



*The Gleanings
of St. John's*

March 2009

from the St. John's Prayer

Let our deeds defend the weak,

*Let our words provide comfort and encouragement to
the broken,*

Let our strength raise up the fallen,

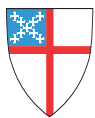
Let our hearts be aflame with your love,

*Let our awareness of your presence keep us open to the
stranger among us,*

*Let us wear as our armor the reconciling love of your
Son, Jesus the Christ.*



The Gleanings of *St. John's*



March 2009

*Dear friends in
Christ,*

One of the “handy man” projects that I tinker with is refinishing and rebuilding old furniture. This is a good thing because much of our furniture is old and has needed of repair.

Over time I have found that it is often better to find someone who knows what he is doing. (Thank you, Larry Schmehl.) But I have had some successes. One project that stands out is the experience of redoing my grandfather’s old desk.

The desk had a rough life. For a long time it was a pastor’s old black desk. When I was a child, the desk lived in the basement over near the washer. A few years later, my mom painted the desk “antique red” (a salmon color) and gave it to her then teenaged son. For years I built models on that desk. It came to be covered with layers of enamel paint, model glue, and filler putty. If that weren’t bad enough, over the years I put weird stickers on it, carved it with an Xacto knife and moved it about a dozen times. By the time I was ordained and serving in my first parish, the desk looked tired. In fact, Kara understandably suggested that we get rid of it.

I was tempted, but decided to strip it and see what was under all that of that gunk.

After several applications of Stripeeze and Circa 1815 stripper (and a little help from a propane torch), I had almost gotten all of the finish off. The original black finish was gooey and tenacious, but even that began to yield.

The wood didn’t look great but it was o.k. I decided to give it a good sanding. That was even better. I figured that I would stain the desk dark and it would be nice enough. To clean it off I rubbed it down with turpentine.

Imagine my surprise when a lustrous gold and black grain emerged from the top of the desk! It is really lovely! That grain hasn’t been seen for years. I don’t even think that my grandfather had seen it. But it is there and that old desk, with the help of some stain and varnish, took on a new life and proudly served as my home desk for years. We have recently moved it into the boys’ room where it serves as their study desk.

Now, you know I’m not telling you all of this to give a lesson in re-doing furniture. Rather, I want to suggest that my grandfather’s desk is a good metaphor for what we are doing in Lent. The desk was never

Message from the Rector (cont.)

worthless. Its beauty was always there but hidden by all of the gunk on it. The accumulated stuff had to go before the desk was fit to be in one of our main rooms.

In this season of Lent, more than any other, we examine ourselves to try and discern what is in the way of our being the kind of people God would have us to be. That is, we examine our sinfulness.

This is a season of repentance. We are called to strip off the habits, the hates, and the fears that stand between us and being worthy to stand in God’s presence. We take on a new way of being, learning to trust God more deeply and to love each

other more willingly. In Christ we have the opportunity to become new people, the children of God.

The first step is repentance. To repent is an action more than a feeling. We can feel sorry for our sins but to repent means that we “turn around”. We turn from our sin and embrace a new way of life.

Lent, then, is not a season of pitiful wallowing in sins past. It is, rather, a time to courageously take an inventory of ourselves and to resolutely set aside vices which may be covering the wonderful person God has made us to be.

Sunday Services

- 8:00 am Holy Eucharist Rite I
- 9:30 am Sunday School/Choir Practice
- 10:30 am Holy Eucharist Rite II
(1st Sunday, Rite I)
- 11:30 am Morning Social Hour

Wednesday Service

- 12:15 pm Holy Eucharist Rite II
(Healing Services 1st & 3rd Wednesdays)

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The Staff

- The Rev. F. Wilson Brown Rector
- The Rev. Kay Waff Deacon
- The Rev. Carol Cross Deacon
- Mary Anne Eubank Organist/Choir
- Jenny Shutt Administrative Assistant
- Tom Sendall Sexton

Address Changes: Please help us to keep our postage costs down by notifying the church office if you have a change-of-address. The Post Office charges us for any returned mail. Also, notify the office if you have a young person in your family away in school, we will be happy to send them a copy of the newsletter.

Submit Newsletter articles
to Chandra Schmehl by email at
stjohnsnewsletter@verizon.net
or call 587-9093 with questions, suggestions,
or complaints.
April Deadline: Sunday, March 15

Message from the Rector (cont.)

Our repentance is full of hope. Jesus has washed away our sins and is eager to empower us in becoming full children of God. We prepare our selves to stand in the presence of the risen Lord on Easter morning!

“I invite you, in the name of the Church to the observance of a holy Lent, by self-

examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word.” (Ash Wednesday, BCP, p. 265)

Your brother in Christ,
—Wilson †

Upcoming Events & Parish News

Wednesday Night Lenten Series:

***“Brother/Sister, Are You Saved?”;
Christian Understandings of the
Salvation That Comes Through Jesus***

On Wednesday, March 4th we will return to St. John’s tradition of a Lenten Meal and Study Series. For the next five weeks, through Wednesday, April 1st, we will consider what it means when we say we are “saved.” What does that mean? By what means are we saved? Who does the work?

