



The Herald

St. Raphael the Archangel Episcopal Church

Vol 57 - Issue 3

Easter 2022

In this issue:

From our Rector

Senior Warden's Corner

Finance Committee - Money Talk

Properties Committee News

Music, Live and Alive at St. Raphael's

Ministry Committee Report

Mission Committee Report

ECW News

A View from the Pew

A Tale from the Church Mouse

Anyone for Hot Cross Buns?

Birthdays and Anniversaries

Prayers Requested

News from our Diocese

From Our Rector

Easter: the feast of Christ's resurrection. The early church overlaid traditional religious customs as Christianity moved through North Africa to Europe and around the world, reinterpreting those customs in the light of the Gospel of Jesus Christ. According to Bede, Easter derives from the Anglo-Saxon spring goddess, Eostre. Christians in England applied the word to the principal festival of the church year, both the day and the season.



Rev. Canon Dr. Helen Van Koevering

Our Episcopal Church website offers this concise description:

Easter Day is the annual feast of the resurrection, the pascha or Christian Passover, and the eighth day of cosmic creation. Faith in Jesus' resurrection on the Sunday or third day following his crucifixion is at the heart of Christian belief. Easter sets the experience of springtime next to the ancient stories of deliverance and the proclamation of the risen Christ, occurring as it does, in the west, on the first Sunday after the full moon on or after the vernal equinox. Easter Day always falls between Mar. 22 and Apr. 25 inclusive, and follows Jewish custom by beginning at sunset on Easter Eve with the Great Vigil of Easter. The Eastern Orthodox Church celebrates Easter on the first Sunday after the Jewish pesach or Passover (which follows the spring full moon). Although the two dates sometimes coincide, the eastern date is often one or more weeks later.

The Easter Season is called the Great Fifty Days, from Easter Eve through to the Day of Pentecost. From early times the Greek word pentecost (fiftieth day) has been used for the whole Paschal season. During this season there is no fasting. The Council of Nicaea (325) directed that Christians are to pray standing. The word "alleluia" (praise the Lord) is said or sung repeatedly, and added to the dismissals and responses, contrasting sharply with
Continued on page 2.

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

Continued from Page 1.

with Lent when the alleluia is omitted. The color of liturgical vestments and hangings is white, and it is customary for the Paschal candle to burn at all services of the Easter season. The traditional Christian Easter greeting ("the Lord has risen indeed" Lk 24:34) begins each eucharist during the Easter season.

An interesting note is that our Sunday lectionary readings during the Easter Season do not include an Old Testament reading (the Psalm remains) – we spend the 50 Days focusing on the New Testament and the meaning of the Resurrection of Jesus for the early church and ourselves. It is an opportunity to focus on what are called the

Stations of the Light, or of the Resurrection, or Via Lucis. I will print a version of the *Via Sacris* for your use in church during the Easter Season. It provides an interesting parallel with the Stations of the Cross. Begin the *Via Lucis* from the resurrection and move in reverse, from the 14th Stations to the 1st Station. The meditation offers insight into the death of Jesus and the meaning of the resurrection.

The Easter Season is also a new opportunity to sit outside, in your garden or in Tobit's Trace to see Spring's arrival, perhaps even to contemplate the *Via Lucis* in the beauty of nature.

Enjoy this new season!

With love, Helen

Holy Week & Easter Worship Schedule

April 10 Palm Sunday services at 8:30 and 11 am

April 11 Monday in Holy Week, Noon

April 12 Tuesday in Holy Week, Noon

April 13 Wednesday in Holy Week, Noon

April 14 Maundy Thursday, 6:30 pm

April 15 Station of the Cross, Noon
Good Friday service 6:30 pm

April 16 Easter Vigil, 6:30 pm

April 17 Easter services at 7:00, 8:30, 11:00 am
and 6:30 pm

Easter Egg Hunt following the 11:00 am
service – children please Bring Your Own
Basket!

