



# The Herald

## St. Raphael the Archangel Episcopal Church

Vol 55 Issue 2

February 2020

### From the Rector

Recently, during the Epiphany season, we read John 1: 36-39.

The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, “Look, here is the Lamb of God!” The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, “What are you looking for?”



Rev. Canon Dr. Helen Van Koevering

It doesn’t matter whether you’ve been attending church for years, whether you are a ‘cradle Episcopalian’ or a newcomer, new to faith or even ordained to lead the faithful – our response to this question from Jesus has to do with how we choose to live out our faith. It has to do with our understanding of discipleship. A discipleship that has as much to do with being as looking, listening and doing. It wasn’t just a rag-tag bunch of fisherman 2000 years ago that were called to follow Jesus, but all of us. Even more so the baptized.

In Lent this year, we will be reflecting on Rowan Williams’s book, ‘Being Disciples’. He gives us varied ways of looking into discipleship: ‘the daily effort to live in a way that allows Jesus Christ to come through in our lives’, ‘the task of showing that what we say is credible’, ‘going on asking whether what we do, how we think and speak and act, is open to Christ and Christ’s Spirit’, and ‘how we as a Church go on being a learning community... in relation with each other and God.’ It is for these reasons I have enjoyed the book studies we have followed between the services and in our own homes. The books I have chosen have discipleship in mind. What can we learn about the Episcopal way? How can we approach Advent, Christmas and Easter in some new way this year? What can we learn from different authors, other Christians, each other? How can we learn to talk about such things in a way that opens a safe, encouraging and kind space for all? Discipleship can mean being a student, but for the disciples of Jesus, learning was through listening, experiencing, practicing. Jesus trusted that his disciples would learn and share life in this way and so take on a new way of being in this world as they continued to learn.

Please join us some time for our discussions at 10am on Sundays, or pick up the books and read at home or on your travels. Approach these books as a curious learner responding to Jesus’ question: ‘what are you looking for?’ For, as Williams also writes, ‘to grow as a disciple is to take the journey from understanding into faith, from memory into hope and from will into love.’ (p 21)

Peace be with you,  
Helen

### Sr Warden’s Corner



Dave Sevigny  
Sr. Warden

Tobit 5:16

“I will go with him,” Raphael said. “And don’t worry; we will get there and back safely. The roads are not dangerous.” “God be with you!” Tobit replied. Then he called Tobias and said to him, “Son, get everything ready that you need for the journey, so that the two of you can be on your way. May God and his angel watch over you both and bring you back to me safe and sound.” Before leaving for Media, Tobias kissed his father and mother good-bye. Tobit said again, “Have a safe journey!”

Welcome to the new decade and a new journey for blessed St. Raphael!

As the vestry spent several days together a few weeks ago contemplating what God’s journey could be for St. Raphael’s, I find myself amazed at the devotion and dedication that our vestry has for this discernment. I must admit, that even I was apprehensive about the possible outcomes. But with God’s grace, our vestry gathered on Jan 10 and 11<sup>th</sup> to do this work. For starters, EVERYONE showed up both days!

Showing up. This is probably the most important thing that any of us can do. Whether it is showing up at a hospital for a friend, showing up at dinner with our families (my wife says-without our phones), showing up to put in an honest day’s work, or just plain showing up at church on Sundays; it’s important. When I was in sales, we preached it. If you don’t show up, you certainly won’t have an opportunity for the success that comes to those who do.

Our worship service has a continued rhythm in a liturgy that is consistent throughout the world. Every week we hear lessons from the Old Testament, the Epistles, and the Gospel. They tend to track along certain themes and it’s somewhat fun to consider why these 3 readings are stuck together. Helen takes us on a journey each week and connects multiple Sundays together along the way. If you miss one, you might miss the whole message. I liken it to binge watching Netflix. If you suddenly jump an episode (because one of your kids has your login and they are watching too!), things don’t make as much sense. You just can’t miss one.

A new decade brings new possibilities. Please show up more often. Your church family does miss you when you aren’t present. If for some reason you struggle to make it on Sunday, let Helen know as we have a devoted team of disciples who want to bring our communion and community to you in your home.

