



# The Herald

St. Raphael the Archangel Episcopal Church

Vol. 58 - Issue 2 February 2023 Lent

## From Our Rector

### 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

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

#### Ash Wednesday 2/22

Services midday and 6:30 pm

#### Dinner Church

2/25 at 5:30

3/26 at 5:30

#### Easter Sunday April 8

Dear beloved community,

Well, here we are again at the Ash Wednesday kick off a two-season cycle: the 40 days of Lent & the 50 days of Easter. It is a cycle of reflection and reliving Jesus' journey toward his death. It is also a cycle of expectation and renewal of being a diverse, believing people at the end of the cycles, on Pentecost. 'What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from'. T.S. Eliot

So, Ash Wednesday is an important moment of both end and beginning. Take some time to reflect on Matthew 6: 1-6, 16-21, our gospel appointed for the day. This reading speaks of piety and alms-giving, hypocrisy and humility, fasting and recognizing that our heart can't hide what we truly value. It is a passage that holds somberness and encouragement, reserve and anticipation, activity and steadiness. We are called to "still ourselves" before God and assess the practices of faith we will need with us in this season of faithful worship and "re"-living.

Jesus said, "Beware of practicing your piety before others in order to be seen by them... when you give alms, do not let your left hand know what your right hand is doing...when you pray, go into your



Rev. Canon Dr.  
Helen Van Koevering

*Continued on the next page*

## *From Our Rector, continued*

room and shut the door and pray to your Father who is in secret...when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret... and your Father who sees in secret will reward you... Store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Matthew separates our religious practices into human perception and God's reception: public performance and internal positioning. Public performance of giving is set against giving anonymously; public prayer is set against a quieter form of centering presence before God; fasting is not to be announced. What does this reflection on our religious practice tell us about why we do what we do?

Lent offers an opportunity to practise a new way of drawing close to God: whether in prayer, in giving, or in giving up (fasting). I encourage you to a new practise of some sort this Lent. Maybe you could join us to learn about centering prayer at 9:45 on Sundays? Maybe you could commit to weekly Sunday attendance, or attend Dinner Church to learn about Taizé, or attend a BUILD meeting, or create a new habit of prayer, or commit to walking a daily mile in prayer for your neighborhood, or give towards one of our mission partners, or read our Lenten devotion. Maybe you could commit to some quiet time in Tobit's trace or even at Gethsemane Abbey? Maybe, if you choose to fast one day a week, the food you save could be given to our Food Pantry? If you want any other ideas, come and have a chat!

Whatever our chosen practise this Lent, remember we are accompanied by the presence and love of God. Nothing will ever separate us from God, but we might find a way that reveals something new of God to us. The Ash Wednesday practise of ashes on our foreheads makes visible and intentional our relationship to God. Maybe we can practice some new way or renewed way of living out what is good, just, and loving towards others, and, in that way, join Jesus on his journey and in his passion for caring about others and the world. We are entering a season intended to deepen our identity and rootedness in God's creative concern for the world. May we journey this season with Jesus remembering that his religious practices were a sign of his loving God and others. And that his journey was to death on the cross before Easter, Ascension and Pentecost. May this year's Lenten journey strengthen your own faith journey with deeper understanding of God's love in sending Jesus, His Son.

With love and prayers,

**Helen**

Rev. Helen

## Senior Warden's Corner

**Dust to dust.** The Lenten message that we are but dust used to be a depressing one to me. I don't much like the chore of dusting. Household dust is even more mysterious than dryer lint! Where does it all come from? Dust is perpetually hated, chased after, and eliminated, the target of ever more efficient and expensive cleaning products and gadgets.



*Amy Smereck*

I have come to realize that these are not the connotations that we are meant to have about Lenten dust. We are only despised like household dust if we are without God. Through God, the couple of dollars' worth of chemicals that comprise our physical presence have been transformed into a life of great potential and infinitely more valuable. Should we fall into separation from God through our sinfulness, we are worthy of redemption so long as we sincerely work toward real change.

The point of Lent is not to make us feel as worthless as dust, or fearful of our futures. It is to inspire us to take time to realign ourselves with Father, Son, and Holy Spirit. The Lenten journey we are invited to make is one of reflection and rededication. It may be time to shed habits or belongings which no longer fit the more Christ-like you that you are striving to become. It might be time to share your light and life with others who need you more than you know or spend more time serving as the hands and feet of the body of Christ.