Weddings at St. Raphael's

After the postponements and waiting time that was Covid-time, it seems like the world is now celebrating and getting married! I am delighted to be celebrating or hosting **five** weddings at our church in May/June. Such a beautiful setting and comfortably roomy church is a wonderful place for such happy occasions, with plenty of room (and car parking) for rehearsal dinners and receptions. Most couples enjoy having photos taken in our grounds, and with the opening of Tobit's Trace and a small outside space provides the opportunity for a wedding under the native Kentucky trees.

Help your friends and colleagues, neighbors and families consider their special event at St Raphael's, take a look at our website to see a video of our floor plan, and call the office for details and to arrange a visit on 859-255 4987.

Confirmations, Reaffirmations & Receptions into the Episcopal Church

Have you been baptized as a child and grown-up in the Episcopal Church? Are you either a young teen wanting to make their own decision about faith, or a mature believer ready to make a public statement of faith? Have you considered confirmation?

Maybe, after a long absence from church during covid, or for any other reason, you feel it might be good to make a public re-affirmation of faith? The blessing of 'reaffirmation' is an opportunity to make a statement of continuing belief and renewed intention to participate in the life of faith and the church. I would highly recommend this as a gentle re-commitment, a way to 'get back into the swing of things'.

Perhaps you have been baptized and raised in another denomination, whether 'in communion' with the Episcopal Church or not, and you have been attracted to the Episcopal way? Reception into the Episcopal Church is more than being a member of St Raphael's – you are a member simply by being with us and participating in the life of our community. But if you would like to make your home with the Episcopal Church, you might consider the blessing of 'reception'.

All of these blessings are the work of the Bishop, who will make his annual visitation to St Raphael's on October 23. During the Pentecost Season (June 6 – November 26), we shall prepare for his visit and invite you to join a small group to revisit *'Walk in Love'*, a book outlining the Episcopal Way published by 'Forward Movement'. The book is available in the narthex to be read at home and/or studied together at 10am on Sundays during this Season. For children looking at confirmation, an alternative study will be provided.

Please do let Rev Helen and Erika Mayers know of your interest in joining our *'Walk in Love'* group this year. And children seeking confirmation: please speak with Rev Helen or the adults in Children's Chapel.

Senior Warden's Corner

Easter is quickly approaching, and this is the first one in this decade which so far seems like it just might be like the Easters we have known and loved at St. Raphael's for many years. The choir is rehearsing, the Easter eggs



**Amy Smereck,
Sr. Warden**

for the egg hunt are being retrieved from the storage closet and counted to make sure there are enough. Flowers are being ordered, given in memory, honor, and thanksgiving. Hot Cross Buns recipes are being tested. Folks will gather for our semi-annual Parish Clean-up for the first time in ever so long, polishing windows and woodwork and doing odd jobs to get the church ready for old-timers and newcomers alike. Children are being taught about what will happen on Easter, this year

as in years past, even during the Covid years: Jesus's journey from entrance into Jerusalem riding on a donkey, to crucifixion and death on a cross, and his absence when the stone was rolled away from the tomb. The Lord is risen indeed! Alleluia! I am eagerly awaiting our tradition of experiencing again the deep sorrow followed by the abundant joy, the miracle of resurrection and rebirth, the essential story of our faith. I hope you are too, and I hope to see you on Palm Sunday and Easter this year! –Amy Smereck

HAVE NEWS FOR OUR NEXT ISSUE?

Send articles and information for the Pentecost issue to Amy Smereck at amy.smereck@gmail.com. The submission deadline is May 15, 2022

Money Talk

Our church finances continue to be strong through March with pledges and expenses staying on track. Thank you for your continued generous support of St. Raphael. We had a major boiler repair (I'm sure everyone remembers the cold sanctuary in February!), but we plan for these possibilities and our capital improvement fund covered the expense. Our property is being excellently looked after by Mike Booth, so give him a big shout out next time you see him. In the last Herald, the finance report included information about a UTO grant application we submitted for 25 additional solar panels. Sadly, the application was rejected on a technicality, but we can resubmit it again next year. Many thanks to

Hunter, Nancy, and Dave for their work on that application.

