



The Herald

St. Raphael the Archangel Episcopal Church

Vol. 60 No. 1 Lent 2025

From Our Rector

Calendar

March 4

Shrove Tuesday Pancake Supper
5:30 - 7 pm

March 5

Ash Wednesday Services
Noon (spoken), 6:30 (with music)

March 20

Sages & Friends
11:30 am
Monarca Mexican Restaurant
Lane Allen Rd.

We are soon to embark on the Lenten journey together again. The reminder of our mortality on Ash Wednesday, each of the Sunday readings, and then the events of Holy Week all point to the truth that God is ahead as well as alongside us as we journey. Jesus responds in unique ways to his suffering, and encourages us to react similarly. This is a lifelong journey, but we can lean on each other and on all the signs of Spring's new life beginning to move us out of winter to summer.



*Rev. Canon Dr.
Helen Van
Koevering*

The Stations of the Cross are permanently on the walls of our church, but they take on significance during Lent and up to our Good Friday Liturgy. You don't have to wait till Good Friday to

walk around the Stations. We have liturgies to walk round during the week or after services, alone or in small groups, and we also have a liturgy for the Station markers in Tobit's Trace. They will be on the table as you enter church. You might choose also to 'walk the Stations' outside on the car park labyrinth, turning as you would on any journey.

The Stations main purpose, it seems to me, is to remind us that we all have a part to play in the story of Holy Week and Resurrection. You might want to ponder how it felt to be Simon of Cyrene, the women weeping at the roadside, Pilate, even Mary, the mother of Jesus. With your imagination, try to place yourself on the way of the Stations, and let yourself enter into the deep questions of life and hope that the Stations offer. Perhaps you have a specific question you are facing in your own life. Perhaps walking the Stations will offer some new insight or action.

May something good happen during Lent for you and those you love!

God bless,

Rev Helen

Senior Warden's Corner

I've never been a Senior Warden. You see, my sister-in-law is an Episcopal priest. When I lived in California, I went to St. Mark's Episcopal Church where she was the Associate Rector (and Chaplain to the Episcopal School at the church). I couldn't be on the Vestry, nor could I be a Warden. I left California about 7 years ago and found a home at St. Raphael in Lexington.

In California, I worked at UCLA for 30 years. I was an Assistant Dean when I retired. At UCLA, the lead staff person in large schools and research units are classified as Assistant Deans. I always tell people to not get too impressed: I was not a member of the faculty.



*Janis Rosebrook
Sr. Warden*

I mention St. Mark's Church, because the church and the school burned to the ground during the recent fires. What comes next for the St. Mark's community? Can the congregation survive such a tragic loss? Do we identify primarily with our church building, or do we have a strong connection with the people who make up our faith community?

St. Mark's is stronger than ever. The school (grades Pre-K through 6) found a place to start teaching. With no supplies, they reached out for donations of needed items. The church is joyfully meeting in an Episcopal church that dissolved a few years ago. Pre-fire, Sunday attendance was 150; now its closer to 250. The community pulled together although over 20 families lost their homes. These people lost everything but found solace in church on Sunday.

Is our community as resilient? Is our ministry found IN this building or OUTSIDE this building? What goals/activities can we identify to bring our community together? Can we grow our church family to be inclusive of all kinds of people with needs other than our own? I look forward to working with you to find out.



Diane Whorley, Terri Phelps, and Barbara Connell receive a Birthday Blessing



Flooding in Eastern Kentucky

As folks work to recover from recent flooding, we ask that you pray for strength, stamina, and grace.

Knowing that it can feel difficult in the immediate to know what to do or where to give, the Diocese has set up a donation page here:

<https://onrealm.org/diolex/-/form/give/disasterrelief> so that we can get resources to our on-the-ground partners.

Finance Committee: Numbers Corner

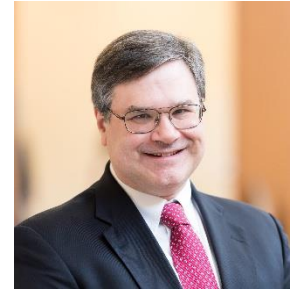
As a returning member of the Finance committee and Vestry, I have decided to write a regular piece about our finances. I think the most important and difficult finance act the vestry does each year is set our budget. Our projected total expenses for the year are \$210,401.33, while our total projected income is \$200,715. You might notice that those don't agree. This is not unusual. We have some savings which can be used to offset the deficit.

