



## From the Rector

Greetings to all the dispersed, 'healthy at home' members and friends of St Raphael's!

'Grace and peace to you from God our Father and the Lord Jesus Christ.' So greets Paul all the new communities of God's people in his letters, the Epistles. We are all going through a very strange moment of history, where being home and apart is showing love for one another; where connections through social media, phone calls, and cards are the choices over personal contacts, and 6 feet has become the new measurement of intimacy.



Rev. Canon Dr. Helen Van Koevering

It hasn't been easy. The learning curve has been rapid, and restrictions have been encouraged more and more each day, the new normal is still weird. I want to thank you all for hanging in there as we have sought to remain in connection through 'The Three Days' of at-home worship, Facebook live worship, 'buddy calls' to one another, and more frequent use of social media for shared news and photos. It's good and healthy to be (and to keep) in touch.

I do not yet have an idea of when we will be able to come together in a 'regular' service, but one thing I do know: it's going to be fun, joyful, full of music and flowers, Peace hugs and conversations, long Eucharists, and plans for lots more! For now, we look towards Holy Week and the Easter season in April.

Please create that holy space in your home and be there during our worship and readings of Holy Week. Follow through the 'Three Days', Facebook live and recorded prayers, sermons and readings. This is an opportunity to learn and grow in different ways to other years – God has not left us alone, but is in the midst of it all with us. May you know God's blessing!

In preparing anew for Holy Week this year, I value again the Prayer Book that we hold in common with the Anglican Communion. If you don't have your own Book of Common Prayer, this might be a good time to purchase – if not, please find it online. There is a wealth of beautiful, prayerful poetry there for us that speaks to all time as well as this time. This is a prayer from the Easter Vigil, alongside the reading from Zephaniah 3:14-20:

*O God of unchangeable power and eternal light; Look favorably on your whole Church, that wonderful and sacred mystery; by the effectual working of your providence, carry out in tranquility the plan of salvation; let the whole world see and know that things which are cast down are being raised up, and things which had grown old are being made new, and that all things are being brought to their perfection by him through whom all things were made, your Son Jesus Christ our Lord. Amen.*

There's always room for other prayers too, like this one for our global Church:  
*God, You say that if your people humble themselves, turn away from wickedness and call on your name, that You will answer them and heal their land. So we're asking for forgiveness. Forgive us for the times we've chosen not to love the people You put in front of us. Allow this season to strengthen your Church and to remind us of how much You love this hurting world. Please heal our land and use us to meet the needs of hurting people. Grow our faith as You grow Your global Church. Come Lord Jesus, and do what only You can do. In Jesus' name. Amen*

May God bless you and keep you all in the palm of His hand, Helen

## Sr Warden's Corner

### Community during the COVID crisis



Dave Sevigny  
Sr. Warden

Last night, your vestry met via Zoom and had a productive and fun meeting. We were delighted to see each other and have interruptions from young members of several families just wanting to know what was going on. If you haven't used Zoom, I encourage you to try it. It's a lot like the Brady Bunch or Hollywood squares, with each of you in your own personal space- It does make you laugh.

Helen inquired of the group to think about "What do we hope people will remember about St. Raphael's during the COVID crisis of 2020?". It was a tough question, one that made a lot of us really think.

I shared that my hope is one of community. In a time when I have limited physical interaction with people, I have to find new and more creative ways to be in community. The difference is now, Christ is calling me to be more intentional. I physically have to pick up a phone, or do a virtual face to face call in order to have some sort of physical contact with the outside world. It takes an effort. Its easy to retreat into your own space and isolate yourself. Its much harder sometimes to make the call.

Several church members have volunteered to be "buddies" during this time. You may get a call or a letter from someone who was willing to make sure our community stays strong. Please take their call. Of the four on my list, there is one I don't know. I admit, for me it's a bit intimidating. But, I will forge on. I know it's the right thing to do. I know its how community is really formed.

This Lent seems to be tracking in lockstep with COVID. I find myself wondering why that is? Is it that God wants me to reflect more, in isolation for 40 days? Well, its working. I am in joyful anticipation of Easter as it marks the end of this season!

I do fear that the worst is still yet to come as the economic devastation sets in during the aftermath. I know that I am not alone and will need Christ and our church community even more. I am so looking forward to a prolonged hug from so many of you.