Easter is the season of hope, joy and renewal. With Family and Children's Ministry being the focus for 2022, Easter is the perfect season to consider making a special gift to support two vibrant church community events - El Nino Day of the Children in April and VBS in June. Planning is well underway. Your support can make a big difference. Who better than children to reflect the blossoming energy of the season!

As always, feel free to contact me or Dave Sevigny with any church finance questions or ideas.

—Laurie Daugherty

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 use 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 sreclx.org.

Kroger Community Rewards Fundraiser

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

From the Properties Committee

It was a little bit chilly a few Sundays in March. This was due to some malfunctioning pumps in our boiler system. The repairs required tapping into the church's Capital Fund. The church is now more able to handle the temperature swings of the season. The church A/C units will need some maintenance prior to the summer heating season.

St. Warden Mike Booth has replaced almost all of the fluorescent fixtures in the church with LEDs, which last longer, requiring less maintenance time. This project has involved

standardizing on fewer types of bulbs, which will enable the church to buy replacement bulbs in bulk and simplify replacement.

The church grounds will be getting a bit of a facelift with the removal of some old, dead pine trees and stumps.

Spring Parish Cleanup Saturday, April 9

Help spruce up the church for Holy Week and enjoy some fun and fellowship too. We'll start at 9 am and work until noon, Lots of tasks for all ages and skill levels. See the list: sreclx.org/cleanup.

Music, Live and Alive at St. Raphael's

Have your calendar and pencil ready because you don't want to miss any of these services and special music events!

Palm Sunday will feature the Children's Choir and the Adult Choir. The anthems include "Wave Your Branches" sung by the children and two anthems sung by the adults, "My Song Is Love Unknown" and "Sing My Soul, His Wondrous Love."

As we proceed through Holy Week, Michael Cannon will sing Psalm 22 on Maundy Thursday as the altar is being stripped. The congregation will sing the hauntingly beautiful "What Wondrous Love" during Communion.

The Great Vigil will feature several cantors leading us in various portions of the service. David Sevigny will sing part of the Exsultet as well as the Song of Moses. Amy Smereck and Chris Bollinger will cantor The First Song of Isaiah. The adult choir will sing "Alleluia! Christ is Risen."

Easter is always filled with glorious music and this year is no different. The choir is singing two anthems, one which features two trumpets. The Postlude will have the organ at its grandest as Clif plays the "Toccatà" from Widor's Fifth Symphony.

Other dates for your calendar:

Saturday May 14 ~ 4:00pm featuring the Backroom String Band

Remember last year's outdoor music event? This year we are going to follow that success with a completely different sound, The Backroom String Band (see bill@whjco.com for further information). This six-member band plays

traditional bluegrass, gospel, Celtic, folk, and a few other things in between. The band is equally at home performing for a church barbeque or worship service as it is for a large professional conference or private party. Band members include Dean Phelps (lead singer and guitar), Katherine Steckler (lead singer and bodhran), Pat Soister (mandolin and ukulele), Dana Ross (fiddle), Jane Johnson (bass and Celtic harp), and Bill Johnson (guitar, banjo, and vocals).

Sunday, May 22 ~ Potluck, and dessert with SCAPA Vocal Scholars in Special Performance

Everyone loves a potluck and that's what is happening directly after worship on May 22. Our SCAPA Lafayette Madrigal Choir four vocal scholars want to thank you by performing a thirty-minute concert. Not only are they going to sing for us, but they are also going to serve desserts. This is a fundraiser to help replenish the money from The Friends of Music Fund which goes towards paying the young people to sing with the choir. You have heard these four wonderful young people in worship, but you are in for a special treat (and dessert) on May 22.

Sunday, June 5 at 4:00pm with Classical guitarist Jamie Monck

Mr. Monck is a native of Lexington and attended Bryan Station High School. You can read more about Jamie [here](#).) Here are a few excerpts from the site: Monck's expansive repertoire has been described by Eliot Fisk as, "Conquering not just Everest, but the whole Himalayan Mountain Range." Much of Jamie's repertoire seeks to explore musical structures and ideas that came before us in a way that invites both the performer and the listener to consider their past experiences and memories.

