



The Herald

St. Raphael the Archangel Episcopal Church
Vol 57 - Issue 2
Lent 2022

From Our Rector

In this issue:

[From our Rector](#)

[Senior Warden's Corner](#)

[Finance Committee – Money Talk](#)

[Music, Live and Alive at St. Raphael's](#)

[A View from the Pew](#)

[Another View from the Pew](#)

[Episcopal Church Women News](#)

[Ministry Committee Report](#)

[Mission Committee Report](#)

[Build Issues Update](#)

[Birthdays and Anniversaries](#)

Prayer Requests

Our Diocese

Friends,

We are doing something new: adjusting our Herald to reflect the Church Seasons rather than the calendar month. Trying something new can often lead us to new insight and focus, and that's what we hope will be possible with the present Herald which is offered for the 40-day season of Lent.

Lent is all about the journey. It starts in winter and ends in Spring. Death to life, darkness to light, scarcity to plenty, tears to joy. It feels as if the world needs this journey more than ever this year, and that we are being called to be the difference that is good news at this time.

Lent begins on March 2 with Ash Wednesday (following the last party we shall share together on Shrove Tuesday, with pancakes for all!). It is one of the most personal and poignant services of the year, when we allow ourselves to be marked with a cross of ashes, a reminder that 'we are dust and to dust we shall return'. Lent then becomes a journey towards the forgiveness and new life that we celebrate at Easter. It is a journey of reflection on prayer, fasting and almsgiving: our relationship with God, our priorities in our lives, and our generosity towards God and others. All of it happens as we remember that we are forever held in God's hands and heart, loved before we ever loved God, known better than we know ourselves. The gentle love of God is forming us to better love one another as God loves us. And to then be for one another, together, the beloved community God intends for us to be.

The disciplines of prayer, fasting and giving during Lent are an opportunity to learn something new about the ways in which we might connect with

Continued on page 2



Rev. Canon Dr. Helen
Van Koevering

Worship

Sundays

Holy Eucharist Rite I
8:30 a.m.

Holy Eucharist Rite II with music
11:00 a.m.

Wednesdays

Eucharist with Healing
Noon

Compline

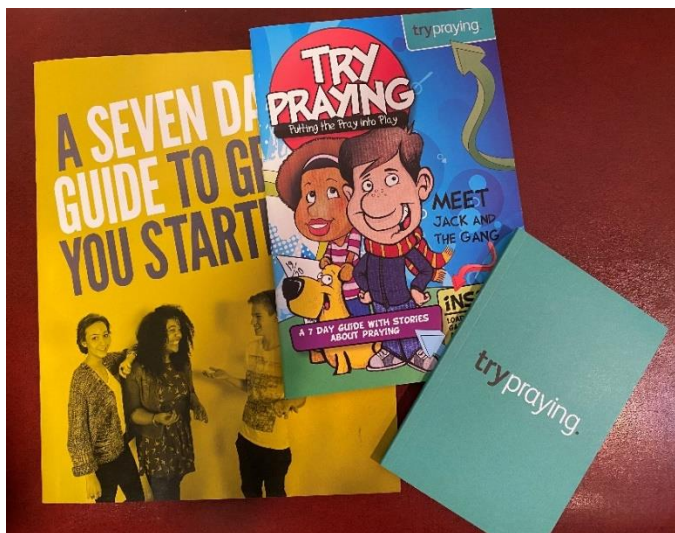
Sundays, Tuesdays, and Fridays
7:00 p.m.



From Our Rector, continued

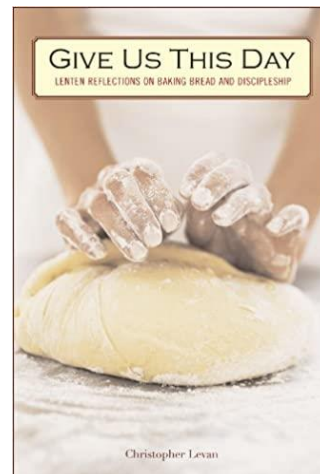
God, ourselves and others. This year, we shall be trying three different ways together: we shall 'try praying', share a simple meal after midday Wednesday services, and reflect in different ways on the stations of the Cross on Fridays.

