



The Herald

St. Raphael the Archangel Episcopal Church

Vol 54 Issue 4

April, 2019



I'm writing this in the middle of Lent, but you and I all know the end of the story and the celebration of new life the birth, life, death, and resurrection of Jesus, the Son of God has made real.

You'll see that, thanks to several key people in our church and vestry, we have a lot of activities on our church calendar as we come closer to Easter – breakfasts, agape meal, dinner church, Easter eggs...I firmly believe that one of the greatest invitations we can make as a church is to invite people to celebrate with us. It's as true today as ever, that somewhere, everywhere, people are connecting socially, and in our fast social-media world of today, we might pretend that a lot of it is true human connection – but we need to get face to face too. From the beginning of time and throughout Scripture, lives have been patterned around celebration, feasts, social gatherings, story-telling, eating, drinking, laughter and listening. Of course, conversation can include the weightier things that matter in our daily life, and conversations that build our spiritual lives – like our opinions of social issues in our city with BUILD or more locally with the “On the Table” discussions in Gardenside, or with recently settled refugees, or around a book or Bible study, learning together about the saints, even doing some gardening, flower-arranging and cleaning up together. Getting together allows for us to listen, see and read one another's faces for how life truly feels for the other. Conversation allows for supportive, understanding friendships and ministry to one another to grow. This helps us to become and be the ministers that we each are as a primary expression of living into our baptismal covenant as the Body of Christ.

In Jesus' “Farewell Discourse”, as in John 15-17, we hear Jesus pray that we might love one another. I think that means many things, but mostly ‘enjoy one another.’ And that is easier to do when we meet each other and invite our neighbors to join in.

So, feel free: invite your friends and neighbors to our celebrations, offer them lifts, ask them to join in with a potluck dish, sit at the table with them – enjoy one another!

Love,
Helen



Rev. Canon Dr. Helen
Van Koevering

Upcoming Events:

April 6th, & 20th : 10:00 Crafters will meet in the undercroft.

April 13 8:30am - 2pm: Parish Cleanup and Repair Day Saturday

April 14: Palm Sunday Community Breakfast between services.

Holy Week: M T W midday Eucharist 12:00pm.
Wed. Evening 6:30 with Agape Meal following.

April 18 at 6:30 pm.: Maunday Thursday Service

April 19 Good Friday - Stations of the Cross at noon. Burial of our Lord Service at 6:30 pm

April 20 at 6:30 pm. (Saturday) Easter Vigil

April 18th at 11:30 am: Sages will meet at the Lexington Diner on Lane Allen Rd.,

April 21 Easter Sunday Community Breakfast between Services.

Easter Egg hunt following the 11:00 service.

Why Pray the Stations of the Cross?

The Stations of the Cross are an ancient tradition in the Church going back to the fourth century when Christians went on pilgrimage to the Holy Land. Like many of our traditions, the Stations of the Cross can be rich, deep, and meaningful, but at the same time we can lose sight of their significance and how to relate them to our everyday lives. In more recent years, continuing on into the Easter season after Holy Week with the Stations of the Resurrection (or Light) has helped many to move forward to the joys of the Christian faith and life – if you have never tried either of these disciplines, try this year with the materials and books at the church for self-guided exploration, or families together. Let me know if you need some help. And join us on Good Friday for the Stations of the Cross together. Here, Pope Francis reminds us of several reasons for praying the Stations of the Cross:

1. They Allow Us to Place Our Trust in Him

“The Cross of Christ contains all the love of God; there we find his immeasurable mercy. This is a love in which we can place all our trust, in which we can believe.... let us entrust ourselves to Jesus, let us give ourselves over to him, because he never disappoints anyone! Only in Christ crucified and risen can we find salvation and redemption.”

2. They Put Us into the Story

“And you, who do you want to be? Like Pilate? Like Simon? Like Mary? Jesus is looking at you now and is asking you: do you want to help me carry the Cross? Brothers and sisters, with all the strength of your youth, how will you respond to him?”

3. They Remind Us That Jesus Suffers with Us

“The Cross of Christ bears the suffering and the sin of mankind, including our own. Jesus accepts all this with open arms, bearing on his shoulders our crosses and saying to us: ‘Have courage! You do not carry your cross alone! I carry it with you. I have overcome death and I have come to give you hope, to give you life’ (cf. Jn 3:16).”