I am quite certain that with God’s grace, our journey will be most successful, together.

#### 2020 Vestry Members & Commission Members

Sr, Warden: **Dave Sevigny** Jr. Warden: **Mike Booth** Clerk: **Dana Berry** Treasurer: **Paula Sevigny**  
Assistant Treasurer: **Roger Kirk**  
Property – Nancy Christiano Chair. Members – Mike Booth, Mike Hart, Ken Cotrell, Jack Supplee, CC Johnson, & Roger Kirk  
b. Christian Formation/Stewardship Chair – **Amy Fowler**, Members: Dana Berry, Dave Sevigny, **Amanda Vance**  
c. Finance – Roger K Chair Members – Amanda Vance, Afsi Davis, Patty Bond, Paula Sevigny., Janis Rosebrook  
d. Mission - Chair – **Afsi Davis**, Member: **Chris Young**, Margaret McLandry, Amanda Vance (dinner church food coordination)  
e. Parish Life / Care – **Carol Summers** Chair; members – Chris Young, Dave Sevigny

### Finance Corner

Roger Kirk, Finance Chair

I apologize for the brevity of this column. Your St. Raphael Finance Chair is burning the candle at both ends lately due to some personal circumstances.

Add in that due to those circumstances, I was unable to make the last Vestry meeting. I did make the Vestry Retreat earlier in the month of January.

In 2020, there will be more changes to this message column. How this column looks going forward is still a work in progress at this deadline point.

Suffice it to say at this point that eternal thanks to your year-end generosity, this Parish returned a small positive balance to our Parish in 2019! I praise the Lord and your efforts for that result in 2019. It is my understanding that the Vestry rolled the bulk of that positive balance over to a well-deserved “over and above” raise to our Rector.

Next month I hope to be further on track and more fully develop the content of this column. Join me in church as we celebrate what I believe is shaping up to be a great 2020! PTL (shorthand for Praise the Lord)---Sorry, sometimes my birth church (Pentecostal) creeps in. See you on Sundays!

#### A Collect for our Diocesan Vision

Gracious Father, your Spirit connects and restores all life to unity with you and each other in Christ Jesus. Energize our faith so that we may courageously live into our calling to be the church by praising your Holy Name, making disciples and discovering your presence at work in our neighborhoods. Shape us to be the change that brings hope and joy to an aching world; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.



## A View from the Pew

Learning love and acceptance from the lichen

My trees have long looked defective. Greenish splotches would mar the otherwise rustic, wrinkled bark of the ash and Bradford pears. The river birches—well, that’s another story. Seems they were the worst of all as the bark was peeling away, literally falling off the trunk! My goodness, I had just bought the house (in 2000) and now I’m stuck with defective trees!

Well, I was set straight on the river birches pretty quick: they are peeling bark trees and doing what they were supposed to do. At that time the lichens hadn’t materialized yet. But when they did—like they did throughout similar trees in the neighborhood—I did not like it. I was told they are completely harmless, but to me it was akin to a defect. This helped me make the decision to at least get rid of the ash trees on the street, as I would either have to keep paying for ever-escalating ash borer insect treatments or watch them die a slow and unsightly death.

Then I ran into Michael Summers last Sunday and we talked about…LICHENS! Michael loves lichens. He said lichens fill him with joy whenever he’s around them. They cause zero harm to their host, and they are living organisms that just exist and add to the color and diversity of our biosphere.

This taught me, rather reminded me, that life is all a matter of perspective. What I once viewed as an eyesore and nuisance I now see as art, living art. What I once wanted wiped out I now weigh with new appreciation.

This got me to thinking—what else in my world am I seeing in a less than truthful, if not ideal, way? Collectively, what are we similarly misjudging and underappreciating, or the reverse, misjudging yet idolizing? Maybe it’s certain people we may judge by their cover. Maybe they look, smell, dress or speak a way not to our liking. Maybe it’s the multitude of problems daily besetting us, perceived as obstacles to peace and joy. Maybe it’s what we’ve been told, wisdom from the ancients all up to the present day.

