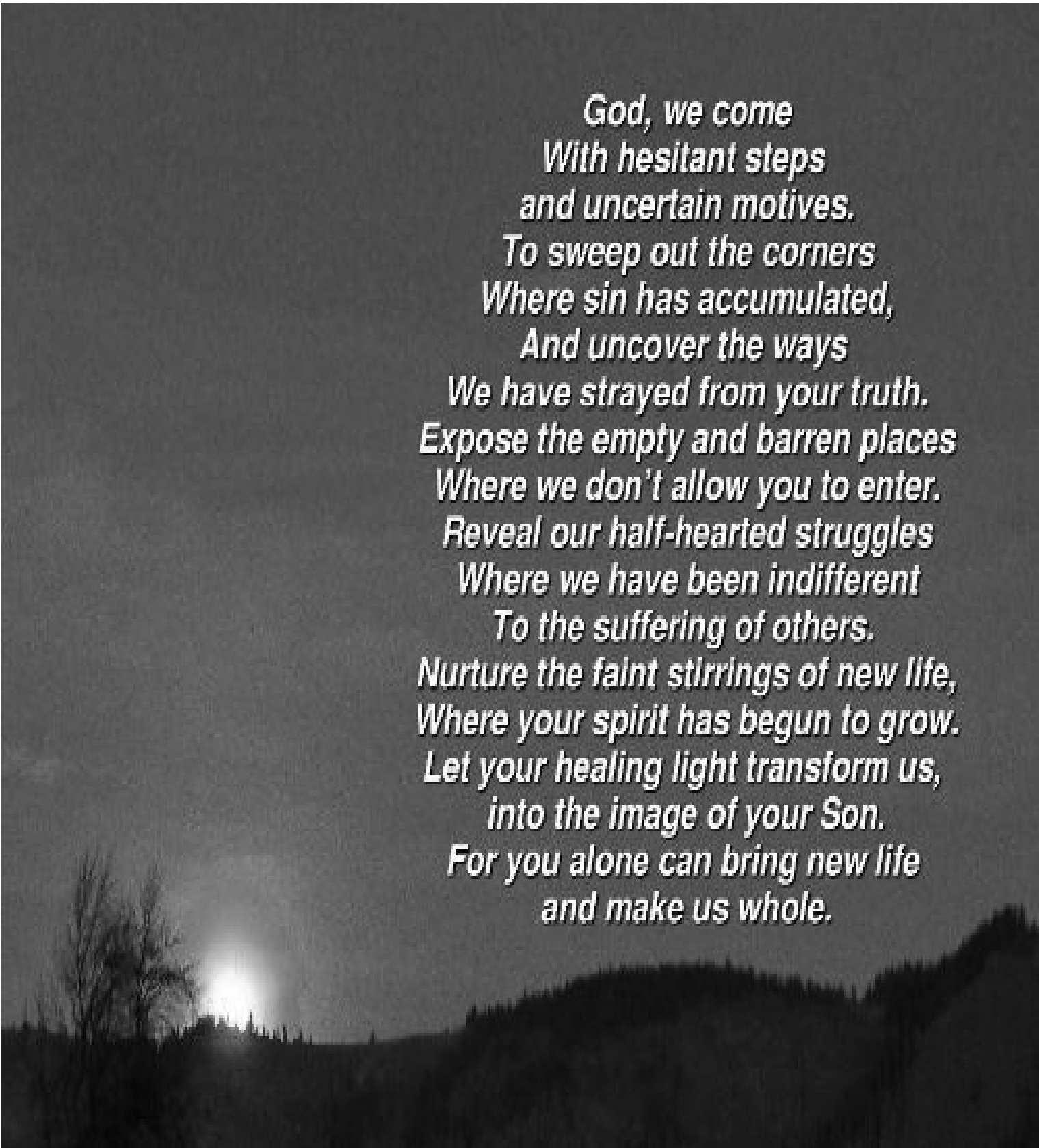




# FRANCISCAN - FEBRUARY 2016

*“A Publication of St. Francis Episcopal Church—“Proclaiming the Good News in word and deed”*



*God, we come  
With hesitant steps  
and uncertain motives.  
To sweep out the corners  
Where sin has accumulated,  
And uncover the ways  
We have strayed from your truth.  
Expose the empty and barren places  
Where we don't allow you to enter.  
Reveal our half-hearted struggles  
Where we have been indifferent  
To the suffering of others.  
Nurture the faint stirrings of new life,  
Where your spirit has begun to grow.  
Let your healing light transform us,  
into the image of your Son.  
For you alone can bring new life  
and make us whole.*