4. They Compel Us to Action

“But the Cross of Christ invites us also to allow ourselves to be smitten by his love, teaching us always to look upon others with mercy and tenderness, especially those who suffer, who are in need of help, who need a word or a concrete action.”

5. They Help Us Make a Decision for or Against Christ

“[The Cross] reveals a judgment, namely that God, in judging us, loves us. Let us remember this: God judges us by loving us. If I embrace his love then I am saved, if I refuse it, then I am condemned, not by him, but my own self, because God never condemns, he only loves and saves.”

6. They Reveal God’s Response to Evil in the World

“The Cross is the word through which God has responded to evil in the world. Sometimes it may seem as though God does not react to evil, as if he is silent. And yet, God has spoken, he has replied, and his answer is the Cross of Christ: a word which is love, mercy, forgiveness.”

7. They Give Us the Certainty of God’s Love for Us

“What has the Cross given to those who have gazed upon it and to those who have touched it? What has the Cross left in each one of us? You see, it gives us a treasure that no one else can give: the certainty of the faithful love which God has for us.”

8. They Guide Us from the Cross to the Resurrection

“O, Our Jesus, guide us from the Cross to the resurrection and teach us that evil shall not have the last word, but love, mercy and forgiveness. O Christ, help us to exclaim again: ‘Yesterday I was crucified with Christ; today I am glorified with Him. Yesterday I died with Him, today I live with Him. Yesterday I was buried with Him, today I am raised with Him’.”

Nursery Help Still Needed!

We still need help in the nursery - we have two members of the parish who have been regularly helping out, but we would really appreciate if anyone else would step to help out one or two Sundays a month to volunteer to watch the little ones in the nursery. This will help us prevent “volunteer burnout” in this very important function!

We only have about four to five children, ages 3 - 5 who regularly attend, but without volunteers, we will have to close the nursery.

This is an important ministry for our church - especially one to help attract new families and members. Many people see having an active and safe nursery during services as vital when selecting a church.

Please let Dana Berry or Rev. Helen know, as soon as possible, if you would be willing to help out.

Sr Warden's Corner

Tony Lo Bianco

I think that one of the great things about being several weeks into Lent is that others have largely stopped asking each other “what have you given up?” It’s always been a phrase that rang hollow to me. At my Catholic High school, the cafeteria fried fish sandwiches and French fries were one of the few things that they did really well. Eating them was hardly a sacrifice, and it in no way brought me closer to God.

And so the seemingly modern tradition of “taking something on for Lent” was born. Last year I tried to exercise every day. One year I tried being a Republican. I’m still fat and liberal. I know there are data on how long the average New Year’s Resolution lasts. My guess is that grandiose Lenten declarations do not fare any better.

At St. Raphael’s I think we have a good plan. There are lots of programs happening for people of all ages. If your child – or a child that you know of shows any desire to become more involved we actually do have age-appropriate ways for them to do so. I strongly encourage you to quiz my own son on the book that he is supposedly reading for Lent! Or learn about many lesser-known saints by playing Lent Madness between services. Offer to volunteer in the nursery, or teach Sunday School – even if nobody shows up.

Much of this does not even fall under the heading of “taking on something extra for Lent.” If you are a parent of a child who was baptized in the Episcopal Church, you have answered affirmatively to the question, “Will you by your prayers and witness help this child to grow into the full stature of Christ?” And if you have ever been to a baptism you have done the same to the phrase, “Will you who witness these vows do all in your power to support these persons in their life in Christ?” I need to ask myself how I am living up to my word, and my guess is that I’m not the only one who should be reflecting on these commitments.

The programs that are being offered through Lent are not intended to be just for Lent. The resurrection was not our cue to eat meat and stop exercising. Similarly they are intended as a springboard to greater things – a more vibrant children’s ministry, more engaged adults. My cop-out to these baptismal vows has always been that I responded, “I will with God’s help” as if I could put God on the hook for all of my shortcomings. But God is helping. I see God’s

Stewardship

Thanks for joining us again at the Stewardship Corner!

Do you have that “spring” in your step yet? Have you sprung into action and asked someone to come to church with you? Did you spring up and sign up for Clean Up Day this month yet? Did you spring down and check out all the new action in Tobit’s Trace yet?

