



The mission of St. Paul's Episcopal Church is to worship God  
and to bring all into a loving relationship with Jesus Christ

February 2010

Edition 10 - Volume 2

www.stpaulsmboro.org

# HAITI DISASTER RESPONSE

(Based on my January 17th sermon)

*I don't know about you, but I am overwhelmed by images from Haiti.*

*As Christians, how do we deal with the emotions this type of tragedy stirs up within us?*

*How do we deal with the overwhelming magnitude of this catastrophe? And why did it happen?*

For me, the last few days bring back memories and feelings I had last Good Friday during the tornadoes that ripped through Murfreesboro – how devastating they were to our community and to our friends. Multiply that devastation by millions!

As Christians, we deal with all of this by depending on our faith. Be repentant – turn to God. The word repent literally means “turn towards.” Luke tells us that Jesus was asked, after Pilate had murdered people from Galilee who had offered sacrifices in the Temple: “Do you think that those Galileans were worse sinners than all the other people from Galilee? Jesus replied,” “Is that why they suffered? Not at all. And what about the eighteen people who died when the tower in Siloam fell on them? Were they the worst sinners in Jerusalem? No, I tell you again that unless you repent, you will perish too (NLT Luke 13:1-5).”

Jesus is saying that these horrendous disasters are not about sin, but they should remind us to turn toward God -to repent- and trust in Him.

One of the truths that I have learned in 57 years is that God's redemption is in every situation. And God will redeem this disaster as well. I love the quote chiseled in the sign in front of St. Ann's church in Nashville. (For those of you who don't know, most of St. Ann's was destroyed a few years ago by a tornado). It reads:

**GOD WAS NOT IN THE TORNADO, BUT  
GOD IS IN OUR RESPONSE**

*Well*

**GOD WAS NOT IN THE EARTHQUAKE IN  
HAITI, BUT GOD IS IN OUR RESPONSE**

So how will we respond? As followers of Jesus we are compelled to respond. We have come up with a threefold plan.

**1).** I am challenging the people of St. Paul's to raise \$25,000.00 for Haitian relief. This is an obtainable goal. The money will be made available to my friend Pere Fritz Valdama (known by everyone as Pere Val) and his wife Carmel (who is a nurse and dietician). Pere Val is the rector of five parishes in Port-au-Prince. I have known Pere Val and Carmel for several years and trust them to use the funds wisely and for the good of God's people. People will be in the narthex to help collect money after each service through Easter. If you want to help with that ministry by serving at the table, please sign up in the Parish Hall!

**2).** We will be collecting items to be shipped to Haiti. I am asking that we concentrate on clothing (clean please), kitchen utensils, shoes. Go through your closets – but remember that Haiti is in the tropics – no mink coats please! They need EVERYTHING! Bring these items to the parish office during office hours (8am to 4:40 pm). The DOK – with the help of anyone who wants to lend a hand (sign up in the Parish Hall) – will organize the sorting, folding and packing of the items. We are working on ways to have them shipped. Boxes for packing and a storage container pod have been donated to help in this effort.

**3).** When the time comes to rebuild, we will go to Haiti and help with that process.

Gail Henry has graciously agreed to oversee our Haitian relief response.

Jesus calls us to be his hands and his feet in the world. Let's be them for our brothers and sisters in Haiti.

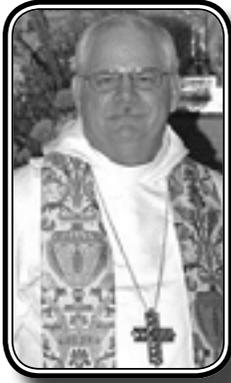
**Polk+**

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A MONTHLY  
NEWSLETTER  
PUBLISHED BY



MURFREESBORO, TN



# From Polk+

*"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"* (Book of Common Prayer, p.265).

Lent is one of the oldest seasons of the Church year, dating back to at least the fourth century. A forty day period of fasting and preparation (not counting Sundays), it was in particular a time of special discipline for those who were to be baptized at Easter. For them it heightened and brought to its claims a much longer period of training and learning --- as long as three years worth! After infant baptism became the common practice of the Church. Lent nevertheless remained as an observance undertaken by all the baptized.

