



Saint John's

Inter **C**hange

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Schedule for Worship

SUNDAYS MARCH 15 AND 22, 2009 THIRD AND FOURTH SUNDAYS OF LENT

- 8:00 a.m. Holy Eucharist
- 8:45 a.m. Lectionary Study and Group Discussion, library
- 9:00 a.m. Rite 13, March 22, Room 226
- 9:30 a.m. Nursery open, Room 297
- 9:30 a.m. **Adult Forum**, We continue our 5-week Lenten Series, *Celebrating our Differences*: **March 15, Racism**, How it affects us in the Kanawha Valley and what we can do proactively. Guest presenter is the Rev. Ronald English, a lifelong learner and teacher who served as pastor of Charleston's First Baptist Church and currently adjunct instructor in leadership studies at Wheeling Jesuit University; **March 22, Human Rights**, guest speaker, Ivin Lee, executive director of the WV Human Rights Commission and a trailblazer in law enforcement as Charleston's first African-American police officer and Dunbar's first female chief of police, Room 109.
- 10:30 a.m. **Classes for toddlers through Grade 5**: Toddlers, Room 298; Godly Play, 1st to 2nd grades, Room 299; St. John's Eagles, 3rd, 4th and 5th grades, Room 221. (Children will be in church on the first Sunday of every month.)
- 10:30 a.m. Holy Eucharist, with choir
- 11:30 a.m. Coffee Hour, Hunter Hall

The Collect: Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



Following Christ During Lent

By The Rev. Susan J. Latimer

Dear Saints of John,

As I write this, we have just entered into the season of Lent and begun *Celebrating our Differences*, our Lenten spiritual formation offering. We have received the ashes of Ash Wednesday. We have prayed together the service of repentance for the sin of slavery, segregation, and racism in the Diocese of West Virginia. We have shown the powerful film, *For the Bible Tells Me So*. Many people from the community have come through our doors for worship and fellowship. It has been a full first five days of Lent!

I want to thank the planning team for our Lenten series -- Mary Fitzgerald, Sue Harpold, Judy Lewis, Beth Marquart, Diana Masso, Brooks McCabe and Bob Rosier -- for putting together the food, publicity, media equipment, guest speakers, and worship for the series. Join us as the series continues with Sunday forums and Wednesday evenings through April 1. Our liturgy invites us to follow Christ during Lent -- from his temptation in the desert to his entrance into Jerusalem, from the elation of Palm Sunday to the agony of Good Friday to the unbelievable joy of Easter. Liturgy means "work of the people" and no time of year is this more important than Lent into Easter. Come, worship with us! A Blessed Lent to you all.

*In Christ,
Susan +*



Topics for Wednesday Lenten Series

On Wednesday evenings from 5:30 to 7 p.m., our Lenten Series continues with the following topics:

March 11, Charleston's Lost Youth: The senior pastor of Grace Bible Church and a community activist for social justice will be our guest. He is also director of Hope Community Development Corporation, a year-round program that supports and prepares low-income, at-risk and high-risk young people to achieve academic success and a viable future. *Guest speaker, The Rev. Matthew Watts.*

March 18, Compassionate Communication: This program is a model of relating with others as well as oneself -- at the heart level. Learn the components of this model and begin to practice staying connected with what is alive in ourselves. *Led by Diana Masso, M.A., LPC, parishioner and staff therapist at Kanawha Pastoral Counseling Center.*

March 25, Power and Privilege: Who has power, who is privileged, who is oppressed; targeted or non-targeted? Why does it matter; how do we respond? What does the Bible have to say? Join us for an evening of lively discussion. *Led by the Rev. Susan Latimer and parishioner Beth Marquart.*

April 1, Celebration Supper: We will *Celebrate Our Differences* with a celebration and conclusion of an event-filled Lenten series, as we prepare for Holy Week and Eastertide.



Dream Garden to Become a Reality

Manna Meal Director Envisions Growing Own Produce

Jean Simpson is always looking for ways to acquire more food to feed the hungry.

You must remember the giant outdoor rummage sale and the seafood dinners last October, all to benefit Manna Meal, of which she is director.

But Jean never tires of seeking new ways to make this community program work. The latest idea came from discussions with volunteer Myra Dolan who thought there should be a way to grow their own vegetables.

Visions of peppers, tomatoes, beans, onions, carrots, cabbage and broccoli began to dance in their heads. But finding land was a major problem, until a man stopped by the Manna Meal kitchen to donate some extra eggs from his chickens. Not only did he have a large tract of land he was willing to let them use, but he also offered his equipment for tilling the area. While he prefers to remain anonymous, his gift was gratefully accepted.

The garden idea gained momentum when Shanklin Greenhouse donated space for starting the seeds, and a \$542 grant from the Capitol Conservation District will be used to buy the seeds and equipment.

Now here's where you come in.

These vegetables won't grow all by themselves. Volunteers are needed to plant, weed, water, and pick and when the time comes, to can and freeze the remaining harvest at season's end.

The call has gone out for clubs, youth groups and service organizations to participate. Individuals are also welcome and it is hoped some of St. John's parishioners will be willing to take part.

