

FRANCISCAN-MARCH 2019

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

Dear Family and Friends of Saint Francis Church,

LENT¹ Christians observe the forty days of Lent which means that we give roughly a tenth of each year's days for holy use. Remember, after being baptized by John in the River Jordan, Jesus went off alone into the wilderness where he spent forty days to be tested and discovering asking himself what it meant to be Jesus. During Lent, Christians are given an opportunity to ask and to discover one way or another what it means to be ourselves or at least what God has created us to be. Here are some questions to ask yourself as you make your way through the wild forest of Lent:

If you had to bet everything you have on whether there is a God or whether there isn't, which side would you take and why?

When you look at your face in the mirror, who do you see? What do you most like about that person; and what is it about the person you see in the mirror that you abhor (disapprove)?

If you had only one last message to leave to the people or to the person who is most important to you, what would it be in twenty-five words or less?

Of all the things you have done in your life, which is the one you would like most to undo; and better which is the one that makes you happiest to remember?

Is there any person in the world, or any cause, that, if circumstances called for it, you would be willing to sacrifice everything - even die for?

If this were the last day of your life, what would you do with it?

Of course, answering these questions may not be easy to complete. Yes, you can keep the results to yourself. Lent is a time for personal reflection in the shadow of some of the most holy days of the year. Remember shadows are blessed signs of a great Light – an awesome Light that is present to illuminate our responses. Your answers will reflect who you are and who you are becoming to be, with God's help. Yes, also at one level this exercise could be a bit depressing all in all, but if sack-cloth and ashes are at the start of this journey into the woods, your Easter waits for you at the end.

I invite you, in the Name of Jesus Christ, to observe a holy Lent, by self-examination and repentance, by prayer, fasting and self-denial; and by reading and meditating on God's holy Word (BCP, Page 265). In the church, the forty days of Lent extend from Ash Wednesday (**March 6**) through Holy Saturday (**April 13**), omitting Sundays*. The last three days of Lent are the sacred Triduum of Maundy Thursday, Good Friday, and Holy Saturday. *Sundays in Lent are feast days when the rigors of Lenten disciplines can be relaxed – a sabbath day during the work of Lent. For example, in many churches as reflected by local tradition, flowers can be displayed during Sundays in Lent. But Holy Week which contains the last three most sacred, austere days of Lent, Maundy Thursday (**April 18**), Good Friday (**April 19**), and Holy Saturday (**April 20**) are considered “holy days of obligation.”

Accomplish in us the work of your salvation; That we may show forth your glory in world.

Fr. Frank

* *The meditation questions for Lent were suggested by Frederick Buechner, originally published in Wishful Thinking (1973), an adventure in language for the restless believer, the doubter, and all who love words.*

MARCH CALENDAR

SUNDAY	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
					1 Jazzercise 4:00 pm & 5:30 pm	2 Jazzercise 7:00 am & 9:15 am
3 Choir Rehearsal 9:30 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am	4 Office Closed Jazzercise 4:00 pm & 5:30 pm	5 Office Closed Shrove Tuesday Spaghetti Dinner 5:30 pm	6 Ash Wednesday: Imposition of Ashes 7:00 pm	7 Jazzercise 5:30 pm Barbershop Singers 7:00 pm Choir Rehearsal 7:00 pm Alanon 7:30 pm	8 Jazzercise 4:00 pm & 5:30 pm	9 Jazzercise 7:00 am & 9:15 am
10 Choir Rehearsal 9:30 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am Daylight Savings Time	11 Office Closed Jazzercise 4:00 pm & 5:30 pm	12 Office Closed Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm	13 Bible Study 10:30 am Jazzercise 4:00 pm & 5:30 pm	14 Jazzercise 5:30 pm Barbershop Singers 7:00 pm Choir Rehearsal 7:00 pm Alanon 7:30 pm	15 Jazzercise 4:00 pm & 5:30 pm	16 Jazzercise 7:00 am & 9:15 am
17 Choir Rehearsal 9:30 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am St. Patrick's Day	18 Office Closed Jazzercise 4:00 pm & 5:30 pm	19 Office Closed Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm	20 Bible Study 10:30 am Jazzercise 4:00 pm & 5:30 pm Vestry Meeting 7:00 pm	21 Jazzercise 5:30 pm Barbershop Singers 7:00 pm Choir Rehearsal 7:00 pm Alanon 7:30 pm	22 Jazzercise 4:00 pm & 5:30 pm	23 Jazzercise 7:00 am & 9:15 am
24 Choir Rehearsal 9:30 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am	25 Office Closed Jazzercise 4:00 pm & 5:30 pm	26 Office Closed Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm	27 Bible Study 10:30 am Jazzercise 4:00 pm & 5:30 pm	28 Jazzercise 5:30 pm Barbershop Singers 7:00 pm Choir Rehearsal 7:00 pm Alanon 7:30 pm	29 Jazzercise 4:00 pm & 5:30 pm	30 Jazzercise 7:00 am & 9:15 am
31 Choir Rehearsal 9:30 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am					 <i>Remember man that you are dust and into dust you shall return.</i>	



MARCH BIRTHDAYS

Kathy Chandler	3/1
Elizabeth Hoobler	3/7
Spencer Marshall	3/13
Kimberly Sprowles	3/17
Jacqui Parker	3/18
Teena Baldrige	3/23
Diana Graham	3/30



MARCH ANNIVERSARY

Jim and Dee Taylor	3/
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If your name does not appear on our birthday or anniversary list, please contact the church office.