# FEBRUARY CALENDAR

SUNDAY	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
	1 <b>Office Closed</b>  Jazzercise 5:30 pm	2 Jazzercise 5:30 pm  Boy Scouts 6:00 pm & 7:00 pm	3 Bible Study 10:30 am  Jazzercise 5:30 pm	4 Jazzercise 5:30 pm  Alanon 7:30 pm	5 <b>Office Closed</b>  Jazzercise 5:30 pm	6 Jazzercise 7:00 am & 9:15 am
7 Choir Rehearsal 9:15 am  Sunday School 10:30 am  Holy Eucharist, Rite II 10:30 am  "Soup"er Bowl Sunday  Bishop's Visitation	8 <b>Office Closed</b>  Jazzercise 5:30 pm	9 <b>Shrove Tuesday Pancake Supper 5:30 pm - 7:00 pm</b>  	10 Bible Study 10:30 am  <b>Ash Wednesday: Imposition of Ashes 7:00 pm</b>  	11 Jazzercise 5:30 pm  Alanon 7:30 pm	12 <b>Office Closed</b>  Jazzercise 5:30 pm	13 Jazzercise 7:00 am & 9:15 am
14 Choir Rehearsal 9:15 am  Sunday School 10:30 am  Holy Eucharist, Rite II 10:30 am  Valentine's Day	15 <b>Office Closed</b>  Jazzercise 5:30 pm	16 Jazzercise 5:30 pm  Boy Scouts 6:00 pm & 7:00 pm (Committee Meeting)	17 Bible Study 10:30 am  Jazzercise 5:30 pm	18 Jazzercise 5:30 pm  Alanon 7:30 pm	19 <b>Office Closed</b>  Jazzercise 5:30 pm	20 Jazzercise 7:00 am & 9:15 am
21 Choir Rehearsal 9:15 am  Sunday School 10:30 am  Holy Eucharist, Rite II 10:30 am  Annual Meeting	22 <b>Office Closed</b>  Jazzercise 5:30 pm	23 Jazzercise 5:30 pm  Boy Scouts 6:00 pm & 7:00 pm  <b>Vestry Meeting 7:00 pm</b>	24 Bible Study 10:30 am  Jazzercise 5:30 pm	25 Jazzercise 5:30 pm  Alanon 7:30 pm	26 <b>Office Closed</b>  Jazzercise 5:30 pm	27 Jazzercise 7:00 am & 9:15 am
28 Choir Rehearsal 9:15 am  Sunday School 10:30 am  Holy Eucharist, Rite II 10:30 am	29 <b>Office Closed</b>  Jazzercise 5:30 pm					

~ ANNUAL MEETING ~  
**St. Francis Parish**  
**Sunday, February 21st**  
**following the 10:30 am Liturgy.**

During this meeting, Delegates will be chosen, and new Vestry Members will be announced. An update of budget and finances will be presented as well.

All Ministry Chair persons should write a brief report of what has taken place during the past year and what their plans are for the year to come. All reports must be turned into the Church Secretary by Wednesday, February 17th.

## HEALTHY THOUGHTS: LOVE AND HEALTH

*Brought to you by Episcopal Retirement Homes' Parish Health Ministry program.*

*Fill us at daybreak with your love, that all our days we may sing for joy.  
(Psalms 90:14)*

**I**t can be said that love is good for the soul, but do you realize how good it can be for the body? One powerful index of our capacity to heal is our tendency to love, according to Dr. David McClelland, a distinguished professor of psychology at Boston University. McClelland defines love as "a body-mind state that occurs on all levels of mind, brain, heart, hormones, immune system and cells." He has gone further than any other researcher to investigate love and health. His belief is that love crosses every domain that is relevant to human health.

He's not the only one scientifically studying the effect of love on our physical health. Researchers at the Institute of HeartMath, a non-profit research facility in Boulder Creek, Ca., are showing that emotions such as love and caring can protect against a wide range of diseases, including heart disease and high blood pressure. They may also help boost anti-aging hormones and keep the immune system strong.