The forty days of Lent are associated with the forty days Jesus spent in the wilderness after his baptism, fasting, and undergoing his satanic temptations. For as long as we have records the passage read as the Gospel for the First Sunday in Lent has been the account of Jesus' temptations. The imposition of ashes on Ash Wednesday is an ancient biblical sign of desolation of spirit and repentance. It signifies the continuance of this tradition, making one's inward disposition outwardly visible.

We are called during Lent to take a look at ourselves, to examine who we are and where we are in relationship with the Lord. This is, of course, no easy task. That is why prayer, fasting, self-denial and the reading and meditation on God's Word are suggested as tried and proven ways to help us in that self-examination. Thorough reflection we are called to repent of those sins which separate us from God's love.

Lest we become to inwardly focused, we should remember that Lent means "spring." And spring is about new life, about awakening about renewal. It is a time of beauty, sweet smells, and warmth. It is about increasing light. Lent can be about all these things too. By entering a Lenten discipline we can discover our own inner spring – new life, new thoughts,

new growth. We discover the God has the power to bring this season into our souls.

Above all. Lent is about preparing for the greatest festival of the year, Easter. It provides the opportunity to get ready to experience again the Resurrection. It is a time to begin to understand the power of God and what this event has meant to millions of Christians for 2,000 years. Let us keep this in mind as we observe a holy Lent.

*Polk+*

## Lenten Schedule

**Ash Wednesday, February 17**

**Holy Eucharist 7:00 am, Noon, 6:00 pm**

*Through Lent:*

**Evening Prayer**

**Mondays, Tuesdays, Thursdays 6:00 pm**

**Soup Supper and Study Series**

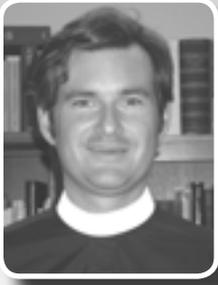
**Wednesdays 6:00 pm (meal begins at 5:45)**

**Stations of the Cross**

**Fridays 6:00 pm**



# LENT



# Lent is a Time For Misbehaving

I was recently struck by the following comment from a fourth-century Christian writer: "The Evil One went mad when he saw that young men ran to Saba (a famous monk) in the desert, that they misbehaved and abandoned worldly desires and learned chastity in the monastic habitations." I must admit, I was surprised to see the word "misbehaved" used in this way. It isn't often that we term activities such as prayer, fasting and chastity as misbehaving. Quite the opposite!

Despite how strange it may seem to us, the Christian life has often been described as misbehaving. The basic idea being that God's good creation has been invaded by evil; an evil that manifests itself in our sin, sickness, hopelessness, injustice, death, etc.; an evil that has set itself up as lord in this world, seeking for us to do its will. This is what St. Paul means when he says, "Do not be conformed to this world (Romans 12:2)." He is saying, do not let the evil you encounter shape your worldview and your thinking. Rather, shape your understanding of the world and yourself by the Gospel. Do not let yourself be deceived into accepting, and shaping your life around, the belief that hatred is stronger than love, that death is stronger than life, that brute force is stronger than humble service. Rather than accepting these forces that try to influence us, that try to become our lords, Paul tells us to rebel; he tells us to misbehave.

A modern writer articulates it as follows: "God is inciting us to run away from our duties. In fact St. Theodore the Studite, the great monastic reformer, calls his monks 'runaway slaves'; and Clement of Alexandria speaks of all Christians as 'deserters' saying, 'It is a beautiful adventure to desert to God.' This is, after all, a very precise interpretation of one of the first acts in early baptismal liturgies; the acting

of 'dropping out of line,' abandoning the devil's camp for that of God."

I must admit that I don't often think of the Christian life in terms of misbehaving. However, I do believe it is helpful to remember this powerful perspective especially during Lent. The Christian faith is all about obtaining our freedom; the freedom to enter into loving relationship with God and the freedom to embrace life in all its fullness. "At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life (Titus 3:3-7)."