But what if the vagabond held a hidden box of gold. Maybe it’s a pithy expression as you’re passing by, something that serendipitously answers a question you’ve been praying about. Maybe a helping hand at a time you most needed it. Maybe the problem is really an opportunity to be addressed and that may lead to indescribably great things that would never have come to pass without the “problem” being there in the first place. Maybe it’s not true that (FILL IN THE BLANK\_\_\_\_\_) are not shiftless, lazy thieves, but in fact are goodhearted people same as you and those of your flock. In other words, not losers, but LICHENS!

Lichens are reminders to pray constantly for the highest truth and for God’s solutions, to be applied to our lives and the world around us.

Richard Dawahare



Richard Dawahare

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## Shrove Tuesday Pancake Supper Feb. 25 at 5:30

Join us in the undercroft for a Pancake Dinner to celebrate Shrove Tuesday. Please contact Carol Summers if you would like to volunteer to cook and/or bring pancake ingredients, toppings and sides.

All monetary donations will go towards funding our 2020 Vacation Bible School.

All are welcome, so bring the whole family, enjoy some great food, and help us raise money to support our Christian Education Program.



In Christian traditions, the 40 days before Easter are known as Lent, and they mark the time that Jesus spent fasting in the desert. Traditionally, Christians would mark the period with prayers and fasting, abstaining from a whole range of foods, including meat, eggs, fish, fats and milk. The word ‘shrove’ comes from the old Roman Catholic practice of being ‘shriven’ – meaning to confess one’s sins. The shriving bell would be rung on Shrove Tuesday to call people to church to confess.

Before Lent could begin in earnest, all edible temptations needed to be removed. This took place over a period of days known as ‘Shrovetide’. Meat such as bacon would be eaten up on ‘Collop Monday’ (a collop is a thin slice of meat). And on Shrove Tuesday eggs, butter and stocks of fat would be used up. One of the easiest ways to dispose of these items was to turn them into pancakes or fritters, a custom which continued long after the Church of England separated from the Roman Catholic Church in the 16th century.

The Monday and Tuesday before Lent were periods of great festivity before the coming days of abstinence. Children would go ‘Shroving’ or ‘Lent-crocking’ on Shrove Tuesday (or the night before), knocking on their neighbours’ doors and singing:

We be come a-shroving,

For a piece of pancake,

Or a bite of bacon,

Or a little truckle of cheese

Of your own making

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Ash Wednesday Services will be held, Wednesday, February 26, 2020 at 7:00am, noon and 6:30 PM – 7:30 PM.

Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ’s time of temptation in the wilderness, where he fasted and where Satan tempted him.

Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ’s life, ministry, sacrifice, and resurrection.

Often called the Day of Ashes, Ash Wednesday starts Lent by focusing the Christian’s heart on repentance and prayer, usually through personal and communal confession. This happens during a special Ash Wednesday service.

In many congregations, the ashes are prepared by burning palm branches from the previous Palm Sunday. On Palm Sunday, churches bless and hand out palm branches to attendees, a reference to the Gospels’ account of Jesus’ triumphal entry into Jerusalem, when onlookers lay palm branches on his path.

The ashes of this holiday symbolize two main things: death and repentance. “Ashes are equivalent to dust, and human flesh is composed of dust or clay (Genesis 2:7), and when a human corpse decomposes, it returns to dust or ash.”

*“From dust you came and from dust you will return.”*

When we come forward to receive ashes on Ash Wednesday, we are saying that we are sorry for our sins, and that we want to use the season of Lent to correct our faults, purify our hearts, control our desires and grow in holiness so we will be prepared to celebrate Easter with great joy” (The CatholicSpirit.com).

With this focus on our own mortality and sinfulness, Christians can enter into the Lent season solemnly, while also looking forward in greater anticipation and joy of the message of Easter and Christ’s ultimate victory over sin and death.

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## Music Notes

As most of you know by now, Melinda’s husband passed away in January and she is taking a leave of absence until after Easter. Dr. Junghyun Lee will be leading the choir and helping our musicians, Chris Young at the organ, and Peggy Oaks at the piano during services. We greatly appreciate their time and talents!

