



THE CLOAK

A monthly publication of

St. Martin's Episcopal Church

March 2017

Welcome to Lent.

But what exactly is Lent in the Episcopal Church? The Episcopal Dictionary explains that

“..Early Christians observed "a season of penitence and fasting" in preparation for the Paschal (Easter) feast, or Pascha (BCP, pp. 264-265). The season now known as Lent (from an Old English word meaning "spring," the time of lengthening days) has a long history.

“..Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ's fasting in the wilderness before he went up to Jerusalem and his crucifixion.

“..The forty-day fast was especially important for converts to the faith who were preparing for baptism and for those guilty of notorious sins who were being restored to the Christian assembly. In the western church the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum (or three days) of Maundy Thursday, Good Friday, and Holy Saturday.

“..Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited

**"to the observance of a holy Lent, by self-examination and repentance;
by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word"**

<http://www.episcopalchurch.org/library/glossary/lent>

Notice the frequency with which “40 days” appears in the Bible, including the great flood when it rained for 40 days and 40 nights; Moses on Mt. Sinai for 40 days; Jesus’s 40 days in the wilderness preparing to go to Jerusalem and his crucifixion; and 40 days from his death to his ascension into heaven.

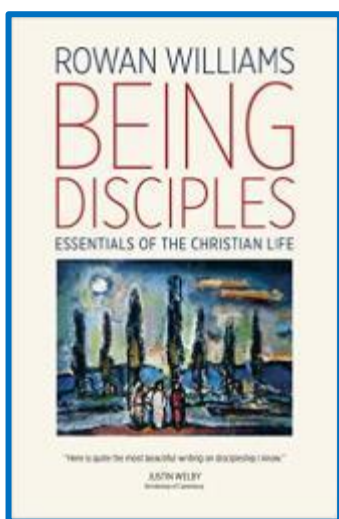
We, too, can use these 40 days of Lent to take on cleansing and nurturing our mind and spirit with a Lenten spiritual covenant, such as reading some chapters in the Bible along with the daily Lenten Devotion booklet. Our liturgy will change with addition of the Penitential Order and Great Litany, and the absence of *Alleluias* and altar flowers. We can take on purifying our bodies with healthier eating. (See p. 4) We can fast from anger and from idleness. We can resolve to help purify our communities and our earthly home through intentional acts. Give up clutter: Consider every day of Lent bagging items to donate to thrift stores or Pay it Forward.

As Presiding Bishop Curry says in our Lenten booklet, “Whatever devotion you practice this season of Lent, either giving up something that ties you to this world or taking on a spiritual task of discipline, let it be something that helps you participate in the movement of God’s love in this world, following in the footsteps of Jesus and loving one another. We’d love to hear about your efforts, and we pray strength for us all through the days ahead. Consider a Lent Buddy? In any case, don’t worry about sliding back; just pick up and keep going.

~ ~ Have a blessed and holy Lent.



Free Devotional book
In Parish Hall

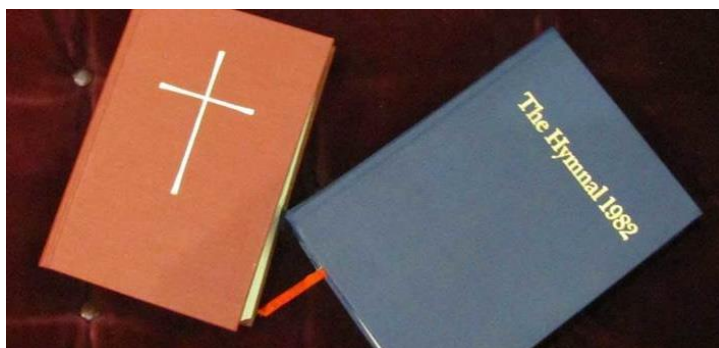


Order for \$5.88+ s/h from
Amazon



St. Perpetua

Did you know.....What are all the books in the pews?

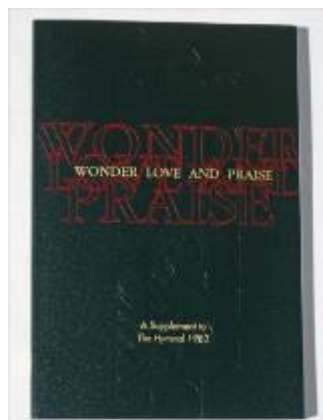


First there is the red *Book of Common Prayer*, common because it is for use in all Episcopal churches. The original dates back to 1549. Prayer books, unlike books of prayers, contain the words of structured (or liturgical) services of worship.

The Hymnal 1982 is our basic hymn book. Before the hymns, it has the chants and service music such as the Gloria, the Agnus Dei (Lamb of God), the Sanctus (Holy, Holy, Holy Lord), and more

The green *Wonder, Love, and Praise* (often listed as WLP) is an addition to the basic blue hymnal. We have some favorites here including “Here I Am” and “Eagle’s Wings.”