Lent is a time to reflect on and repent of the ways we have been conformed by the world in the past year. It is a time to say with St. Paul, "I will not be enslaved by anything (1 Cor. 6:8)." It is a time to break free of any bonds that have sought to enchain us. It is a time to misbehave in the eyes of the world as we turn again to the light of God and await the joy of Easter day.

**Colin+**

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**Cursillo #68**, originally scheduled for March 18-21, 2010, has been postponed until October 21-24, 2010.

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**Please note:** Large print editions of The Evangel can be obtained by contacting the church office, 893-3780.

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## SENIOR WARDEN

On more than one occasion, my family and I have been on the receiving end of a great deal of spiritual, physical, and emotional support from parishioners of St. Paul's. In our darkest moments we were lifted and sustained with prayers, food, and presence of friends, among other valuable means of nurturing. Our St. Paul's family has a great capacity to reach in and love its own. We also have a great capacity to reach outward.

The Outreach committee was organized in May of 2008 and in that short amount of time has touched hundreds of lives in our community and beyond. In just the past few months, we've seen the success of the Angel Tree program and the ark that was built for Heifer Project International. Perhaps you recall the vast amounts of bags during food drives or the list of volunteers who have donated blood. We've helped build homes with Habitat for Humanity and sent supplies to personnel in military service. Not to mention, our participation in Operation Inasmuch and Downtown Lay Ministry and support for the Pastoral Counseling Center, United Thank Offering, the Patterson Park Lunch program and Cub Scouts. In 2009, our parish was fortunate to grant \$2,000 each to support the agencies of Greenhouse Ministries, Family Resource Center, Primary Hope and Care Clinic, the Journey Home and Community Helpers. These agencies were carefully selected from a variety of organizations in our community who are in need of assistance.

Outreach is St. Paul's way of providing information or services to groups in our community who otherwise

might be neglected; another opportunity to bring others into a loving relationship with Jesus Christ and enrich our own. The Outreach committee has wasted no time in proceeding with plans for 2010, including intentions of expanding its Mission statement, committee members and organizations to be served. Using the image of a pebble dropped into the water, the committee envisions our gifts to reach others locally, in the metropolitan area, nationally, and internationally. Activities now extend to include support for the Episcopal Relief & Development Fund, support for our companion diocese, and further outreach to children and other faiths. One such faith opportunity will take place Sunday, February 7th after the 11:00 service and requires only your participation. The Society of Universal Dialogue, an organization of Turkish Muslims, will worship with us and then share with us Ashura (Noah's Pudding) as it is shared and celebrated among neighbors and friends in Turkey; a sign of mutual love and respect within the community.

This year, the Outreach committee will target new ways to keep you informed of opportunities for you to participate in using your resources, time and talents. Look for upcoming information in the weekly e-news emails, announcements at church, and Outreach news in the Evangel. If you feel called to do more as an active participant with the Outreach committee, please contact the office or myself.

Many blessing to you all!

*Kristi*



### *Using Your Spiritual Gifts*

## Gifted to Care

Spiritual gifts are gifts to give away. God gives them to us, and we use them to serve others. How are you using your gifts right now? Are you looking for a new way to use them? If your spiritual gifts include one or more of the following--faith, mercy, teaching the faith, encouragement, or knowing--consider Stephen Ministry, our congregation's one-to-one caregiving ministry. This may be just what you've been looking for! Contact Ralph Smith @ 556-6414 to learn more about this ministry.

## St. Paul's Birthday Club & Luncheon

Our first luncheon of this new year will be held on Thursday, February 11, 2010, at 11:30 a.m. This luncheon has been a tradition for the past few years and is held to celebrate birthdays of St. Paul's family members over seventy (70 years young) and their significant other.

We meet for lunch once a quarter in order to celebrate the birthdays of our members who are 70+; there is no obligation on your part - except to RSVP and come enjoy food and fellowship! A special committee of friends who wish to share their talents in this special ministry for you prepares food.

