



Saint John's

Interchange

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

Our Mission: We reach out to the world in Christ's name in the hope that all might find a home in God's healing love.

SUNDAYS MARCH 9 AND 16, 2008 FIFTH SUNDAY IN LENT AND PALM SUNDAY

- 8:00 a.m. Holy Eucharist
- 8:45 a.m. Lectionary Study and Group Discussion, library
- 9:30 a.m. Adult Forum, March 9, Lew Brewer, executive director of the state Ethics Commission, will discuss its functions and goals; March 16, Elliot Hicks, local attorney recently featured in Sandy Wells' "Innerviews," will discuss his work with the WV Diversity Network, a new group formed to create social interaction for professional minorities, Room 109.
- 10:10 a.m. Parents' Fellowship, Room 208
- 10:10 a.m. Chapel for Older Children, Room 225
- 10:30 a.m. Classes for toddlers through 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
- 5:00 p.m. March 9, Taize service

You Oughtta Be In Pictures -- In Interchange

Interchange is branching out and hopes to include more photos in upcoming issues. We are especially looking for those that could be sent by email and would be of interest to the entire parish, such as digital photos taken at recent church events. Just send them as jpg files as attachments to emails. The address is julkemp@verizon.net. Please include your name, email address, a daytime phone number and complete identification of those in the photo. Our deadlines are listed inside this issue. Now wish us good luck.

Healing Relationships Will Bring a Blessed Lent

By The Rev. David R. Hackett

“I invite you ...to the observance of a holy Lent, by self-examination and repentance;...”

On Ash Wednesday I spoke those words to you as part of the liturgy of that day. I trust you are having a holy Lent. On Good Friday the sacrament of Penance or Reconciliation of a Penitent will be offered at 2 p.m. in the church. At every Eucharist we make our General Confession and receive Absolution. For most Episcopalians that is the extent of our liturgical Penance. However, private confession is offered for those who desire it. The old saying about private confession in the Episcopal tradition holds true: “Some do, all may, none must”; that is, it isn’t required but it is certainly a helpful and sometimes needful sacrament. Even if a formal, sacramental confession is not part of your tradition I urge you to consider using the following “Examination of Relationships” from Bob Libby’s The Forgiveness Book as part of your Lenten discipline.

Lord, I lift up all my relationships to you, from the most intimate to the merely casual. I place them under your dominion and I pray that you will bring to remembrance any brokenness and lead us to the point of reconciliation. In Jesus’ name I pray. Amen.

Make a list of bruised, injured, or broken relationships, using these categories: spouse, parents, children, siblings, other relatives, in-laws, employer, employees, co-workers, neighbors, friends (old, former, new), fellow church members, former spouse(s), former in-laws, self, God. You may want to go back over the list and rate the damage – say from 1 – 10; 1 is mild annoyance, 10 is a killing rage. Now it is time to pray again, using the names you have noted. Here’s a suggestion for a useful prayer.

Father, I lift up ___ & ___ & ___ & ___ etc. Help me to want healing and forgiveness in these relationships. If I’m not there yet, help me to get back to that place where I can forgive and be forgiven, and where it is possible to be reconciled to _____ or discover the relationship you have in mind for us. In Jesus name I pray. Amen.

Warning: There is not any way you can deal with all the broken relationships at one time, so once you have lifted them all up to the Lord, ask him to direct you to the one that is most pressing. Know that the Lord will be working on all of them once you have surrendered them into his hands.

More Caution: If the relationship you are working on is rated 6 or above, you may want to seek the help of a Christian friend, a spiritual director, or your priest.

First, ask the Lord to forgive you for anything you may have done, or failed to do, that hurt the relationship. Second, ask the Lord to give you some insight or understanding of why the person who hurt you acted that way. Third, forgive that person very specifically for whatever they did to hurt you. For instance, *Father, I forgive ___ for ___ and I pray that you will forgive him/her, too. Amen.*

Finally, and this is very important, pray very specifically for that person’s well-being. For instance, *Lord, I release ___ into your keeping. I pray that ___ will _____. In Jesus’ name I pray. Amen.*

When you have done this, know that the transaction is complete. Regardless of what you feel, act on the knowledge that you have cut the offending person loose from the power of that hurt or evil.