HeartMath has created easy-to-learn exercises that may help your heart keep your body healthy. These exercises are used by major corporations, the United States armed forces and schools. The most basic is called Freeze-Frame. You learn to consciously disengage from negative mental and emotional reactions as they occur (i.e., a stressful situation), shifting attention to the area of the heart, pretending that you're breathing through it. You recall a feeling of appreciation or caring and try to re-experience (and not just remember) that feeling.

According to HeartMath director of research Rollin McCraty, this exercise helps you control your emotions. Negative emotions have an immediate and long-lasting effect on health. If you're angry for five minutes, it depresses the first line of defense in your immune system for the next six hours. When you get mad, adrenaline and other damaging chemicals are released, blood pressure rises and

the heart patterns become erratic. The exercise described above can train your heart to maintain a regular, healthy pattern.

Their work is based on the idea that the heart has its own nervous system — its own intelligence. Emotions of love and appreciation affect the heart's rhythm and bring the body into a more efficient internal state. Love has the power to help us self-heal, or regenerate.

The bottom line is that we shouldn't wait for Valentine's Day or some other special occasion to express our love for our spouse, family or friends. Love is a critical emotion that all of us need to experience and give to others if we want to stay well. Share your love with others today with a smile and/or a kind deed. Let family and friends know you love them. They need it and so do you!

*Parish Health*  
 *Ministry*

EPISCOPAL RETIREMENT HOMES, INC.

*Episcopal Retirement Homes is a not-for-profit organization which owns and manages the Deupree and Marjorie P. Lee retirement communities in Cincinnati; Canterbury Court in West Carrollton; and Barnett Plaza in Columbus, Ohio. For more information, call (800) 835-5768 or visit [www.EpiscopalRetirement.com](http://www.EpiscopalRetirement.com).*

**Saint Francis Episcopal Church**  
**The Episcopal Church in Springboro**  
**225 N. Main Street**  
**Springboro, OH 45066**  
**(937) 748-2592**

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### SUNDAY MORNING WORSHIP

Holy Eucharist, Rite II .....10:30 am  
Sunday School ..... 10:30 am

### WEDNESDAY CLASSES

Bible Study.....10:30 am



We give thanks to Teena Baldrige for kindly volunteering to be a member of the Parish Health Ministry. Thank you Teena!

## The Bishop is coming! Sunday, February 7th



*The Rt. Rev. Thomas E. Breidenthal* will make a pastoral visit to St. Francis on Sunday, February 7th, 2016 to celebrate the Holy Eucharist, preach, and administer the Rite of Confirmation with the Laying on of Hands.



### ADOPT -A- BILLS

are available for support of various ministries and events here at St. Francis. Please place your check along with the adopt-a-bill slip in the offering.



# FEBRUARY BIRTHDAYS

Lauren Kock	2/1
Thomas Korab	2/1
Chinso Oduah	2/7
Charlotte Bradley	2/9
Andrea Sprowles	2/12
Jane McKibben	2/16
Kathy Hoover	2/17
Beth Mann	2/18
Tori Hamilton	2/27

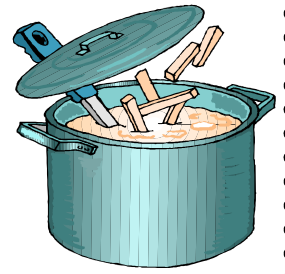


# FEBRUARY ANNIVERSARY

Ron and Roxie Thomas 2/27

**If your name does not appear on our birthday or anniversary list, please contact the church office.**

# "SOUP"er BOWL SUNDAY



St. Francis will continue its traditional participation in "SOUP"er Bowl on Sunday, February 7th.

A simple prayer delivered by a young seminary intern in South Carolina in 1990 resulted in a youth led movement to help hungry people around the world. "Lord, even as we enjoy the Super Bowl football game, help us to be mindful of those who are without a bowl of soup to eat."

Since that simple beginning, more than \$90 million has been generated for soup kitchens, food banks, & other charities across the country.

## Shrove Tuesday Pancake Supper St. Francis Episcopal Church



February 9th at 5:30 PM - 7:00 PM

Per Person - \$5.00 and Family of 4 or more - \$20.00

Come and eat all the pancakes you want before beginning our period of fasting for Lent. If one would like to help with the Pancake Supper, please let Mike Kock know. Hope to see you!

## Ash Wednesday Worship



Ash Wednesday will be held Wednesday, February 10th at 7:00 pm in the Nave.

During this service, Holy Communion will be administered and ashes will be imposed upon our foreheads, reminding us of our mortality. Please come!



