



## From the Rector

As you read this Herald, we are in the midst of Lent. There have been a variety of options offered for devotion in St Raphael during this time – a ‘Fast for the Earth’ calendar, a publication by ERD to focus on families and children globally, ‘Signs of Life’ to walk in the Way of Love with weekly video input, Rowan Williams’ book, ‘Being Disciples’, for our between-the-services book study, and a focus on lament for our Wednesday services. I hope that you have found one amongst these offerings to accompany you on this 40 day journey to Jerusalem & Resurrection. Some enjoy the discipline of giving up something (chocolate?) for Lent – others take on something (such as one of the above, or more regular Bible reading or prayer, or visiting the homebound, serving others in some new way). The one that appeals to me this year is to take on the discipline of being more present: a good start for me would be to go for a walk without responding to my phone. What would being more present mean for you?



Rev. Canon Dr. Helen Van Koevering

Whatever your specific discipline for this season, remember the focus of the call of our Ash Wednesday readings:

‘...return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love....’ (Joel 2)

‘.... As we work together with him, we urge you also not to accept the grace of God in vain...’ (2 Corinthians 5)

‘store up for yourselves treasures in heaven...for where your treasure is, there your heart will be also.’ (Matthew 6)

And Ash Wednesday’s Collect, which holds it all together in the love of God:

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Lent is a time of ‘returning’, ‘working together with God’, ‘accepting grace’, recognizing the treasure in our hearts, finding reconciliation and restoration with God and God’s Beloved Community, as the ‘watered garden, like a spring of water, whose waters never fail’ (Isaiah 58).

See you in Holy Week (April 5-12)!

Helen

## Sr Warden’s Corner



Lent has Arrived!

This week, we move into another season of the church calendar, Lent. Most of us recall Lent in different ways. Growing up Roman Catholic, we always had to give something up, and always had fish on Fridays. My mom didn’t like fish, so she always had some interesting ways to present this meal-lots of fish sticks, tuna noodle casseroles and many simply inedible meals. Occasionally we would get the reprieve and have breakfast for dinner-eggs/pancakes etc. Loved that!

This year, I’m focused on what our presiding bishop, Michael Curry, recommends-prayer, fasting, repentance, and action. My thoughts turn to these over the next 40 days. I’m a list maker, so I like to check the boxes off.

- ✓ Prayer-I’ve been really trying to pray 5 times a day. This Lent, I will. Rev. Helen and Bishop Mark recommended this app-its pretty easy and complete with music. [www.missionstclare.com](http://www.missionstclare.com) I added it as a quicklink on my phone and its pretty simple. Morning and Evening, and add 3 meals in.
- ✓ Fasting-it really allows me to focus on the basics-getting food in my body. I’ve been doing intermittent fasting for awhile, and it does provide some awareness that while I know that my hunger pain will end in a certain amount of time, others aren’t so lucky. In the last 30 days, I’ve started not eating meat anymore because of my concerns for the planet and plan to continue that.
- ✓ Repentance-this one is a bit tough. For me, this is about admitting I don’t have all the right answers, and I’ve got to just accept it. One way I plan to repent is to try to unplug from our 24-hour political news stream and even spend a bit more time listening to what others think, instead of providing my own slanted opinions. My focus will be on reconciling with those who don’t seem to agree with me politically.
- ✓ Action-this one is a bit easier. I read someplace an interesting practice would be to give something away every day for 40 days. We are such a consumer nation, and I think I can easily find 40 things to part with and provide for someone else-but I’m going to try to do it in person-which will be a challenge, but heck, that is what Lent is for.

What I love about Lent is that I truly believe that it takes 30 days to make a habit of just about anything. God gave us a bonus of 10 extra days in Lent, as if he knew it might take just a bit more time for us to listen to his sometimes difficult call.

### 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

Thanks to the 2020 Stewardship Campaign and the tremendous response from the Parish, our finances are in good shape. Both income and expenses were within half a percent of where we should be at the end of January (basis the approved Financials).

In 2020, the hard lift of moving our Rector’s total compensation package closer to the median for similar sized churches in the Diocese made a huge stride forward. More work is still needed, but the 2021 and the 2022 Stewardship Campaigns will work to address those needs.

The Parish’s annual 2020 budget was tweaked and approved at the most recent Vestry meeting. Income is projected to be \$207,180; while expenses are projected to be \$207,248. Note that typically once a Projected budget is set, the only “category” that is typically changed is the pledge dollar amount (this is a rule from somewhere in the Episcopal church; don’t get hung up on the level). And only IF it changes.