Just keep in mind that not all “springs” are the same. It is not a race to go higher or lower, to do more or to do less. It is a race to put winter behind us and move forward in proclaiming the good news happening all around us in this parish.

Most of you have seen some boxes arrive downstairs; big boxes. The Vestry, in conjunction with several of our congregation doing the “heavy lifting” have come up with a plan to renew our outreach and service area downstairs. It will change the look and feel, bring more of the outside in, so to speak. It will allow this area to be more utilitarian and practical, while having the feel of a warm and inviting area.

Several of you reacted to last month’s article on future capital needs, and reached out to me. I said to them and I say to all of you that the Parish leadership is still defining what those needs are or will be. Of course, once those boxed items downstairs come to life and “spring” out of their boxes, it will be a bit easier to visualize.

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

help when I see our priest including the children upstairs during the service, when I see unpaid volunteers staffing the nursery, when I see vestry members offering to organize events. I see God’s help when we open our doors to new people, new ministries, new ideas.

God is doing God’s part, and doing it through us and with us. But I don’t think it’s the whole part. Lent is a time to prepare ourselves for the resurrection. And I don’t just mean the resurrection of Jesus.

A View from the Pew

My first Convention--

"The Diocesan Convention." You always hear about the convention during annual parish meetings, or around the coffee table. To me being a delegate was always something other people did—responsible church chieftains and such, certainly not me. But I was asked and kind of like the Jesusian instruction to never turn away from one who asks you for money, I said, "sure!"



First thing I learned is that they're serious about convention! They even had a pre-Convention meeting at Christ Church Thursday night before the convention on Saturday to review the agenda and procedures. The convention was held at Georgetown college, a first I think, for they had long been held in churches, with delegates sitting on the pews. I can't imagine that! Gathering at tables in a traditional convention format is certainly the way to go as opposed to what amounts to an eight-hour church service on hard wooden pews.

The Convention began as Bishop "Provisional" Mark (more about that later) greeted the roughly 200 attendees (my guess), conducted some business, and then led us in the Holy Eucharist, Rite II. There were lots of hymns—Rose would've loved it!

Then there was the Second Business Session (including initial ballots), hearings on the budget, canons, and resolutions; then presentations from Sewanee, ECF and others. After lunch reports from the Hearings were presented, and—drum roll—a vote on the Budget. And then my improptu shining moment. It came after a call for Resolutions from the floor. I knew I'd be out of order but something was bothering me and I was going to raise it.

So I proposed that we make Bishop Provisional Mark, just plain ol' BISHOP Mark and get rid of the "Provisional" label. While I was corrected by someone on the dais that he IS the Bishop, the fact is that the procedure agreed upon means that he keeps the "Provisional" label until a final vote later this year. I argued that this procedure shows a lack of faith, that a pre-vote of delegates Thursday night showed a roughly 90% vote in favor of making him permanent Bishop (the other 10% was all for him, just wanted the process to continue). But to no avail. Alas, I said my peace, and went back to my stale but sufficient coffee.

The last session involved a Core Values team session. From a list of 120 values, our table decided upon these five (it was supposed to be four, but they settled on five): Relationships, Caring, Jesus, Love and Spirituality. How the group could not include "Godly" I'll never know, but they did.

We ended with a prayer and lots of smiles and goodwill. It was a real pleasure meeting others from across the diocese!

St Raphaels to help with Reading Camp this Summer at Resurrection Church

This summer we will be partnering with the Diocese and Resurrection Church to host a week of Reading Camp. Reading Camp is a program to assist with childhood literacy. Each child who participates receives a week of free day camp. The week includes instruction, fun, field trips and age appropriate books to keep. We are accepting volunteers for the week of camp to be held at Resurrection Church, June 17-21. There are different types of volunteers needed and other Reading Camp volunteer opportunities. You may volunteer for the whole week or for one day. A teaching training event will be held March 30 from 9:30-11:30 at Mission House. If you are interested in Reading Camp, please see Rev. Helen, or Rev. Margaret Shanks of Resurrection, or go online to www.ReadingCampRocks.org to learn more and to sign up to be a volunteer.