Our Mission committee is excited about 'try praying'. It is a very gentle message to encourage prayer. In the midst of everything that has happened, changed or turned our world upside-down in the last two years, we invite folk to, simply, to try prayer. By Shrove Tuesday, we shall display a poster for passers-by to see. There are three books involved for different age-groups, pictured below. The blue book is small, 7-day invitation to pray about commitment, others, the Lord's Prayer, healing, and



Justice that couldn't be more simple for beginners to prayer. It is to be passed on to those who want to learn to pray. Our Children's Chapel will be focusing on teaching our children about prayer, as will our VBS in June.

On Wednesdays, we shall be following a study, 'Give us this day'. Different sorts of bread will be baked to have with soup, alongside a reflection from this book, and prayer together. Join us after the healing service at midday!



And then, on Fridays, again at midday, Sister Becky and I shall be leading different reflections on the Stations of the Cross. There will also be a children's Stations of the Cross that will be on Saturday March 19 at midday. Of course, the final Stations of the Cross will be on Good Friday as ever.

Please join us in some way on this Lenten journey. May this Lent teach us something new about who we are before God: beloved.

With my love and prayers,
Rev Helen

Interested in Baptism?

Rev. Helen will be baptizing new members into the household of God during our Easter Vigil service, to be held Saturday, April 16, at 6:30 p.m. If you are interested in Baptism for your child or yourself, please contact Rev. Helen at revhelen@sreclx.org. Information about baptism in the Episcopal Church can be found in our red Book of Common Prayer or accessed online at BCP Online. Rev. Helen is available to answer any of your questions as well.

The Journey of Commitment

Journeys of faith are rarely smooth, especially these days. "Cradle Episcopalians," those raised in the faith from infancy or young childhood are increasingly rare. So how does one become a Christian and, more specifically, an Episcopalian, one who has established commitment to St. Raphael Episcopal Church?

The first step is to attend worship. Introduce yourself to Rev. Helen and fill out a slip of paper, bookmark-sized with your basic information. Then you have stepped out of anonymity, the necessary beginning of any good relationship.

Next, attend worship regularly, gaining spiritual strength. Get involved, and give to the parish of your resources, whether that be time, talent, treasure, or all three. If you are interested in becoming a member, fill out the longer yellow sheet, or our [Family Information Record](#) online.

To be continued

Senior Warden's Corner

A couple of Sundays ago our Gospel reading was from Luke 6. Rev. Helen provided a handout which presented a parallel reading from Matthew 5. We usually refer to these passages as "the beatitudes" and they are some of the more familiar Bible readings.

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

The passage from Luke is a bit different in tone. Rev. Helen's sermon illuminated the differences. Some of the verses in Luke use the word "now" and contrast the now with what will happen in the future.

"Woe to you who are full now, for you will be hungry. Woe to you who are laughing now, for you will mourn and weep."

Are the differences in these passages because they are referring to separate orations by Jesus? Are they different remembrances of the same event?

The passage from Luke brought to mind the contrast that the season of Lent provides us to juxtapose against the upcoming season of Easter. Contrasts in our lives provide the contexts by which we understand everything. How could we comprehend "dark" without understanding what "light" means? How can we understand the joy of the resurrection unless we spend some time in a quieter, more contemplative state?

From a practical standpoint, with limited resources, how can we have a feast later if we don't save up for it now, perhaps fasting a bit to save food?

There are a variety of worship and fellowship opportunities planned for our parish to spend the season of Lent preparing for the gift of Easter. We start on the eve of Lent with our traditional Shrove Tuesday Pancake Supper. Proceeds from this year's event will benefit Vacation Bible School.



**Amy Smereck,
Sr. Warden**

Two Ash Wednesday services, one at noon and the other at 6:30 p.m. will include ashes and music by Clif Cason.