Our largest source of income (82%) is pledge income. This is income we count on, as it's your commitment to St. Raphael's. We also budget three categories: non-pledge offerings, plate offerings, and Easter/Christmas offerings. We are pretty good at forecasting these but worry every year. These four categories together are about 90% of our total income.

Our largest expenditure is perhaps unsurprisingly, our Clergy. The Rector of St. Raphael's is a full-time position. In addition to Sunday, Helen spends a great deal of time each week on pastoral visits, personnel and volunteer management, committee meetings, and myriad other duties as needed. Like many salaried employees, a typical week is usually more than 40 hours. The Church Pension Group produces a wonderful report on Episcopal Clergy Compensation for the Episcopal Church. Helen's compensation is about 10% higher than the national median. However, for Clergy with over 20 years' service she is 10% lower than the national median. Her compensation is almost spot on median for a parish of our size.

Our second largest expense is the property itself. We spend nearly \$50,000 a year to keep our building a comfortable (heat and AC), bright (electricity) and safe (insurance) place. Our beautiful building would not be as welcoming without these expenses. Other expenses include the music program and our diocesan pledge.

I'm happy to discuss our budget with anyone and provide more details. I've been on the finance committee many times and I can tell you that the issues we face are not new, and not unusual for parishes of our size. They are always troubling and the vestry wrestles with them every year. But we believe it is important to ensure that we can come together every week in worship that feeds us spiritually.



Chris Bollinger
Vestry Member

In Memoriam



John Daugherty (1963-2025)

John served as the editor of The Herald since December 2022. In addition, he served as a reader and on the RenewalWorks working group. At the 127th Diocesan Convention in October 2023, John was elected to serve on the Standing Committee. He supported St. Raphael's many ways, from his presence at worship services, to volunteering and financial support. Thank you, John, for your friendship. We miss you. Please continue to keep Laurie and their family in your prayers.

A Musical Note



*Dr. Vicki Bell
Organist & Choir Director*

Have you ever wondered why humans sing? I believe we sing to express emotions ranging from joy to sadness to love. As we sing together in our churches, we connect with fellow congregants and create moments of unity.

Choral singing has been shown to improve both mental and physical health and forge strong social connections. I can personally attest to this; when I come to our St. Raphael choir rehearsals, I many times arrive a bit stressed, but leave feeling content and connected to our charming choristers.

Our St. Raphael choir is small but mighty, and we follow the Episcopal tradition of music as a central part of our liturgy. We would love to incorporate new members into our choir, especially as we approach the season of Lent, where the texts and musical settings have a special depth of emotion and significance. Reading music, while helpful, is not essential to your participation. If you would like to attend a rehearsal before making a commitment, please send me an email (vicki.bell@asbury.edu) or contact a chorister friend for further information. All are welcome to share their musical gifts with our choir and congregation!

What's that humming sound?

A few weeks ago on a Sunday morning, Vicki turned on the organ and it emitted a constant, loud humming sound which overshadowed all the notes played and rendered the organ unplayable. Good thing we had the piano as a backup instrument! Vicki explained that the noise was called a cipher, and it happens when one or more of the organ's pipes is stuck in the open position. When the organ stop enabling those pipes is deployed the caps on the pipes open. In the case of a cipher, when the stop is released, the caps fails to close. The air flowing through the organ continues to sound in the pipes. This sticking can be triggered by a change in temperature, by dust or other buildup, or other causes.

With some detective work by Dr. Vicki, Mike Booth, and technicians including her former student, she identified the pipes which were the culprits and closed them manually. As long as the stops enabling those pipes aren't played, the organ sounds fine. Vicki and the rest of us are looking forward to upcoming organ maintenance at which the cipher issue will be addressed. Hopefully it can be resolved simply, and Vicki will be able to "pull out all the stops" again. --Amy Smereck

**SHROVE
TUESDAY
PANCAKE
SUPPER**

**March 4
5:30 - 7:00 pm**

**ASH
WEDNESDAY
SERVICES**

**March 5
Noon, 6:30 pm**

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.

