

# THE ST PETER'S POST

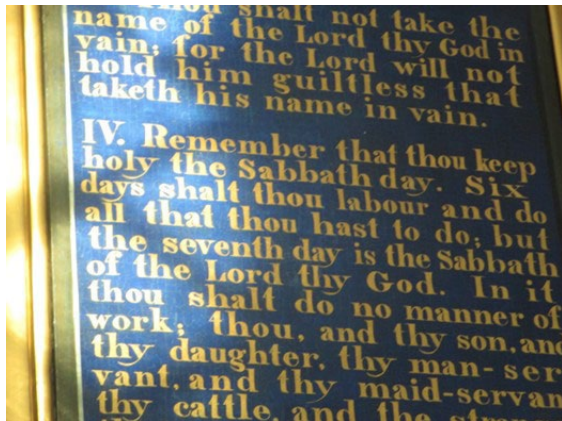
March , 2023

St Peter's Episcopal Church, Port Royal, VA

The Rev. Catherine D. Hicks, Rector

## Journey through Lent

- Every Sunday 11AM Worship in person at St Peter's and online through YouTube or Zoom stream. Link changes each week.



- Every Monday, 6:30AM, Monday Morning Meditation  
<https://us02web.zoom.us/j/87980716417?pwd=UHLxNE1jYlQ1TGh6N25oYTBxRURwQT09> Meeting ID: 879 8071 6417  
Passcode: 790929
- Every Wednesday, 10AM until Noon Bible Study in the Parish House—study of the upcoming Sunday's lectionary.
- Sunday, March 5 Coffee Hour immediately following the service.
- St Peter's Psalms Study, Mondays in Lent beginning March 6, 7pm on Zoom Join Zoom Meeting  
<https://us02web.zoom.us/j/87304189375?pwd=RHRlUUCrSVU1K1JPWmhiMlc4Z2xpUT09>  
Meeting ID: 873 0418 9375  
Passcode: 092098
- Wednesday, March 8 - Village Dinner 4:30-6 PM. Italian Night—Spaghetti and Meatballs, Salad, Garlic Bread, Dessert--Cost \$10. Let Catherine Hicks (540) 809-7489 know if you

would like to reserve a dinner and whether you plan to eat in or take out.

- Wed., March 15 - Village Harvest, 3:00pm-5pm. Unload food, 9:30AM. Set up distribution , early afternoon. Distribute food 3-5PM. All help is welcome for this vital St Peter's ministry.
- Thurs, March. 16, Vestry, 2PM

## Server Schedule, March , 2023

### Sunday, March 5 The Second Sunday in Lent, Holy Eucharist 11AM

Lector: Elizabeth Heimbach  
Chalice Bearer:  
Altar Cleanup: Andrea Pogue

### Sunday, March 12 The Third Sunday in Lent, Holy Eucharist 11AM

Lector: Helmut Linne von Berg  
Chalice Bearer Andrea Pogue  
Altar Cleanup: Jan Saylor

### Sunday, March 19 The Fourth Sunday in Lent, HE 11AM

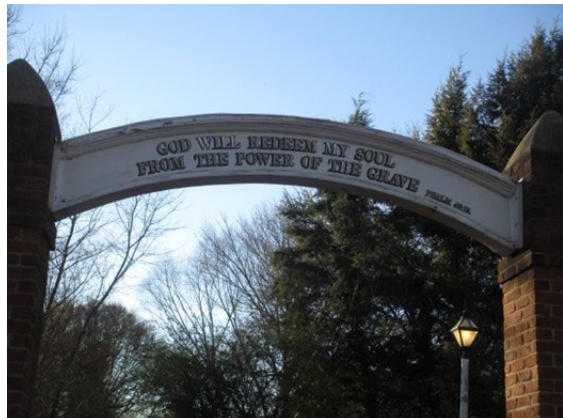
Lector: Linda Kramer  
Chalice Bearer: Andrea Pogue  
Altar Cleanup: Linda Kramer

### Sunday, March 26 The Fifth Sunday in Lent, MP 11AM

Lector: Chester Duke  
Altar Cleanup: Catherine Hicks

"Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes with which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, you are the eyes, you are his body. Christ has no body now on earth but yours." Teresa of Avila

## Prayer Corner



Thanks and praise for **Toni Faibisy's** continuing improvement. **Dominic Paterino** is healing from his ear surgery. **Jim Heimbach** continues to improve. **Lydia O'Neil** has returned home after months of rehabilitation for a broken leg.

