



The Herald

St. Raphael the Archangel Episcopal Church

Vol 54 Issue 3

March, 2019



Well, Lent is here again! I enjoy the liturgical cycle of our Anglican heritage, and what each season has to teach us, and for the different pace that each season presents. I hope that we can enter our journey to Easter together intentionally and openly this year, whether it is the first or the umpteenth time you have travelled this way. Lent is about preparing our selves for the Easter resurrection and hope of Jesus. Traditionally, the seven weeks of Lent are a time of inner reflection and penitence, and you will see this thread in each weeks readings as well as in the few weeks before Lent begins. What are we reflecting on? Our walk in love with our God, our neighbors and our own selves.

We can also see this time as a period of fasting. Shrove Tuesday on March 5 began as a finishing up of our stores of perishable and rich foods in the form of pancakes, to begin the fasting period. The purpose of fasting is to focus our thoughts on God. For some that might be best done by focusing on adding in rather than taking away: adding in more time for reading the Bible, praying and communal worship. For some, giving up something we enjoy regularly eating or drinking might be a way to remind us of our relationship with God. Biblically, fasting has often been a way to express grief or a means of humbling our selves before the Lord. In Psalm 35, David humbled himself with fasting. In Matthew 4, Jesus went to the wilderness to fast for 40 days. In Matthew 6, we learn that we are not to look somber whilst fasting so that we draw attention to our fasting, and throughout the New Testament, fasting and prayer are often mentioned together. In Acts 13, 'they had fasted and prayed', just as the widow had fasted in Luke 2.

I have a wonderful little book that calls its readers to make bread during Lent, as a way to slow down, value those gifts given for our nourishment, reconnect with the world – both the earth that produced the wheat and those around the world who don't have the choice of supermarkets and fast food bread options. And allow us to be reminded of the prayer that Jesus taught us: 'Give us this day our daily bread.' In this, Jesus is recalling the manna in the wilderness, and the 'enough' that God provides. As my little book says, bread speaks to us of our reliance on God, our Maker, and provides us with an apt metaphor for the spiritual journey. Below, I have listed all the services and events planned for 'sharing bread' together during Lent. I hope you will join in as much as you can, but more than that, I pray that you will find the 'enough' of the Bread of Life.



**Rev. Canon Dr. Helen
Van Koevering**

Love, Helen

Sr Warden's Corner

One of the first things that our rector said to me was that she appreciated the diversity of our parish. I was initially quite confused by this. Most of the time in my worklife I think of “diversity” as simply a measure of the ethnic makeup of a group. And I don’t see St. Raphael’s as winning too many awards based on that criteria. But as we explored this more I began to understand what she meant, and what she was seeing (and that I wasn’t) in us: we are diverse in other ways. We are diverse in what we believe, in how we serve the Church, in what we do outside the Church, in our ages, abilities and numerous other ways.

And so, fast forward a few months when she asked if I would serve as Senior Warden. It can be a very scary prospect for those of us naturally inclined to avoid conflict to be in a position in which some degree of conflict is likely to arise. Those areas of diversity show up in all kinds of ways in our church: how should our Christian Education programs be run? What should our policy on firearms be? What are we going to make our priorities when it comes down to developing a budget? What areas should we focus our outreach efforts on? How do we delegate responsibilities within the Church so that people are more involved so that it’s not the same few people doing – or being expected to do – everything?

These are difficult questions. They are not unique to our Church, or even places of worship as a whole. And as tempting as it is to either shy away from contentious issues or pretend that they don’t exist, I think we are strengthened by dealing with these points of disagreement as they come up. Diversity isn’t a bad word in any context that I can think of, and what a boring and stagnant place St. Raphael’s would be if we all just placidly agreed on everything. Of course, I do think that we are very respectful of each other and the different points that we bring, and that allows us to differ in ways that strengthen our community.

When I approach the altar to receive Eucharist I want to feel that we are in communion with each other. Generally, I believe that we are. But, I have to admit a secret fantasy that I have had for quite a while, and that now as Senior Warden I think stands a better chance of happening: I hope that at some point during the passing of the Peace someone just beats the snot out of me. I know “The Peace” is a big social event filled with many hugs, and that is fine. But if I have wronged someone, disrespected them, not lived up to my role as a brother, fellow parishioner, warden, friend, etc... then I hope that I get called out on it. And I hope that it happens before we celebrate the fact that we are in communion with one another as the body of Christ.

My experience is that we are a parish that gets along very well, and I don’t mean to imply that there are issues threatening to tear us apart. But I do hope that as the year

Stewardship Corner

Thanks for joining us again at the Stewardship Corner!

This corner talks often about sharing blessings. As I type I start a new journey of employment tomorrow, one that 3 months ago seemed like the longest of long shots. As many of you have heard me say often, God always has a plan for me but at the moment He is not sharing. Today He shared.