The evening will begin with a potluck supper at 6:00 pm. The program will begin at 6:45. The program will include instruction, Q&A, and group discussion. The evening will conclude at 7:30 with a brief service of Compline, the traditional service at the end of the day. Topics may include:

March 4: Various Ways Christians Think They Get Saved Compared and Contrasted

March 11: God’s Action—Incarnation

March 18: God’s Action—Atonement

March 25: Response—Repentance

April 1: Response—Sanctification

Instructed Eucharist at Youth Service, Sunday, March 8th

From time to time it is worthwhile for all of us to get back to basics and remember why we do things the way we do them. Our Sunday worship is full of words, symbols, and actions intended to powerfully tell the story of God’s saving work in Jesus Christ, Our Lord.

In preparation for the Bishop’s visit, for our Easter worship, and to empower us to explain Episcopal worship to our friends and neighbors; the rector will present an instructed Eucharist at the 10:30 service on March 8th.

The service consists of a simplified version of our usual worship augmented by commentary on what we do. We will be invited to

Upcoming Events & Parish News (cont.)

look carefully at our church, its furnishings, our vestments, our actions, and our words.

Though this is the second Sunday of the month, we will be observing this as our Youth Sunday. The children will be in church with us and we will be using the wooden altar at the foot of the chancel stairs. Sunday, the 15th will be a regular worship Sunday.

Bishop Powell Visiting in March

We look forward to welcoming Bishop Powell back to St. John's. He will be celebrating at both services on Sunday, March 22nd. He will also meet with the Adult Forum at 9:30. There are several adults that have been attending the Enquirers' Class that will be eligible to be confirmed or received into the Episcopal Church dur-

ing the 10:30 service. Following the service Bishop Powell will join us for coffee hour.

Lenten Programs Around Town

Several area churches invite the community to take part in their Lenten programs:

Luncheon Series

Each Wednesday through April 1, lunches will be held at Main Street United Methodist Church, from 12:00 – 1:00 pm. This year's theme is "The People Nearest the Cross." (A free-will offering will go to the serving Church).

Taizé Service

On Sunday, March 8th at 7:30 pm, Bedford Presbyterian Church will host a service of quiet prayers and meditative songs in the Taizé style.

SPECIAL REPORT

90th Annual Council

Michael Cross

Episcopal Diocese of Southwestern Virginia, 23-25 January 2009

I was privileged to attend the 90th Annual Council of the Diocese of Southwestern Virginia as a delegate from St. John's Church, Bedford. The Council was held in the Hotel Roanoke and Conference Centre while the Festival Holy Eucharist was held, once again, in St. Andrew's Catholic Church in Roanoke. The clergy of St. John's Church, the Reverends Wilson Brown, Carol Cross and Kay Waff all attended, and the lay delegates were Helen Ann Spessard, Rob Jarvis and Michael Cross.

The business session on Friday afternoon was workmanlike and uneventful., and included the introduction of our guests from our companion diocese of Bradford, England. The Festival Holy Eucharist was as joyous and spectacular as always. The singing was led by an enormous diocesan choir; the organist was supported by a splendid trumpeter; and the procession of choir and clergy seemed endless.

On Saturday morning we were treated to an electrifying address by our keynote speaker,

90th Annual Council (cont.)

the Very Reverend Dr. Ian Markham, Dean of the Virginia Theological Seminary. His scintillating wit and rapid fire delivery kept us on our toes, but the humour did not, in any way, obscure his tremendous intelligence and the great depth of his conviction. As he sat down, to deafening applause, it was hard to imagine that he had been talking, without a script, for over an hour.

The workshops that followed covered a wide range of topics and it was difficult to select two to attend from a list of 18. I very much enjoyed the workshop led by the visitors from Bradford, and it was good to hear that our sister parishes in the Bradford diocese are anxious to strengthen the links that we already have. *(It is worth noting here that the Reverend Jenny Savage, who has been our link with St. James's Church, Crossroads, has just been moved to another parish, but we are working with a lay member of St. James's until the new rector is appointed.)*

There had been great apprehension that the debate on the budget would prove to be difficult. The pledges made to the diocese by its member churches have decreased substantially. In order to balance the budget, it has been necessary to reduce, substantially, some of the diocesan programmes. More tendentious was the proposal to reduce, by 28%, the diocesan pledge to the national church. Many felt that such an action might encourage more parishes to reduce their pledge to the diocese. Others were concerned that, in order to balance the budget, monies would have

to be transferred from our depleted reserve funds, leaving very little to fall back on if the economy continues in decline. Ultimately, the budget was approved and the rest of the business session went very smoothly.