Following the Wednesday noon service during Lent there will be a simple lunch of soup and bread with reflections from the book "Give Us This Day" by Christopher Levan. (If you are able to attend, please do! If you can provide soup or bake bread to share, please let Rev. Helen or me know. Stations of the Cross will be kept at noon on Fridays.

If you prefer some quiet solitude during Lent you might walk the labyrinth in our parking lot, or look for signs of spring in Tobit's Trace. Whatever activities you choose, consider observing some Lenten contemplation, if only to provide contrast to the coming Easter season.

— Amy Smereck

Lent Events

March 1: Shrove Tuesday Pancake Supper

March 2: Ash Wednesday Services
noon and 6:30 p.m.

Wednesdays during Lent

Soup, bread and reflection after noon service

Fridays during Lent

Stations of the Cross, noon

March 26: Bach Marathon, noon

March 26: Dinner Church, 5:30 p.m.

Vestry Members

Amy Smereck, Senior Warden	Janet Morris
Mike Booth, Junior Warden	Tim Allen
Dave Sevigny	Laurie Daugherty
Janis Rosebrook	John Hazlett

- REMINDER -

Articles and information for the Easter issue
must be submitted by
March 27, 2022, to Amy Smereck at
amy.smereck@gmail.com

Finance Committee - Money Talk

The Finance and Administration Committee meets monthly on the 2nd Tuesday of the month to review the financials of the parish, enact adjustments as necessary, and make recommendations to the vestry to provide leadership as good stewards of the blessings you have provided. We wanted to give you an update on a few things.

First, we finished 2021 well financially. Because we were fortunate to receive a second federal grant (PPP) of over \$20,000 and we controlled our spending through the summer, we were able to put aside an equivalent amount of money in savings, outreach, and capital funds at the end of the year. This is the 5th year in a row that we have finished in the black. Thank you for your generous stewardship and giving.

Secondly, through your generous giving, we had a successful 2022 annual campaign-with pledges meeting our goal of over \$187,845. Our numbers of donors have been going down a bit each year, but those giving have been responding generously. With the rents we are receiving from the Lexington Church, we are projecting a balanced budget for 2022 as we've added some staff and

have more financial focus on children and families this year. We also focused over the last 3 years and have been able to adjust our rector's compensation up to the national median for both male/female clergy in churches our size.

Thirdly, our Properties Committee has submitted, and the diocese has endorsed and forwarded our UTO application for the furthering of Creation Care by our church, by proposing the addition of 25 more solar panels. We should know by the summer if we are awarded this grant. The beauty of solar for a church is that it can act much like an endowment-with giving in the form of expense relief over a long period of time. We also received some generous donations from multiple parishioners to support this endeavor, which certainly made our application look even better.

Lastly, we can't thank you enough for your continued support of our ministry at St. Raphael's. If any of you would like to get more involved with the Finance and Administration part of our church, please reach out to Laurie Daugherty or Dave Sevigny, who are active vestry members and the current liaisons to this committee.

—*Dave Sevigny*

Music, Live and Alive at St. Raphael's

As we continue to come out of restrictions, music has reappeared in many facets at St. Raphael's. The Adult Choir returned in September and has led the congregation in "Psalms, hymns and spiritual songs." There have been vocal and instrumental soloists leading us in worship. And the addition of two new pianos has been exciting.

Now we look forward to what is in store for the Lenten season and beyond. The Adult Choir will continue to provide songs of praise, reflection, and meditation. During Holy Week, the choir will sing for the Maundy Thursday and the Great Vigil services.

A new addition to the music program is the Children's Choir which sang for worship on Feb. 6. They will be singing again on March 6 and on Palm Sunday, April 10. Our youth sang on Jan. 30 and are scheduled to sing on March 6 and again in May.

In addition to music in worship, St. Raphael's is hosting the 14th Annual Bach Marathon. The marathon began in 2007 and has been held every year except for 2020.

Musicians from central Kentucky will be featured including cellists, flutists, organists, and vocalists. The time for the Marathon is 1:00pm - 4:00pm. Mark your calendar today: March 26!