One of the things that the Stewardship Committee and the Vestry are considering are a couple of Capital expense items related to the well-being of those in our congregation. As Reverend Helen continues to grow this parish, the statistics are likely to change.

Yet now many of us are somewhat older and from time to time in need of more medical attention than when we are younger. Without getting into specifics before due diligence and conversations have taken place, let us just say that it is likely the Parish will delve into its Capital savings fund.

So in the next several months, if each of you could begin to have a conversation with God and Jesus about your ability to contribute to the Parish Capital fund, that would be a great beginning. Without trying to sound deflective or evasive (Lord, just watch politicians on TV if you are needing a “fix” of that), suffice it to say that this Parish will likely need a small infusion of extra funding over the course of this year in order to maintain a healthy balance.

More on that next month. In the meantime, enjoy the tremendous building and grounds we have. And note that Tobit’s Trace work is about to take off again. I attended a meeting with many stakeholders and LFUCG people and suffice it to say that they were truly impressed at the highest level with our planning of that effort. On that subject, please take a moment to thank Dave Sevigny, as he is our lead steward on that project. He never, ever, asks for recognition and will probably be somewhat distressed by this message, but he needs to be recognized for the work he does behind the scenes.

Let us give thanks for all that God has bestowed upon us and give thanks and praise to the Lord for all those things he is about to bestow upon us in 2019.

Roger L Kirk

progresses that we wade into some waters that aren’t always comfortable and challenge ourselves and each other to do the messy work of the Lord.

Tony LoBianco, Sr. Warden

Lenten Opportunities for St. Raphael's

Join us for our Lenten journey to Easter at St Raphael's!

- Shrove Tuesday, at 5.30 with pancakes, Mardi Gras masks & bonfire on new Tobit's Trace
- Ash Wednesday with imposition of ashes at 7.30am, noon and 6.30pm
- Sundays March 10, 17, 24, 31 & April 7 at 8.30 and 11 am with activities for all ages
 - o 'Way of Love' contemplative Eucharistic service at 6.30 pm
 - o BUILD meeting (Building a United Interfaith Lexington with Direct action): HE at 6.30, beginning at 7pm
 - o Dinner Church: Saturday March 30 with Dr Tom Kimmerer, 'God's Trees, Climate & Justice': discussion, potluck dinner and Eucharist
- Palm Sunday April 14 with community breakfast at 9.30am
- Holy Week: Monday, Tuesday and Wednesday midday Eucharist (April 15-17)
 - o Holy Wednesday Eucharist service at 6.30 pm with an agape meal
- Maundy Thursday Eucharist with foot-washing & stripping of the altar at 6.30 pm
- Good Friday: Stations of the Cross at noon & Burial of our Lord at 6.30 pm
- Easter Vigil on Saturday April 20 at 6.30 pm
- Easter Sunday April 21 - Alleluia services at 8.30 & 11 am with community breakfast at 9.30 & Easter egg hunt at midday

Music Notes

Our Lenten Journey Begins
*Eternal Lord of love, behold your Church
walking once more the pilgrim way of Lent
... (Hymn 149)*

Lent is frequently described as a journey, a spiritual journey. The point of any journey, spiritual or not, is that we arrive at a place that is different from our starting point. In her February 24 sermon, Helen exhorted the congregation "not to rush through Lent." I think that was wonderful advice. We need to hear that. How many of us rushed through the recent holidays, and felt afterward that we had not fully appreciated the beauty and wonder of the season? Unlike Christmas, the season of Lent does not carry the accompanying societal pressures and expectations, so it really is an opportunity for reflection, prayer, and self-examination. At the end of Lent, will we be in a "different place" and changed in some way? Our church offers worship, discussion groups, Bible study, outreach to the community, and fellowship to guide and assist one another as we make the Lenten journey. Take advantage of any or all of these offerings, but most especially, worship. It is worship that binds everything together, and it is central to our lives together as Christians.

The choir is working hard to do its part, to offer beautiful music appropriate to the season. Lenten music includes many favorite hymns such as "Rock of Ages, Cleft for Me," "Were You There," "In the Cross of Christ I Glory," and "O Sacred Head, Sore Wounded." Consider using our Episcopal Hymnal or the "Lift Every Voice and Sing" Hymnal as a resource for meditation and a source of inspiration. Hymns are poems set to music, and there is abundant verse for reflection. One of my favorites is "What Wondrous Love Is This" (hymn 439), an Early-American shape-note hymn:

"What wondrous love is this, O my soul, O my soul . . .
What wondrous love is this that caused the Lord of Bliss,
To bear the dreadful curse for my soul?"