The Crosses hosted our traditional St. John's cocktail hour which was attended by the Bishop and his wife and several other diocesan clergy. Then it was time for another gargantuan dinner, at which the Deans introduced the new members of the clergy, including our own Wilson Brown. This was followed by an amazing collaboration of young people and adults. Together, they assembled 72,000 packages (each package containing enough food to serve a family of six) for Stop Hunger Now.

On Sunday morning we all assembled in the ballroom of the Roanoke Hotel for the announcement of the results of the elections (Kay Waff was elected to the Ecclesiastical Court) and for the final Eucharist. This was a joyful affair, with all the clergy, delegates, children and youth involved. The theme of this year's Council (Ubuntu: 'A person is a person through other persons') was emphasized by the use of an African hymn for the procession and the recession.

I am deeply grateful for the opportunity provided, once again, by the generosity of the parishioners of St. John's Church, for me to attend the Diocesan Council.

—*Michael Cross*

The Vestry Report

Jenny Shutt, recording secretary

The Vestry's February Meeting was held on Wednesday, February 18, 2009. Father Wilson called the meeting to order, and after the opening prayers, the first order of business was the review of the finalized December financial reports. The Treasurer noted that the market value of the endowment had continued to decline in the fourth quarter of 2008, but that St. John's actually came out a little ahead of projections for 2008. The December 2008 financials and January 2009 reports were reviewed and accepted. The treasurer then recommended that the Vestry resolve to commend the Budget and Finance committee to present a budget for future years that includes only St. John's operating expenses, and reports on designated funds and capital gains and losses separately. This resolution was approved.

The Senior Warden reported on several items. Among them were a bequest made to St. John's by a former parishioner, the elevator project, and the decrease in the Diocesan Pledge to the National Church. There was also a brief discussion of a resolution regarding the Endowment Fund Board. The Resolution to disband the Endowment fund board was approved, as the endowment fund is now part of the Diocesan Pooled Fund.

Lastly, the youth were thanked for presenting such a lovely social hour on Sunday February 15th.

The Junior Warden reported that the upholstery on the kneelers was completed and he is looking into putting antifreeze into the heating system as a safety precaution. He is also looking at getting some concrete stops for the edge of the parking lot.

Following the various committees reports, the Rector reported that he will be out of town on March 13-15, and read a letter from Bishop Powell expressing his thanks to St. John's for continuing to pledge to the Diocese above the recommended giving level. He then reported on the status of several of St. John's members who are ill.

There followed a discussion regarding the sound system and a brief look at the committee structure at St. John's. The meeting was concluded at 7:45 with a closing prayer.

Next meeting:
Thursday, March 19, 6:00 pm

The Vestry

Frank West Senior Warden
Bill Jackson Junior Warden
Pat Rieley Clerk of the Vestry
Jennifer Murphy Treasurer

Members:

Blu Ayers	Winston Burks
Jim Church	Lynne Forster
Rob Jarvis	Tom Montgomery
Chandra Schmehl	Pete Thomas
John Waff	
Jacob Church, <i>Youth Representative</i>	

Vestry Person of the Month for March:

John Waff

Christian Formation

Kara Brown & Heather Garrett

Thanks be to God! Our monthly Sunday Morning Breakfasts are saved! Thank you to Laura Mason and Katie Craig for volunteering to take over the coordination of these fun breakfasts! Thank you, also, to our stalwart volunteers who bring the food and do the cooking for us each month... Sherri, Brenda and Jim, and Chandra. We are looking for more helpers to help bring in something for the breakfasts. Please pray about this (preferably over breakfast one morning) and see if you might find a calling to help in this ministry. Please join us March 8th at 9:00 (before Sunday School) for a friendly breakfast and fellowship! Starting in April, the monthly breakfast will be changed to 3rd Sundays in order to better coordinate with Youth Sunday.

Thanks are, also, due to our dynamic duo of Laura Mason and Katie Craig for taking over decoration of our Christian Education bulletin board located in the Parish Hall. We look forward to enjoying the results of their creative muses.

Lenten Project: Heifer International

Put March 1st on your calendar! Christian Education classes will be participating in a special lesson focusing on service through the work of the Heifer Project. Students will be coming home with activities and a collection ark to be used throughout Lent and collected on Palm Sunday. This will be our part of joining the Outreach Committee in a

Lenten Collection for this wonderful program that helps people in developing countries to establish meaningful and profitable businesses in order to feed their own families and to help others.

Committee Meeting

Also, March 1st is the date of our next Christian Education Meeting. Anyone interested in St. John's Christian Education program including teachers, supporters, students, wannabes are invited to join us after church on March 1st after the late service. Grab a snack and come on up to the Godly Play room! We'll be scheduling and planning VBS, looking at our programs and getting ready for Easter!

Instructed Eucharist

A Change For March. Youth Sunday will be moved to the 2nd Sunday of the month just for March. Youth Sunday will be March 8th. We will be having an Instructed Eucharist, which is a modified service that will provide instruction in why we do what we do when we do it with a chance to ask questions as we go along. This is a great opportunity for all ages! There will be no Children's Chapel that day. Sunday school will be as usual!