Children's Ministry

" The Godly Play approach invites children to listen to God through Scripture and spiritual experiences and respond in their own creative and genuine way."

During the Season of Epiphany, we focused on "People of Color Who Inspire." This is a collection that compliments the stories of saints and reminds us that as Christians we strive for justice and respect the dignity of all human beings. President Barak Obama, Vice President Kamala Harris, Rosa Parks, Dr. Martin Luther King, Jr., Congressman John Lewis and Harriet Tubman are a few of the men and women of color who inspired us by the way they lived their lives in service of others. We learned how their historic accomplishments followed the teachings of Jesus to benefit the welfare of all people. And as one of our children reminded us, "Jesus was also a person of color" as were the men and women, saints and prophets we study in our sacred stories.

Our next lesson will be the story of Shadrack, Mishak, and Abednego - a favorite of our children. We'll continue in the Season of Lent with the "Faces of Easter" - sacred stories that make the connection for children between the baby born at Christmas and the man who dies at Easter. The stories describe Jesus as a child, young man, a wonderer in the desert, revealing his work and life as the Son of God through his teaching and healing. Children of all ages are welcome to join us.

The Godly Play Team



Views from the Pews

Keeping Lent

It seems to me appropriate that the season of Lent carries us from the doldrums of late winter into spring, beginning this year on Ash Wednesday March 5. If you haven't devoted your life to the study of English literature, as a few of us have, you might be surprised to learn that some of our best poets have written poems about Lent, and that some of them were ordained Anglican clergy. In this column, I'm going to depart from writing about church history to share a few of these poems with you. --Rose Canon

To Keep True Lent by Robert Herrick, 1648

Is this a fast, to keep
The larder lean?
And clean
From fat of veals and sheep?

Is it to quit the dish
Of flesh, yet still
To fill
The platter high with fish?

Is it to fast an hour,
Or ragged to go,
Or show
A downcast look and sour?
No; 'tis a fast to dole
Thy sheaf of wheat,
And meat,
Unto the hungry soul.

It is to fast from strife,
From old debate
And hate;
To circumscribe thy life.

To show a heart grief-rent;
To starve thy sin,
Not bin;
And that's to keep thy lent.

Herrick was one of the Cavalier Poets who supported King Charles in the Civil War. He was vicar of a church in Devonshire and is better known as the author of "Gather Ye Rosebuds

For Lent 1966 by Madeleine L'Engle

It is my Lent to break my Lent,
To eat when I would fast
To know when slender strength is spent,
Take shelter from the blast
When I would run with wind and rain,
To sleep when I would watch.
It is my Lent to smile at pain
But not ignore its touch,
It is my Lent to listen well
When I would be alone.,
To talk when I would rather dwell
In silence, turn from none
Who call on me, to try to see
That what is truly meant
Is not my choice. If Christ's I be,
This thus I'd keep my Lent.

L'Engle was an American writer of young adult fiction best known for the series, *A Wrinkle in Time*, and sequels.

Are you being called to serve?

Licensing is available for the lay ministries of Eucharistic Minister, Eucharistic Visitor, Worship Leader, Preacher, Evangelist, and Catechist. If you are interested in learning more, please contact Rev. Helen.

What Will Lent Be?

I didn't start out on quite the right foot, but maybe, just maybe I did. My parents didn't go to Church anymore and hadn't since high school. My grandparents visited from Florida for several months during the summers. Maybe that was the beginning.

I wasn't christened. I did go to the Methodist Church up the street with my grandparents. It was great. My grandmother sewed me pretty dresses and I wore fun, frilly ankle socks and Mary Jane dress shoes. I really liked playing with the kids and the small thimble-sized cups of grape juice. I also liked the music and prayers. We lived out in the country and one day after the service, I asked the preacher if I could join his Church. He asked if he could come talk to my mom and dad on Tuesday night.

There was a knock at the door and my parents were very surprised to see who it was. My grandparents had gone home and there was no more Church. It was a bummer. After polite coffee the preacher was ushered out. I was told I could choose my faith as an adult.

I continued to pray to God and have conversations with him and at 26 I found formal spirituality, masses, some scripture and a community at the Catholic school where I received my first teaching job. I discovered the meaning of the Stations of the Cross and felt the suffering of those times. I attached giving up things to that time, (in seemingly small sacrifice compared to Christ's), while looking ahead to the joy of Easter.