—*Clif Cason*

But you must return to your God; maintain love and justice, and wait for your God always.

Hosea 12:6



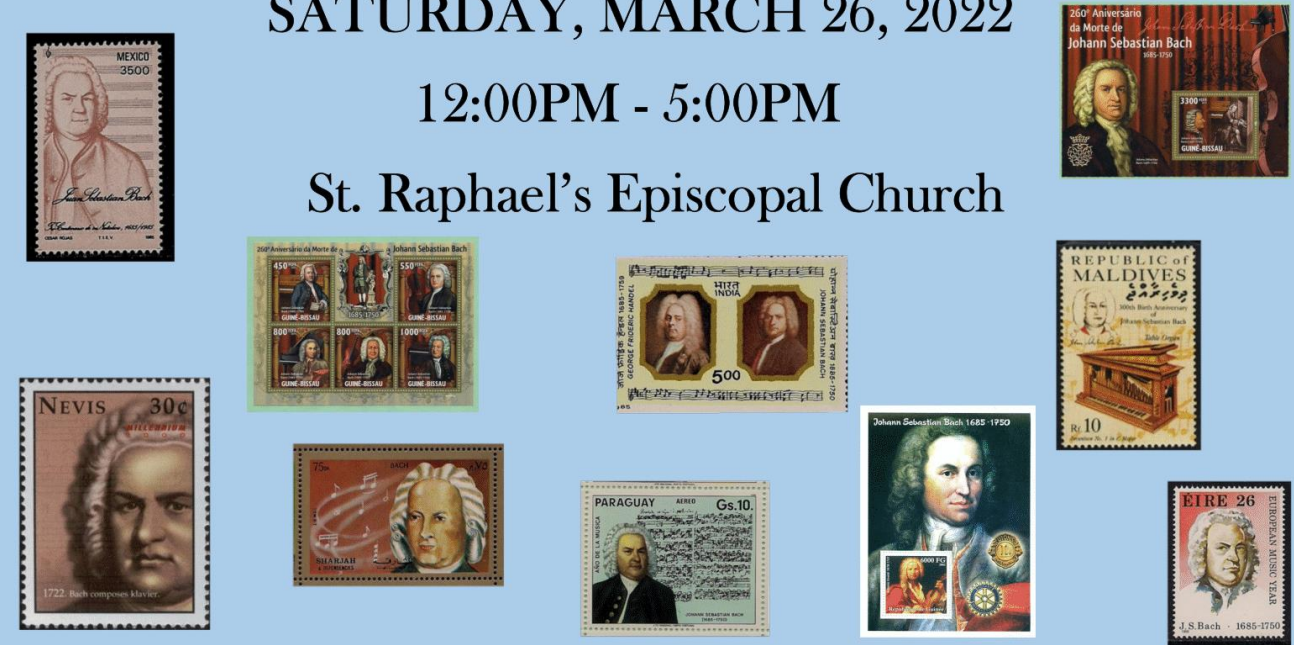
FOURTEENTH ANNUAL BACH MARATHON



SATURDAY, MARCH 26, 2022

12:00PM - 5:00PM

St. Raphael's Episcopal Church



A View from the Pew

Ash Wednesday: Why I Love It

The Ash Wednesday service (beginning of Lent) means so much to me that twice I have attended it in a wheelchair. Once it was snowing, my son brought me in his four-wheel drive, and there were only six people there—the administrative assistant and her husband, two priests and their wives. The other time my broken foot was in a cast and I paid a driver \$66 to go with me.

Reasons why the liturgy means so much to me are in the first sentence: "God hates nothing that He has made and forgives the sins of

"God hates nothing that He has made and forgives the sins of all who are penitent."

Book of Common Prayer

all who are penitent." We believe God created the whole world and everything in it. If He hates nothing he made, how would I dare to? It simplifies things. In a time when people hate anybody who is different from them, who belongs to a category they don't like, or lives in a country that is a political enemy, anything at all, you name it, the answer is clear. God hates nothing He has made.