A Christ centered community created in a fight with a common enemy is intensely strong.

### 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

Welcome to the New Normal!

Please lift your hearts in prayer to those affected, either by sickness or job loss or, heaven help us, death.

The Parish's budget was in good shape and on track at the end of February. However, the next two Financial's will tell the story. Best advice I can give is please find a way to maintain your pledge pace. You can "click through" and pay your pledge online; you can schedule your pledge to be paid automatically through payment from your bank; and there is still someone physically in the church to receive your mailed checks.

Outside the box thinking donations for plate are welcomed, since, as you may have noticed, there are no plates being passed recently or for the foreseeable future.

Lest we miss the point, our Parish, led by our Rector, is committed to tending to her flock. Many contingency plans are being considered and put into place. So operational funds are still needed. This Parish is resilient and like our Episcopal leaders, strong and mindful that we need to stay safe! And most importantly, strong in the Lord, as He has commanded us. One day, we ARE going to have a joyous reunion to celebrate our passion for the Lord and this Parish.

Overall, my phrase this point is to "find a way". See you on Sundays—just not soon probably!

### 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*

A Prayer for NOW and every nanosecond of now hereafter

Dear God, thank you! Thank you for everything, past, present and future, especially future for that will include the fulfillment of your promise NOW of an eternal, heavenly reunion.

Thank you right now, for the air I breathe, the family I love, the friends I fancy including the new ones clothed as strangers, the memories of parents and other loved ones since departed, the food I eat, the comforts of home, the health I have, and especially for your gift of HOPE, regardless.

Above all, thank you for your presence NOW, right now, for your protection and direction, and for the complete peace of mind and joy knowing that you are in control, and with you all is just as it should be, now—RIGHT NOW.

Thank you for the thousands of conveniences I enjoy, the contributions of countless others near and far, and for the structure and security of a representative government and for the realization that no man is an island and that we are all truly part of an interconnected quilt of your crafting.

And thank you for the gift of sentience, of understanding and for the wherewithal to experience the feeling of immense gratitude, NOW, right now.

Thank you for the many gifts that you have showered upon me. Thank you for your Spirit which has and will continue to lead to me the gifts of insight, and working through the inspiration, protection and direction of my parents, my angels, and other messengers of truth, justice, serenity, strength, courage, compassion, mercy, and peace of mind.

Thank you for the gift of Jesus, his constant presence, guidance and encouragement through dark valleys and sunlit hills alike always and especially NOW, and not only Jesus but other sages, prophets and guides, whoever the Spirit may have used to reach, teach and encourage me at the moment most needed, from Buddha, to Gandhi Locke, Hume, Ben, George, Abe and Franklin and Winston, to Moses, Maimonides, David, Paul, Clarke, Michael, priests past and especially present, and from the passing stranger on the street, whose timely word lifts and inspires, to the lowly beggar whose smiling good wishes through circumstances of utter poverty increase my appreciation for your gift of gratitude.

Thank you, God, thank you Lord, thank you God. Thank you.

All the best, continued success, and take care!

Your son,

Richard



Richard Dawahare

## *Stay up to date at St. Raphael's*

There's always a lot going on at St. Raphael Episcopal Church. Thankfully, there are a lot of ways to find out about news and events.

### **Monthly**

The Herald, the St. Raphael Episcopal Church newsletter, is published monthly. Paper copies are mailed to a small list who don't use email, due to the high cost of printing and postage. Some paper copies are also available at church. The electronic version is emailed to those who have subscribed to receive emails from the church. See subscription info below. The Herald is also available at [sreclex.org/news](http://sreclex.org/news).

### **Weekly**

Service bulletin - contains info about upcoming events

Verbal announcements at services - news about anything and everything

Weekly Eminders - sent to the email subscriber list on Mailchimp. See subscription info below.

### **As news happens**

Saint Raphael the Archangel Facebook Page contains updates, photos, event info. Check it out any time at <https://www.facebook.com/sreclex/>. If you "Like" the page then updates will show up in your News feed.

Email updates are sent out to those who have subscribed to receive emails. See subscription info below.

