

March

Volume 20 Issue 3

Church of the Holy Spirit has a special ministry to the elderly of the area

March 1	10:00 A.M.	Holy Eucharist Rite II
March 8	10:00 A.M.	Holy Eucharist Rite II
March 15	10:00 A.M.	Holy Eucharist Rite II
March 22	10:00 A.M.	Holy Eucharist Rite II
March 29	10:00 A.M.	Holy Eucharist Rite II

Rev. Anne Abdy Vicar
 Jim Anderson Senior Warden
 Jim Anderson Junior Warden
 Gwen Anderson

Church of the Holy Spirit

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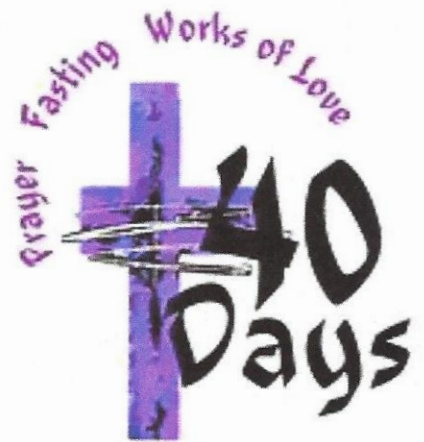
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Inside this Issue

Rev. Anne	2
BAC	3
Financial Report	3
ECW News	4
Sunday Service & Servers	5
Words from the wardens Cell	6
Calendar	7

From the Desk of your Vicar

When I first arrived at Holy Spirit I explained numerous terms that may or may not have been familiar to you. I have not done so for some time. In this newsletter and in newsletters to come, I will continue this practice.

What is the Diocesan Program Assessment?

Diocesan Canon 5.2 discusses the Diocesan Program Assessment which is the monetary support that each parish is asked to contribute towards supporting the mission and ministries identified in the diocesan budget. A parish's DPA and is based upon how much the congregation spends on operating expenses, excluding the amount spent on outreach. It is also based upon the average of the previous two years. As a result, often the DPA fluctuates especially in times of growth in church membership. In December 2019 Holy Spirit was notified that our DPA increased significantly and fortunately our 2020 budget was able to absorb this change. This parish is a very giving community and from year to year we pretty much know our income and expenses. It is important, now more than ever, to turn in any receipts that reflect outreach purchases. This act will help with stabilizing our DPA as we continue to grow this parish and move forward.

Lenten Book Study

Lent is upon us. First, thank you to all who contributed time, money and energy towards the Shrove Tuesday Pancake fest. Ash Wednesday services both at church and at Linus Oakes were well attended. Whether you choose to add a discipline or limit a luxury, the purpose of a Lenten practice is to enhance self-reflection that will lead to reconciliation with the Father. To help us with this process of personal reflection, for our Lenten Book Study this year we will be reading Liturgy of the Ordinary: Sacred Practices in Everyday Life by Tish Harrison Warren. We have a number of copies on site. Please be prepared with having read the "Forward" and "Chapter 1 Waking: Baptism and learning to be the Beloved" (pages 9-24). You may want to glance over the section with discussion questions and suggested practices at the back of the text.

Do you want to fast this Lent?

(In the Words of Pope Francis)

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silence so you can listen.

May you all have a blessed Lent!

Blessings,

Holy Spirit's Vision Statement

Church of the Holy Spirit has a special ministry to the elderly of the area. We provide a place of liturgical corporate worship, spreading the Word of God through the community as a part of the greater church in the Diocese of Oregon, the nation and the world. We envision growth and look for ways to help that happen.

Holy Spirit's Mission Statement

We strive to serve God, to serve our community, and to serve ourselves through Christ who lived and died for us.



January Treasurer's Report

Income	\$4,963.35
Expenses	\$ 712.04

Laetare Sunday

The fourth Sunday Lent in the Roman Catholic liturgical calendar. The term is derived from the opening words of the Latin Mass, "Rejoice (Laetare) Jerusalem" (Is 66:10). The church is called to joyful anticipation of the victory to be won. This joyful theme provides lightening from the penitential emphasis of Lent. Since the thirteenth century the celebrant of the eucharist has been permitted to wear rose-colored vestments which express the change of tone in the Lenten observance. Laetare Sunday therefore may be called "Rose Sunday." This custom is not required in the Episcopal Church, but it is observed by some parishes with a traditional Anglo-catholic piety.