If you are now confused about the schedule, see the calendar on the next page!

Christian Formation (cont.)

Looking Ahead: Put Easter Sunday April 12th on your calendar for an Easter Party and Easter Egg Hunt during the Sunday School hour 9:30 –10:30.

—submitted by Kara Brown

Class Offerings (*Sundays, 9:30 am*)

Godly Play a worshipful hands-on class for our children age 4 through 5th grade; *meets upstairs in the Atrium (end of hall on the right)*

Journey to Adulthood a questioning class for our teens divided into two groups

- 6th – 8th grades; *meets downstairs behind the kitchen to the left*
- 9th – 12th grades; *meets upstairs in the parlor, between the stairs and the sanctuary*

Adult Forum a discussion group on a variety of topics; *meets in the sanctuary*

Enquirer's Class a six week class on Christian Basics (Feb. 1 to March 8); *meets in the rector's office (top of the stairs)*

Nursery available during Christian Ed and Worship Service; *for Children under 5*

CALENDAR FOR MARCH

Sunday, March 1

9:30 Sunday School Classes

*Godly Play, Journey to Adulthood
Adult Forum*

Enquirers' Class (rector's office)

10:30 Worship Service/Children's Chapel

Christian Ed. Meeting after church

Sunday, March 8 (Youth Sunday)

9:00 Breakfast

9:30 Sunday School Classes

*Godly Play, Journey to Adulthood
Adult Forum*

Enquirers' Class (rector's office)

10:30 Youth Sunday Worship Service

Special Instructed Eucharist
(No Children's Chapel)

Sunday, March 15

9:30 Sunday School Classes

*Godly Play, Journey to Adulthood
Adult Forum*

10:30 Worship Service/Children's Chapel

Sunday, March 22 (Bishop's Visitation)

9:30 Sunday School Classes

*Godly Play, Journey to Adulthood
Adult Forum*

10:30 Worship Service/Children's Chapel

Sunday, March 29

9:30 Sunday School Classes

*Godly Play, Journey to Adulthood
Adult Forum*

10:30 Worship Service/Children's Chapel

Youth Group

It's a STRIKE! St. John's youth enjoyed an afternoon of bowling and fellowship on February 8th. Everyone was surprised at how well they did on their second game. It was a great improvement from the first game. We had seven youth and three adults participate.

In other news, Youth at Council was a great success in reaching the goal of packing 80,000 meals. We met new friends and found the music, workshops, worship, and fellowship most rewarding. Nine youth and four adults from St. John's attended.

Anglican Rosaries

Youth will be offering a meditative Lenten workshop to make your own Anglican Rosary, as part of their Journey to Adulthood Mission. This will be offered on two Wednesdays, March 11th and 25th, both at 5:00 pm right before the Lenten

Jim & Brenda Church, Leaders

Program. We will close the workshop with a Lenten Prayer using our rosary. Sign-up sheets are in the Parish Hall.

Coming Events

Youth Ministries Team Retreat on March 14th–16th.

Applications are being taken for:

- New Orleans Mission Trip
Grades 8th-12th, July 14 –22nd
- Mission Trip to Virginia Beach to St. Andrews Society to dig potatoes
Grades 5th–7th, July 3 –5th
- Bradford Youth Exchange
Ages 16–20, July 24–August 14th
Application due: March 9th

For more information visit the diocese web site at www.youth.dioswva.org.

God's Peace,
—*Brenda and Jim*

COMMITTEES

Fellowship

Revised coffee team schedules became available in mid-February thanks to Julia Baker for taking charge and to Jenny Shutt for creating the pink copies for our home refrigerators !

We thank the Youth for providing a beautiful Valentine's "thank you" to the church complete with a heart-shaped cake.

The Vestry will be taking a turn at coffee hour on Easter Sunday.

Rebecca Mays, Chairperson

So many volunteers help to make the Sunday coffee hours a time of good food and good fellowship – all of which is truly appreciated. Three cheers for those providing coffee hours!

We look forward to the visit by Bishop Neff Powell and Dorothy on Sunday, March 22nd, and I thank the Guerin and Mays' teams for being in charge of the planning.