Hymn 474, by Isaac Watts is timely today in our materialist society:

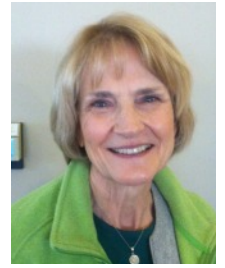
"When I survey the wondrous cross where the young
Prince of Glory died,
My richest gain I count but loss, and pour contempt
on all my pride."

If you are in need of reassurance, try this closing stanza from hymn 636:

"The soul that on Jesus hath leaned for repose, I will
not, I will not desert to its foes;
That soul, though all hell shall endeavor to shake,
I'll never, no never, no never forsake."

Now that's a promise you can stand on!

Blessings for a Holy Lenten Journey,
Melinda Storey, Organist/Choirmaster



Melinda Storey

A View from the Pew

The Holy Spirit

The Holy Spirit. Most “Christians” (darned if I don’t dislike labels, any labels, why can’t we just be) associate the Holy Spirit as one of the triumvirate forms of God, along with God the Father, God the Son and God the Holy Spirit. This is the manmade concept of Trinity. The term appears nowhere in the Bible. Ignatius of Antioch is believed to have first voiced the Trinitarian concept around 110 AD. But the Trinity was given the force of sacrosanct unchangeable truth by the Council of Nicaea in the Nicene Creed.

Thus, for those who, like me, do not believe that this is bedrock truth, we are not technically “Christian.” Fine with me, I’ll follow the truth of God, as God shows me (maybe just me??) following earnest and daily prayer for the highest truth. Right now, that truth for me is that there is the one, all-encompassing mysterious spirit (Jesus said God is spirit) we call “God.”

Thus, from our Teacher Jesus, the greatest teacher of all, are two indicators that God IS the Holy Spirit: 1. “God is spirit” John 4:24, and 2. “My Father is greater than I.” John 14:28.

Therefore, the “Holy Spirit” IS God. And if we can see God in the smile of a child, the wonder of nature, the teachings of Jesus and the following of loving, truthful, compassionate ways of living, then surely, God IS manifest through all such people, plants, rocks, stars and things. They, none of them, are “God,” but God is manifest in it all.

Most Christians believe the Holy Spirit was a New Testament construct along with the Trinity. But this is not so. The Holy Spirit IS mentioned before, way before. I was reading Psalms, just started at Psalm 1 and read on. The Psalms are the best. You feel pain, angst, worry, go read Psalms, you want inspiration and encouragement—go read Psalms, apt reminders of the truth and healing salve of God. Wail after wail the Psalms are all about the rewards of trusting and turning it all over to (alternatively) God and Lord, living as God taught, following good, doing right, etc. Great stuff!

So, Psalm after Psalm immerses you into the salvation of God/Lord, and Psalm 51 continues this golden vein when it hit me:

“...10 Create [j]in me a clean heart, O God, And renew [a] steadfast spirit within me.

11 Do not cast me away from Your presence And do not take Your Holy Spirit from me.



12 Restore to me the joy of Your salvation And sustain me with a willing spirit...”

Oy ve! Hooray! A higher truth, confirming what I already had within me, a truth I think, or at least hope, was from God/the Holy Spirit.

In searching for this higher truth, I try to stay humble and open. It helps me to recall that there are always three phenomena: 1. There is always some objective truth; whether we can know it or not, or whether we do know it or not, an objective truth is out there (or in here—for as Jesus said, the kingdom of God is within, Luke 17:21); 2. Our perception of truth/reality, with varying degrees of accuracy, and 3. Others’ perception of truth/reality.

The perception can seem so real. Often the passed down prejudices, untruths, fears, lore, dogma are so entrenched that for the indoctrinated (usually at a young age) this must be “the truth.” Often, they are not. Regardless, such beliefs are the holders’ perception and that is their reality, but it is not THE reality, “truth.”

Thus, the highest virtue just may be humility. It goes hand in hand with love. I have a long way to go. Most of us do. But with the help of God/Lord/the Holy Spirit and with Jesus standing by us, we will climb upwards, or perhaps be lifted up. Uplifted. Either way, UP. UP with God, with Holy Spirit, UP! Cool!

Richard Dawahare

Sages Event

March 21st at Red Lobster, Nicholasville Rd. 11:30 am, Sign up sheets both upstairs and downstairs on bulletin boards in the entry ways. Hostess is Paula Brockman.

Crafters’ Circle

Crafters will meet March 9 & 23 at 10:00 AM. Anyone interested in quilting, knitting, crocheting, or other crafting skills is welcome to attend!

ECW Luncheon

Join us on Saturday, March 16, at The Giftbox and Tea Room, on Partner Place, in the Keithshire Shopping Place at 12:30 pm.