"...and forgives the sins of all who are penitent." So many people care a burden of guilt through life—not always for

something they did, but what they didn't do. People who haven't really done anything worse than run a red light (or in my case, steal a rock from a national park in Canada.) I remember a woman who blamed herself because of her daughter's weight problem. People do that. Or maybe you did do something much worse. Lay those burdens down, right here.

It is true that the liturgy then runs through a list of failures and shortcomings, but then the priest pronounces absolution. Again:

"He desires not the death of sinners...He pardons and absolves all those who truly repent." That's it. You just have to say you're sorry.

The observance of Ash Wednesday and Lent has gone through many changes over the centuries. There have been periods when ashes weren't imposed. There was a time when ordinary folk only received Communion on Easter and Christmas. Lent was a time for spiritual preparation to receive Communion and for baptism of new believers. Later the custom of giving up something for Lent became popular, although often the thing given up was trivial. Now we're allowed to choose. Whatever helps your spiritual preparation is good.

— *Rose Canon*

Prayer for Children and Families

God, send your Holy Spirit to open our eyes and minds to be the church that nurtures children, young people and families to belong and fully participate in God's Mission. Amen.

"Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven. Whoever welcomes one such child in my name welcomes me." Matthew 18:3-5

Walk in love, as Christ loved us and gave himself for us, an offering and a sacrifice to God.

Ephesians 5:2

Please continue to support St. Raphael's.

We are now using Engage for online giving. To access Engage and set up your user account, please click [here](#).

You can also access the page via the menu on our website at sreclex.org.

Kroger Community Rewards Fundraiser

St. Raphael participates in the Kroger Community Rewards Fundraiser. Find out how to enroll [here](#).

Another View from the Pew

As we enter the Season of Lent, a time of contemplation and reflection, and leading into Holy Week and Easter, I remember my own journey of almost 30 years on the Altar Guild. At first, it was a set of duties to complete perfectly for the Sunday service. I can remember sitting in church nervously, wondering what I had forgotten to do from a very long list of responsibilities. It's interesting, how over time, serving in this ministry, soon became its own form of worship for me. It began with a pause in front of the altar, a reverence, and a silent prayer to thank God for the blessings of this life, to pray for all in need, and all for the glory of God and God's people.

The Altar takes on a more solemn and peaceful tone during the Season of Lent. We will be surrounded by purple, a penitential color, but also a color reminding us of the royalty of the Son of God. The readings will be marked, and the chalice vested as usual. Crowns of thorns will encircle the Eucharistic candles. There will be no flowers, and most of the brass and silver accrements will be stored away.

I am especially grateful for this ministry and the members, Rose, Pat, and Paula, who welcomed me so many years ago. We invite you to join us in our Altar Guild ministry.

In closing, an Altar Guild prayer: "As I handle holy things, grant that my whole life may be illuminated and blessed by You, in whose honor I prepare them, and grant that the people who shall be blessed by their use, may find their lives drawn closer to Him Whose Body and Blood is our hope and our strength. Amen."

—Diane Whorley

"It's interesting, how over time, serving in this ministry became its own form of worship for me."

—Diane Whorley

Episcopal Church Women News

Notes from the January 30th meeting: After a soup and sandwich luncheon prepared by ECW members, the meeting opened with prayer.

The group discussed the Mission of the Church and of ECW. Sr Becky shared the names and purpose of organizations currently served by Saint Raphael. Those identified for continued support from ECW are: James Lane Allen Elementary (JLA) The Well, The Nest, Greenhouse 17. Contacts at JLA have recently reached out to Saint Raphael with a list of needs for the children. ECW agreed to help with winter gloves, Valentine cards (the kind students give to each other), and children sized sweatsuits. Urgency for these items was stressed. Donations may be brought/left in the Admin office at Church.