We are also pleased to welcome two new choir members: Dr. Chris Bollinger, and Jonathan Melton. The church is certainly blessed to have such a talented and dedicated group of musicians who add so much to our services. We’ll be working on music for Holy Week as well as each Sunday. If you would like to join the choir, please just let Junghyun know. We meet on Thursday evenings at 7:15 for rehearsal and on Sunday Mornings at 10:15 to prepare for the service. Come sing with us and make a joyful noise to the Lord!



# A Church Mouse in God's House



O.k., I know I'm a mouse, but don't put me in a box. I mean, literally, I don't want to be in a box. That would mean that I'm either trapped, or well, worse.

But, I don't want to be in your figurative box either. Whatever images you've conjured up for me: small rodent; articulate mouse; lover of trash; sarcastic jerk; enlightened philosopher. O.k., maybe some of those were a stretch. But really, I don't need the box: I'm your Church Mouse.

I get the temptation though. You find some qualities about someone and then assume that's all they are. Does the choir just sing? Do the financial people just deal with money? Do the ushers just ush? I'm not sure if your Church is more about making the comfortable more comfortable or about helping people expand their abilities. Get them out of their comfort zone (and get them out of your's too!).

Really, you all have far more ability to do this than we do. Us mice do have pretty well defined roles. But you humans ... multi-faceted Renaissance people! I bet you don't even know some of the things you're capable of!

So my advice to you is this: Oh for crying out loud, stop asking me for advice, figure yourselves out yourselves!



## Up-Coming Events At St Raphael's

### Crafter's Circle

The Crafters will meet downstairs in the main parish hall on Feb 8 & 22 at 10:00am. Everyone is welcome to come and work on quilting projects, or knitting or crocheting. If you'd like to learn how to knit, crochet or quilt, we have several very experienced crafters who would love to teach you!

### BUILD NEWS

Feb. - March 2020 Events

**Feb. 19, at 7:15pm**, at St. Raphael's, the Justice Ministry Network Meeting will be held. This meeting is designed to inspire us and to help us gain a deeper understanding of why we seek justice and what the vision of 52:1 could mean for our church. We will pick names of people we want to invite to the Nehemiah Action where we will hold our officials accountable around the areas of Violence, Mental Health, Drugs and Education. This meeting is key to building the people-power we need to achieve justice in our community.

### Sages

Sages will meet **Feb. 20 at 11:30am** at Malones, Palamar. Bernice Woods is the hostess, Please let her know (254-4072) by Feb 13 if you are planning on being there

### Adult Book Forum

The Adult Book Forum will begin a new book in the Season after Epiphany. We are currently reading Rachel Held Evan's book, 'Inspired'. For Lent, we shall start a new book - Rowan William's 'Being Disciples'. The books are \$12 each. Let Rev. Helen know if you would like a book.

### Spirituality of Parenting

**Feb. 8<sup>th</sup>**, at 12:00 pm, Faith Lutheran Church, 1000 Bates Creek Rd, Parents - be you parent, grandparent, or godparent and kids ages 3-10 are invited to Faith Lutheran Church. Kids will enjoy a time of fellowship and fun while parents receive some Sabbath rest, and participate in a brief Bible study and devotion, and some formation around spiritual parenting practices that help bring our faith-life into the home. Lunch Provided. Please RSVP at [sroffice@sreclex.org](mailto:sroffice@sreclex.org).

### Tu B'Shevat (Jewish Tree Day Celebration)

Feb 9<sup>th</sup> at 6:30 pm, Temple Adath Israel, 124 N Ashland Ave will be celebrating this holiday. Consider joining our Tobit's Trace spirituality with that of our brothers and sisters in the Lexington Jewish community as they celebrate Tu B'Shevat, the Tree Day Celebration.