Reference: [An Episcopal Dictionary of the Church: A User Friendly Reference for](#)

Episcopalians, Don S. Armentrout and Robert Boak Slocum, editors.



BAC Meeting February 8, 2020

Present: Rev. Anne Abdy, James Anderson Senior /Junior Warden, Gwen Best, Donna Anderson, Clerk

Member Absent: Martha Scott, Janet Ryall, Treasurer

Opening Prayer: Rev. Anne opened the meeting with a prayer.

Minutes: January's BAC minutes and the Annual Meeting minutes were approved.

Vicar's Report: Rev. Abdy tabled the report until March BAC meeting.

Treasurer's Report: The Treasurer's Report was approved as submitted.

Senior Warden's Report: Jim tabled his report until the March BAC meeting.

Junior Warden's Report: Safety lights and the Fire extinguisher were checked.

Old Business: The copy machine was repaired. It was discovered that another part is wearing our, and will be replaced if a part can be found. The website will be updated.

New Business: The Sexton position was discussed as a contractual position. Rev. Anne will work with the Junior Warden for the job description.

Closing Prayer: Rev. Anne closed the meeting with a prayer.

Next BAC Meeting: March 14, 2020.



The Episcopal Church Women

March 7th

Holy Spirit Book Club
11:00 A.M.

March 14th

BAC Meeting
2:00 P.M.

March 21st

Vicar Dibley Film Fest
2:00-3:00 P.M.

April 3rd

Palm Cross Workshop
11:00 A.M.

April 10th

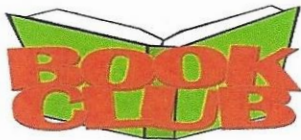
Stations of the Cross 11:00 A.M.
Good Friday Service 12: P.M.

Linus Oakes Chapel Service

Saturday, March 7th 3:00 P.M.

Good Friday Service April 10th 3:00 P.M.

Easter Sunday Service April 12th 3:00 P.M.



Saturday, March 7th at 11:00 A.M.

Please bring books that you have read to exchange. There will be a no host lunch after Book Club. Invite friends to book club of a fun social activity. The book club is a way of letting the community know that Holy Spirit is an active member of the community.

The Valentine Bingo was a success with 11 in attendance. Refreshments for the event were furnished by the ECW. Karen furnished all the great prizes for BINGO. Thank you Betty and Karen for your help in offering a fun day to the community. We also promoted our Shrove Tuesday Pancake Supper at the event, and were able to sell some tickets for the Pancake Supper.

Betty had the Pancake Supper well organized, and all the helpers recruited for the event. On Monday, February 24th at 1:00 P.M. the Parish Hall was decorated for Shrove Tuesday. The theme will be Mardi Gras.

The next event for ECW will be Easter Brunch. In the past ECW has furnished a spiral ham for the brunch. Members sign up to provide the other items for brunch.

Altar Guild

You will notice the changes in color and hangings for Lent. It is a season of penitence, so there are no flowers on the altar until Easter. We will be handing out forms for Easter flower donations. Saturday, April 3rd we will be making palm crosses. When the palms arrive, they need to be soaked overnight to be flexible enough to form the crosses. We make crosses the Holy Spirit, Linus Oakes, and friends.

Lent Madness

A fun activity for Lent is participating in Lent Madness promoted by Forward Movement. Lent Madness is an online Lenten devotion. We learn about saints and holy people. The website: lentmadness.org. A bracket poster has been put up in the parish hall. Results are updated on a weekly basis.

Sunday Servers

March 1st

EM: Charlotte

Lector: Pauline

Intercessor: Dayle

Hospitality: Betty

March 8th

EM: Karen.

Lector: Gwen

Intercessor: Gillian

Hospitality: Donna

March 15th

EM: Donna

Lector: Jim

Intercessor: Karen

Hospitality: Janet R & Karen

March 22nd

EM: Janet R

Lector: Dayle

Intercessor: Gwen

Hospitality: Dayle

March 29th

EM: Donna

Lector: Gwen

Intercessor: Betty

Hospitality: Charlotte



Lent

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal 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. 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 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” (BCP,p265).