Reading Camp was brought up and the purpose explained by Diane. Janet noted that ECW members should continue with card ministries to shut-ins, etc., with more focused outreach to newcomers in this way. Notes of encouragement can be sent to those using the services of the targeted organizations. **The next meeting of ECW will be after church, Sunday, February 27, 2022. All women of the church are invited!** The meeting closed with the ECW Prayer.

—Sister Becky, ECW President

ECW Prayer Almighty God, we pray that You bless our work in mission and ministry in the world. Help us pray fervently, labor diligently, and give liberally to make known the power of your love given through your Son Jesus Christ. Let us not forget the lessons from the past, nor fear the challenges of the future. Anoint us with your grace and shine in our hearts as we reflect your light throughout the world. *Amen.*

Ministry Committee

The Ministry Committee meets the 1st Tuesday of the month. Our team is incredibly active planning activities for the Spring and Summer.

Vacation Bible School (VBS) is scheduled for the week of June 6th. We will have afternoon childcare during that week for children who require extended day. We need LOT of adults to help-out during VBS. Please note that the Vestry has voted that anyone working with children must pass a background check and complete training in child safety. Please let Janis or Sr. Becky know if you can volunteer some hours during VBS. We particularly need someone to take charge of food during that week.

Your Ministry Team is learning about Godly Play, and will be incorporating this type of ministry at VBS. Our goal is to deepen our children's spiritual life and to develop life-long prayerfulness.

Lenten Season will see our children participate in "Try Praying", a structured program to make regular prayer a habit.

The children's choir has become a reality! Clif Cason is working wonders with our children, and it is so lovely to see them all dressed in their robes and singing during the service. Practice is Wednesday early evening, and ALL children are welcome to participate.

How can you help our program?

- Bring your child to Chapel every Sunday (they will get a STAR for attendance)
- Have your child bring a friend to Chapel (another STAR)
- Have a friend sign up for VBS (STARS!)
- Sign up to help at VBS

Stars = Gift certificate to Crank & Boom ice cream!

On February 20th, the Chapel Team is going to lunch. We will finally enjoy the gift card we received from the church for Volunteer of the Year.

Help! Your boxes and wrapping paper needed for Children's Chapel

The Children's Chapel team needs sturdy gift-type or storage boxes with lids to hold materials for each of our Godly Play lessons. Boxes should have sides between six and 12 inches and 2 to 4 inches deep, square, round, or rectangular, with a lid that lifts off (no corrugated or packing boxes, foldable boxes, or plastic boxes please.) This is the perfect place to release all those great boxes you are storing for "someday."

The Chapel Team is also in need of GOLD, SILVER, RED, OR GREEN plain/metallic wrapping paper. We will be wrapping the outsides of those boxes and lids.

Please bring boxes and wrap to church ASAP. We are sorting all the Godly Play materials, separating lessons into boxes, and labeling them. If you can help with that activity, contact Janis at janis.rosebrook@mac.com.

Ministry Team:

Janis Rosebrook, Vestry Leader
Tim Allen, Chapel
Clif Cason, Children's Choir
Sr. Becky Collins, Coordinator

Amanda Whorley, Chapel
Diane Whorley, Chapel
Chris Young, Chapel
& Amy Fowler, Christmas Pageant

Mission Committee

Thank you all for the generosity shown during last season for the missions we have in the parish of Saint Raphael.

Because of you, the Church was able to furnish bags filled with Christmas presents for eleven individual children at James Lane Allen Elementary School. Your donations supplied the school's vulnerable children with gloves, sweatpants, and Valentine Cards to share with classmates.

We fed a multitude by giving to families with children at the school and at The Nest. We gave food and sundries to the women at The Well. Greenhouse 17 received donations based on the Wish List they shared with us. Your food donations went to God's Pantry, whose shelves have been impacted recently by shortages. (A special THANK YOU to Afsi Davis and her co-workers who stocked our pantry twice, overflowing, during Christmas.)

Saint Raphael's continues to receive requests from those with needs, so encourage one another to continue with the spirit of mission, giving, and compassion for those in our community who struggle. Thanks again!