St. Francis News

Food Pantry Collection ~ March

During the month of March, St. Francis will be collecting spaghetti sauce and noodles for the Warren County Career Center. Many of the students at WCCC are in need of food over the weekend. Every Friday, WCCC sends home a spaghetti meal with these students. Any food donations will be greatly appreciated in feeding students within Warren County.



Outreach Ministry Program

Each month for Ingathering Sunday, there will be certain items that need to be collected. For the month of March, please collect baby items (diapers, wipes, etc.) and place them in the Ingathering baskets in the Foyer.

Shrove Tuesday Spaghetti Dinner St. Francis Episcopal Church

March 5 at 5:30 PM - 7:00 PM
Per Person - \$7.00 and
Kids 12 and under - \$5.00



Come and eat all the spaghetti, salad, bread and dessert you want before beginning our period of fasting for Lent. If anyone would like to help with the Spaghetti Supper, please let Barb Roy (937) 859-3501 know. See you there!

Ash Wednesday Worship



Ash Wednesday: Imposition of Ashes
will be held Wednesday, March 6 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!



**Daylight Savings Time begins
Sunday, March 10.**

Don't forget to set your clocks forward.

CHOIR REHEARSAL SCHEDULE CHANGE

Mark your calendars! Choir rehearsals will be changed for
March to Thursdays at 7:00 pm.

We will be back to the regular Wednesday schedule in April.

Please speak to Donna Sprowles, Director of
Music at dsproyles@cinci.rr.com or 513-423-3450
if you have any questions.



Outreach Ministry Jars

Please look for jars around the church to throw your loose change in. They will be located on the table in the foyer, near the coffee pots in the kitchen, and on the table during coffee hour. The donations for March and April will benefit the soldiers on our prayer list. St. Francis will be sending them Easter packages this year. You can also find a list of most needed military items on the bulletin board and a container in the Narthex for donations. Please provide the addresses for those on the military prayer list if you know them.



Every 2 months there will be a new charity that money will be collected for; please look forward to new charities in the future. This is great way for the Outreach Ministry to serve the community.

BOYS SCOUT TROOP 50 NEWS



There will be a Court of Honor Crossover on March 15, March 16, and March 17 at Cricket Holler Scout Camp at 6675 Brantford Rd, Dayton, OH 45414. Troop 50 will have their Committee Meeting on March 19.

~ Mike Kock, Boy Scout Troop 50 Liaison

PRAYERS AND FASTING

As we enter into the season of Lent, we recognize it as a penitential time in our church and prayer life. Many of us fast and usually acknowledge a fast of food or foods.

Here are some additional ideas to add to your fast and prayer time.

Pray and Fast:

- From hurting words to saying kind words
- From sadness to being filled with gratitude
- From worries to having trust in God
- From pressures to being prayerful
- From bitterness to a heart filled with joy
- From grudges to being reconciled
- From anger to being filled with patience.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, faithfulness, gentleness, and self-control”. Galatians 5:22 NIV

Prayer: *Lord, help me touch others with Your love and compassion daily. Amen.*

May you have a Blessed Lent.

Mary Martin, Parish Health Ministry

A STRONG DOSE OF MEDICINE

The first reading for Sunday, the 24th of February was from Genesis 45. Jacob had 12 sons and one daughter. The favored son was Joseph. They planned to kill him but they threw him down a well and then sold him into slavery. Guess who was the lector for this story? I was, and not by happen stance. The Lord wanted to teach me a few things. You see, I had nine sisters and brothers. What would I have done if they did the same to me? What could I have done to deserve that? Could I forgive them of such a dastardly deed as Joseph? We are a close family. I love all my siblings. That was a strange concept for me to think about.

I've been reading and studying a book written by Katie Souza entitled, Healing the Wounded Soul. It is a remarkable story about a woman who was living on the streets, dealing, using, addicted to heroin, etc. She was a mess and a mean and nasty person. Aside from all that, the Lord wanted to use her just like Saul. It's an incredible story and now she has a great prison ministry. After all, she lived there for a number of years.

As I was walking the other day, I started thinking about Ephesians 4-31. "Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." I had asked the Lord to heal me from all those negative things in my life because I want to be ready to meet the Lord in a moments' notice. I know that's how it will be. The less that I have to answer for, the better. So, as I was walking, I kept thinking about all these negative things that have happened in my life; even since I was four when I lied to a neighbor. Then I thought to myself, 'Why would the Lord want me to spend so much time remembering all these negative things'? And then the aha moment came! It wasn't the Lord at all, but the ruler of darkness! You see, when we repent of our sins, the Lord removes them as far as the east is from the west. (Psalm 103: 12-13) Wow, I'm free! Now, Lord, please fill me with Your love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control! (Galatians 5:22).

I am still a work in progress but that, my friend, was a great walk! So, get out and walk if you can. Put a smile on your face. The Lord is there to teach us His ways. Springtime is coming to your body, soul and spirit! Amen.

Teena Baldrige, Parish Health

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SUNDAY MORNING WORSHIP

Holy Eucharist, Rite II10:30 am
Sunday School 10:30 am

WEDNESDAY CLASSES

Bible Study.....10:30 am