Reference: [An Episcopal Dictionary of the Church: A User Friendly Reference for Episcopalians](#). Don. S. Armentrout and Robert Boak Slocum, editors.



Donna

6th

Words from the Warden's Cell



It's March and things are starting to come alive in the northern hemisphere. The feel of life in the early spring is one of hopefulness, or do I dare believe it? A feeling of connection starts to permeate our crusty winter hides, and the wrinkles around our eyes begin to stretch as we behold the first robin of spring drop a big white one on your windshield. Why you little.....! But after all, we do love our little feathered and furry friends for their cute liveliness. We begin waking up to a new season of possibilities that will transcend us, even in our advanced years. I speak of renewing our relationship with God the Father through His own beloved son, Jesus the Christ.

Now it gets testy as it usually is. Some of the most eminent psychologists have written in their lengthy research that our understanding and relationship with God is directly related to our own relationship with our earthly father. When I first read that I thought, "Oh Beelzebub, I'm in big trouble." My father's absence during most of WWII and his addiction to alcohol and drugs at his return was my trade-off for a loving relationship with my dad. I wanted to believe he loved me, but he just wasn't there. And when he was it was often unpleasant. We all want a loving relationship with our own fathers, but mine was always very tired, cranky or stoned. Mom facilitated his addictions with excuse making in order to convince us that this is just a normal reaction to his very difficult workday. By the sixth grade I knew this was all BS, and I was left with a deeply empty feeling of guilt that somehow this was all my fault for not being a good and worthy son. I was a disappointment to my father and he let me know it with everything I tried. I would always count myself a failure. This is the usual, typical unerring picture of an Adult Child of Alcoholics. There are books and studies on it. Children as these always turn out either washouts or overachievers. We don't talk, we don't trust, we don't feel and we don't know what all this "love" crap is about. Just leave us alone.


It's only been over the past ten years that I've finally understood and began forgiving my father to a greater extent. I'd been a convert to Episcopalianism since 1968, and it's been a long, long, process of prayer, devotion, therapy through an ACOA chapter that always seems to find harbor in the Episcopal church. That was my turning point that hinged on my very compassionate, loving and understanding wife. My studies and practice in the Taoist spiritual discipline resulted in a God consciousness that burst into my mind and literally stunned me. I must have cried for several days as all of the pain and poison released itself and ceased my suffering. I didn't know how much I suffered. Then I saw the direct correlation between the teachings of Lao-Tzu and Jesus. This was beyond my cup overflowing. The God particle in me has remained in my consciousness. Twenty years of walking the hills in sandals or bare feet and practicing Tai-Chi Ch'uan at the top of the hill ridge brought me to face the other direction in a great circle, and then passing through that circle. All things had passed away. Everything I know had come that day.

I love my father now for all he had suffered and still supported his family through his pain. What did I know? And I love the sign on the church billboard down the street that reads, "SMILE, GOD BELIEVES IN YOU." I know that now.

May your springtime bring something new that renews your relationship with our Lord.

Your brother in Christ,
Jim Anderson

March 2020 Parish Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Holy Eucharist Rite II 10:00 A.M. Betty</p>	2	3	4	5	<p>6</p> <p> Donna</p>	<p>7</p> <p>Book Club 11:00 A.M.</p> <p>Linus Oakes Service 3:00 P.M.</p>
<p>8</p> <p>Holy Eucharist Rite II 10:00 A.M.</p> <p>Donna</p>	9	10	11	12	13	<p>14</p> <p>BAC Meeting 2:00 P.M.</p>
<p>15</p> <p>Holy Eucharist Rite II 10:00 A.M. Janet R & Karen</p>	16	17	18	19	20	<p>21</p> <p>Vicar of Dibley Film Fest 2:00-3:00 P.M.</p>
<p>22</p> <p>Holy Eucharist Rite II 10:00 A.M.</p> <p>Dayle</p>	23	24	25	26	27	28
<p>29</p> <p>Holy Eucharist Rite II 10:00 A.M. Charlotte</p>	30	31	<p>Church of Holy Spirit</p> 