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Shrove Tuesday Tradition: Celebrate Fat Tuesday, Feb. 20, with St. John=s annual homage, Δ Pasta Delights and Sinful Desserts. $\text{\textcircled{a}}$ An eclectic sampling of St. John=s cooks -- Page Hamrick, Linda Cooper, David Vick, Greg Clarke, Steve Chionsini, Gary Frame, Dottie Thomas, Bren Pomponio and Bob Westmoreland -- are preparing their signature sauces (vegetarian and non-vegetarian) and ask that everyone else bring their most deliciously sinful dessert to share. Dinner will be served at 6 p.m. with a suggested donation of \$4 per person over the age of 12, \$2 for those ages 6 to 12, free to children under 6, and a maximum of \$10 for a family. Wine will be available for purchase by the glass or bottle. If you would like to help with set-up, serving or clean-up, please let Gary Frame, Beth Marquart or Sara Walker know.

Ash Wednesday: And the day after that we will have two Ash Wednesday services at 12:10 p.m. and 7 p.m. From 1 to 5 p.m. Liddy Hoster will lead a quiet (half) day retreat, Δ Living Into a Holy Lent. $\text{\textcircled{a}}$ She will give several reflections with time in between for silent prayer, reflection, journaling, and rest. Everybody is welcome -- bring a friend.

The Outreach Committee is taking a mission trip to Belize to build a girls' bathroom and is seeking donations to purchase tools in Belize for our workers. You may ask "Why not take the tools with them?" 1) Many tools are too heavy for transport; 2) airport security and custom checks are prohibitive; 3) When our workers get there, they will see exactly what they need for the job. We are looking to raise at least \$300 for tools. If you would like to donate, please make your check payable to St. John s Episcopal Church with "Belize" in the memo line by Wednesday, Feb. 21. Thank you so much!

Give Taize a Try: If you=ve never attended a Taize service, please do so on Sunday, Feb. 11, at 5 p.m. This monthly service, usually held the second Sunday of each month, is a peaceful oasis of meditation and music lasting between 30 and 40 minutes. It is a quiet refuge you are sure to enjoy.

Children to Sing: On Sunday, Feb. 11, the children of St. John=s will sing during the 10:30 a.m. service. Brenda Vanderford and Beth Hamrick are helping them rehearse a new song during Children=s Chapel on Sunday mornings. Chapel begins at 10:10 a.m. and the brief music lesson is at 10:20 a.m. Everyone is welcome. If you=d like for your child to be a part of this, be sure they attend the next few rehearsals.

New Spiritual Group: Δ The Holy Longing, the Search for a Christian Spirituality $\text{\textcircled{a}}$ is the focus of a new Spiritual Direction Group beginning Monday, Feb. 12, from 10 to 11:30 a.m. for 10 weeks. The group will meet at the WV Institute of Spirituality, Elizabeth and Virginia Streets, with Ronald Rolheiser as leader and Diana Westmoreland as facilitator. To register or for more information, contact Diana at 344-9554.

Lenten Reading Group: Thomas Keating=s *Crisis of Faith, Crisis of Love* will be the text used by the spiritual reading group being formed for Lent. Led by Beth Marquart, the group will meet on

The Rev. Liddy Hoster
 Priest in Charge

Brenda Vanderford
 Organist/Choirmaster

David Morton
 assisting organist/choirmaster

Brenda Dearien
 parish administrator

Katherine Gillinan
 Christian Formation

Bob Westmoreland
 verges

James Wilson
 vestry

Greg Clarke >08
 priest=s warden

Becky Burns >09
 treasurer

Ellen Archibald >09
 Cynthia Barrett >10
 Joe Howard >09

Cheryl Clements >10
 Page Hamrick >09

Diane Hendricks >08
 Dan McDonald >10

David Vick >10
 Ann Morris >08

Michelle Walker >08

David Ranker
 Assistant Treasurer

David Ramkey/Becky Burns
 finance

Wanda Dettinger/Rose Smith
 evangelism/new member

Page Hamrick
 parish care

Donna Hamra
 outreach

Bob Cochran/Dan McDonald
 stewardship

Bob Swartz
 probert

Natasha Annet
 children's Christian formation

Melonie Knorr/Kasey Russell
 youth Christian formation

Diane Hendricks
 confirmation

Martin Coffey
 adult formation

Phyllis Atwood
 Ben Cwess
 Book of Common Prayer

Bob Swartz/Rob Miller
 altar guild

Carter Blundon

Beth Hamrick
 Beth Hamrick
 Martha Cole
 Ann Garcelon
 Phil Strick
 Julianne Kemp
 Interchange editor

Saint John=s Interchange

The parish newsletter for the people of God called to form the Christian community of Saint John=s Episcopal Church, Quarrier at Leon Sullivan Way, Charleston, West Virginia.