Tim Allen, Vestry Leader
Sister Becky

Build Issues Update

The BUILD organization is conducting its four months of research on the top issues impacting our community. Members of the research committees have been meeting with experts & looking at solutions that have worked well in other cities to solve the problems in our own community.

Mental Health

The mental health research committee has interviewed Lexington professionals to ascertain what resources & services are in place & what obstacles citizens who need care are facing. Lack of transportation options has been identified as one major barrier to care. There is also a gap in those individuals who don't qualify for hospitalization, but whose illness is serious enough to create complications navigating life with a mental illness. The healthcare system during the past two years has also been struggling under the weight of the pandemic with half of young people reporting anxiety, depression, and other mental health issues.

Violence Committee

The violence committee has ongoing work to do. In 2021, there were 37 murders in our city, and it continues to get worse. The committee has found an evidence-based violence reduction strategy, Group Violence Intervention (GVI), by the Network for Safe Communities. BUILD will continue advocating for this program.

Affordable Housing

In 2020, BUILD saved the Affordable Housing Fund. In 2021, BUILD fought for and won an additional \$10 million for the Affordable Housing Fund. Because of this work 2,922 families now have safe, decent, and affordable housing. BUILD is advocating for annual, dedicated funding for families in need.

St. Raphael's justice ministers will invite you to support BUILD by attending the Nehemiah Action event on May 23rd. Thank you. (Summary above from the BUILD Issues Committees)

—Diane Whorley

If you would like to get involved with BUILD, please contact Diane Whorley at diane.whorley@outlook.com

Birthdays & Anniversaries

BIRTHDAYS

February 23: Kimberly Siahkoohi
February 23: Diane Whorley
February 25: Bill Emrick
February 25: Lucie England
February 29: Barbara Connell
March 2: Chris Young
March 4: Erika Mayers
March 6: Marla Fox

March 9: Debbie Emrick
March 9: Kate Melton
March 11: John LoBianco
March 14: Annette Bigler
March 16: Laura Formisano
March 17: JeanEllen Melton
March 17: Amanda Whorley
March 18: Victoria Colliver

March 20: Nancy Marshall
March 23: Amy Fowler
March 31: Mary Glancy
April 2: Isaac Whorley

ANNIVERSARIES

March 19: Dave & Paula Sevigny
April 2: LaDonna Tyler-Gilmore & Mike Gilmore

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 day with you! Contact SRoffice@sreclx.org.

PRAYER REQUESTS

Long term prayer list: *Art & Bonnie, Hilda, Lee, MaryJane, Roy, Joan, Martha Helen, Pat Dinsmore, Steve & Ginger, Rose, Sonya, Don, Sarah, Annette, and Mary.*

Currently in need of prayer: *Kenneth, Seth, Sarah, Jill, Anisa, Phoenix, Diane, John, Jim, Anne, Jim C, Cathy & Brian Hunt, Elizabeth, and Wendy.*

Recently deceased:

Rev. Sandy Stone

Pray for those who have died from Covid-19.

Pray for ongoing victims of tornadoes and flooding in Kentucky.

Pray for the people of Afghanistan, the military, and all who are in harm's way.

Please keep in your prayers all who have fallen ill from Covid-19. Please stay safe and find ways to stay connected and express love for one another while following recommended health guidelines.

Please contact Rev. Helen for prayer list changes.

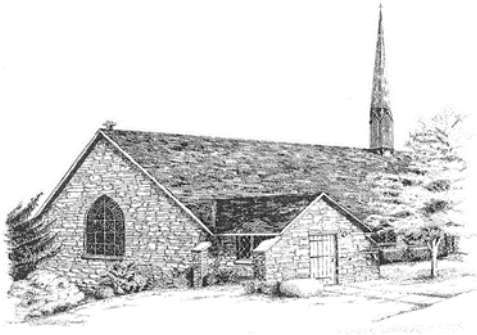
DioLex

Diocesan News

Subscribe to the Diocesan email newsletter using the form found at <http://diolink.org/diolex/index.php/newsandevents/>.

DIOCESAN VISION PRAYER

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*.



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