St. John's Episcopal Church

SUNDAY	MONDAY	TUESDAY
<p>First Sunday in Lent 1</p> <p>8:00 am <i>Holy Eucharist Rite I</i> 9:30 am Choir Practice/Christian Formation Classes 10:30 am <i>Holy Eucharist Rite I</i>, Children's Chapel 11:30 am Morning Social Hour Christian Formation Committee meeting 12:00 pm EYA meeting</p>	<p>2</p> <p>6:00–8:30 pm EfM 7:00 pm HE/Healing Service</p> <p><i>BD: Pat Rieley</i></p>	<p>3</p> <p><i>BD: Quincy Plattus</i></p>
<p>Second Sunday in Lent 8</p> <p>8:00 am <i>Holy Eucharist Rite I</i> Youth Sunday 9:00 am Breakfast 9:30 am Choir Practice/Christian Formation Classes 10:30 am <i>Instructed Eucharist</i> 11:30 am Morning Social Hour</p> <p><i>BD: Brenda Arbogast, Ted Green, Danny Johnson, Angela Overstreet, Ellen Wandrei</i></p>	<p>9</p> <p>6:00–8:30 pm EfM</p> <p><i>BD: Bill Chambers BD: Mary Lou Toms</i></p>	<p>10</p> <p><i>BD: Janet Hardison BD: Laura Amparan Osborn</i></p>
<p>Third Sunday in Lent 15</p> <p>8:00 am <i>Holy Eucharist Rite I</i> 9:30 am Choir Practice/Christian Formation Classes 10:30 am <i>Holy Eucharist Rite II</i>, Children's Chapel 11:30 am Morning Social Hour 12:00 pm EYA meeting 3:00 pm Gold Wing RR Assoc. Mtg</p> <p><i>BD: Ryan Henry BD: Dorothy Powell</i></p>	<p>16</p> <p>6:00–8:30 pm EfM</p> <p><i>BD: Winston Kendrick Jr. BD: Kent Nichols</i></p>	<p>17</p> <p>7:00 pm Cub Scouts</p>
<p>Fourth Sunday in Lent <i>Bishop's Visit</i> 22</p> <p>8:00 am <i>Holy Eucharist Rite I</i> 9:30 am Choir Practice/Christian Formation Classes 10:30 am <i>Holy Eucharist Rite II</i>, Children's Chapel 11:30 am Morning Social Hour</p>	<p>23</p> <p>6:00–8:30 pm EfM</p>	<p>24</p> <p>7:00 pm Cub Scouts</p> <p><i>BD: Mary Beverley BD: Nikki Chevalier BD: Edward Montgomery</i></p>
<p>Fifth Sunday in Lent 29</p> <p>8:00 am <i>Holy Eucharist Rite I</i> 9:30 am Choir Practice/Christian Formation Classes 10:30 am <i>Holy Eucharist Rite II</i>, Children's Chapel 11:30 am Morning Social Hour</p> <p><i>BD: Tom Mustard</i></p>	<p>30</p> <p>6:00–8:30 pm EfM</p> <p><i>BD: Pete Waff</i></p>	<p>31</p>

March 2009

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																																							
<p>12:15 pm 4 <i>HE/Healing Service</i> 1:00 pm DOK Book Study</p> <p>6:00–7:30 pm Lenten Potluck & Program</p> <p><i>BD: Frank Lea</i></p>	<p>5 10:00 am DOK meeting</p> <p><i>BD: Courtney</i></p>	<p>6</p> <p><i>BD: Zachary Moldenhauer</i></p>	<p>7 10:00 am–noon Odyssey of the Mind (Parish Hall)</p> <p><i>BD: Audrey Forrest</i></p>																																																																																																																							
<p>12:15 pm 11 <i>Holy Eucharist</i> 1:00 pm DOK Book Study</p> <p>6:00–7:30 pm Lenten Potluck & Program</p> <p><i>BD: Mary Garrett</i> <i>BD: Nina Jarvis</i></p>	<p>12 9:00 am–1:00 pm PEO meeting</p> <p>2:30 pm Parkinson's Support Group–BMH Conference Room</p> <p><i>BD: Terry Elizabeth King</i> <i>BD: Rhetta Watkins</i></p>	<p>13</p> <p><i>BD: John Leslie Murphy</i> <i>Anv: Charles & Mary Siegel</i></p>	<p>14 10:00 am–noon Odyssey of the Mind (Parish Hall)</p> <p><i>BD: Daniel Brown</i> <i>BD: Kelly McGuirk</i> <i>BD: Brian Murphy</i> <i>BD: John Leslie Murphy</i> <i>Anv: Charles & Mary Siegel</i></p>																																																																																																																							
<p>12:15 pm 18 <i>HE/Healing Service</i> 1:00 pm DOK Book Study</p> <p>6:00–7:30 pm Lenten Potluck & Program</p>	<p>19 6:00 pm Vestry Meeting</p> <p><i>BD: Foster Garrett</i> <i>Anv: Ryan & Kimberly Henry</i> <i>Anv: Mike & Laura Mason</i></p>	<p>20</p> <p><i>BD: Virginia Scott</i></p>	<p>21 10:00 am–noon Odyssey of the Mind (Parish Hall)</p> <p><i>BD: Kate Forsyth</i> <i>BD: Sara Nowlin</i></p>																																																																																																																							
<p>12:15 pm 25 <i>Holy Eucharist</i> 1:00 pm DOK Book Study</p> <p>6:00–7:30 pm Lenten Potluck & Program</p> <p><i>BD: Marilyn Sites</i></p>	<p>26</p> <p><i>BD: Savannah Whitehead</i> <i>Anv: Irvin & Jean Brobeck</i></p>	<p>27</p> <p><i>BD: Revelle Hamilton</i> <i>BD: Rip Owen</i> <i>BD: Marilyn Rowe</i></p>	<p>28 10:00 am–noon Odyssey of the Mind (Parish Hall)</p> <p><i>BD: Abigail Olivia Henry</i></p>																																																																																																																							
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Outreach

Be thoughtful as you prepare your shopping lists and when you read the grocery ads: remember the great needs of those less fortunate by bringing in canned goods, canned meats/fish, crackers, peanut butter, jelly, cereals/oatmeal, household items i.e. toilet paper, paper towels, soaps & detergent.