If you aren't already receiving emails from St. Raphael's and would like to, please subscribe to the email list using the button on our website, [sreclex.org](http://sreclex.org). When you sign up you will fill out a short form asking about your interests and confirming whether you would also like to receive the monthly newsletter. After you submit the form, you will receive a confirmation email. If you aren't receiving emails from [sroffice@sreclex.org](mailto:sroffice@sreclex.org), they could be going to your Spam or Promotions folder. If you no longer want to hear from St. Raphael's you can always Unsubscribe by clicking on the Unsubscribe link on any email you receive. If you have unsubscribed in the past and change your mind, you will have to re-subscribe using the button on the website. The administrator cannot add you manually after you have unsubscribed.

### **Calendar**

Events are posted to the St. Raphael Episcopal Church calendar which can be viewed on the website at [sreclex.org](http://sreclex.org) and [sreclex.org/calendar](http://sreclex.org/calendar).

### **Diocesan news**

To receive the weekly Diocesan newsletter, the Diolex Link, via email, subscribe using the form at <http://diolink.org/diolex/index.php/newsandevents/>

## *Backpack Ministry*

Backpack packing - On hold for now!

Due to school closures and social distancing requests from our Governor and health care officials, we are on hold with the back pack ministry for now. Michelle will let us know when we can resume this very important ministry.

St. Raphael helps needy families at James Lane Allen Elementary and Beaumont Middle School by providing bags of non-perishable food which are sent home with the children whose families have been identified for this assistance. Food is purchased from God's Pantry Food Bank with donated funds and volunteers pack the food into bags for distribution weekly in the St. Raphael parish hall. We are in desperate need of volunteer packers. If you'd like to get involved with this ministry or have questions, please email Michelle Binkauskas at [m.binkauskas@twc.com](mailto:m.binkauskas@twc.com) or call or text her at 859-536-4299. Thanks!

## *Other Announcements*

### **Dinner Church Series - Healing and Justice for Families POSTPONED TENTATIVELY TO APRIL 18**

The next Dinner Church event will be tentatively April 18 from 5:30 - 7 p.m. This year's theme is Healing & Justice for families. This will depend on the Covid-19 Quarantine Restrictions.

Dinner Church with Dr. Margaret McGladrey - A Look at Poverty

Dr. Margaret McGladrey will use her background as a sociologist to offer an interactive presentation on poverty as a major contributing factor to all social issues we are learning about from the non-profit organizations featured in our 2020 Dinner Church series.

In this presentation, we will explore local statistics that indicate the needs and challenges facing low-income residents of our neighborhood. We will also play a "Poverty Simulator" game to help us walk in the shoes of those members of our community who must make impossible daily decisions about how to spend limited resources to provide for their families.

We will be doing a breakfast themed pot luck meal so email, call, or text Amanda Vance at [alvance13@gmail.com](mailto:alvance13@gmail.com) or 502.333.8773 to sign up and let us know what you are bringing; or click here to sign up yourself.

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### **Fiction Reading Group**

Our next book will be Flight Behavior by Barbara Kingsolver. The next meeting date and time are TBD. Please watch the announcements and Eminders for updates.

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### **Events in our Community**

BUILD Events

Learn more about BUILD on their Facebook page at <https://www.facebook.com/BUILDlex/>

Investment Drive ALTI is on April 1-3

Nehemiah Action

April 27, 6:30 p.m. at Heritage Hall



# A Church Mouse in God's House



Don't even try to blame me for this one. My species still gets attacked for the bubonic plague, and it had nothing to do with us! Not that I see much point in blaming our cousins the rats either. And, you know, there's really only one species that is obsessed with blame: humans.

I don't get it. Do you think it helps you process tragedy in some way? I'm not just talking about when you feel the need to call something the "Chinese flu." I think most of you get the problems that causes. Does it help in some way to blame the government? Really? Explain that to me. Maybe (probably) they screwed up. Mightily screwed up. Didn't have us prepared, lied about it, were slow to respond etc... O.k., scream about that all you want, if it makes you feel better than I think maybe you've got some other issues to deal with.

Maybe you'll say to yourselves, "yeah, but if we know who to blame we won't make the same mistake next time." Ha! Would you like a record of mistakes you've made over and over? Maybe you'll focus your blame on those outspoken irresponsible folks who defy the rules: who defiantly refuse to not 'party' at spring break, who go out to restaurants that should be closed, who don't wash their hands. Do you enjoy thinking of them as evil? Feeling superior to them?

