



Godspeed



St. Alban's Newsletter

Volume V, Issue III

March, 2009

MEN/SA Servers Pancakes

On Shrove Tuesday



MEN/SA*

**(Men Of St. Alban's)*

Who's motto is: "Smarter Than We Look And WE Can Cook!" served pancakes on Shrove Tuesday. A good time was had by all.

From left to right: Steve, Tom, John, Tim, Fr. Walter and Marsh



SHROVE TUESDAY



SHROVE TUESDAY

Inside this issue:

| | |
|------------------------------------|---|
| <i>Fr. Walter's Reflection</i> | 2 |
| <i>Deacon's Notes</i> | 3 |
| <i>Soup or Socks</i> | 3 |
| <i>WOSA</i> | 3 |
| <i>Lenten Program</i> | 4 |
| <i>Treasurer's Report</i> | 5 |
| <i>Birthdays and Anniversaries</i> | 5 |

Special points of interest:

- Sunday, March 8th—Daylight Savings Time Begins.
- Thursday, March 12th—Vestry meeting 6:00 p.m.
- Sunday, March 15th—WOSA meeting 11:45 a.m.
- Sunday, March 29th—Ingathering of food for Soup or Socks Pantry.
- Sunday, March 29th—Parish Potluck after 10:00 a.m. Worship Service.



Fr. Walter's Reflections



Fr. Verne Walter

By the time you receive this newsletter the Lenten season will have begun on February 25, with Ash Wednesday. Let us use this time to examine our purpose in life and how we fit into God's plan. We are not accidents! God had us in mind and planned us for his purposes even before He created the universe.

The events of current economic melt down in our country and the world has opened up for many individuals, traditional values thought long dead by our society. Among the most important of these values are personal relationships with one's family, friends, and on thoughtful insight with God. Perhaps you find yourself among these individuals. If so, you are blessed indeed.

During Lent, let us use this time to examine our relationships and find new ways in which our

lives might reflect God's love for those around us, and the world. Let us commit our hearts, minds, and bodies to the task of reflecting God's love in these relationships. Then during Lent, let us be intentional about our relationships with God, family, and friends. Let this be our Lenten discipline in preparation for Easter.

The Season Of Lent

The season of the church year that runs for forty weekdays and six Sundays which are not actually a part of Lent, beginning Ash Wednesday and ending on the eve of Easter. A forty-day season of penitential exercises in preparation for Easter, known (from its length) as *Tessarakoste* in the Greek Church, *Quadragesima* in the Latin Church. The forty days before Easter which through prayer, fasting, almsgiving and conversion prepare Christians for the greatest feast of the year, Easter. The present length of Lent was established in the seventh century, when in Rome the fast began on Ash Wednesday instead of after the first Sunday of Lent. The word *Lent* probably comes from the

Anglo-Saxon *lencten*, meaning spring, and the German *Lenz*, meaning the time when the days lengthen.

Lent developed from two sources. The first was a period of fasting which preceded Easter in the early church. At first, this period of fasting was held only on Saturday, the day before Easter, lasting until 3 a.m. Easter morning when the Eucharist was celebrated. This called to remembrance the fact that Christ rose from the dead early in the morning. Later this fast was extended to six days and eventually became separated into the events of Holy Week. Holy Week, then is an older season than the entire Lenten season.

The second source for this season of Lent was the Baptism of candidates into the faith on the eve of Easter. Since the early church was an "underground movement," candidates were carefully screened, and there was a long period of preparation. The strictest part of this probationary period came, as would be expected, just before the time of Baptism. A fasting period of forty days was required. Obviously imitating the forty day fasts of Moses'

fasting at Mt. Sinai (Exod 24:18), Elijah's fasting on the way to the Mount of God (1 Kgs 19:8) and above all Jesus himself in the wilderness (Mk 1:13).