Please pray the following people in our congregation:

**Nathaniel Schakenberg**, Becky Fisher's nephew, is still in need of someone to donate a kidney to him.

**Susan Linne von Berg** is at Westmoreland Rehabilitation and Healthcare Center. Susan is doing some physical therapy and needs prayers for strength and clarity of mind.

**Fred Pannell** had a fall, and now has a case of the shingles.

**Johnny Davis** cracked a bone beneath his knee cap. Johnny has to be off his feet until the crack heals.

**Boyd Wisdom** has ongoing respiratory issues.

**Alice Hughes** has broken a bone in her hand and must wear a cast for the next several weeks.

**Ken Pogue** has begun treatment for prostate cancer.

## Ways to observe the season of Lent

"I invite you, therefore, 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.**" (The Book of Common Prayer, page 265)



**Self examination** - Lent provides time for the *whole* Church to take inventory and reexamine priorities to understand the ways in which we fall short of God's goodness and love.

**Repentance**- "To repent is to both acknowledge that we have not loved God with our whole heart and we have not loved our neighbors as ourselves AND to make every effort to do things differently. Repentance is about turning away from behavior that is not in alignment with these two great commandments. Rather than something to check off the to-do list, repentance is a practice. Being human means we will never be fully without sin and we will never outgrow the need for God's forgiveness." Sarah Bentley Allred

**Sacrifice**- The ancient definition of sacrifice is "to make something/someone holy".

Lent is a time to recall the "sacrifice" of Christ and how He made all things holy through his suffering, passion, death and resurrection.

Lent is also a time in which to conform ourselves to Christ by enacting sacrifice in our personal lives.



Through its 2000 year history, the Church has identified three avenues of sacrifice (making ourselves holy): Prayer, Fasting and Almsgiving. Each of these acts correlate to one of the three theological virtues: Faith (prayer), Hope (fasting) and Charity (almsgiving).

**Fasting** – See link

<https://www.churchsp.org/fastinandfeasting/>

Not just about not eating!. Before choosing what you would like to fast from and/or feast on, take a look at your spiritual life and ask yourself:

What habits do I engage in that are destructive to my spiritual health?

Am I too attached to any material things?

Are there any areas of my life that are not in balance?

Do I devote too much or not enough time to any one thing or person?

**Almsgiving** – Reach out and do something good for others.

In the early Lenten traditions, Almsgiving (the giving of charity to the poor and needy) was another important aspect of the fast. The principle of doing Lent generously has been around for hundreds of years. “If one

part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy” (1 Cor 12:26).

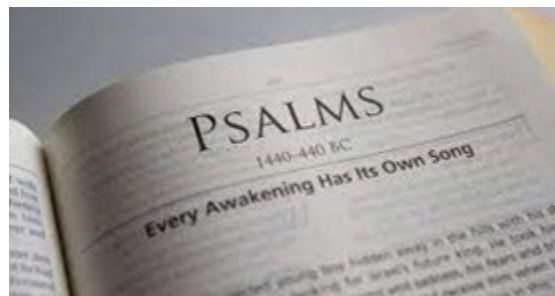
Use your hands and heart to their fullest, trusting that God can use even the smallest actions to make a difference through God’s work in the world. As you become the change you seek, participate in the many resurrection moments that God continually releases.

### St Peter’s Psalms Study, Lent and Beyond God’s School of Life

**Zoom, Monday nights, beginning March 6, 7PM.** Join Zoom Meeting

<https://us02web.zoom.us/j/87304189375?pwd=RHRIUUcrSVU1K1JPWmhiMlc4Z2xpUT09>

Meeting ID: 873 0418 9375 Passcode: 092098



Every week when we meet to worship, we hear a Psalm. The familiar words of the Psalms wash over and through us, a foundational part of our liturgies. We hear these psalms every week because their words hold deep theological significance for each of us and for our lives as the community of God.