January 25, 2007, Vol. 47, No. 2

Sundays February 4 and 11, 2007 Fifth and Sixth Sundays after the Epiphany

8:00 a.m. Holy Eucharist
8:45 a.m. Lectionary Study and Group Discussion, library
9:30 a.m. Adult Forum: Feb. 4, The Rev. Jim Lewis, former rector of St. John=s, will speak on Δ Politics and the Pulpit, Discipleship and Christian Witness, $\text{\textcircled{a}}$ claiming a prophetic spirituality in a troubled world.

Feb. 11, The Rev. Esber Tweel, former rector of the Church of the Good Shepherd, will share observations from his travels in the Mid-East with Δ The Living Stones of Palestine and Israel, $\text{\textcircled{a}}$ Room 109

9:30 a.m. 297 **Nursery Open** $\text{\textcircled{B}}$ Babies to 2 years old, Room 297

10:10 a.m. **Parents= Fellowship,** Room 208

10:10 a.m. **Chapel for Older Children,** Room 225

10:20 a.m. Music for Children, Room 225

10:30 a.m. Classes for Toddlers to Grade 5; Toddlers, Room 298; Godly Play, 4 to 8 years old, Room 299; St. John=s Eagles, 3rd to 5th grades, Room 221

10:30 a.m. Holy Eucharist, with choir

11:30 a.m. Coffee Hour, Hunter Hall

11:45 a.m. Rite 13/Journey to Adulthood, Room 208

5:00 p.m. Feb. 11, Taize Service

St. John=s Mission Statement:
 We reach out to the world in Christ=s name
 in the hope that all might find a home in God=s healing love.

Established 1837 Present building consecrated 1901 A Jubilee Center since 1985
 Please address correspondence to: 1105 Quarrier Street, Charleston, WV 25301-2493
 Telephone:304/346-0359 Facsimile: 304/342-2810 Website: www.stjohnswv.org

Sunday evenings Feb.18 and 25, March 4, 18 and 25 from 6 to 7:30 p.m. This series is open to anyone who is committed to attending at least four of the five scheduled sessions, willing to spend an

hour a week doing the reading assignment and interested in reflection and personal growth through this Lenten offering. There is a fee of \$13 per person for the course, which includes the book and light refreshments at each session. If you already have the book the fee is \$3 per person. Please make your check payable to St. John=s with [ALenten Series](#) in the memo line and register with Brenda in the church office by Thursday, Feb. 8. Partial scholarships are available and child care will be provided if it is requested in advance. Books will be handed out at the first session; there is no reading assigned in advance of the first session. If you have questions please contact Beth Marquart, 347-4376, bethm1217@aol.com.

Take Control of Your Health: The new Health Ministries Committee wants to serve health-related needs of the Saints of John. Our first project is to provide you a chance to sign an official [advance directive](#) before Ellen Archibald, a notary public, after coffee hour on Feb. 4 or 11. Most of us know what we=d like if we=re seriously ill, but what if we can=t tell our family or the doctor? Who decides what kind of health care we receive? Advance directives offer a way to have our wishes honored when we=re too sick to make decisions. A trusted friend or relative can speak with health care providers for us, if we appoint such a person by signing a [medical power of attorney](#) (MPOA), but the person named could speak for us *only* if we couldn=t speak for ourselves. A [living will](#) can specify the type of care we want at the end of life, but it will apply *only* during the terminal phase of an illness, if we can=t express our views. An MPOA or living will can be changed at anytime, as long as the person has mental capacity. But we can=t make an MPOA or living will when we=ve lost decision-making ability. If you already have an MPOA, it's a good idea to make sure your named person knows your current wishes. Read about advance directives online at <http://www.state.wv.us/seniorservices/pdf/newsletters/addir0405.pdf>, or join the Health Ministries Committee at coffee hour after the 10:30 a.m. service on Feb. 4 or 11. Start 2007 by taking control of your health.