The bright red and green designs on *Life Every Voice and Sing* echo the African American origins of the gospel tunes. (See p. 6)



March is Women’s History Month. And so we can read about PERPETUA, FELICITY AND THEIR COMPANIONS, MARTYRS AT CARTHAGE (7 MAR 202) and how they bore witness to Christ.

<http://satucket.com/lectionary/Perpetua.htm>

You can read about other devout women and men in the book “**Holy Women, Holy Men: Celebrating the Saints**” which we use in our Wednesday Healing service. Or you can download the entire book here: <http://diobeth.typepad.com/files/holy-women-holy-men.pdf>



Our Rector's Letter For Lent

Loving God, grant us Minds to know you, Hearts to love you, Hands to do your work and Voices to sing your praise.

March is a full month, with the observance of Lent as we prepare for Easter. We put away the flowers, bring out the purple vestments and pulpit frontals. Our Liturgy in Church changes to the penitential order and we focus on our spiritual lives in traditional ways. The historical characteristics of Lent are self-examination, penitence, self-denial, study and preparation for Easter. It in no way becomes dull or inactive. Many find that giving something up for Lent and fasting is a way they are able to focus more on their relationship with Christ. Others take something on as a spiritual discipline for Lent.

St. Martin's will be having our vestry retreat near the end of the month. This year as a parish we will be following the Episcopal Church's Episcopal Relief and Development booklet of Lenten Meditations 2017. Free copies may be picked up at the church.

My Personal Lenten observance will be to say special prayers for St. Martin's and those we care for on Tuesday mornings, and reading the book *Being Disciples: Essentials of the Christian Life*, based on addresses originally given & written by Rowan Williams the former Archbishop of Canterbury and Theological Scholar. It is a small book (86 pages) with a big heart, the six chapters are: 1. Being disciples; 2. Faith, Hope and Love; 3. Forgiveness; 4. Holiness; 5. Faith in Society; and 6. Life in the Spirit.

We are all called to be disciples of Jesus Christ, this book gives us some sound teaching, with a reflection or discussion question at the end of each chapter. The author says: 'To hear what God is saying we need a degree of stillness - stillness of body as well as of mind or heart. Being a disciple is not turning up from time to time. Discipleship may literally mean "being a student" in the strict Greek sense of the word. It doesn't mean turning up once a week for a course or a sermon. It's not an intermittent state, it's a relationship that continues.' If you wish to join me in prayers or discussion on Tuesday mornings, I will be available in the Church at 10:30 am. A clipboard will be left on the little table in church if you have special prayer requests or concerns for the week you would like added to the prayers said on Tuesdays during Lent.

Rowan Williams's book, *Being Disciples: Essentials of the Christian Life* is available for purchase on amazon.com. (See info p. 2 of this issue of the CLOAK)

My prayer for each of you is that you are able to experience a stillness of body, mind and heart in the peace of Jesus Christ this Holy and Blessed Lent,

Blessings and Peace, Rev. Melodie+

-Helen's Health Corner-

As *Forward Day by Day* says for Ash Wednesday, many people ask “What should I do for Lent this year? What should I read or study or give up or take on?” Many people choose some kind of fasting –in solidarity with Jesus in the wilderness. But we wonder ~ What is fasting?

In Lent, many Christians commit to fasting or giving up certain types of luxuries as a form of penance. Many people fast at certain times in the year for religious reasons. This might mean Meatless Fridays, from the Catholic tradition. During Lent some people choose to “give up” chocolate or coffee. During the season of Ramadan, most Muslims fast from food or drink during daylight hours

Even so, people are always encouraged to maintain good health, by drinking enough water to keep hydrated.

Some Lenten meal ideas include tuna casseroles, vegetarian burritos, soups, or pasta, like this ***No Meat Baked Spaghetti*** , among many easily found online

Kimberly says “This spaghetti typically gets rave reviews from my very carnivorous roommates and is very easy to come home and make after a long day at work:

- 1 package of spaghetti pasta (angel hair cooks fastest)
- 2 jars of spaghetti sauce (I like Prego® brand Fresh Mushroom, but you can use homemade instead)
- Enough grated Parmesan shredded cheese (I like a mixture of mozzarella, Colby and Monterey jack cheese)

Pre-heat oven to 350 degrees while cooking noodles until al dente. To speed the process, I also go ahead and warm the spaghetti sauce in a separate pan while the noodles cook. When the noodles are cooked, mix with the sauce, then fill a large casserole dish about half way. I then put a thick layer of parmesan cheese and the shredded cheese. Then put the rest of the spaghetti on top, and cover that layer with more parmesan and shredded cheese. Cover with foil and put in over for 10 minutes or until the cheese is melted (it takes less time if the sauce was pre-heated) Using reduced fat cheese will reduce the calories in what can easily be a high calorie meal “