--Clif Cason, Choir and Music Director

Sing to the LORD a new song, for he has done marvelous things. Psalm 98:1

From our Ministry Committee

Children's Chapel continues during Eastertide in the capable hands of:

Tim Allen
Sr. Becky Collins
Janis Rosebrook
Amanda Whorley
Diane Whorley
Chris Young

The children enjoy marching down the aisle following the processional cross. Each Sunday's lesson mirrors the readings told upstairs, and a fun craft follows chapel time.

Please talk to your children (grandchildren) about respect for others. We will be focusing on KINDNESS and how important it is to keep our hands to ourselves so that we don't physically hurt other children. We don't want any child to fear coming to Chapel because of another child's aggressive behavior.

MASKS are now optional. We follow the directives of the Fayette School District.

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



Join us for Vacation Bible School!

The theme for our VBS this year is Try Praying! We will focus on the power of prayer to change the children's world through compassion for others.

We learn compassion through play, prayer and joyful singing! Each day will include stories, music, crafts, and time outside, weather permitting.

Prayer is simple, costless, and can be done anywhere, alone and silently or with others. The gift of prayer is something that can enrich one's whole life.

Flyers are printed, curriculum chosen, and all we need is CHILDREN. Children in grades K-8 (in the fall) may attend Vacation Bible School (VBS) on Monday, June 6-Thursdays, June 9 to be held at the church from 8am to 1pm.

Extended Day care is available. Please see the flyer ([click here](#)) for details.

Sign up for VBS at sreclex.org/vbs. Please share the flyer and the signup link with family, neighbors, and co-workers and post on community bulletin boards. The registration deadline is May 1.

We need adult volunteers. Please note that all volunteers who work with children must have a background check and take an online class regarding child safety.

Contact Janis at janis.rosebrook@mac.com with questions.

From our Mission Committee

At St. Raphael we are continuing to build connections with the communities outside our walls. Please take a look at the events below and consider participating as you are able.

Featured Speakers at Dinner Church are:

April 30 at 5:30 pm - Luke Embree on Generous Orthodoxy: Unity, Liberty, and Love

May 28 at 5:30 pm - Christina Embree on Intergenerational Ministry

Each event will include Eucharist, dinner, and conversation.

BUILD's Nehemiah Action rally takes place Tuesday, May 3, 6:30 PM at Central Bank Center. See Diane Whorley for more information.

Greater Gardenside will host Tacos on Two Wheels, Saturday, April 30. This bike tour will highlight the Gardenside Community and area businesses.

Music in the Park will be held at Garden Springs Park, Saturday, May 21, 2022, noon to 5:00 PM, in partnership with Music Live Foundation.

—*Tim Allen, Mission Committee Chair*

Episcopal Church Women News

Episcopal Church Women (ECW) at Saint Raphael are designing and donating a basket for the Silent Auction on Saint George's Day, Cathedral Domain, April 30. Contributions are needed! Please contact Sister Becky if you are interested in donating. Proceeds from the Youth Scholarship Silent Auction help support youth as they represent our Diocese at Provincial and National Youth events.

The Diocese of Lexington Women's Weekend will be held Friday through Sunday, May 20, 21, 22, 2022, at Cathedral Domain. Rev Jan Cottrell will be the Spiritual Leader. See Sister Becky for more details.

The next ECW meeting at Saint Raphael will be Sunday, April 24, at 12:30 pm, after 11:00 am Service. All women are welcome and encouraged to attend! We will share a light lunch as we meet.

—*Sister Becky, ECW President* sisterbeckycooper@gmail.com

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.*

A View from the Low

Considering the Lilies

*"Consider the lilies of the field. . .they toil not, neither do they spin. Yet Solomon in all his glory was not arrayed like one of these."*Mt. 6:28

When Jesus referred to lilies of the field to assure listeners of God's loving care, the lilies he saw in the fields of Galilee were not the species we know as Easter Lily. There are many species of lily. The familiar Easter Lily with the white trumpet-shaped blossoms is *lilium longiflorum*, which originated in the Ryuku Islands of Japan.

