

A Grace Note from the Rector
February 15, 2024

Dear Ones,

Here are some highlights in this season of preparation and renewal.

February 18 **The First Sunday in Lent** – 9:30

The Great Litany & Holy Eucharist, Rite I

Fr. Steve Giovangelo, *Presider & Preacher*

March 10 **The Fourth Sunday in Lent**

Bishop Jennifer's Visitation

Wednesdays @ Noon ~ Holy Eucharist in the Prayer Room

Midweek Ecumenical Lenten Gatherings

Study Book: *The Love That is God: An Invitation to Christian Faith*

by Frederick Bauerschmidt

6:00pm light dinner

7:00pm program

February 21: Holy Trinity Lutheran Church

February 28: Saint Andrew Presbyterian Church

March 6: Grace Episcopal Church

March 13: Hazelwood Christian Church

March 20: First Presbyterian Church

This year, Episcopal Relief & Development is offering **Lenten Meditations** about living an authentic life as followers of Christ. Here are some ways for you to participate:

<https://mailchi.mp/episcopalrelief.org/lent-promo-2024-feb-6?e=f6883f5d23>

GOSPEL MUSIC

GOSPEL, the latest history series from Henry Louis Gates, Jr., digs deep into the origin story of Black spirituality through sermon and song. You can explore this three-episode series on PBS. It's wonderful!

HAPPY BIRTHDAY!

Pam Sebura (February 15)

Joe Turner (February 18)

Patricia Travis (February 19)

Jamie-Sue Ferrell (February 20)

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.

CHRISTIAN MINISTRIES ~ ONGOING NEEDS

Food Pantry: Canned fruit, meats, and soup, crackers, cereal, pasta & pasta sauce, mac & cheese.

Personal Care Items: Bar soap, shampoo, toothpaste, dish soap, laundry detergent, toilet paper, lg/med diapers, towels, washcloths, blankets.

A BETTER WAY ~ FEBRUARY NEEDS

New or Gently Used items needed – pillow cases, twin sheets, twin blankets, wash cloths and bath towels. Thank you for your ongoing support!

How does one keep a good Lent? What should you give up? Should you take something on? These are important questions, and not unique to our time. This poem reminds us that keeping a true Lent is less about starving your body than nourishing your soul. Robert Herrick (1591-1674) was an English lyric poet and Anglican cleric.

To Keep a True Lent

Is this a fast, to keep
The larder lean?
And clean
From fat of veals and sheep?
Is it to quit the dish
Of flesh, yet still
To fill
The platter high with fish?
Is it to fast an hour,
Or ragg'd to go,
Or show
A downcast look and sour?
No; 'tis a fast to dole
Thy sheaf of wheat,
And meat,
Unto the hungry soul.
It is to fast from strife,
From old debate
And hate;
To circumcise thy life.
To show a heart grief-rent;
To starve thy sin,
Not bin;
And that's to keep thy Lent.

~Robert Herrick, 1648

God bless you in your Lenten journey,



The Rev. Dr. Paul Jacobson, *Rector*

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