During lent there are many opportunities for you at St. Raphael's. Attend regular worship services. Join in the fun of our traditional Shrove Tuesday Pancake Supper. Ash Wednesday services are at Noon and 6:30 pm. Attend Dinner Church February 25th and learn about justice ministry in a Eucharist service with Taizé music and share a lasagna supper. There's another Dinner Church on Sunday, March 26.

Our Lenten study for adults, led by Chuck and Mary Campbell, will cover Centering Prayer. Our youth will gather on St. Patrick's Day for an evening of food, music, games, and Bible trivia. Find more information about these and other events in this issue of the Herald and in our weekly Eminders email. If you don't receive the Eminders, please sign up at [sreclex.org](http://sreclex.org).

—*Amy Smereck*

## *From the Junior Warden*

When I was a little girl in 1973, the country was in an energy crisis. My father went through the house and stuck stickers on all our lights switches reminding us kids to turn off the lights when we left a room. He impressed upon us, no matter how little we were, that as a member of the family, we all had a responsibility to do our part.

As a church family, each one of us is a steward of our building. Columbia Gas rates have increased as much as 30-35%. This increase has hit St. Raphael's budget. The church is striving to keep the thermostat heat settings at 65 degrees in all areas of the building. Another reason to keep the Sanctuary at 65 degrees is that dry heat is not good for the organ or other instruments, leading to tuning problems.

Let's all do our part in keeping costs as low as possible by not changing the thermostat settings. If you do change a thermostat, please remember to re-set it back to the appropriate temperature when you are finished using the space. We will also remind outside groups who use our building to do the same.

If you have any ideas or concerns - about thermostats or anything else - please feel free to contact me, [lcdaugh@gmail.com](mailto:lcdaugh@gmail.com).

—Laurie Daugherty

## *Property Committee*

The Property Committee is responsible for maintaining the building and grounds, overseeing everything from system repairs and replacements to changing lightbulbs and restocking toilet paper. Mike Booth is St. Raphael's Sexton and an integral member of the committee who works tirelessly to keep things running. But keeping everything operating and running smoothly is more than a one-person job. If you're handy with tools, another set of sturdy hands is needed to help from time to time! If interested and able, please contact Roger Kirk, [biscuit7g@gmail.com](mailto:biscuit7g@gmail.com).

**Please continue to support St. Raphael Episcopal Church.**

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# Centering Prayer

Beginning **March 5 at 9:45 a.m.**, Chuck and Mary Campbell will lead a Centering Prayer Study during Lent. During the first class, we will be involved in discussion about what is centering prayer? What might it look like to us? Will it be interesting and useful to us? To Me? Most importantly, we will be practising the actions of SILENCE, STILLNESS, and LISTENING during our time together.

Books of Interest:

Thomas Keating, *INTIMACY WITH GOD: AN INTRODUCTION TO CENTERING PRAYER*, Crossroad Publishing Co, NY (1994, 2009)

Lindsay Boyer, *CENTERING PRAYER FOR EVERYONE*, Cascade Books, Eugene, OR (2020)

Richard Foster, *CELEBRATION OF DISCIPLINE*, Harper Collins (1988, 2018)

## Be Still

*After the first command of Psalm 46, the second follows...*

The second command is 'Be still and know that I am God'. Be still. Quit rushing through the streets long enough to become aware that there is more to life than your little self-help enterprises. When we are noisy and when we are hurried, we are incapable of intimacy – deep complex, personal relationships. If God is the living center of redemption, it is essential that we be in touch with and responsive to that personal will. If God has a will for this world and we want to be in on it, we must be still long enough to find out what it is (for we are certainly not going to learn by watching the evening news). Baron von Hugel, who had a wise word on most subjects, always held out that 'nothing was ever accomplished in a stampede.'

*Step out of the traffic! Take a long  
Loving look at me, your High God,  
Above politics, above everything.*

*Psalm 46:10*

# Mission

## Greetings from Nancy Turner Jones

I was invited to write a small bit about myself by Rev. Helen as I begin volunteering my time to the area of Mission at St. Raphael. I have spent my entire life in the church, my early years serving as a musician in a variety of Lutheran Churches, the denomination in which I grew up. I studied music at Miami of Ohio and hold a MMusic from the Cincinnati College-Conservatory of Music.