Please watch for the “Buy one, Get one Free” ads which will help others as well as your own needs.

It’s been suggested that we create a spot on a Bulletin board for an envelope of coupons. Clip those you use for your own shopping AND save the others to bring to church. We could help each other by making lots of

Judy Whitehead, Chairperson

coupons available and we would remind each other to bring donations each Sunday for Bedford Christian Ministries and for Bedford Ride.

The Outreach committee continues to seek Campbell Soup labels (and other labels) for the Boys Home in Covington. Jean Brobeck coordinates this effort and can give you details.

We continue to seek tabs off of cans for the Bedford Hospice House effort. Kathie Childers is a member of that Board and can give you details.

—submitted by Rebecca Mays

Parish Concerns



The Parish Concerns committee coordinated 16 Valentine's Day boxes for our college students on February 9, 2009. We would like to thank the congregation for

Katy Craig & Laura Mason

their generous support of funds, baked goods and candies for the students. A big thanks to Louise Pipkin, Sally Counts and Brenda Arbogast for meeting at the church to help put the boxes together. Ten boxes were shipped and six were hand delivered.

We would like to thank everyone for being so helpful and supportive as we take over as co-chairs. Special "Thanks" to Betty Hueber for her continued support as we make this transition. We are looking forward to serving St. John's as your co-chairs of the Parish Concerns committee.

—submitted by Laura Mason

Lessons in Liturgy

Changes in Lent

—*The Rev. F. Wilson Brown*

The mood of our worship changes in Lent. Sunday is always a celebration of Jesus' resurrection and of the salvation Jesus brings for us. But in Lent, the mood is more reflective, even somber.

In Lent we are reflecting on our sinful nature and on God's sacrificial love for us. The tone of Lent might be expressed in terms of the invitation we make each Sunday: "Take this in remembrance that Christ died for you and feed on him in your hearts by faith with thanksgiving."

Our worship service will change to help us in our Lenten reflection:

We will enter the church in silence.

We usually begin with joyful singing. In Lent we will enter in quiet contemplation. God willing, this will put us in mind of the stunning enormity, power, and holiness of God.

We will open with the Penitential

Order. We will begin by hearing the Ten Commandments, God's most basic laws for us. Then we will make our general confession.

We will be singing Kyrie eleison

(instead of the the Gloria), "Lord, have mercy. Christ, have mercy. Lord, have mercy." It is a very simple song that people

of faith have sung since almost the time of Christ. It expresses our deep need to have God embrace us just as we are.

We will read the Psalm alternating by whole verse. The call and response of reminds us of our disunity and our need for each other.

For Prayers of the People, we will use Form IV when we are in Rite II. With its call and response of, "Lord, in your mercy", "Hear our prayer;" it again reminds us of our need for God's mercy and the salvation that comes through Jesus.

In Rite II, we will be using **Eucharistic Prayer A** for the Great Thanksgiving. Prayer A is most similar to Rite I. It has a more penitential tone. It focuses more on Jesus' work of salvation through his death and resurrection.

We will leave the word, "Alleluia" out of our worship. The word is a Latinized version of a Hebrew word meaning "Praise the Lord." The Church uses "Alleluia" as an Easter acclamation of wild joy at all that God has done for us in Jesus' resurrection. In Lent we continue to praise the Lord. However, in the muted tone of the season, we leave out "alleluia" in much the same way we leave out the opening hymn.

None of our Lenten worship is intended to remove the joy and comfort we receive each Sunday. We are simply changing the mood for this season of the church year.

Daughters of the King *Helen Ann Spessard, Secretary*

Our Mary & Martha Chapter of the Daughters Of The King here at St. John's Church wants to extend an invitation to any Daughter-At-Large to join us for our Monthly Meetings held at 10:00 am on the first Thursday of each month in the Parlor. Also to feel free to attend any other functions the Daughters participate in.

Our Book Study continues on each Wednesday at 1:00 pm in the Parlor. The book: *Celebration of Discipline*, continues to probe our minds and hearts and invites

us into worthwhile discussions wherein we are learning about ourselves as we answer the questions posed in the Study Guide.

At various times throughout the year, Daughters Of The King are asked to make contributions to FUNDS at the National DOK level. Several of our members requested that their current contributions be given directly to Wilson's Discretionary Fund in support of the immediate out-reach locally.