The plot - a 50 by 60-foot area - will be plowed very soon. Jean has already drawn up a planting chart and she and Myra are busy lining up volunteers. They expect to visit the land as a group so that specific chores can be outlined.

You can get more information by e-mailing jean_mannameal@verizon.net or drmusicmom@suddenlink.net or call 304 345-7121.

And one more way you could help. If you're planting a home garden anyway, how about putting in an extra row and donating it to Manna Meal. A lot of hungry people will be glad you did.



Image is from a World War II poster encouraging the planting of a Victory Garden.

Remember the Victory Garden? It's Back.

Manna Meal

Giving Up for Lent vs. Giving Away

By Beth Hamrick

A week or so ago, I ran into an Episcopal friend who was enjoying a high-calorie (for him) drink because "Lent is coming, you know." I think he was implying that he would be giving up sweets for the 40-day period.

But here's an idea: instead of giving up, give more. Give your time to the homeless or another group of the walking wounded or to the homebound or bedfast. Call someone (actually on the telephone or write a real letter or e-mail) with whom you've lost contact and renew your friendship. Visit someone who cannot make it to church. (Oh, here's an idea: attend a church service or program you don't normally attend. Learn something from a different perspective.)

If you're going to give up something, however, give it away instead. We have two missions that developed in our church: Manna Meal and Covenant House. If you're giving up sugar, give a bag of sugar to Manna Meal. If you're giving up alcohol, give that money for your weekly bottle of wine to Covenant House. If you're giving up treats, spend the money on toilet paper or toiletry supplies for Covenant House. If you see someone carrying his life's belongings in a bag on cold days, share a blanket or scarf or gloves.

If you'd like to observe the Millennium Development Goals, explore the ways the Episcopal Church has for providing for those who need so much -- clean water, food, shoes, things we take for granted.

We are so lucky -- so blessed -- to have so much that we can give up. Think, instead, of those who need. And then act.

After all, Christ gave His all not only for us but to us. God gives us all gifts. Let the Holy Spirit guide us in our observance of Lent. Think on these things: let us use our prosperity -- especially in this time of economic hardship -- for the support of those who need God's hope and healing power.



Lenten Evensong Is Musical Food for the Soul

By Brenda Vanderford

The St. Ambrose Choir will sing Evensong on Sunday, March 15, at 5 p.m.

The music for this traditional service will feature various styles and sounds from the grand Victorian anthem to a stunning contemporary setting of a mystical poem by George Herbert, accompanied by Colleen Tan on the violin.

The evening canticles will be a West Virginia premier of Francis Jackson's setting in G Minor.

The intention of Choral Evensong is to offer musical food for the soul.

Finger Foods Sought for High Tea

High Tea in Hunter Hall will follow Evensong and by tradition, parishioners donate finger foods for this event.

The Parish Life committee also needs volunteers to help with set-up and clean-up. If you would like to help in any way, please contact Becky Burns, Parish Life Chair, at rebeccaburns@suddenlink.net or call 304 925-6759.



Don't Forget Our Deadlines

The next issue of Interchange will be for the weeks of March 29 and April 5. Please submit items and /or photos to

julkemp@verizon.net or
bdearien@stjohnswv.org

before Monday, March 16, at 2 p.m.

An Update on St. John's Sewer Problems



by John Canfield

We have struggled with sewer and plumbing problems at St. John's for many years. Our church kitchen was never designed to handle the high volume of meals prepared each day by the Manna Meal program. The existing kitchen grease trap is woefully inadequate to handle an operation the size of Manna Meal. Further, we have problems with rainwater coming off the roof via the downspouts and overwhelming our sanitary sewer lines. All of these problems result in a never-ending series of blockages and back-ups, as well as flooding in the church basement.

The Vestry contracted last year with N-Visions to conduct a complete review of our plumbing situation and to identify a course of action to correct these problems. We've also been fortunate to have parishioner Dan Halloran assist us with this review. Dan has decades of experience with these issues in his work for the City of Charleston's Sanitary Board.

As a result of this review, the Vestry has approved two (2) construction projects that were recommended to address these problems. First, we will install a new, larger commercial grade grease trap on the sewer lines leading from the kitchen. This also will involve the installation of a new sewer connection and manhole in the alley behind the church.

Next, we will separate the storm rainwater lines from our sanitary sewer lines. This will prevent rainwater from overwhelming our sanitary lines and causing back-ups and flooding in the basement. This project will involve the installation of new drainage lines around the perimeter of the entire church facility, capturing rainwater from all the various downspouts which come off the building and separating those lines from the sanitary sewer line.

The Vestry has contracted with Oval Construction for these projects. Construction will begin soon and should be finished within the next six (6) months. The City of Charleston began working on the new sewer connection and manhole in the alley last week.

The total cost for these two projects will be \$148,750. The Board of Directors of Manna Meal has generously pledged \$83,500 towards this expense. St. John's must cover the remaining \$65,250, and our payment will be due immediately upon completion of the construction.