The liturgical colors used during Lent and Holy Week are purple or the natural color of unbleached linen. Black is used on Good Friday. The penitential tone of the season is reflected in the prohibition of the singing of the Gloria in Excelsis during Lent.

Many people observe Lent by undertaking special programs of study; many practice self-denial. The purpose of Lent is not self-punishment but preparation for Easter through concentration on fundamental values and priorities.

May the Holy Spirit be a light unto your feet and bring you into all truth, as you walk the path of self-examination and discernment in all of your relationships this Lenten season.

In His Eternal Love,
Fr. Walter



Deacon's Notes



Deacon Georgeanne Cusic

As I visit shut-ins and folks in the hospital, the topic sometimes comes up; "I don't think I will get to Heaven because I haven't been good enough." This is my favorite Christian topic because I love the answer! It isn't about how good we have been, it is about our loving and merciful God! We cannot save ourselves! Our sinful nature is far too strong. Christ is

the only human who has been able to overcome his human nature, and Christ had a tool that none of us are given. He was also fully God.

We become right with God simply and only because God willed that for us. God has saved us! He bought our entry ticket into Heaven with Christ's sacrifice and death on the cross. It's a done deal - unless we turn it down. God has given us free will to make our own choices. He longs for each of us to return home to him when we die. But he lets us decide what really matters most to us.

Seems like an easy choice at first glance. But sin is powerful stuff. Most of us avoid the big sins, like the 10 Commandments list. Its the

little sins that are hard to resist! I may not shoot my neighbor, but I may say something bad about him around others. I may not steal my neighbor's car, but I might borrow a coveted tool and neglect to return it. I may not cheat on my husband, but continually grumble at all he doesn't do for me. I may not beat my child, but I may withhold a loving hug when she comes home with a bad grade that I wanted her to get. It's a matter of focus. When I focus on what I want, I sin. When I focus on what God wants for me, I do good.

We cannot save ourselves. We need God to help us. But, we must turn to him and accept his gift and the changed life it brings. By saying "Yes" to

God, we free ourselves from a life of sinfulness. What a gift!

If you want to learn more about what our church believes on this topic, read pages 870-871 in the Book of Common Prayer. There you will find the basic tenants of our faith. If you want to some additional reading, talk to Fr. Verne or me. If you haven't chosen a study topic for Lent, you might want to read this section in our prayer book. It contains the historical documents (pgs. 863-878) that make up our faith understanding.

Have a fruitful and spirit-filled Lent!

Deacon Georgeanne Cusic

A Special Thank You To Our Three Kings At Epiphany!



Pictured above from left to right: Caroline, Katherine, and Scott

Soup or Socks

Our SOS donation basket was full again last Sunday. Thanks for being so faithful to remember our folks who are struggling to make ends meet. Most of us seldom experience hunger. Lent can be a time to try fasting as a spiritual device. It is not easy, but it does give you a small hint of what real hunger must be like.

Our next scheduled work days in the SOS Pantry will be in mid-April. Check the bulletin board in the Parish Hall to sign up. If you have never volunteered there and want to help, talk to me. Thanks always for caring for our hungry!

Deacon Georgeanne Cusic

WOSA

(Women of St. Alban's)

WOSA will meet on Sunday, March 15th after coffee hour at 11:45 a.m. All women of St. Alban's are invited to attend their meeting and enjoy their fellowship.

WOSA officers for the 2008-2009 year:

President—Gigi Plautz

Vice-President—Louise Greenlaw

Secretary—Georgeanne Cusic

Treasurer—Soo Owen

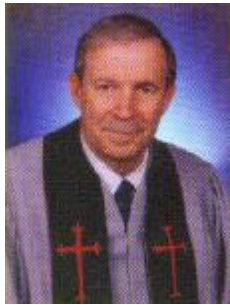


Wednesday Evening Lenten Program



The seven famous "I Ams" of the Gospel of John

Discussion lead by The Rev. Tom Witzel



The Rev. Tom Witzel received his bachelor's degree from the University of Wisconsin (Madison), and his theology degree from Princeton Theological Seminary. He has pastored Continuing Congregational Churches (NACCC) in Wisconsin (Spring Green, Lone Rock), Ohio (Bowling Green), New Jersey (Chester, Randolph) and Sun City, Arizona. He and wife Sara have been married for 48 years, and have two married daughters.