This column will have a little tip or two about how to read or interpret budgets. Here is your first one. Projected Income is the **Minimum** that we hope to *raise* in the year. Projected Expenses are the **Maximum** that we hope to *spend* in the year. Interpreting that, more income is almost always good; more expenses are almost always not good!

Overall, my phrase at the Vestry meeting was that “January financials were remarkably unremarkable.” When it comes to financial reporting, that is a fantastic sight.

See you on Sundays!

Roger Kirk

### 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

### Faith in the face of futility



Richard  
Dawahare

Last summer a friend suffered an unspeakable tragedy. His sainted sister was brutally murdered during a robbery of her home. I spoke with him this week for the first time since it happened when he called to thank me for my card. Coincidentally, I had been praying for him and wondering just how he was doing, what he was thinking and feeling, for I could only imagine if that happened to my sister. Beyond the pain, I mused about whether the tragedy might affect my faith in God in some way, and if so how.

I wasn't about to get into that with him, so I let him lead the conversation and just listened. He had a lot to say. I could tell he was still very shaken and trying to work things out: was the belief system that ordered his 70 years of existence valid, or was it all a sham? Was God real, and if so and this happened, what was the point? A sister, a human child of God, nothing but pure goodness, yet this horror of horrors happened to her—where was God's protection? And insult to injury, he mused, why do so many "not good" people seem to prosper? He said it ran all over him when well-meaning consolers say, "It was just God's plan."

It was here that I jumped in. "God is a mystery, John (not his name). Well-wishers have good intentions, but I agree with you, we don't know that it was God's plan for this to have happened. And you have experienced in the most direct and extreme way an event that elicits the question, 'Why do bad things happen to good people?' I still don't have an answer to that one, but we are called to faith and trust no matter what. And the only way that makes sense to me is to see God as this mystery, but only in terms of the journey, but not the reality of the destination, eternal bliss in His Heavenly Kingdom. John, you have patients depending on you, you are so important to so many people. I can't imagine your pain, anguish, doubt and depression. You can call anytime to rap about this or anything."

He thanked me and then insisted on knowing how I was doing. He then gave me advice about my eczema, what to do and don't do. I told him I'd be coming to see him (he lives in Louisville) soon joking that I will be on Medicare in April.

But his core-shaking question still nags the persistently prayerful. No matter the fervency, no matter the constancy of faith, might a similar fate nonetheless befall us or our loved ones? For if the faith journey fails, if it is a fraud, perhaps so too our heavenly destination. That is because both flow from the same source, the same belief system, the same faith, the same hope.

Yet it is here, again, that "I" jump in. I realize that such worrisome ruminations are the mind running out of control. Mindfulness meditation teaches us to catch the mind as it runs amok, then interrupt it with awareness. Acknowledge the thoughts, be they negative or positive, then let them go and return to the breath, the present. And the reality of the present moment is that God is real, faith is alive, and hope is everlasting.

Therefore, KEEP THE FAITH. Think positive and pray expectantly all the time, for yourself, for others, and for ALL! Pray as Jesus taught:

Matthew 21:21 21 Jesus replied, "Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done.

Mark 11:22-24 22 "Have faith in God," Jesus answered. 23 "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them. 24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

James 1:6 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

We are all going to leave our earthly skins someday. But heaven is real, and its' bliss awaits the departed no matter how dreadful the transition. Our faith should celebrate their ascension and have us look forward to a heavenly reunion. Until then, we have work to do, we have sunrises, puppies and butterflies to marvel about, and a God to praise.

Yes, we grieve. But we believe and go forth with the faith of a child.



## You're invited to a day of celebration

as we come together for the Investiture and Recognition of

**THE RIGHT REVEREND MARK VAN KOEVERING  
AS BISHOP DIOCESAN OF LEXINGTON**

**Saturday, March 21 at 11:00 AM  
Christ Church Cathedral, Lexington**

All congregations are encouraged to attend this joyous day in the shared life of our diocese!