We have tried to keep our mailing list current, but please call Jennifer McGuire at 417.6003 or email: [Jennifer@mcguires.org](mailto:Jennifer@mcguires.org) if you do not receive a personal invitation, know of someone who would like to come, or just have questions. I do need a response by February 1st if you are coming.

You do not have to have a birthday during these months to join us. If you, or your spouse/significant other are 70+ years young, and wish to join our birthday celebrations, we would love your participation

## Weight Watchers:

You are invited to join the St. Paul's Weight Watchers group on any Wednesday, 5-6 p.m. in St. Margaret's Hall. Your payment for that evening & those remaining in the current series will be prorated based on when you begin. February 3rd is the 7th meeting of this 10 week series. The meeting on 2/24 is open to all and free of charge. It is a chance to see if you might like to join our group, and add your pounds to those we have lost in our time together - over 1,500! Our next series will begin on Wednesday 3/3. We must have 14 payments on 2/24 to begin the series on 3/3. New members \$120.00; continuing \$110.00; lifetime \$100.00. Payments can be made by credit card or check. Ask about split payments. Contact Libby Willis for more information: [willis2010@bellsouth.net](mailto:willis2010@bellsouth.net), cell 545-0220.

## In The News...

**COURTENAY DAVIS** graduated from the University of Alabama in December and has moved to New York to take advantage of a career opportunity.

Our Bishop has asked **JOYCE ADKINS** to lead the diocesan Cursillo Commission for a term of two years.

## Quarterly Food Drive

*St. Paul's First Quarterly Food Drive for 2010  
coming Feb 14th!*

Sunday, February 14th is the collection date for our first of four food drives in 2010. Currently the Rutherford County Emergency Food Bank is serving 20-25 families each day, and new families in need of food are coming in weekly as recession-related job losses continue. Our St. Paul's family donated so generously for the 2009 drives, and we look forward to another opportunity to help provide food for our Rutherford County neighbors. Brown bags with suggested food lists will be available after all services on January 31st and February 7th. Questions can be directed to Tina Whitfield at 896-7186.

## CANTERBURY CLUB COOKS NEEDED!

Thank you for all the support you have shown the Canterbury Club (St. Paul's College Ministry). We are very grateful for all the wonderful meals you have provided us during the fall semester. During the fall semester our ministry has been growing, resulting in an average of 15 individuals during our Wednesday night gatherings. Currently we are looking to sign up cooks for the spring semester. If you are able to help provide one or more meals, please sign up for a date that fits your schedule. A sign-up sheet is posted in the Parish Hall. Thank you again for your willingness to serve!

Canterbury Club offers home cooked meals to college students and other young adults as part of their weekly gathering for fellowship and worship. Cooks may team up to provide a meal, making this a great ministry opportunity for families, reunion groups, and other small groups. Plan to feed 15 people, set up the parish hall for the meal, and clean up afterwards. Students gather at 7:00 PM, followed by dinner at 7:05 PM. Following the meal a discussion ensues concerning a question submitted by the students. The evening ends with a compline service in St. Andrew's Chapel. Cooks are welcome and encouraged to join the group for the meal and discussion. Please email Tennille McVetty at [tennille.mcvetty@gmail.com](mailto:tennille.mcvetty@gmail.com) with any questions.

## Outreach

# HELP HAITI NOW!

The earthquake disaster in Haiti has killed hundreds of thousands of people and reduced 75% of Port au Prince, the capitol city, to rubble. One of the poorest nations in the world, Haiti is repeatedly torn by natural and political disasters. At this writing no infrastructure remains; no government, no disaster relief, no hospitals, no electricity, no food nor clean water, as well as untold human suffering from loss, injury and death.

We have a unique opportunity to serve these suffering people. Fr. Van Zandt and his daughter, Mary Balfour, have served on several mission trips to Haiti and are close friends with Fr. Fritz Valdamar ("Pere Val") and his wife Carmel, a nutritionist, who serve five parishes, all of which have been severely damaged or completely destroyed. As Polk told us, "Pere Val and Carmel are extraordinary pastors and leaders in Haiti. In our trips to Haiti, Pere Val and Carmel opened our hearts to the plight of the Haitian people. They have always needed our help in meeting basic needs. Now that need has grown exponentially. Please give generously of your time and treasure as we reach out to our sisters and brothers in Haiti." At the end of Lent, St. Paul's relief contribution will be sent directly to Pere Val to help him meet his community's needs and rebuild their churches and church schools.