This expense is not part of our 2009 operating budget. While we hope to be able to cover the cost of this project from a variety of sources, the reality is that we do not currently have adequate funds on hand to pay this bill. This expense also occurs in a year in which we continue to face declining revenue and a projected budget deficit. However, the Vestry determined that we must go forward with these projects immediately in order to prevent further damage to our historic building, as well as to continue our commitment to the Manna Meal program.

These remedies will solve most of our plumbing and drainage problems and will, in turn, allow St. John's to continue our shared ministry with Manna Meal for many years to come. Any contributions towards this important project would be greatly appreciated.

ODDS & ENDS

by John Canfield

- ❖ Under heading of "former Vestry members are never allowed to fade away".....Becky Burns has agreed to serve as the chairperson of the Parish Life Committee this year.....and Ellen Archibald will serve as the chairperson of the newly formed Grant Writing Task Force. Thanks to Becky and Ellen for their willingness to serve in these positions.
- ❖ The Lenten Series "Celebrating Our Differences" is off to a great start. These events, sponsored by our Full Inclusion Task Force, have been powerful and thought-provoking. If you haven't already done so, please try to attend at least one of these worthwhile seminars on a Sunday morning or a Wednesday evening during the remainder of Lent.
- ❖ Our next Parish Life event will be High Tea following the Evensong on Sunday, March 15th. Thanks to Stephen James and Garry Page for volunteering to serve as the co-coordinators of this event.
- ❖ Mark your calendars now for the Easter Breakfast following the Sunrise Service on Easter morning, April 12. Brian Hamra has promised to work his wonders in the kitchen on that morning.
- ❖ Our newly-formed Grant Writing Task Force plans to explore possible grant opportunities to help fund building improvements and operational costs at St. John's. Please see Ellen Archibald if you are interested in helping with this ongoing effort.

What Was That Again?

We are told that the following actually appeared in church bulletins, although not in *Interchange*, of course. Strictly for your entertainment, we offer:

- ☞ Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- ☞ Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.
- ☞ For those of you who have children and don't know it, we have a nursery downstairs.
- ☞ Next Thursday there will be try-outs for the choir. They need all the help they can get.
- ☞ The Rector will preach his farewell message, after which the choir will sing "Break Forth Into Joy."
- ☞ Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- ☞ Potluck supper Sunday at 5 p.m. – prayer and medication to follow.
- ☞ The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.
- ☞ Low Self Esteem Support Group will meet Thursday at 7 p.m. Please use the back door.
- ☞ The peacemaking meeting scheduled for today has been canceled due to a conflict.

ST. JOHN'S EPISCOPAL CHURCH, CHARLESTON, WV

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

The Rev. Susan J. Latimer Rector	<u>Vestry</u> John Canfield, '11 Senior Warden	David Ramkey / John Canfield Finance	Warren Upton Chancellor
The Rev. Ann Lovejoy Johnson Associate Rector	Bob Miller '10 Junior Warden	Maggie McCabe Evangelism / new member	Carter Blundon Altar Guild
The Rev. Denise Giardina Deacon	Dan McDonald '10 Treasurer	Becky Burns Parish life	Betty Jo Lloyd Worship Rota
Brenda Maurice Vanderford Organist / Choirmaster	Beth Marquart '11 Clerk	Donna Hamra Outreach	Janet Morris Archives
David Morton Assisting Organist / Choirmaster	Cheryl Clements '10	Stewardship	Robin Lester SAGA
Brenda Dearien Parish Administrator	Linda Cooper '12	Joe Mullins Property	Martha Cole Registrar
Bob Westmoreland Verger	Brian Hamra '11	Marion Perry Adult Forum	Ann Garcelon The Back Door Thrift Shop
Dan Williams Custodian	Leah Macia '12	Phyllis Atwood Pastoral Care	Julianne Kemp & Melora Cann Interchange co-editors
	Diana Masso '12	Carrie Swing Acolytes	
	Ray Shackelford '12	Bob Swartz / Bob Miller Ushers	
	Parker Smith '11		
	David Vick '10		
	David Ramkey Assistant treasurer		

Exchange Student Will Need Housing

An open-minded and accepting host family is being sought for a German exchange student who would be living here from August 2009 through June 2010.

Eric Langbein of Sangerausen, Germany, is an openly-gay 16-year-old who is described as "sociable, motivated and curious." His favorite subjects are English, chemistry and physics, and he has a good relationship with both classmates and teachers at his high school in Germany.

It is hoped that he would be able to attend either Capitol, George Washington or South Charleston High School, where his sexual orientation would not be as likely to pose a problem for him. His sponsor prefers that his host family include a couple--whether straight or gay--as long as they are accepting.

Eric makes friends easily and also enjoys in-line skating, pets and animals. He is looking forward to his experience in the USA and especially making new and lasting friends here. He writes, "I thank you in advance if you take me as your host son."

If interested or in need of more information, please contact Kay Thorsteinson, 304 382 0716 or thorkay@yahoo.com. It is not a given that Eric will end up in Charleston, but Kay is hopeful that a host family can be found here, as she feels that our community is tolerant and worthy of offering this relationship to a young man.