Before World War II, nearly all Easter Lilies sold in the US came from Japan. When the war put an end to that trade, fortunately an American, Louis Houghton, had brought a suitcase of hybrid lily bulbs from Japan to Oregon. He gave bulbs to friends and fellow gardeners who began growing lilies along the Pacific Coast. When the war began, they grew Easter Lilies commercially. Most lily production today is along the California-Oregon border where climatic conditions are just right.

The scripture doesn't say the lilies Jesus referred to were white, but legend says that white flowers sprang up from tears that dropped on the soil of the Garden of Gethsemane, that Jesus shed as he knelt in prayer just before his arrest (depicted in the stained glass window in the rear of the church). Species of white lily that grew in Europe and the Mideast later came to be associated with Resurrection and were called Madonna lilies. There is a white lily that occurred naturally in Israel from ancient times but now is an endangered species found in the wild in Galilee and Carmel.

Despite their beauty and fragrance, if you look around the church on Easter morning, you will see tulips, daffodils, and azaleas, but not Easter Lilies. The reason is that many people are allergic to the strong scent of the lily pollen. You will see plenty of Easter Lilies in other places. It's better not to have worshippers coughing during the Easter services.

If planted outside in Kentucky, these lilies would not bloom until June. Daffodils do bloom here in March and April. Some people call daffodils Easter lilies.

Another legend that is not true claims that the Cross was made of the wood of the dogwood tree. Dogwood does not grow in Israel.

—*Rose Canon*



On the Table event Monday April 11 at 6:30 pm

You are invited to spend some time in discussion to shape the future direction of Lexington! Join our On the Table event April 11th @ 6:30 p.m. at St. Raphael's.

On the Table is a city-wide conversation that helps us get to know each other better and discuss what is and isn't working in Lexington. More info and RSVP [here](#).

A Tale from the Church Mouse

Did you think I was hibernating for a while? Well, I sort of was. I like to call it that anyway. Technically I don't really hibernate, but I took a really, really long nap. It was heavenly. At least I think it was, I guess I don't really know what heaven is like. Let's put it like this: it wasn't like hell.

Which brings me to my topic. I am intrigued by your Easter season. From what I hear you say it is after your main guy was crucified, died, buried and "descended into hell." And then of course he rose again. But that time in hell, that must've been pretty bad. It certainly wasn't a hibernation. I know that when I was younger, I used to think of hell as very physically painful. Wailing and gnashing of teeth, which to a mouse the gnashing just sounds horrible. Plus, the unbearable heat, the smell of sulfur... It had to hurt. But now that I'm older I think of hell differently. Like, maybe it's the complete separation from life. From God, from friends, maybe even from yourself. And I think that emotional pain might be even worse than the physical pain.

How do you bounce back from that? I'm tired and groggy just from emerging from a hibernation that wasn't really even a hibernation. I don't even know that it's fair to expect mice or humans to bounce back from physical or emotional calamities so quickly. I guess that's why Jesus is God and I'm just a mouse. I'm not going to conquer death, and I'm sure not going to reunite humanity with God and everlasting abundant life. Lucky for us, it seems like your main man took care of that for us. To me, that's a pretty good reminder of what the Easter season is about. I hope we can fully live into it. To feel our connection with God and each other every day and to do our best to make the world a better place. Enough of this hibernation. Happy Easter, and let's get to work!

Ben Harper joins St. Raphael Vestry

Ben has attended St. Raphael's since January 2020 and has been active in helping with the outdoor service sound equipment, and was involved in helping



to restart the choir. He currently is a member of the choir and was recently appointed to fill a one year term on the vestry. Prior to coming to St. Raphael's, Ben served on vestries at two Central Kentucky Episcopal churches, and as Junior warden and Senior warden at both churches. He was active at both previous parishes with the choir and during the services as a layreader, acolyte, crucifer, chalice bearer, and lay eucharistic minister. Ben is married to Katherine Harper, who serves the diocese as assistant treasurer.