Mice seem to know deep in our bones something you just don't: bad stuff happens. Of course you can do things to mitigate risk, but blame isn't one of those things. We also know that this too shall pass. That we will get through this (together). That we may be changed, but change isn't necessarily a bad thing.

But don't worry. I'm not blaming you for all of your blame. You're only human.



## Up-Coming Events At St Raphael's

Lee Davis is home again. Thanks for all the cards and prayers!

### Buddy Calls

As we prepare for an undetermined duration of social distancing measures, Reverend Helen and our Mission Committee of St. Raphael's Episcopal Church would like to ask for help in reinstating a special installment of "buddy calls" to keep our congregational fellowship active, even at a distance. Our request is that you send a card (or make a phone call, if you feel comfortable) to church members once a week while we cannot worship and come together in person. After sending the card or making the call, we ask that you email Margaret or Afsi each week to confirm your communication and let us know about any prayer requests and/or needs your "quarantine buddy" shares with you. If you'd like to participate, please let Margaret McGladrey, [margaret.mcgladrey@gmail.com](mailto:margaret.mcgladrey@gmail.com) or Afsi Davis [afsileigh@gmail.com](mailto:afsileigh@gmail.com) know.

### Hopeful Upcoming Events:

April 18 - Dinner Church (5:30-7:00), Dr. Margaret McGladrey will use her background as a sociologist to offer an interactive presentation on poverty as a major contributing factor to all social issues we are learning about from the non-profit organizations featured in our 2020 Dinner Church series. In this presentation, we will explore local statistics that indicate the needs and challenges facing low-income residents of our neighborhood. We also will play a "poverty simulator game" to help us walk in the shoes of those members of our community who must make impossible daily decisions about how to spend limited resources to provide for their families.

April 26 - Self-care group: Kundalini Yoga with Margaret McGladrey. Kundalini Yoga combines elements of breathwork, mudrā (hand gestures), eye-focus, mantra, asana (yoga postures), meditation, music, and relaxation in a precise, conscious manner. This sacred science balances the glandular system, strengthens the nervous system and core, and enables us to harness our minds and emotions so we can choose our paths rather than being controlled by our thoughts, feelings, and habits. Kundalini Yoga is a universal and non-denominational complement to anyone's personal practices.

### Mugs for sale

To echo the Diocese of Lexington's vision, "Be the Church. Be the Change.", Saint Raphael is selling these lovely mugs to contribute to our Church Mission initiatives (which have included a new library for our children, support for KRM, Greater Gardenside, BUILD, signage, VBS). At \$6 per mug, they are available to purchase after Sunday services and Dinner Church. We welcome you!



### Saint Raphael Cookbook

We are in the early stages of gathering recipes for a cookbook. We are asking for contributions for the following categories: Appetizers & Beverages, Soups & Salads, Vegetables & Side Dishes, Main Dishes, Bread & Rolls, Ethnic Cuisine, and Desserts. Please send all contributions to Afsi Davis [afsileigh@gmail.com](mailto:afsileigh@gmail.com).

### Moving through Holy Week in a different way!

Please prepare a 'holy space' in your home - a table top, a special chair, a room, any space for either a candle, Cross, Bible, icon, picture of our church or St Raphael the Archangel - a place where you might be present to follow through Holy Week together. Let's take this opportunity to make the journey of Holy Week 2020 memorable, joining our prayers with the whole world, even though we as St Raphael's church members and friends are dispersed and not gathered as usual. Remember that the good news of Christmas is Emmanuel, God with us, the good news of Epiphany is that there are always new ways to 'see' Jesus, and that we live in the post-resurrection reality of God's always new and loving life through Jesus Christ and in the power of Holy Spirit.

Stay home, follow expert advice, practice physical distancing (rather than 'social' distancing, as it's important to remain in touch through calls, message and emails as you are able) and pray for the world, our neighbors, friends and families. Use any of these if they help:

Almighty God, by your Holy Spirit you have made us one with your saints in heaven and on earth: grant that in our earthly pilgrimage we may always be supported by this fellowship of love and prayer, and know ourselves to be surrounded by their witness to your power and mercy. We ask this for the sake of Jesus Christ, in whom all our intercessions are acceptable through the Spirit, and who lives and reigns for ever and ever. Amen.