Session One: Wednesday, February 25th, 6:30 p.m. Session Four: Wednesday, March 18th, 6:30 p.m.
Session Two: Wednesday, March 4th, 6:30 p.m. Session Five: Wednesday, March 25th, 6:30 p.m.
Session Three: Wednesday, March 11th, 6:30 p.m. Session Six: Wednesday, April 1st, 6:30 p.m.

We will begin each session with a Soup Supper from 6:30 p. m. to 7:15 p. m. in the Library / Conference Room. The Soup Supper will be followed by our Lenten program: *The seven famous "I Ams" of the Gospel of John*; a guided discussion lead by Tom Witzel. Please bring all the questions you always wanted to ask. The Lenten Program will end at 8:30 p. m. I am very excited about this program and hope to see all of you there.

In His Love
Fr. Verne Walter

"The proper study of mankind is man," wrote Alexander Pope in his famous essay: Study of Man. We Christians would put the matter differently; we believe the proper study of mankind is Jesus.

Jesus shows us the clearest and most accurate picture of God. "He that has seen me has seen the Father," says Jesus at the end of his life (John 14:9)

Jesus also shows us the clearest picture of what God has designed US to be. Although we cannot hope to arrive at perfect Christ-likeness, this picture gives us a direction toward which to strive.

We are so blessed to have this revelation of what God is like, and this pattern for ourselves, vividly revealed in Matthew, Mark, and Luke. In the Gospel of John, we see the deepest and most divine picture of Jesus.

During our 2009 Lenten study, we will study this picture of Jesus in the famous seven "I Ams" of John. Our six evening sessions, beginning with Ash Wednesday, February 25, will combine good fellowship, conversation and deeper insights into our Lord and Savior... with whom we soon shall spend all eternity.

The Rev. Tom Witzel



Treasurer's Report

| | January 2009 | | Year-to-Date | |
|-----------------|--------------|-------------|--------------|-------------|
| | Actual | Budget | Actual | Budget |
| <u>Income</u> | \$ 5,180 | \$ 5,800 | \$5,180 | \$ 5,800 |
| <u>Expenses</u> | \$ 17,408 | \$ 18,525 | \$ 17,408 | \$ 18,525 |
| <u>NET</u> | (\$ 12,228) | (\$ 12,725) | (\$ 12,228) | (\$ 12,725) |



To contact the Treasurer:

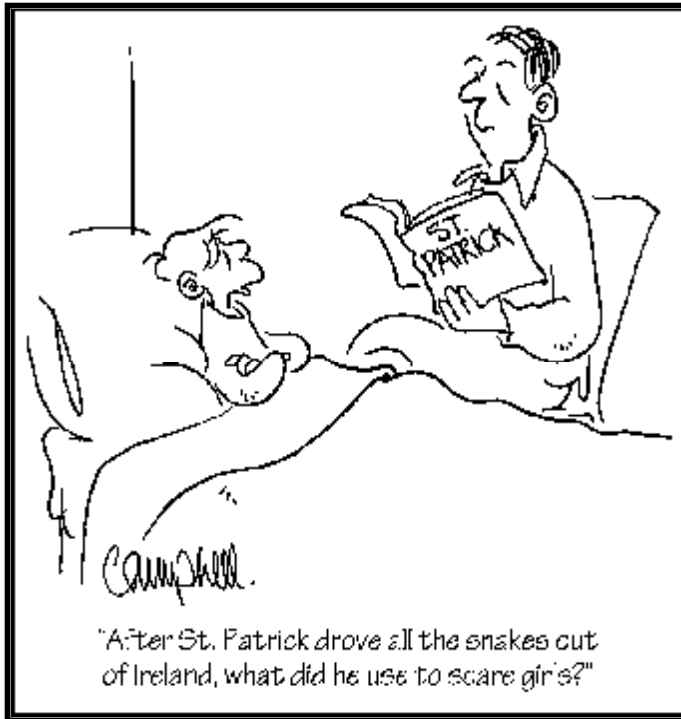
Thomas Witzel, 912 W. 6th St., Marshfield, WI 54449
 Phone: 715-384-1764