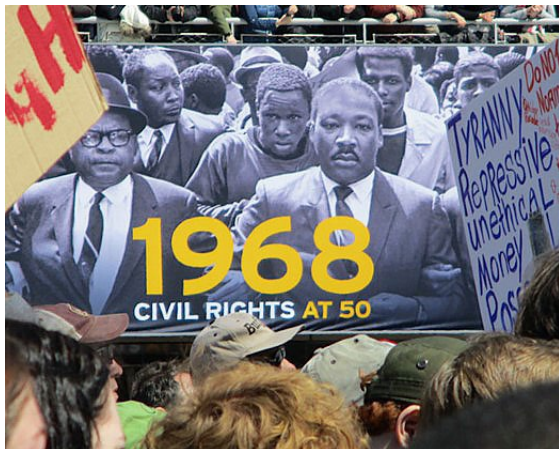
The Psalms teach us about the life of God, and about the life that God intends for us and for the world, as J. Clinton McCann, Jr., suggests in his *Introduction to the Psalms in The New Interpreter’s Bible, Vol IV*. We will be using McCann’s commentary to guide us through our Lenten/Easter study. The themes in the following paragraphs come from McCann’s commentary.

**The psalms teach us about happiness**, the complete orientation of life to God and perpetual openness to God’s instruction,

and the joy we find in God's forgiveness and God's faithful love.

**We will learn more about taking refuge in God and trusting in God.** The psalms describe righteous people as those who acknowledge their fundamental dependence on God for their lives and for the future, the people who live by grace.

**"Justice for all!" God desires life and a future for all living things, for peace on earth.** So when we choose to live under God's rule, we work for political and economic systems that provide just access to everyone. If we are living in God's reign, then we will want to live in partnership with all other species of creatures and in partnership with the earth itself. The Psalms have a lot to say about justice for all.



**"The Lord reigns!" This statement lies at the heart of the Psalter, describing not some far off future, but the present reality.** Much of our current reality seems to deny this truth. But there it is! The Lord does reign, even in the midst of opposition and suffering.

And we people of God respond to God, even in the midst of suffering, with **prayer and praise**, as do the writers of the Psalms and all of the people who have sung, read and prayed the psalms down through the centuries.

**As the Psalms make clear, the character of God is defined by God's steadfast love.**



When Israel's future hangs in the balance, God (as God does in the Torah as well) reveals God's self to be merciful, gracious, slow to anger and abounding in steadfast love and faithfulness.

God's justice and God's steadfast love come together in the person of Jesus, who knew the Psalms intimately. The Psalms shaped Jesus' life and understanding of the Reign of God. Jesus is the ultimate example of God's steadfast love for all of creation.

During our Psalm study, we will talk about how and when the psalms were collected, learn about different categories of psalms, how the Babylonian exile influenced the collections of Psalms, and most importantly, how **the Psalms speak to us today about God and our relationship to God.** We'll learn something about each of the 150 psalms and their value for us as we grow in faith in God. We'll learn how to apply the Psalms to our daily lives.

## The Gospel in Lent

**March 5 2<sup>nd</sup> Sunday in Lent John 3:1-17**

*Nicodemus* This reading is all about signs and promises, signs requested, signs given, and signs difficult to discern. Nicodemus comes to Jesus looking for a sign – and when he is given it, he cannot understand it. His knowledge is a barrier that keeps him from being able to receive the knowledge that Jesus is sharing with him.

**March 12 3<sup>rd</sup> Sunday in Lent - John 4:5-42**

*"Woman at the Well"* Jesus approached a Samaritan woman at Jacob's well and asked her for a drink of water. This surprised the woman for several reasons. In the first place, it was unlikely that a man would ask a woman for anything and even more unbelievable that Jesus, a Jew, would ask something of a Samaritan, despised by the Jewish people. Jesus explained to her that her thirst would return if she drank water from the well; but if she drank the water Jesus offered, she would never thirst again. After Jesus told her many things about herself, she came to believe that he was the Son of God and called others to him.