Prayers

Our Clergy and their Families: Pray for our Bishops Katharine and Neff, and for Richard and Dorothy; for Wilson, our Rector, and Kara; Carol and Kay, our Deacons, and Michael and John; for Pam and the Parish Nurse Ministry; and for the Mother Teresa Orphanage and the Mustard Seed Project in Rwanda.

Episcopal Church of Sudan: Pray for the Church's work in pastoral ministry to all people, for schools and the development of education at every level, and for the Commission for General Education.

Diocese of Southwestern Virginia: Pray that we learn to give of ourselves, our time, and our wealth as generously as God has given to us

Daughters of the King: Pray for all those on their prayer list.

Pray for all those who are sick, especially for Bobby, Joyce, Kelvin, Edith, Frances, Louise, Tommy, Betty, Arline, Deborah, Grace, Dick, Beverly, Linda, Dorris, Barbara, Wayne, Karen, Anne, Carol, Paula, Ted, Marian, and Mary that they may have improved health.

For all those who are shut-in or who have suffered a loss, especially Mary, Gladys, Bea, Vera, Marion, Jack, Lucille, Jane, Polly, Delphine, Gloria, Nenie, Bill, and Laura, that they may know God's comforting spirit.

Pray for all members of the Armed Forces, especially those deployed from Company "A" and "C," and Philip, John, Daniel, Tom, Matthew, Nathaniel, Chris, Robert, Madeline, Adam, and Ben.

A Lectionary is a table of readings from Scripture appointed to be read at public worship. The Revised Common Lectionary, like the current prayer-book lectionary, is a three-year cycle of Sunday eucharistic readings in which Matthew, Mark and Luke are read in successive years with some material from John read in each year. Advent marks the beginning of the cycle. We are currently in year B.

The association of particular texts with specific days began in the 4th century. The Lectionary [1969, revised 1981] was developed by the Roman Catholic Church after Vatican II provided for a three-year cycle of Sunday readings. This Roman lectionary provided the basis for the lectionary in The Book of Common Prayer 1979 as well as those developed by many other denominations.



Readings for the Month of March 2009

Sunday, March 1, 2009

Genesis 9:8–17
Psalm 25:1–9
1 Peter 3:18–22
Mark 1:9–15

Sunday, March 8, 2009

Genesis 17:1–7, 15–16
Psalm 22:22–30
Romans 4:13–25
Mark 8:31–38

Sunday, March 15, 2009

Exodus 20:1–17
Psalm 19
1 Corinthians 1:18–25
John 2:13–22

Sunday, March 22, 2009

Numbers 21:4–9
Psalm 107:1–3, 17–22
Ephesians 2:1–10
John 3:14–21

Sunday, March 29, 2009

Jeremiah 31:31–34
Psalm 51:1–13
Hebrews 5:5–10
John 12:20–33

In the Spotlight

March

Happy Birthday Wishes

March	02	Pat Riele	25	Marylin Sites
	03	Quincy Jane Plattus	26	Savannah Whitehead
	04	Frank Lea	27	Revelle Hamilton
	05	Courtney Greer		Rip Owen
	06	Zachary Moldenhauer		Marilyn Rowe
	07	Audrey Forrest	28	Abigail Olivia Henry
	08	Brenda Arbogast	29	Tom Mustard
		Ted Green	30	Peter Waff
		Danny Johnson		
		Angela Overstreet		
		Ellen Wandrei		
	09	Bill Chambers		
		Mary Lou Toms		
	10	Janet Hardison		
		Laura Amparan Osborn		
	11	Mary Jean Garrett		
		Nina Jarvis		
	13	Terry Elizabeth King		
		Rhetta J. Watkins		
	14	Daniel Brown		
		Kelly McGuirk		
		Brian Murphy		
		John Leslie Murphy		
	15	Ryan Henry		
		Dorothy Powell		
	16	Winston Kendrick Jr.		
		Kent Nichols		
	19	Foster Burks Garrett		
	20	Virginia Scott		
	21	Kate Forsyth		
		Sara Nowlin		
	24	Mary Beverley		
		Nikki Chevalier		
		Edward Montgomery		

Happy Anniversary!

Charles & Mary Siegel (3/14)
Ryan & Kimberly Henry (3/19)
Mike & Laura Mason (3/19)
Irvin & Jean Brobeck (3/26)

We are trying hard to get all the birthdays and anniversaries right but we are human. Please forgive us if we miss you or your loved ones or get something wrong and please let us know if we do or we'll do it wrong again next year. Thanks

Around St. John's

Congratulations to **Marsh Baker** for having been named a finalist in the National Merit Scholarship program. Marsh is busy visiting the colleges of his choice and we wish him well.

Sue & Tom Montgomery have just returned from their first (but not their last!) cruise. They flew to San Juan, Puerto Rico, before boarding their ship and visited St. Thomas, Dominica, Bonaire, Grenada and Aruba. Their favorite port of call was Aruba, which they plan to visit again, for a longer stay next time.