Family VBS May 14

Mark your calendar! Families are invited to spend the day on the St. Raphael grounds, picnicking, playing games, and enjoying Tobit's Trace.

Sages

Sages, St. Raphaelites age 50 and up, will resume meeting the third Thursday of the month at 11:30 am. Meetings are April 21 and May 19. Contact Paula Brockman for more information.

Congratulations Graduates!

We would like to honor St. Raphael graduates in the next issue of the Herald! Please send your graduate(s) name, degree, institution, future plans, and photo to Amy Smereck at amy.smereck@gmail.com. We are pleased to include the children and grandchildren of our community in this celebration of achievement.

Anyone for Hot Cross Buns?

For many people, Easter wouldn't be truly Easter without Hot Cross Buns.

For others, they don't know what the big deal is with those Buns.

Hot Cross Buns are doughy, raisin-studded delights, and are traditionally eaten during Lent, especially in the week leading up to Easter. Marked with an icing or dough cross on top, they've been a holiday staple of some communities for centuries.

Rumor #1: a 12th-century monk was the first person to mark the bun with a cross.

This monk baked the buns on Good Friday, in honor of the upcoming Easter holiday, and they soon gained popularity around England as a symbol of the holiday weekend.



Rumor #2: They stay fresh for a whole year. No, really! If you hang a hot cross bun from your kitchen rafters on Good Friday, legend has it that the bread will remain fresh and mold-free throughout the entire year. Just to make sure, the bun should be replaced each year on Good Friday.

Rumor #3: They expel bad spirits. Due to the blessed cross on top, hot cross buns hung in the kitchen are supposed to protect from evil spirits. They're also said to prevent kitchen fires from breaking out, and ensure that all breads baked that year will turn out perfectly delicious. Likewise, taking hot cross buns on a voyage at sea endows the boat with some protection from shipwreck, according to legend.

Rumor #4: And cement friendships. Those who share a hot cross bun are supposed to enjoy a strong friendship and bond for the next year.

Rumor #5 (And my favorite): They're too sacred to eat any old day. In 1592, Queen Elizabeth I decreed that hot cross buns could no longer be sold on any day except for Good Friday, Christmas or for burials. They were simply too special to be eaten any other day. Common folk caught baking the buns during off-season were forced to give to the poor.

—Janis Rosebrook (with a special thanks to The Smithsonian, from which I freely used as a source.)

*Hot Cross Buns, Hot Cross Buns. One a penny, two a penny, Hot Cross Buns.
Traditional children's nursery rhyme*

Birthdays & Anniversaries

BIRTHDAYS

April 2: Isaac W
April 8: Richard D
April 10: Janet M
April 11: Larry W
April 13: Marie W
April 19: Heidi H
April 20: LaDonna T-G
April 22: Andree R
April 24: Helen M
April 24: Janis R
April 25: Doris M
April 25: Bob M

May 1: Ron B
May 5: Pat D
May 5: Tom V
May 8: Lisa B
May 9: Hilda F
May 9: David F
May 13: Marguerite E
May 13: Peggy O
May 18: Rose C
May 21: CC J
May 21: Jackie L
May 25: Kayla C

May 26: Ronnie M
May 30: Emma M
May 30: George S

ANNIVERSARIES

April 2: LaDonna & Mike G
April 13: Ron & Michelle B
May 26: Bev & Bob B
May 28: Jenny & Steve K
May 29: Tom & Amanda V

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@sreclex.org.

Prayers Requested

Long term prayer list

Art, Hilda, Mary Jane, Roy, Joan, Martha Helen, Pat Dinsmore, Steve & Ginger, Rose, Sonya, Don, Sarah, Annette, Mary, Kenneth & Seth, Anisa, and Mickie.

Currently in need of prayer

Jill, Phoenix, Diane, John, Jim, Anne, Cathy Hunt, Elizabeth, Conrad, Hannah & Volodymyr, Heidi, Alex, Kelly, Patty, Carole, Lydia, Emily, and Ben.

Recently deceased

Lee Davis, Bonnie Conaway

The funeral service for Bonnie Conaway will be held Saturday, April 9 at 12:30 pm.