Following a brief, interim summer position at Christ Church Cathedral here in Lexington, this Lutheran, born and bred, fell in love with the Episcopal Church. I enrolled at Lexington Theological Seminary, earning a Master of Divinity degree, where I later joined the faculty, teaching liturgy and church music and directing the seminary choir for eight years.

I was ordained in this diocese in 2000, serving as a deacon at Christ Church before receiving a call as priest to Ascension, Frankfort. Later, I served as priest and rector at churches in Michigan before receiving a call as Dean's Canon to Christ Church Cathedral in Cincinnati. Most recently I served as rector of St. Barnabas Episcopal Church, a large parish in Cincinnati before retiring from full-time ministry last year.

Widowed in 2016, I chose to move back to Kentucky in my retirement to be close to my son and his family. I now spend my time visiting seven grandchildren, living in three states, have a standard poodle, Winston and enjoy playing pickleball and learning German. As I continue to navigate retirement, it is an honor to serve in any way at St. Raphael, and look forward to being a part of this wonderful community, serving God and the world.



*Rev. Dr. Nancy  
Turner Jones*

### Mission Notes

**Cleaning supplies requested for AVOL.** AIDS Volunteers of Lexington is requesting donations of cleaning and hygiene supplies to help those it serves to stay healthy. This includes trash bags, toilet paper, paper towels, bar soap, disposable razors, deodorant, toothbrushes, toothpaste, all-purpose cleaner, shampoo, laundry detergent, and dish soap. There is a collection box in the back of the nave. Please drop items there when you attend church.

**Help restock our food pantry!** The St. Raphael food pantry is running low. When you are at the store, pick up extra canned beans, canned vegetables, canned fruit, soups, pasta sauces (unbreakable packages), peanut butter, tuna, rice, pasta, mac & cheese, crackers, packaged snacks, granola bars, individual fruit cups.

## *Music—Alive and Live*

My title for the newsletter always uses the same heading: Music – Alive and Live. It is easy to think the last word, Live, has a short vowel ‘i’ but it is meant to be read as a long vowel, like the ‘i’ in Alive. Music is alive and well at St. Raphael’s. There are also “live” events.



*Clif Cason*

An upcoming live event is a favorite of mine: The 15<sup>th</sup> Annual Bach Marathon which will be on Saturday, March 25. The music begins at 12pm and continues for the next five hours. Attendees are invited to come and go at their leisure. Last year we had some lovers of Bach’s music stay for the entire five hours!

You may want to stay longer than you expected. There are some outstanding performers this year. Two highlights include a performance of Bach’s Cantata, “Ich habe genug.” The soloist, Christopher Burchett, will be accompanied by a string quartet, oboe and organ. This is a mesmerizing composition, and you will certainly want to be here for that portion of the Marathon.

### **Mark your calendars!**

The 15<sup>th</sup> Annual Bach  
Marathon will be on Saturday,  
March 25 @ noon.

The second major performance is later in the afternoon, when Johnathon Crosmer and seven other instrumentalists will perform Bach’s Sixth

Brandenburg Concerto. Johnathon is the Director of the string ensemble, Amadeus Lex. They have been performed concerts here including an outdoor concert in May of 2021.



Before, in-between and after those large works are performances by professors from UK, ECU, Transylvania University and Centre University. Organists will be featured throughout the five hours. And budding young artists will be performing as well. Stay tuned for the performance schedule which remains somewhat fluid until the middle of March.

Invite a friend, sit back, and enjoy the music of Bach for as long as you want.

—Clif Cason

## What's New in Godly Play?

We introduced Godly Play in the summer of 2022. We are very pleased with the program, and the children are interested in the lessons and actively participate. This past Sunday, Tim Allen presented a module on the Rev. Martin Luther King. The children were engaged and very impressed by the idea of a boycott. Be on the lookout for a bit of activism!

The Godly Play Foundation has in its storefront banners for each church season. We decided to make our own (at great savings) to decorate our classroom with banners for each church season. The first banner made was for Advent. The banner has four layers, and one layer is flipped each Sunday of Advent.

Next came Epiphany, and there was no Godly Play banner online to guide us. We decorated the banner with a pinwheel of all the colors of the church year, included 3 crowns for each of the wisemen, added a Christingle and the house blessing (20+C+M+B+23).