Psalm 138

1. I will give thanks to you, O Lord, with my whole heart; before the gods I will sing your praise.
2. I will bow down toward your holy temple and praise your Name, because of your love and faithfulness.
3. For you have glorified your Name and your word above all things.
4. When I called, you answered me; you increased my strength within me.
5. All the kings of the earth will praise you, O Lord, when they have heard the words of your mouth.
6. They will sing of the ways of the Lord, that great is the glory of the Lord.
7. Though the Lord be high, he cares for the lowly; he perceives the haughty from afar.
8. Though I walk in the midst of trouble, you keep me safe; you stretch forth your hand against the fury of my enemies; your right hand shall save me.
9. The Lord will make good his purpose for me; O Lord, your love endures for ever; do not abandon the works of your hands.

Heavenly Father, in you we live and move and have our being: we humbly pray you so to guide and govern us by your Holy Spirit, that in all cases and occupations of our life we may not forget you but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

Blessing:

May your Maker keep you safe as the waters roll;  
May God in Christ walk beside you in the wild places;  
and God the Spirit raise you up on warm bright wings. Amen.

With peace, love and prayers,

Rev Helen

Bishop Mark and Rev. Helen are offering live streams of Compline in the evenings. Please check their Facebook pages. If you are not connected on Facebook, send a friend request.



# Birthdays and Anniversaries

## Birthdays for April

Isaac Whorley	April 2
Virginia Dixon	April 6
Richard Dawahare	April 8
Janet Morris	April 10
Larry Whorley	April 11
Marie Jacobs	April 13
Heidi Hayes	April 19
LaDonna Tyler-Gilmore	April 20
Andree Reed	April 22
Helen Massaquoi	April 24
Doris McNally	April 25
Bob Morris	April 25

## Anniversaries for April

Mike & LaDonna Gilmore	April 2
Ron & Michelle Binkauskas	April 13

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.

## Self-guided Stations of the Cross at Tobit's Trace

You will find Stations of the Cross readings at <https://sreclex.org/tobits-trace/stations-of-the-cross-track/>. Either come out to Tobit's Trace and walk the trail (keeping a 6 foot distance from others please) or make periodic stops on a walk in your own neighborhood, yard, or home.

Please be aware when walking through Tobit's Trace that there are wildlife that live and raise their young in the area. We have seen several wild foxes and their young, so be cautious to stay away from them and not disturb them in their natural habitat.

## A Prayer for our Times

**Loving God, Holy One,**

**Your desire is for our wholeness and well-being.  
We hold in tenderness and prayer  
the collective suffering of our world at this time.**

**We grieve precious lives lost and  
vulnerable lives threatened.**

**We ache for ourselves and our neighbors,  
standing before an uncertain future.**

**We pray: may love, not fear, go viral.**

**Inspire our leaders to discern and choose wisely,  
aligned with the common good.**

**Help us to practice social distancing  
and reveal to us new and creative ways  
to come together in spirit and in solidarity.**

**Call us to profound trust in your faithful presence,**

**You, the God who does not abandon,  
You, the Holy One,  
breathing within us,  
breathing among us,  
breathing around us  
in our beautiful yet wounded world.**

**Amen**

[Source: Sisters of IHM in Scranton, PA via ASC parishioner Susan Brown]



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Articles and news information for April must be submitted by **April 24, 2020** to Dana Berry at [danabruceberry@gmail.com](mailto:danabruceberry@gmail.com)

## Sunday Services - Current Schedule on Facebook Live

8:30 am Morning Prayer on line

**Wednesday**

12 Noon Morning Prayer

7:00pm Evening Prayer each night of the week

## Holy Week Plans (Subject to Change)

Palm Sunday worship offering at 8.30am on FaceBook live,

Service of Compline at 7pm daily on FB live from the VK home,

Wednesday midday Healing worship (each Wednesday as ever, but not in Holy week). During Holy Week, there will be Prayer and readings each day at 6.30 pm, including on Maundy Thursday, Good Friday, Easter Vigil. I aim to have Deacon Paula Ott continue with her seder with just me and stripping of the altar on Maundy Thursday; readings and Stations of the Cross on Good Friday; and the key parts of the Easter vigil (the fire, the Exultet and renewal of Baptismal vows). Watch the Eminders for more info as it becomes available and updated.

On Easter Sunday, we will have Morning Prayer as usual in these times at 8.30.