## Reading Camp - Kids don't just read, they soar!

Childhood illiteracy in Kentucky is a problem. Reading Camp offers a life-changing solution. Each camper receives the following, at no cost to the families:

- A full week of day or overnight camp
- Over 17 hours of intensive, small group reading instruction
- Fun, confidence-building activities
- New, age-appropriate books
- A high-quality backpack
- Time and attention of caring adults and teens
- Meals and snacks

**In 2019, contributions to the Bishop's Discretionary Fund will go to Reading Camp. This funding will be used to increase the Reading Camp Director's working hours. This will allow Reading Camp to offer training, grant application assistance, and organizational support to our Diocese congregations that operate Reading Camp programs and those who would like to start new programs.**

Learn more online at [www.readingcamprocks.org](http://www.readingcamprocks.org) or at our Facebook page, Reading Camp! If you are interested in volunteering with Reading Camp or if you have any questions, please email Sarah Harcourt Watts, Director, at [info@readingcamprocks.org](mailto:info@readingcamprocks.org) or call the Reading Camp office at Mission House: 859-252-6527.



### Dinner Church Series

Healing and Justice for Families

Saturday, February 29  
5:30 - 7:00 p.m.

Join us for a potluck dinner, within the setting of the Eucharist, and a brief presentation by a local nonprofit organization dedicated to healing and bringing justice to families in our neighborhood. Every Dinner Church will provide opportunities to discuss the social justice issues raised by the nonprofit organization in small groups and to reflect on how we are being called to mission and ministry with them.

Facebook event forthcoming with the meal theme.



the well  
OF LEXINGTON

### Nonprofit Spotlight

The Well of Lexington provides a holistic two-year program of safe housing, recovery support, education and healing for women exploited by sex trafficking to empower them to develop economic independence and live productive lives.

The Well is requesting donations, time, and talent for: clothing hangers, clothing rack, interior security cameras for the home (i.e. Arlo), an oil change for the van, raised garden beds for the backyard, new or gently used women's clothing, and Kroger gift cards.

Donation offerings, contact Afsi Davis - [afsileigh@gmail.com](mailto:afsileigh@gmail.com)  
To volunteer with The Well, contact Margaret McGladrey - [margaret.mcgladrey@gmail.com](mailto:margaret.mcgladrey@gmail.com)  
We will present the donations at the dinner.

join us at St. Raphael Episcopal Church

## Women's Self Care Group

Sunday, February 23 - Reflexology led by Sister Becky Cooper  
5:00 - 7:00 pm  
Light refreshments will be served.

Registration encouraged with Margaret McGladrey: [margaret.mcgladrey@gmail.com](mailto:margaret.mcgladrey@gmail.com)



## Birthdays and Anniversary Celebrations

### Birthdays Celebrating for February

Thomas Bollinger	Feb. 2
Joseph Hayes	Feb 2
Mark Matics	Feb. 2
Hunter Mathews	Feb. 4
Kim Lorton	Feb 5
Bill Thompson	Feb. 7
Ray Davis	Feb. 8
Jodell Massaquoi	Feb 14
Jennifer Krolak	Feb. 15
Lee Davis	Feb 17
Nazanin Davis	Feb. 21
Marthanne Manion	Feb. 21
Sandra Keller	Feb. 22
Kimberley Kiahkoohi	Feb. 23
Diane Whorley	Feb. 23
Bill Emrick	Feb. 25
Lucie England	Feb. 25
John -Michael Lorton	Feb. 28
Barbara Connell	Feb. 29

### Anniversaries Celebrating for February

John-Michael & Kim Lorton Feb. 12

Please let us know if we missed a birthday or anniversary! We try to keep the records up to date, but if you've recently joined the parish, we want to celebrate your special days with you! So, let us know! Contact Dana Berry, ([danabruceberry@gmail.com](mailto:danabruceberry@gmail.com)) or the parish office.

## Vestry Retreat and Planning Session



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**1891 Parkers Mill Rd**  
**Lexington, KY 40504**  
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Articles and news information for March must be submitted by **Feb 24, 2020** to Dana Berry at [danabruceberry@gmail.com](mailto:danabruceberry@gmail.com)

### Sunday Services

8:30 am Holy Eucharist (Rite I)

Christian Education all ages 10:15

11am Holy Eucharist (Rite II)

Children are welcome during each service - there are activity sheets and coloring pages at the back of the church for their enjoyment.

### Wednesday

12 Noon Holy Eucharist with Unction

6:30 pm Holy Eucharist with Unction