Can You Hear Me Now? Women in Faith, Fun and Fellowship will hold its next luncheon on Feb. 8 at 11:30 a.m. Marsha Klusmeyer, teacher for the deaf and hard of hearing, will give a brief introduction to our sense of hearing and how we cope with hearing loss. Please make reservations by Feb. 6 by calling the church office, 346-0359.

Remembering Mary: Mary Barkalow has been a source of energy and commitment to Women for Peace, an intercultural, interfaith group that has been meeting regularly for the past few years. In recognition of her new status, we plan to present Mary with cards at our meeting on Tuesday, Feb. 13, reflecting personal remembrances, well wishes for her travels, etc. If you would like to participate, please mail cards addressed to Mary c/o either Nahla Lewis, 1543 Lee St. E., Charleston, WV 25311, or Karen Glazier, 109 Georges Drive, Malden, WV 25306. We'll see that Mary gets the unopened cards, with the suggestion that she open one per day, or per week to keep us with her in spirit as she and Karl continue their travels.

Missing a Casserole Dish? Please call the church office (346-0359) to see if we found it. **Financial Statements** for 2006 have been mailed. If you have any questions, please call Brenda in the office (346-0359).

Would you like to receive a monthly calendar for St. John=s? If so, please call the church office and let Brenda know. We will be sending out calendars to those who request one.

Say Happy Birthday: Pray for the lives and ministries of those celebrating birthdays during the next two weeks: Jan. 29, Mary Anne Maul and Joan McDonald; Jan. 30, Brandon Ramsey and Judy Skiles; Jan. 31, Sonny Ficklen; Feb. 2, Paula Farris, Twyla Harrison and Katherine McCabe; Feb. 3, Cameron Jarvis and Dominique Tyson; Feb. 4, Dianna Canfield and Judith Wellington; Feb. 5, Joseph Farris Jr. and Julianne Kemp; Feb. 7, Amy Hively; Feb. 8, Caroline Nelson; Feb. 9, Elizabeth Smith; Feb. 10, Diana Masso; and Feb. 11, William Cooke and Penny Kehde.

First Wednesday: Men of St. John=s will meet for breakfast and fellowship on Wednesday, Feb. 7, at 7:30 a.m. at First Watch on Summers Street. All interested men are urged to attend.

Altar Flowers: There is an open date of Sunday, Feb. 11, to place flowers on the altar in memory or honor of a loved one. Please contact Carter Blundon, 342-5878, or Annette Doumany, 343-2192.

Thank You SAGA: The parish thanks SAGA (Straight and Gay Alliance) and their supporters for the donation of the DVD player and the big-screen TV to St. John=s audio-visual resources. Those of us who have been using these don=t know how we got along before without them.

Speaking On Pagan Religions: SAGA=s speaker for the Feb. 11 Second Sunday meeting is Kelly Coffman, a Unitarian-Universalist minister in Beckley, who will speak about her studies of pagan religions, especially Wicca, and how these religions treat human sexuality, gender, and sexual orientation. In the past, SAGA has invited Wicca leaders to participate in the WV Rainbow Pride Interfaith services, but we have never had a speaker to talk to us about the beliefs of Wicca and how they impact GLBT issues. [Eat, Meet and Greet](#) time (noon to 1 p.m.) precedes the official meeting (1 to 2 p.m.) in Room 209. SAGA does not take roll or keep minutes at any of its meetings. You are not joining an organization with membership expectations should you decide to pop in to one of our gatherings. Come late and leave early, as your schedule dictates. You are always welcome.

Interchange Deadlines: The next issue of Interchange will be for the weeks of Feb. 18 and 25. Items may be submitted to julkemp@charter.net or bdearien@stjohnswv.org by Tuesday, Feb. 6, at 4 p.m.

From the Archives: Did you Know?

In 1883 a few members of the congregation, aided by the Ladies Guild and the Ladies Aid Society, determined to and did purchase Lots No. 5 and No. 6 of the then Fitzhugh property on the corner of Broad (now Leon Sullivan Way) and Quarrier Streets. They paid for said two lots \$2,525 cash. (History of St. John=s church by Joseph Crosby Jefferds, Jr., P. 40)
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