Next up is Lent. We copied the design from Godly Play. They charge \$193, we made it for around \$10. The design is simple, and the cross is appliqued with a design that looks like little nails. It's quite striking.

We decided to include a rose banner for the two Sundays in the church year that are "pink". One in Lent (Laetare) and the other in Advent (Gaudete). It's quite striking and a favorite.



Advent



Epiphany



Lent

*Continued on the next page*



## Ministry continued

### What's New in Godly Play? (continued)



"Pink" Sundays



Easter (under construction)

The Easter Banner is under construction, and there is no similar banner from which to draw inspiration. Many more butterflies and flowers are being attached and REJOICE! in gold letter will be placed along the bottom. Stay tuned.

What's left? We need a red Pentecost banner (we already have the materials); a green banner for the longest "ordinary" time of the church year. We have the green material; we just need a design.

Are we finished then with decorations? No, we want to put up a large banner that says "Godly Play Spoken Here." We will put it up on the bulletin board in our GP room. We are in the midst of tracing all the children's hands to include in the design.

Come visit our room downstairs to see how the decorations are coming along.

—Janis Rosebrook

PS I'd like to redo the Advent banners. They are too plain!!

#### Sham-Rock Youth Event

Friday, Mar. 17 from 6:00 to 8:00 p.m.

Youth ages 12 – 18 are invited for food, games, and Bible trivia in the parish hall. Please wear **green** and invite friends! Contact Tim Allen, [timallen1881@gmail.com](mailto:timallen1881@gmail.com) for details.

## Parish Life and Worship



### Sages Meeting *New Date*

*Monday, Feb. 20 at 11:30 am. at Sedona Taphouse*

In order to take advantage of the special offer to support A Caring Place, Sages is shifting the meeting date this month only. Please RSVP to Carole Mize at [CaroJ11@windstream.net](mailto:CaroJ11@windstream.net) or (859) 537-6207.

### Shrove Tuesday Pancake Supper

*Tuesday, Feb. 21, 5:30 pm*

Enjoy a decadent plateful of pancakes with toppings and fellowship on Ash Wednesday Eve! All you can eat. Suggested donation: \$8 per adult, \$3 per child. Proceeds fund St. Raphael mission activities. If you can help flip pancakes, set up or clean up, please email Amy at [amy.smereck@gmail.com](mailto:amy.smereck@gmail.com)



### Dinner Church: Justice Ministry and Taizé music

*Saturday, Feb. 25 at 5:30 pm in the Parish Hall*

The program for the evening will include Rev Helen celebrating the Eucharist, with Taizé music, a discussion on Justice Ministry with BUILD, and a meal together. Taizé music has been a foundational part of contemplative prayer and provides the foundation for contemplation, candlelight, and stillness with simple refrains repeated by the whole assembly. We invite you to join us as we pray and sing together in meditative music that calms the mind and opens the soul to God. All are invited to attend. Please RSVP to [amy.smereck@gmail.com](mailto:amy.smereck@gmail.com).



### Dinner Church: Women's History Month with Taizé music Sunday, March 26 at 5:30 in the Parish Hall

The dinner will follow the same format as the February event, with a speaker to be determined on the topic of women. More details will be forthcoming in the Eminders.

*(Photos of recent activities in Children's Chapel: Temple Building and Valentine bookmarks)*

## *A View from the Pew*

There's a saying in religious circles that we all make our own spiritual journey. I was baptized by immersion as a child in a Baptist church in Florida. I stopped attending church in my freshman year of college, 1959.

After many years I felt I might want to be in a church again. On Trinity Sunday 1986 I came in the red door of St. Raphael's. I didn't know it was Trinity Sunday. Bill Reed, the man whose picture is in the narthex, greeted me and smiled. I wondered, why is this man glad I came to church? I sat down near the back on the side nearest the door. I didn't do anything that first day but watch. When I heard the priest (Fr. Joe Ashby) say "The Gifts of God for the People of God," I knew I wanted the gifts and I wanted to be one of the people.

When the procession came back up the aisle, Fr. Ashby looked at me and smiled. Smiles matter. I decided then that I was in the right place. If anyone had asked me what I believed, I couldn't have answered. I didn't know. I might have turned around and walked away. But no one did. It seemed to be enough that I wanted to be there. Some people like liturgical worship; some don't. I am one who does.