From Kimberly at http://www.catholicmom.com/lent_recipes.htm

A Quick Look at LENT EVENTS

Ash Wednesday March 1 Imposition of Ashes with Holy Eucharist was celebrated twice

- Morning -- 9:30 a.m. HE healing service and Imposition of Ashes
- Evening -- 7:00 p.m. HE with Imposition of Ashes

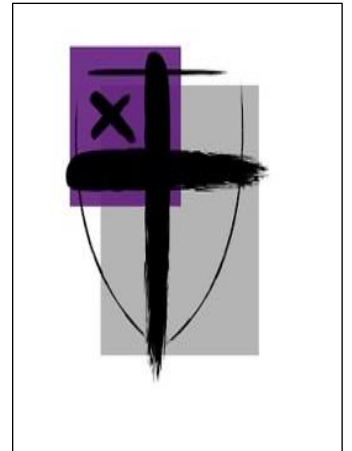
Tuesday mornings (March 7, 14, 21, and 28) at 10:30: **Lenten Prayers** with Rev. Melodie+ in the church.

Watch for the April **CLOAK** with updates about folding Palm Crosses, Agape Meal and foot-washing for Maundy Thursday, Ecumenical service for Good Friday, Vigil at the Altar of Repose, and Festival Mass for Easter Sunday, when *Alleluias* and flowers return.

Palm Sunday	April 9
Maundy Thursday	April 13
Good Friday	April 14
Easter Sunday	April 16

Give us grace,
O Christ, to work while it is day,
Fulfilling diligently and patiently whatever duty you appoint to us,
Doing small things in the day of small things and
Great labors if you summon us to any.
Go with us and we will go, but
If you go not with us, send us not.
Go before us, if you put us forth and
Let us hear your voice when we follow.
Amen.

By Christina Rossetti, 1830-1894, British Victorian poet



Brief Vestry Update.... Meeting on Feb 22.....

Treasurer Doug Young Sr. reported that pledges are now at \$71,020, still a deficit but not as bad.

Vestry members voted unanimously to approve a suggestion that the people in charge of purchasing needed items, such as altar expenses, office supplies and building/grounds maintenance, have authority to spend up to \$200 without submitting a request to the finance committee for approval.

The annual vestry retreat has been scheduled from 10 a.m. to 2 p.m. Saturday, March 25, with Bishop Thornton hosting.

Jim Rutledge suggested vestry members give feedback to the ministry team regarding the service. He would personally like the peace to be shortened. The vestry also discussed whether servers should be allowed to come down from altar area during the peace, which some members would like to see restored.

Ray Hendricks was a guest at the February meeting. He said he's worried about church attendance, which by his count has shrunk to an average of 30 people on a given Sunday. He suggests we add more social activities to which people can be invited and might stay to check things out: game nights, coffee mornings, community barbecue in the parking lot, "Prayer & Ping Pong," etc. General consensus is that both Melodie+ and the vestry think these are good ideas, and Larry James said he would put the issue on the list of topics for the vestry retreat agenda.

You can always talk to Vestry members: Senior Warden Jim Rutledge, Junior Warden Roger Munk, members Larry James, Barbi Thomson, Patty Linn, and Sam Blankenship

“Lift Every Voice and Sing”

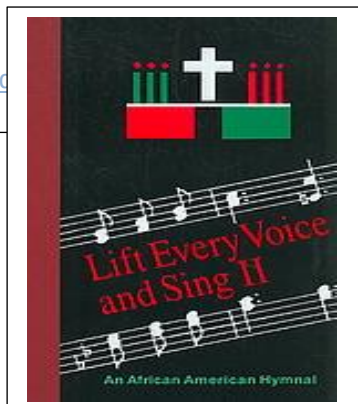
By James Weldon Johnson, 1871 - 1938

Lift every voice and sing,
Till earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the list’ning skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on till victory is won.

Stony the road we trod,
Bitter the chast’ning rod,
Felt in the days when hope unborn had died;
Yet with a steady beat,
Have not our weary feet
Come to the place for which our fathers sighed?
We have come over a way that with tears has been watered.
We have come, treading our path through the blood of the
slaughtered,
Out from the gloomy past,
Till now we stand at last
Where the white gleam of our bright star is cast.

God of our weary years,
God of our silent tears,
Thou who hast brought us thus far on the way;
Thou who hast by Thy might,
Led us into the light,
Keep us forever in the path, we pray.
Lest our feet stray from the places, our God, where we met Thee,
Lest our hearts, drunk with the wine of the world, we forget Thee;
Shadowed beneath Thy hand,
May we forever stand,
True to our God,
True to our native land.