**March 19 4th Sunday in Lent - John 9:1-41**

*"Man Blind from Birth"* Using saliva and earth, Jesus made a paste to heal the blind man. The healing became a true conversion for the man, but created some problems for Jesus with the Jewish leaders. Because this healing took place on the Sabbath, the Pharisees accused Jesus of breaking Jewish law. The Pharisees tried to get confirmation of this action from the blind man's parents and from the blind man himself. In the end, the authorities were unable to charge Jesus with any wrongdoing and had to recognize that Jesus was gaining many disciples.

**March 26 5th Sunday in Lent John 11:1-45**

*"Lazarus"* The story is about Jesus' last miracle before he faces his own death. Jesus was called to Bethany to save his friend, but instead waited several days to return. This action confused Lazarus' sisters, Mary and Martha, because they knew that Jesus could

have healed their brother. Jesus used the incident to strengthen the faith of Mary, Martha, and all who believed. He raised Lazarus from death so that the people could witness God's glory.

### Bible Study is a good Lenten discipline

**In addition to the Lenten psalm study class, the St Peter's Bible Study group meets every Wednesday from 10AM until noon, mostly in person but sometimes on Zoom.** The group reads, studies and reflects on the lectionary scriptures for the upcoming Sunday. In addition to study, the group prays together and enjoys socializing.

**Catherine is meeting with the young people for a brief Bible study on Zoom each Thursday night from 6:30-7PM.** This group is in its infancy, but currently, the focus is on some facet of the lectionary readings for the upcoming Sunday.

### Walking the Stations of the Cross at St Peter's during Lent



In my two visits to Jerusalem, I have had the privilege of walking the Stations of the

Cross. The path that Jesus traveled on his journey to the cross is called the Via Dolorosa, the road of sorrows. Pilgrims to Jerusalem can walk this marked path anytime, but many people, including the Franciscans who started the practice, walk



the way every Friday.

Tradition suggests that Mary, mother of Jesus, frequently revisited the path that Jesus took to the cross, and by the fourth century, crowds of pilgrims came to Jerusalem to walk the way.

By the fifth century, interest grew in reproducing the scenes of the Via Dolorosa for people who could not get to Jerusalem. This allowed people to follow the way in their hearts as they meditated on the last hours of Jesus' life.

Today, the stations of the cross can be found around the world, permanently installed in churches, or outside in nature.

People who go to Shrine Mont, the diocesan retreat center in Orkney Springs, can meditate on the stations as they hike up to the cross at the top of a high hill above the village.

Much beautiful artwork has been created for the stations of the cross, representing various cultures. I have seen a Native American Stations of the Cross at the chapel at the Red Cloud Indian School in Pine Ridge, South Dakota, and a Latin Stations of

the Cross at an Episcopal Church in Washington DC.

Now, we at St Peter's are blessed to have our own Stations of the Cross. Several years ago, Mary Peterman painted watercolors of each station, and they have been displayed in the church during Holy Week.

Thanks to the company Creative Color in Fredericksburg, who created outdoor banners of each station using Mary's artwork, we can walk the stations out in our graveyard, surrounded by those who have gone before us. The stations can be walked in a small group or in solitude. Meditating on the words for each station, and on Mary's watercolors, will be a spiritual experience that will deepen your relationship to Jesus and your faith.

Walking the stations of the cross also remind us that Jesus lived and died as one of us, and knew horrible suffering. As we travel with him through his last hours, we come to know that Jesus travels with us in our hours of greatest need.

The St Peter's Stations of the Cross will be available beginning Sunday, March 5, in the St Peter's graveyard. Enter through the back gate. The Stations will be located on the fence around the graveyard.