Have you noticed the new, shorter hair style that **Sarah Rodes** has been sporting? After seeing her photo in the *Bedford Bulletin*, we asked her about it:

“When I decided to cut my hair for ‘Locks of Love,’ it was a rather spur-of-the-moment decision. I had been growing out my hair for around three years just because I liked it long. I was planning on only getting a trim but had thought about donating my hair the night before my appointment as just a wild thought. But the next day, my hairdresser recommended donating my hair because she believed that it was a wonderful cause, and she has two nieces that had done it. I agreed and in total she cut off the required amount of ten inches and I still had a lot of hair left. I strongly recommend donating hair to ‘Locks of Love’ because it is a wonderful cause and the recipient of the wig made of your hair

Michael Cross & Rebecca Mays

is a cancer victim who will be grateful to have it. I definitely have no regrets about donating my hair, and would do the same in the future.”

The “new do” looks great Sarah!

Les Strachan played a major role in the “Burns Nicht Supper” celebrating the 250th anniversary of Robert (Rabbie) Burns, held in Roanoke on January 24th. Les gave the Immortal Memory, and, later, complete with nightshirt, he recited “Holy Willie’s Prayer.”

Nancy participated in the evening’s silent auction with donations from their business Shiny Stuff.

It was a wonderful evening and **Bill & Rebecca Mays** greatly enjoyed the evening—even the Haggis, Tatties and Neeps!

The Rev. Bob Copenhaver was also present at Burns Nicht playing his pipes with the Virginia Pipes and Drums.

Don Rowe’s father has died, at the age of 94. He had been weak for a long time so this was not unexpected. However there is no such thing as a good time to die, and the loss is just as painful. We send our prayers to Don and his family in their loss.

Our sympathy to **Chris & Maria Bass** and their children on the loss of Chris’ mother, Marie, in Richmond. Maria’s parents, **Amp & Sis Amparan** spent the week in Richmond at the time of the funeral.

Around St. John's (cont.)

Our condolences to **Tom & Sue Montgomery** on the recent loss of his older sister, Shirley Turner. Shirley had been ill for a long time, and had been receiving hospice services since well before Christmas. She died at her home in Ashboro, North Carolina.

Lis Turner visited Bedford every two or three weeks in order to visit her mother at Campbell's Nursing home. Her mother, Betty Turner recently died and we extend our sympathy to her. We recently received the following note from Lis:

"Dear Wilson and the good people of St. John's,

I just wanted to drop a line to let you know how much the welcoming spirit of your church family meant to me over the past few months. As some of you know, I was in Bedford several times a month visiting my mother who had Alzheimer's. On those weekends, I worshiped with you and you made me feel a part of the St. John's family.

We lost Mama on January 31 so my trips to Bedford will not be as frequent; however, I still plan to worship with you whenever I visit my sister. I hope I can return that welcoming spirit to any of you who visit in Richmond. I invite you to join me at "my other St. John's"—Historic St. John's on Church Hill.

Thanks for the blessing of your caring and friendship during a difficult time.

—Lis Turner"

The Center for Lifelong Learning at Phoebe Neeles Retreat center, Ferrum, VA offers monthly seminars on a wide variety of topics with a catered lunch included.

On March 10, 2009, Ben Martin will speak on "The Story of NPR."

On April 14, 2009, a panel of local authors & writers will present "All About Writing."

Please check the Phoebe Needles website: www.PhoebeNeedles.org. for additional information.

We hope everyone had the opportunity to see the recent edition of the *Bedford Bulletin* which featured a photo of **Cory Watkins** marching in the Hampton University band in the inaugural parade. Cory is a junior, majoring in business management with a minor in Spanish, and started playing the clarinet in sixth grade.

Hampton's marching band was one of three Virginia university bands selected to march in the parade following the inauguration. Way to go Cory!

Thank You from Nancy Strachan:

Thank you to all those who baked cookies and brownies for the Sonrise School Playground Fund Bake Sale. It was a great success and we raised \$146. Extra cookies were put in the Valentine's boxes for our St. John's students.

Many thanks for all the used Christmas card donations. I am still accepting them. Save the entire card as I use the printed

Around St. John's (cont.)

message inside as well as the front of the card. Handwritten messages are discarded.

I appreciate your continued support of the Rwandan Fair Trade Coffee Sales.

Remember each pound of Land of A Thousand Hills Coffee purchased means at least \$2, a living wage, goes directly to the farmer in Rwanda AND another \$1 from each pound provides Microloans for Rwandan Women (many are my friends from the past two trips). If you find LOTH coffee a bit too pricey, consider buying some occasionally and blend it with your other coffee or better yet, buy the more economical 3 or 5 pound bags! It is excellent for gift giving as well.

Please give your contributions to "Around St. John's" to Rebecca Mays or Michael Cross or email them to Chandra at stjohnsnewsletter@verizon.net.

The deadline for April newsletter is Sunday, March 15.