“If you forgive people’s sins they are forgiven,

And if you do not forgive them they are not forgiven.” (John 20:23)

Adult Formation Update

By Beth Marquart, vestry liaison

St. John's vision statement begins, "By God's loving grace, we are a diverse community called to seek Christ." This is followed by four bullet points, with the third one reading, "Through education, using Scripture, Tradition and Reason to strengthen faith, knowledge and call to ministry."

On Feb. 24 a small group gathered to consider these words. We took a look at the adult formation offerings we have in place, which are on hiatus and are confirmed to be coming back, which have been disbanded, and we tossed around a couple we'd like to investigate. This was good and essential work, creating sort of a GPS because how do we know where we are going if we don't know where we have been and where we are?

It was a great meeting, the people present are passionate about their commitment to the ministry of adults continuing to form their faith and it really is a never ending process! This year it might be centering prayer; next a small group studying scripture or perhaps a one-day creative arts program might fit the bill. Maybe a 3-4 week series on issues surrounding social justice.

And because we are stronger when we combine our energy and effort with others, we hope to join the leaders of our youth and children's programs to create a common vision for the formation work we have all been given to do.

Did You Change Something?

St. John's 2008 Directory is now in progress. If you have an address change or want to add a cell phone number or email address, please contact Brenda Dearian ASAP by phone, 346-0359, or email, bdearien@stjohnswv.org.

Stride or Ride for MDA

On March 29 St. John's will participate in the MDA Stride and Ride to benefit the Muscular Dystrophy Association.

Our Youth Group wanted to participate in fundraising walks and Outreach will be joining them. Anyone interested in helping may contact Kathie Giltinan or Donna Hamra. Registration will begin at 8 a.m. at Macy's Court of Charleston Town Center and the walk at 9 a.m. Money received will go for many things from research to sending a child to MDA summer camp.

Ireland's the Topic for WIFFF

Just in time for St. Patrick's Day, Parishioner Ann Garcelon will describe her trip to Ireland at the next luncheon meeting of Women In Faith, Fun and Fellowship. The event will be held Thursday, March 13, at 11:30 a.m. in the Molly Warwick Room and Room 209. Following a short business meeting, the Shawl Ministry will meet.

In Memoriam

Our parish lost a lifetime parishioner when William Fitzhugh "Sonny" Ficklen died Feb. 17. His funeral was held Feb. 21 at St. John's.

Also, parishioner Mary Coburn's brother, Nicholas Peltz, died Feb. 20. His service was held Feb. 24. May light perpetual shine upon them.

Interchange Deadline

It is important that you think ahead if you want something published in this newsletter because the next issue will be for the next three weeks: March 23 and 30 and April 6. Please submit items to: julkemp@verizon.net or bdearien@stjohnswv.org by **Tuesday, March 11, at 4 p.m.**

Pasta Delights, What a Delight By Michelle Walker, Parish Life Chair

"That dinner Tuesday night was so much fun." . . "The food was so delicious, my pasta, was done, not over done, it was wonderful." . . "The entertainment was phenomenal, to have opera here at the church? What a delight." . . "The Shrove Tuesday dinner was the best yet."

I love feedback like this because I can't wait to relay it to you, you wonderful Saints of John! On the night of the dinner, point people took their places as decorators, chefs, set up detail, tear down and clean up. It was all the helping hands that made the event run so smoothly.

Thank you so much if you came to the dinner. If you made a dessert, thank you. If you brought a friend, if you told a friend and if you made a contribution to help offset the costs of the evening, thank you. After covering the expenses, we are able to put nearly \$300 toward upcoming Parish Life events.

Gary Frame did a lion share: donating decorations, procuring the face painter, asking Betty Jo Lloyd to take pictures at the Photo Place, cooking, helping set up and tear down. Brian Hamra was our kitchen master who, with diagrams in hand, set up the buffet line, managed the sauces, cooked the pasta and pointed me in the right direction. I asked Jean Simpson for advice too, and she told me it really does take 18 lbs. of romaine to feed 150 people salad. Helpers in the kitchen, Al, Ray and Raj, thank you.

Space doesn't permit naming all those who made this event such a success. In addition to the Lenten Soup and Sandwich Suppers and Evensong High Tea, many more events to come could use your help, such as Easter Breakfast and the egg hunt, the Parish Meeting, Sundae Sunday, Picnic in the Garden, All Saints Evensong and the annual meeting in November. If we can count on you, please let me know.

Thank you, Saints of John. Praise be to God!