### Living Compass—Living Well through Lent

**The Living Compass – “Living Well Through Lent” Booklet of Lenten Meditation is**

available at St Peter's. You can also download the booklet at <https://news.churchsp.org/sites/default/files/pdf/LivingWellThroughLent2023.pdf>

The Living Compass Model for Well-Being offers us guidance in four dimensions of our being: heart, soul, strength, and mind which are interconnected.



This year's study focuses on compassion, and the connection between compassion and faith, listening, prayer, mercy, well-being and love in our lives.

The booklet also offers a resource section that contains scripture, quotes, prayers and practices for Lent.

Other Lenten resources can also be found on the St Peter's website.

**Lent at St. Peter's, 2023** – The central hub for Lenten articles and activities, updated each year.

<https://churchsp.org/lentatstpeters2023>

### Praying brings us closer to God



Many people pray the Daily Office in The Book of Common Prayer. In addition to the longer offices of Morning and Evening Prayer, you can also find "Daily Devotions for Individuals and Families" on page 136.

### Forward Movement Resources

Paper copies of **Day by Day**, the devotional resource by Forward Movement are available at St Peter's. You can also find these devotions online. The link is <https://prayer.forwardmovement.org/fdd/> and then the date yyyy-mm-dd. Example for Jan 9 - <https://prayer.forwardmovement.org/fdd/2022-01-09>

For scripture, the daily readings, with psalms, lessons and a collect/ are also available at the Forward Movement website. If you can't do all the readings, you can choose the readings for morning, noonday, evening, or compline.

<https://prayer.forwardmovement.org/home/menu>

Forward Movement also offers a collection of over 115 prayers.

<https://prayer.forwardmovement.org/prayers-and-thanksgivings>.

If you would like to make a prayer request, try this link: of prayer requests or prayer intentions, which will then appear during the Office during the Prayers & Thanksgivings. The prayer list is only saved on your local device, so it remains completely confidential."

This is a resource you can turn to for daily inspiration as you need it.

### Episcopal Relief and Development Lenten Resource

Episcopal Relief & Development invites you to meditate on the commandment to love our neighbor and consider the meaning of this fundamental instruction in our daily lives.

You can sign up the site for daily meditations or download them here [https://news.churchsp.org/sites/default/files/pdf/Lenten-Meditations\\_2023\\_Episcopal-Relief-Development.pdf](https://news.churchsp.org/sites/default/files/pdf/Lenten-Meditations_2023_Episcopal-Relief-Development.pdf)

### Sacred Ground Luncheon



The Sacred Ground group had the pleasure of meeting with Alanna Gray (beside Catherine), and her mother and grandmother (opposite Alanna) at Cuppa Cheer on a warm February day. Alanna is one of the Sacred Ground Scholarship recipients and is in her first year at Germanna Community College. The scholarship is helping to pay for her tuition. Alanna is a busy young woman. In addition to her classes, she works full time and is active in her church.

Our conversation with her centered around her future plans, her priorities and our offer of ongoing support as she continues with her education. We also had the opportunity to talk with Alanna's relatives about how our Sacred Ground group came to be, and our desire to address historic and systemic discrimination for African Americans in education by creating the Sacred Ground scholarship. We all talked about how difficult it is to openly talk about race and the issues around it, but there we were,

putting into practice what we have learned over the past several years about how to have meaningful conversations about race. We hope to meet with Alanna and her family again in the future.

### Endowment Fund

"Every generous act of giving, with every perfect gift, is from above." – James 1:17

Many people give flowers to remember loved ones at Easter Time. **During Lent, and also at Easter, consider a gift in the name of your loved ones to the St Peter's Endowment Fund.**

Endowment fund gifts continue to live and multiply long beyond our own lifetimes. Checks may be made out to St Peter's with "Endowment Fund" on the memo line.

These funds help the Church finance projects that the operating budget would not allow, including outreach ministries and longer term expenses of the church, Such as capital acquisitions, improvements, renovations and replacements. Often several years of fundraising are required to cover these. Money invested in the endowment fund creates earnings that are reinvested increasing the equity and thus the return in the next year.



The Fund can also accept appreciated stock which is sold. There are no capital gains for you and you can get a deduction for the appreciated value of the stock. It's a great means of support that can increase your tax deduction and not your tax bill.