Reception immediately following the service at Christ Church Cathedral

Visit [diolex.org](http://diolex.org) for more information



*Presiding Bishop  
Michael Curry,  
preaching*



THE EPISCOPAL DIOCESE OF  
LEXINGTON  
[diolex.org](http://diolex.org)



## Music Notes

### Grand Night for Music at St Raphael's!

Musical Soirée To celebrate Bishop Manuel's presence with us we will be having a Musical Soirée Sunday, March 22, at 6:30 p.m. Those among our St. Raphael family with musical skills (voice and instruments) are invited to share their talents, bringing a song or tune or two with them. Bishop Manuel will be present with us too (He has a great voice!) Please speak with Becky Cooper or Chris Young for details and to sign up. All are invited to enjoy the performances and enjoy some light refreshments.

## Backpack Ministry

Backpack packing - Help needed!

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!



# A Church Mouse in God's House



The Church Mouse is in hibernation... hopefully we'll see him next month!



## Up-Coming Events At St Raphael's

### Crafter's Circle

The Crafter's Group is being disbanded for lack of participation. We realize that people's lives get busy, so maybe we'll get together again some time for a project. Watch for updates.

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Lee Davis has been moved to Tanbark Rehab Facility  
at 1121 Tanbark Rd, Lexington, KY 40215, Room 323.

Thanks to all who have visited her and sent cards!

### Sages

Sages will meet Thursday, March 19<sup>th</sup> at O'Charley's Turfland Mall at 11:30am.

RSVP to Heidi Hayse 278-7937

### Lenten Book Study

Our book will be "Being Disciples" by Rowan Williams. Discussion will begin March 1 at 10:00 a.m.  
It is available as a print, digital or audiobook.

### Acolyte Training

On March 7 at 11:30 a.m. there will be an Acolyte Training. Pizza will be served.

### Bishop Manuel Visit

Bishop Manuel, Diocesan Bishop of Nampula, Mozambique and friend of the Van Koeverings will be visiting St. Raphael's Sunday, March 22.

### Prayers Requested:

For the sick and the home bound, and especially Lee, James, Hayley, Hilda, Art, Don, Gail, Millie, Mary, John, Jack, and Jordan.

### Altar Guild seeks new members

The Altar Guild is in need of new members to join our teams. We work one weekend a month, approximately an hour on Saturday morning & a few minutes after service on Sunday. Training is provided.  
Contact Diane Whorley @ 859-224-4762 or any team member. Thank you.

### Happenings at the Cathedral Domain

March 13 - 15, for youth grades 10 - 12. Register here.

Summer Camps: Registration is open. Brochures are available at church, or see the Cathedral Domain website for details.

## 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.



## Water Week

March 21 – 28, 2020

Water, water, everywhere – though oftentimes unseen! Lexington is celebrating Water Week this spring. Kentucky has over 90,000 miles of surface rivers and streams. Natural, underground waterways are also present in much of the state, including in Central Kentucky. Join us in celebrating the importance of water and our role in protecting it. It's a week of activities for all ages, abilities and interests. We'll create, hike, learn, plant and build community with a full schedule of events. Water Week is sponsored by the Kentucky Water Resources Research Institute, the Tracy Farmer Institute for Sustainability and the Environment and the city of Lexington.

St Raphael's is a stop on the Water Week tour on March 25th from 5 p.m. to 6 p.m.. Join Geomancer Permaculture for a tour of the recently constructed regenerative stormwater conveyance in the back parking lot at St. Raphael's Episcopal Church. Topics discussed will include urban forestry, soils, and the restoration of the water cycle. Participants are welcome to drop in and out during this event, as this will be more of an informal tour and discussion than an intensive workshop. For more information about Geomancer Permaculture, visit our Instagram at [www.instagram.com/geomancerpermaculture](https://www.instagram.com/geomancerpermaculture) or join the event at <https://www.facebook.com/events/983249508743210/>



join us at St. Raphael Episcopal Church

## Women's Self Care Group

Sunday, March 22 – Praying in Color led by Amy Smereck  
5:00 – 6:15 pm  
Light refreshments will be served.

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



# Birthdays and Anniversaries

## Birthdays Celebrating for March

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

## Anniversaries Celebrating for March

Jeff & Laura Carter	Mar 15
Dave & Paula Seigny	Mar 19
Mary & Rod Glancy	Mar 27

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.

## Pancake Supper on Shrove Tuesday!



**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](mailto:revhelen@sreclex.org) or [SRoffice@sreclex.org](mailto:SRoffice@sreclex.org)**  
**Website: [www.sreclex.org](http://www.sreclex.org)**



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Articles and news information for March must be submitted by **Mar 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