Ministry Opportunities

The following ministry opportunities are open at St. Alban's:

- Altar Guild.
- UTO coordinator.
- Sunday School Teacher.

If you are interested in one of these ministries, contact Fr. Walter. Parish Office 387-1330



This Month's Anniversaries Birthdays

| March | <u>Birthdays</u> | <u>Anniversaries</u> |
|-------|------------------|-------------------------|
| 1 | Alyssa Clermont | |
| 5 | Dennis Godar | |
| 9 | Chris Smith | |
| 16 | Yvonne DeJean | |
| 18 | Joan Junkhan | |
| 20 | Austin Dix | |
| 23 | William Eiche | |
| 25 | Georgeanne Cusic | |
| 27 | Dawn Wolk | |
| 28 | | John and Jeannie Pitsch |

If you have a birthday or anniversary in February and your name is not listed above or you find errors either in spelling of your name or date of birthdays and anniversaries, please call the Parish Office so that your records can be updated..



Deadline for April 2009 newsletter: Monday, March, 23, 2009

Items Welcomed

Parishioners are welcomed and encouraged to submit items and notes for the monthly St. Alban's newsletter. Items may be sent via e-mail to: stalbansnewsleter@yahoo.com, left in the newsletter box at church, or by calling the parish office at 387-1330.

Classes Being Offered At St. Alban's

- Baptism:** for all ages.
 - First Communion:** instructions for small children with parents on receiving Holy Communion, the Body and Blood of Christ.
 - Confirmation:** for older children and adults who wish to express faith and commitment to Christ and to be received into the Episcopal Church by prayer and the laying on of hands by the Bishop.
- Contact Fr. Walter. Parish Office 387-1330

March 2009 Service Schedule

Sunday 1 - 7:30 a.m. Eucharist Rite I
10:00 a.m. Eucharist Rite II

8 - 7:30 a.m. Eucharist Rite I
10:00 a.m. Eucharist Rite II

15 - 7:30 a.m. Eucharist Rite I
10:00 a.m. Eucharist Rite II

22 - 7:30 a.m. Eucharist Rite I
10:00 a.m. Eucharist Rite II

29 - 7:30 a.m. Eucharist Rite I
10:00 a.m. Eucharist Rite II

COFFEE HOUR FOLLOWS THE 10:00 SERVICE

In emergency call:

Rector: Fr. Verne Walter, Home Ph. 389-8390
Deacon: Rev. Georgeanne Cusic, Phone 387-3087

Parish Office Hours:

9:00 a.m. - Noon, Monday
9:00 a.m. - Noon, Tuesday
9:00 a.m. - Noon, Wednesday
9:00 a.m. - Noon, Thursday
9:00 a.m. - Noon, Friday
Closed - Saturday
Closed -- Sunday

Parish Office: 387-1330

Rector: Fr. Verne Walter, 389-8626
SR. WARDEN: Bill Knudson, 384-2500
JR. WARDEN: Jane Frodl-Lubeck, 652-2270
TREASURER: Thomas Witzel, 384-1764

COME WORSHIP WITH US!!

"A welcoming community spreading the joy of Christ's word and love"

St. Alban's Episcopal Church
1413 S. Felker Avenue, PO Box 158
Marshfield, WI 54449

March 2009 Newsletter



TO:

*The Lord I lives! Blessed is my Rock!
Exalted is the God of my salvation!
Psalm 18:46*