Crafters' Circle

Crafters will meet April 6th, & 20th at 10:00 AM. Anyone interested in quilting, knitting, crocheting, or other crafting skills is welcome to attend! We meet in the undercroft area.

Sages Event

We will meet Thursday, April 18th at 11:30 am at the Lexington Diner on Lane Allen Rd., Across and up from Big Lots. Steven and Giner Garvin are hosts. Be sure to sign up., Sign up sheets both upstairs and downstairs on bulletin boards in the entry ways.

The Easter Egg

Easter Eggs are far more than just plastic eggs with surprises found inside or cellophane or metal wrapped chocolate. No, no. Eggs and Easter have been linked since the early centuries of the Christian faith.

The very nature of the egg as a container of dormant life was seen as a symbol of the Resurrection and the cracking of the egg a symbol of the opening tomb. The earliest icons of Mary Magdalene have her holding an egg as she is the apostle to the apostles, being Christ's messenger of the resurrection to the Apostles.

The Eastern Orthodox Churches practice Cheesefare Week before Lent begins when all dairy, meat, and eggs are consumed. Eastern Orthodox Christians collect the eggs hens lay during Lent and save them for a great feast at Easter. I learned recently that if freshly laid eggs go unwashed they won't spoil for weeks at a time. Many of these eggs are dyed red as a remembrance of Christ's blood. Some are baked into artisan, knotted bread called Tsoureki. This holiday bread is then shared among families and given by confirmation students as gifts to their godparents.

The Russian Orthodox Church continued the Easter egg tradition and took it to Eastern Europe. The Polish Catholic Church adapted the practice and created the blessing practice called Świąconka, where a basket of colored eggs are blessed by a priest. The practice continued to move westward and the colors got brighter.

The Lenten Fast ends with the Easter Vigil and a feast that lasts for fifty days. The accumulated eggs have inspired various recipes that are special for Easter. For example, the Spanish have the hornazo, a meat pie with hard boiled eggs and the Hungarians add hard boiled eggs to various casseroles. For my Dad, the deviled egg is a staple of the Easter Sunday meal.

I leave with a riddle from J.R.R. Tolkien and a prayer:

*A box without hinges, key or lid,
Yet golden treasure inside is hid.*

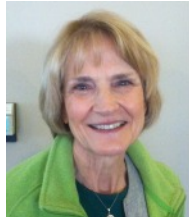
Let us crack open our resurrection joy this Easter. With joy may we receive again the story of God's golden treasure, life and life more abundantly through our redemption by Jesus' death and resurrection. Amen.

Submitted by Carl Fosnaugh, VI



Music Notes

Come, Ye Faithful, Raise the Strain of
Triumphant Gladness!



Lent is hastening on, and Easter will soon be upon us. Easter is always a glorious day at St. Raphael Episcopal Church. Each year, the Altar Guild seems to find new and better ways to adorn the sanctuary in celebration of this highpoint of the Christian year. The Property Committee makes certain everything is spotless and in good working order, and our office staff members prepare bulletins and newsletters. In the hall downstairs, there will be refreshments, plus an Easter egg hunt after the service. Outdoors, flowers are in bloom, courtesy of the Gardening Angels. Helen is on top of everything, planning services and programs for every age group in our congregation. And the choir has been working for weeks on music to celebrate this "day of days, whereon the faithful give God praise!"

But before celebrating the Resurrection of Our Lord, shouldn't we take time to reflect on the circumstances of his death, on God's plan for our salvation, beginning with that "necessary sin of Adam?" Our human race has been in need of redemption since we began to walk upright! And without the Crucifixion, there would have been no Resurrection. So consider attending the entire range of services during Holy Week, beginning with Palm/Passion Sunday, which commemorates the triumphal entry of Jesus into Jerusalem, followed by the reading of the Passion. Later in the week, we will observe Holy Thursday, observing the institution of the Lord's Supper; and Good Friday, as we reflect upon the Crucifixion of Our Lord. These are beautiful and moving services, worthy of our attention and attendance.

The choir will sing at both the 8:30 and 11:00 services on Easter Day. Before the 11:00 service, we will offer several choral pieces in place of the Prelude, including "Cantate Domino" (Sing to the Lord a new song) by Claudio Monteverdi (1567-1643). During the service, the choir will sing an anthem by English composer William Byrd (1543-1623), titled "Sing Joyfully." Soprano Junghyun Lee will sing "I Know That My Redeemer Liveth," from Messiah, by Handel. We will conclude the service with the "Hallelujah Chorus," also by Handel; the congregation will be invited to sing with the choir.