Pray for those who have died from Covid-19.

Pray for the people of Ukraine, 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.

News from our Diocese

St. George's Day at Cathedral Domain

Come Celebrate Saint George's Day at The Cathedral Domain. Saturday April 30th. This event is for all ages! Enjoy YOUR beautiful mountain during the day. There will be hiking, games, a scavenger hunt, music, food, fellowship, worship, or just come sit in a rocker on the porch. If you like, stay overnight Friday, Saturday, or both. Bishop Mark Bishop would like to restore St. George's Day back to the booming celebration it once was many years ago.

More info [here](#). Registration [here](#).

Cathedral Domain Summer Camps

Registration is now open for Cathedral Domain Summer Camps! Camps sessions are scheduled for rising 1st through 12th graders and adults too! More information [here](#).

Camp counselors are being recruited! You must be interested in making camp fun for boys and girls while helping them to have a meaningful camp experience.

To be eligible to be a CIT, youth must be at least 15 years of age, and 16 years of age for counselors. You will find the Volunteer Staff Application form on the Cathedral Domain Web Page, www.cathedraldomain.org. There is a place to mark Volunteer staff (Counselor) or to mark C.I.T. (counselor-in-training).

For more information, please contact Cindy Sigmon, Diocesan Youth Missioner/Program Director, at csigmon@diolink.org.

Request for Covid Test Kits

The Cathedral Domain is asking for, and happily collecting, any & all unused, unexpired COVID tests for our camps this summer. If you have extra that you don't plan to use, would you please keep the Domain in mind to donate them to?

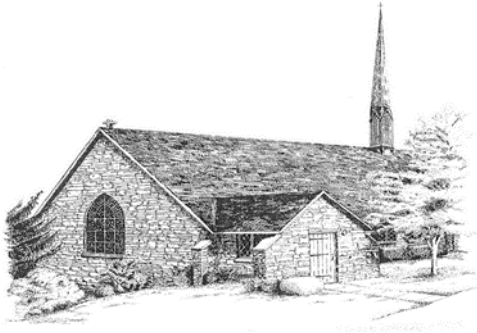
If you haven't already ordered some, you can go to <https://www.covid.gov/tests> and order 4 home tests FREE! They usually arrive within a week to week & a half.

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.

Keep up with news from around our Diocese!

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



St. Raphael Episcopal Church
1891 Parkers Mill Road
Lexington, KY 40504

Rev. Canon Dr. Helen Van Koevering
Phone: (859) 255-4987
Email: revhelen@sreclx.org
Website: www.srelex.org

The Herald is a monthly publication
of St. Raphael the Archangel
Episcopal Church.

Irish Hot Cross Buns

(makes about 10 buns)

Ingredients

4 cups bread (strong) flour
Pinch of salt
2 tsp mixed spice
6 tbs butter
2 tsp (1 packet) active dry yeast
1/4 cup caster sugar
1 egg
1 cup warm milk (30 seconds in the microwave will do)
1 cup dried seedless raisins
Grated rind of an orange

Method

Put the flour, salt and mixed spice in a bowl, and give them a quick whisk to mix. Rub in the butter to the flour mix until it resembles fine breadcrumbs. Add the yeast, sugar, beaten egg and milk, and stir together into a soft dough.

Knead for 10 minutes until the dough is smooth and elastic. If you are using a mixer to make these buns give it five minutes on low with the dough hook. Add in the dried fruit and the grated orange rind and knead for another minute.

Roll out the mix slightly and cut the dough into 10 pieces. Roll these into balls on the table using the flat of your hand and place on a baking sheet or tray. Leave their own width again between each bun so they will have room to rise.

To make the cross mix 1 cup flour with about 3 tablespoons of cold water to make a basic soft dough. Roll it out really thin and cut into little strips. Dampen with a little water and stick to the top of each bun. Take a length of plastic wrap and brush with a little cooking oil. Place this loosely on top of the buns (oiled side down) and leave in the kitchen to double in size - about 20 minutes depending on the weather and the warmth of the room.