St. Raphael Art Space Committee Planning for Future Exhibits

The committee members have had significant discussion regarding the content and tone of the lobby exhibits, the response by the congregation and how might these walls better engage the children of the church. It is the wish of the committee to exhibit 4 shows per year; however, it is time for a change in approach. We will leave single artist exhibits and move to displays addressing a theme. The theme for 2019 will be "A Celebration of the Seasons". It is hoped this approach will better engage all of you and provide an avenue to involve the children of our church. We need the congregation to respond and engage in this space, it isn't just a lobby where guest enter for the first time, it's our home, the walls should reflect all of us.

On March 3rd (after each of the Sunday Services) there will be a last viewing of Carol Summers' exhibit in the church office lobby. Carol will serve coffee and donuts and there will be some new surprises.

March – April the walls will be bare in observance of Lent

May – July A Celebration of the Seasons: Spring/Summer, more details about this show later



Rene of Ronald McDonald House gratefully received our gifts given on Christmas Eve by our St Raphael's children to newborns needing care at UK hospital



Shrove Tuesday pancake supper - March 5, 2019

Save the date and sign up to help!

All are welcome to come & share our celebration of Shrove Tuesday! Pancakes, outdoor activities on Tobit's Trace, & Mardi Gras crafts! Join us on Tuesday **March 5th from 5:30 to 8 pm.**

Tickets are available for purchase for \$5 for adult and \$2.50 for children under 12. Advanced tickets are recommended (so we have a good head count) but not required. RSVP and payment can be made to Hunter Mathews, Nancy Christiano, or during the week in the office. Checks should be made out to Saint Raphael.

Volunteers are needed to assist with setting up, cooking, serving, kids craft and clean up. Please contact Nancy Christiano at 502-641-5431 or Hunter Mathews at 859-749-1329 to volunteer.



A Church Mouse in God's House

O.k., so this is maybe a little difficult to admit to you all, but I'll do so anyway. I used to be on the border of being an atheist. I know, I know, I'm sorry. It's just that I had never really seen anything truly miraculous happen. I kept looking for a sign... you know, the "Hand of God" or something? But for years, even in your Church, I never noticed anything.

And then I did! Here's what happened. It was on a Sunday afternoon well after the services, and just like always a bunch of people had left their coffee cups and other dishes laying around on tables in the parish hall. So, I was like, "yeah, crumbs!" So I went around and licked about half of the cups and plates and then took a nap. And when I got back up to enjoy the other half... they were gone! Now here's the thing: nobody else had been in the Church. They just magically cleaned themselves up.

But... it wasn't magic, it was God! Seriously, magic doesn't work like that. It's not going to happen when nobody is watching and it's certainly not going to clean up after a bunch of people who don't clean up after themselves. But God will, and does! Do you realize how long God has been cleaning up your messes? Sure, I'm disappointed that I didn't get the second round of crumbs, but I'd trade that for a mystical experience any day of the week.

Where do you find God? Do you find God in obvious miraculous moments like my experience? Or do you feel a benevolent presence that you can't define? Or is it something else? I know the saying about "God helps those who help themselves," but that just doesn't feel quite right. Doesn't God help everybody? The poor, the hungry, the meek, the people who don't put their dishes away? I testify before you today brothers and sisters: God does!

Of course, I'm sure God would appreciate your help too. Social justice, prison ministry, basic respect for common space. But maybe that's a topic for another month. I am going to revel in my mystical experience for now.



Birthdays for March

Christopher Young	Mar 2	Laura Formisano	Mar 16
Erika Mayers	Mar 4	JeanEllen Melton	Mar 17
Ed Garvin	Mar 5	Amanda Whorley	Mar 17
Marla Fox	Mar 6	Vicky Colliver	Mar 18
Teresa Wells	Mar 6	Gail Miller	Mar 19
Debbie Emrick	Mar 9	Nancy Marshall	Mar 20
Kate Melton	Mar 9	Brent Bardin	Mar 23
John LoBianco	Mar 11	Amy Fowler	Mar 23
Felicity Lorton	Mar 11	Jackie Murphy	Mar 23
Annette Bigler	Mar 14	Ron Formizano	Mar 31
Adam Curci	Mar 16	Mary Glancy	Mar 31

Anniversary Dates

Jeff & Lora carter	March 15
Dave & Paula Sevigny	March 19
Mary & Rod Glancy	March 27

Dinner Church Feb. 23rd



Our Next Dinner Church will be held on March 30. Please let Amanda Vance know if you will be attending and what food item you will be bringing by March 25. Her phone number is 502-333-8773, or email her at ALVance13@gmail.com

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Articles and news information for September must be submitted by **Friday, Mar. 22, 2019** to Dana Berry at danabruceberry@gmail.com

Sunday Services

8:30 am Holy Eucharist (Rite I)

Nursery provided from 10:45am to 12:15pm

service for children: infant to 2nd grade

11am Holy Eucharist (Rite II)

Wednesday

10:30 am Book Club & Cookies

12 Noon Holy Eucharist with Unction

6:30 pm Evening Prayer with Unction (healing prayers)