Come and partake of the full measure of Holy Week at our parish!

Blessed Lent and a Glorious Easter to our members and friends,

Melinda Storey, Organist/Choirmaster



A Church Mouse in God's House

Hooray! Spring is in the air, and I am feeling frisky! Like Barry Whitmouse frisky, if you know what I mean. Can I say that in church? No? O.k., I'll rephrase... It's mating season and we mice are going to be Getting It Onnnnnnnnnnn!

Yeah, I know, it's a taboo subject for you. Heaven forbid you discuss sex in church. I mean, it's only a glorious expression of love that often culminates in the creation of new life. Why would that have anything to do with your relationship to your God or

place in the universe?

We mice make it central to our spiritual lives. It's right up there with cheese. And why shouldn't it be? You all act like you're always looking for some mystical experience of communing with one another. But when it comes right down to it you're afraid to even bring it up! Sure, sometimes things go awry, they do for us too. Some behaviors need to be outlawed (I read about how your state legislature finally took steps to outlaw some inter-species acts). But others need to be celebrated. Our kids need to understand the role of sexuality. Our mice kids usually do – because we don't shy away from discussing it. But I wonder if your's do.

Now I'm not advocating that you replace the Peace with a big free-for-all, or even engage in extra-curricular's in the pews (take my word for it, they are NOT as comfortable as you might think!), but a good healthy discussion from time to time... well, I think it could do you well.



Birthdays for April

Isaac Whorley	April 2
Virginia Dixon	April 6
Pete Elliot Canon	April 7
Richard F Dawahare	April 8
Larry Wayne Whorley	April 11
Marie Jacobs	April 13
Heidi I Hayse	April 19

Anniversary Dates

Michelle & Ron Binkauskas April 13
C. C. Johnson April 18



Did you know about these Fund Raising Programs?

Krogers: Did you know you can support nonprofit organizations in your community just by shopping at Kroger? It's easy when you enroll in Kroger Community Rewards®! To get started, sign up with your Plus Card on the Kroger website, and select a St Raphael's to support. Once you're enrolled, you'll earn rewards for the church every time you shop and use your Plus Card! St Raphael's is a qualifying organization - so help us when you shop at Krogers!

Amazon Smile: AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.

If you know of other organizations that have similar programs, let us know and we'll advertise to all our members to take advantage of these programs. It may not seem like a lot - but with many people participating, it can add up quickly!

Gardening Saints & Parish Cleanup Help needed

Our St. Raphael's "Gardening Angels" (who help organize the care for the plantings immediately around the church building) have slowly been retiring, and our gardens could use a few newly canonized "Gardening Saints" to help manage the care around the church. We've tried to slowly increase the budget to allow for some of the harder work to be done by professionals, but there is still a lot of planning, thought, and some general maintenance that we need to look to the generous acts of love of volunteers to help us manage the gap. We each have things we are passionate about. We already have someone who cares so much about grass, he's going to weed and feed it for us this summer! If your passion is working some in God's earth, we could use your energy, enthusiasm and leadership. Please contact the properties chair, Dave Sevigny (thekydude@gmail.com or 859-312-5157) to share your enthusiasm!

Parish Cleanup and Repair Day Saturday April 13 (day before Palm Sunday)

Please join us anytime between 8:30 and 2 p.m. on Saturday April 13 for a parish cleanup day. Bring your gloves, buckets, cleaning supplies, and/or indoor/outdoor tools, pressure washers and join in the fun. There is work for any level of activity and age. If you can't make it but would like to participate, contact Dave Sevigny (thekydude@gmail.com or 859-312-5157) and he has multiple assignments that can be completed before that date. Hope to see you there!

Pancake Supper Photos



St Raphael Episcopal Church
1891 Parkers Mill Rd
Lexington, KY 40504
Rev. Canon Dr. Helen Van Koevering, Rector
Phone: 859-255-4987
Email: Office: revhelen@sreclex.org or SROffice@sreclex.org
Website: www.sreclex.org



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Articles and news information for September must be submitted by **Friday, April. 24, 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)