Eventually, I realized Lent was a great time to take a personal inventory. To really think about the time of the Stations of the Cross and current life. For the present trek - What to keep? What to give up? What to cast out or love? Sometimes it's easy to go down the wrong path with people or things or ourselves or thoughts. Sometimes it's easier not to stay on the right path or to get confused. Or selfish or tired and frustrated.

Thanks to God and his only son, Jesus, for Church and for this Lenten time to reflect each and every year. I will. Thanks for freedom of speech, the paper this is printed on and for a beautiful, enduring and loving faith - the kind that teaches me weekly. The time of the Stations of the Cross, Lent, and what we do or don't do in it, is one of the most impactful teaching moments in history we've ever seen! Isn't it? Just asking you to think about that and then fast forward to what came next!

-- Alison Clendenen

Lent by George Herbert, 1633

Welcome dear feast of Lent: who loves not thee,
He loves not Temperance, or Authority,
But is compos'd of passion.
The Scriptures bid us fast; the Church says, now:
Give to thy Mother, what thou wouldst allow
To ev'ry Corporation.

The humble soul compos'd of love and fear
Begins at home, and lays the burden there,
When doctrines disagree,
He says, in things which use hath justly got,
I am a scandal to the Church, and not
The Church is so to me.

True Christians should be glad of an occasion
To use their temperance, seeking no evasion,
When good is seasonable;
Unless Authority, which should increase
The obligation in us, make it less,
And Power itself disable.

It's true, we cannot reach Christ's forti'eth day;
Yet to go part of that religious way,
Is better than to rest:
We cannot reach our Saviour's purity;
Yet we are bid, 'Be holy ev'n as he, '
In both let's do our best.

Who goeth in the way which Christ hath gone,
Is much more sure to meet with him, than one
That travelleth by-ways:
Perhaps my God, though he be far before,
May turn and take me by the hand, and more:
May strengthen my decays.

Herbert was rector of a parish near Salisbury, England and a Metaphysical Poet.

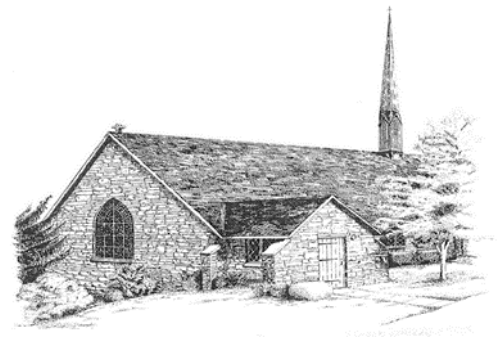
Reflections on Lenten Disciplines

As young person, I hardly noticed Lent. My Roman Catholic friends would talk about giving up chocolate or not eating meat on Fridays. These disciplines of theirs had virtually no impact on my life, as it's not like eating chocolate together was a large part of our time. Although it did often mean more pepperoni pizza for me on Friday nights. Even as an adult, I knew people who did something (the Berger Lenten Diet was an annual event at work), but again, it was not particularly salient.

At St. Raphael's there were many friends who were participating in a Lenten discipline. Some, like my High School friends, were giving up chocolate or – gasp – alcohol. Others, like my colleague, began healthy eating or exercise routines. For the first time though, there were friends who were committing to expanding or furthering their Christian spirituality. Examples include, reading a book, studying some part of scripture, being friendly to strangers, or volunteering at a homeless shelter.

I considered those whose Lenten discipline was more “spiritually based” to be better. But as I've aged, I've realized that there is value in every choice of Lenten discipline. It is the fact that we are present in the season. We all come to Lent with different needs spiritually. Whether that participation is in the form of giving up chocolate, praying every day, reading, or trying to smile more often, may be completely irrelevant. Find a way to be present in the season.

What am I going to do? Well, I really need to drop a few pound (OK, fine, more than just a few). It's been weighing on me for some time (pun fully intended). I've already started working on diet and exercise, but that will be part of it. I may read a book on spirituality. Rev. Helen has great suggestions as well. What I encourage you to do is find a way to be present in Lent. -- *Christopher R. Bollinger*



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