You can also go further and add a percentage of your estate which is taken off the total estate when computing estate tax. These funds are invested with the Trustees of the Funds. Investments typically double in value with every generation.

### St Peter's Projects

In order to continue working toward a better online presence, St Peter's will be getting wifi in the church through Breezeline. Work continues to adjust the volume on YouTube and to obtain lapel microphones for those serving at the altar so that the entire service can be heard online.

The Parish House furnace has been replaced after the old furnace failed during this winter's only cold snap. Brian Hatfield installed the new furnace. The replacement of the furnace is an unexpected expense, coming right before the expense of painting the parish house, a project that will take place this spring.

### A Poem for Lent



#### Confluents, by Christina Rossetti

As rivers seek the sea,  
 Much more deep than they,  
 So my soul seeks thee  
 Far away:

As running rivers moan  
 On their course alone  
 So I moan

Left alone.

As the delicate rose  
 To the sun's sweet strength  
 Doth herself unclose,  
 Breadth and length:

So spreads my heart to thee  
 Unveiled utterly,  
 I to thee  
 Utterly.

As morning dew exhales  
 Sunwards pure and free,  
 So my spirit fails  
 After thee:

As dew leaves not a trace  
 On the green earth's face;  
 I, no trace  
 On thy face.

Its goal the river knows,  
 Dewdrops find a way,  
 Sunlight cheers the rose  
 In her day:

Shall I,  
 lone sorrow past,  
 Find thee at the last?  
 Sorrow past,  
 Thee at last?

### Sale at Wright's Chapel, March 4

Cindy's Closet Dollar Sale, Saturday March 4  
 8AM -1PM at Wright's Chapel United  
 Methodist Church, 8063 Ladysmith Rd,  
 Ruther Glen, VA CLOTHES AND SHOES, \$1

Cindy's Closet and Wright's Chapel both serve the residents of Caroline County in the Ladysmith area. Support Caroline County and drop by Wright's Chapel on Saturday.

**March, 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> HBD - Gloria Jewell <b>Bible Study in person</b> <b>10am-12pm,</b> <b>Parish House</b>	<b>2</b>	<b>3</b>	<b>4</b> HBD - Karen Richardson
<b>5</b> <b>11:00AM, Holy Eucharist - Second Sunday in Lent</b> Coffee Hour following worship.	<b>6</b> <b>Monday Morning Meditation 6:30am</b> <b>The Palms study on Zoom 7pm</b>	<b>7</b>	<b>8</b> HBD - Becky Fisher , Sammy Paterino <b>Bible Study in person</b> <b>10am-12pm,</b> <b>Parish House.</b> <b>Village Dinner 4:30-6pm</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> <b>11:00AM, Holy Eucharist -- Third Sunday in Lent</b>	<b>13</b> <b>Monday Morning Meditation 6:30am</b> <b>The Palms study on Zoom 7pm</b>	<b>14</b>	<b>15</b> <b>Bible Study 10am Parish</b> <b>Village Harvest 3pm-5pm</b>	<b>16</b> <b>Vestry, 2PM</b>	<b>17</b> HBD - Marie Duke	<b>18</b>
<b>19</b> <b>11:00AM, Holy Eucharist - - Fourth Sunday in Lent</b>	<b>20</b> <b>Monday Morning Meditation 6:30am</b> <b>The Palms study on Zoom 7pm</b>	<b>21</b>	<b>22</b> HBD - Alexander Long V <b>Bible Study 10am Parish</b>	<b>23</b>	<b>24</b> HBD - Johnny Davis	<b>25</b> HBD - Arthur Duke
<b>26</b> <b>11:00AM, Holy Eucharist . - Fifth Sunday in Lent</b>	<b>27</b> <b>Monday Morning Meditation 6:30am</b> <b>The Palms study on Zoom 7pm</b>	<b>28</b>	<b>29</b> HBD -Dave Duke Joseph Long <b>Bible Study 10am Parish</b>	<b>30</b>	<b>31</b>	