It is true that faith is like a mustard seed. It grows when someone is open to it. It grows best in the company of other faithful people. I was confirmed when Bishop Wimberly made his annual visit.

I think of the walk to the altar as an act of faith, where I meet the Holy Spirit. Along with receiving the Eucharist, over many Lenten studies, many conversations with others, faith did grow. Once I was asked by another member if I really believed in an afterlife. I said "Three days of the week I do, three days I don't, and on the 7<sup>th</sup> day, I'm just not sure." A few years later, a man who was grieving deeply for his dead wife asked me if I thought she was alive somewhere. I answered without hesitation, yes, absolutely.

Faith is like hang gliding. The time comes when you run jump off into thin air, trusting God to catch you. He always does.

—*Rose Canon*

*Editor's Note: This will be the first of an occasional series that Rose will write about the history of St. Raphael's.*

## Prayers Requested

Long term prayer list: Hilda, Mary Jane, Roy, Joan, Martha Helen, Pat Dinsmore, Steve & Ginger, Rose, Sonya, Sarah, Annette, Mary, Kenneth & Seth, Anisa, Mickie, Jim C, Andree, Sheenagh, Sue, CC, Margaret G.

Currently in need of prayer: Hannah & Volodymr, Jerry & Trudy, Larry, Liz, Elizabeth, Thelma, Dough, John George, Mike, and Tony.

Pray for the people of Ukraine, Afghanistan, the military, and nations in conflict. Pray for victims of earthquakes, flooding, and climate-change related disasters worldwide.

## Birthdays and Anniversaries

Marthanne M 2/21

Kimberly S 2/23

Diane W 2/23

Bill E 2/25

Lucie E 2/25

Barbara C 2/29

Chris Y 3/2

Erika M 3/4

Marla F 3/6

Debbie E 3/9

Kate M 3/9

John LB 3/11

Annette B 3/14

JeanEllen M 3/17

Amanda W 3/17

Vicki C 3/18

Nancy M 3/20

Amy F 3/23

Ron F 3/31

Mary G 3/31

**The Craft Group is gathering again!** Our first gathering since COVID was held on Feb. 11 and was a success. There was troubleshooting a serger sewing machine, embroidery, cross-stitch, crocheting, and Kawandi stitching. We plan to meet on the first Saturday of each month at 10 am. The next get-together will be **March 4**. Contact Carol Summers for details.



## The Cathedral Domain

Are you ready for summer? Check out the Cathedral Domain Summer Camp 2023 - " a ministry where all people are embraced, nurtured, and sustained with open acceptance in God's love." Fully accredited by the American Camp Association. I have it on good authority that it's an amazing camp! There are hikes to the bat cave, bonfires, worship, game days & night swims. Families can visit the domain on **St. George's Weekend, April 29th, 2023**. Choose from a selection of organized activities, including hikes, music, crafts, & frisbee golf. Worship on the mountain surrounded by the beauty of God's Creation. Summer camps are available for grades 1 - 12. The domain offers a great location in the mountains of Lee County, comfortable cabins with bathrooms, heat & AC, delicious meals & snacks, excellent staff, spiritual growth & more!

—*Diane Whorley*



## BUILD

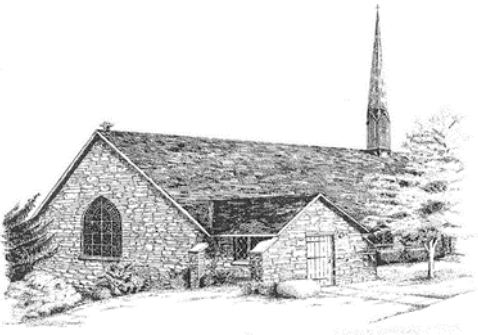
St. Raphael's has been a member of BUILD since 2019. We have participated in the organization's mission to "Do Justice as God requires of us." With Baptist, Lutheran, Roman Catholic, Unitarian Universalist & many other denominations we have one purpose - to work as one body to hold our officials accountable for doing what is right, fair and just, for the welfare of all citizens. Justice Ministry is hard work. We tackle issues such as violence, mental health concerns and affordable housing. Research is ongoing to study our city's problems and present solutions that will benefit those in need. There will be many opportunities in the coming months to participate. Please consider joining us in this mission.

—*Diane Whorley*



## *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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