<https://www.poetryfoundation.org/poems-and>



History of
“Lift Every Voice and Sing”
BY JAMES WELDON
JOHNSON

A group of young men in Jacksonville, Florida, arranged to celebrate Lincoln’s birthday in 1900. My brother, J. Rosamond Johnson, and I decided to write a song to be sung at the exercises. I wrote the words and he wrote the music.

Our New York publisher, Edward B. Marks, made mimeographed copies for us, and the song was taught to and sung by a chorus of five hundred colored school children.

Shortly afterwards my brother and I moved away from Jacksonville to New York, and the song passed out of our minds. But the school children of Jacksonville kept singing it; they went off to other schools and sang it; they became teachers and taught it to other children.

Within twenty years it was being sung over the South and in some other parts of the country. Today the song, popularly known as the Negro National Hymn, is quite generally used.

The lines of this song repay me in an elation, almost of exquisite anguish, whenever I hear them sung by Negro children.

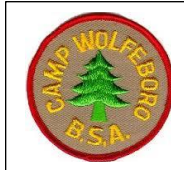
CUB SCOUTS / BOY SCOUTS TROOP / VENTURING CREW 420 Coming Events

Court of Honor

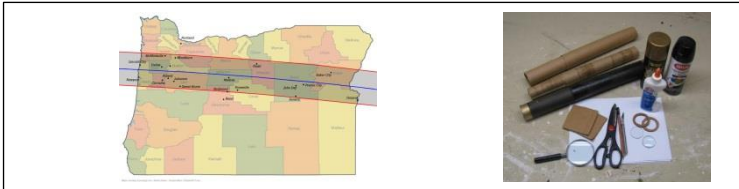
7 pm on Monday March 6 at St. Martin's
Come celebrate their merit badges and honors

California Adventure

Going to
the Big Trees!
July 25-July 9



Telescopes from Carpet Tubes to view the Solar Eclipse August 21, 2017



Watch for fundraisers for Camper Scholarships! Help our youth learn and grow

Thanks to all who helped celebrate Scout Sunday on
February 12, 2017.

- Doug Young, Jr. Scoutmaster, Troop 420
- Kay Young, Assoc. Crew Advisor, Crew 420
- Christina Young, Cubmaster, Pack 420

Personal Care Kits Ministry Update

Our **Feb 24** was
postponed and to Friday
March 3. Thanks to
everyone who donated
and helped.

We go again in April after
Easter.

THANK YOU!



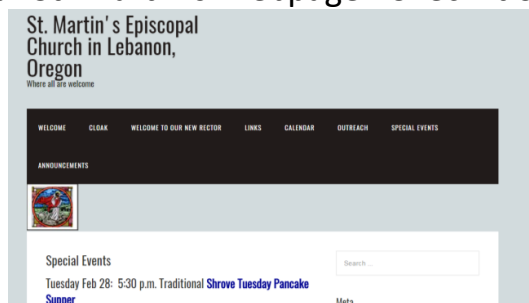
Wednesday, March 22
POTLUCK at 6 pm
Vestry at 6:30.

Thanks to all who help

JOIN THE FELLOWSHIP
ALL ARE WELCOME

How did you know?.....

St. Martin's Communication Committee has added a
"Special Events" page and an "Announcements" page on
our St. Martin's Webpage. Check it out!





ECW Brief Notes:

Next meeting is Friday April 7 at 10 am for last minute planning for the High Tea Fundraiser on Sunday, April 23, between Easter and the Spring Concert Community Chorus.

Come lend a hand!

Birthdays & Anniversaries

Please *help us update* our Birthday and Anniversary list by sending your special days to the office.

March Birthdays

3 - Helen Richard & Don Myrtue
6 - Jean Abbott
14 - Jim Tingler
15 - Pat Hendricks
21 - Lyola Mechals
26 - Sarah Munk

Thanks to all who made Shrove Tuesday Pancake supper and races a success – St. Martin's Men – and the participants and winners!



The certificates are available at church.

Lessons for March Read Along

March 5

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

March 12

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

March 19

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

March 26

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



Parish Directory

Our Parish Directory is updated, and copies are available at church. Please send additions and corrections.

SAVE THE DATE: Ecumenical Mid-Valley Communion / Picnic ("Mass in the Grass") is planned for August 13 at Monteith Park in Albany with many churches participating



2014 Service

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Newsletter Submissions: The deadline for the April 2017 newsletter is **Monday March 20**. Sending your information in by e-mail helps reduce our workload. Please send your submissions to: stmartinslebanon@gmail.com. Thanks to Barbi T. for proofreading.

St. Martin's Episcopal Church

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