The Episcopal Diocese of Haiti is part of Province II which also includes NY and CT. among others. Haiti is the largest diocese in the Episcopal Church in number of congregants. 180,000 parishioners worship in 98 congregations, missions, and preaching stations. Less than 30 priests currently serve the diocese. Before this disaster, most of the people of Haiti lived in abject poverty - 80% on less than \$2.00 per day. Now they have lost the little they had. They will need every penny we can send them! Fr. Van Zandt has set a goal of \$25,000. from St. Paul's.

The Outreach Committee will be collecting checks and/or cash for Haitian Relief in the Narthex following all three Sunday services from now through Easter Sunday, the day of our Lord's resurrection. What are you able to contribute to the resurrection of Haiti?

## Youth Confirmation

One of the exciting things occurring at St. Paul's this spring is our youth confirmation class which will prepare our youth for confirmation on August 15th by Bishop Bauerschmidt. The class will consist of seven sessions which will meet weekly each Tuesday beginning on Tuesday, February 23rd at 6:00 PM. The class is open to all youth who are entering the 7th grade this fall, or older.

If you are interested in attending please sign-up in the Parish Hall or email me at [associate@stpaulsmboro.org](mailto:associate@stpaulsmboro.org). I am very excited about the possibility to lead the class, being assisted by Josh Courtney and a number of adults from the parish who will help facilitate our small group discussions.

*God Bless – Colin+*

## A FEW SUGGESTIONS REGARDING THE KEEPING OF LENT

... Say your prayers with the Church. Make it a point to share the Eucharist every Sunday with your parish family, with your brothers and sisters in Christ.

... Don't bite off more than you can chew. Don't encumber yourself with a heavy load of DO'S and DON'TS that will make you miserable – and then try to endure that misery for 40 days. Do simple things and do them well.

... Take one of your prejudices, blind-spots, weaknesses, and shortcomings, just ONE. Examine it. Work on it. See what you and the Lord together can do with it in 40 days.

... Improve your understanding/appreciation of the Gospel by regular reading of Scripture.

# MARDI GRAS PANCAKE DINNER

LIVE MUSIC  
AND  
ENTERTAINMENT



ALL-YOU-CAN-EAT  
PANCAKES &  
SAUSAGE



TUESDAY, FEBRUARY 16th  
6:00 to 7:30 PM

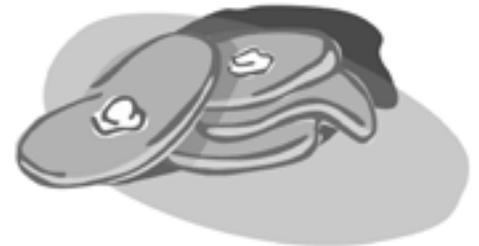
Tickets:  
\$4—early

\$5—at the door

(\$15 max per family)

(children 10 and under are FREE)

Tickets on sale between morning  
worship services on 2/7 and 2/14



## Thank You!

I would like to thank all of my myriad faithful friends from St. Paul's who visited me, comforted me, fed me and prayed for me during my recent hip surgery and re-hab. You are all part of my loving church family and I sincerely appreciate your concern and attention. Ed and I also really appreciate and enjoy the bountiful meals being provided by the choir and the food ministry team. We love you all. Thank you! Thank you!

*Dotty McClung*

## Transitions

Transitions is a section that will appear monthly informing our parish of Births, Baptisms, Confirmations, Marriages, and Deaths.

### Baptisms:

Katherine Mae Fuller 1/10/2010

### Deaths:

Doris Demos and Duncan Riddle

*"God's Gifts Put Man's Best Dreams to Shame."*

— Elizabeth Barrett Browning



## *Noah's Pudding*

**Sunday, February 7 after 11:00 service in the Parish Hall.**

*A sharing of our culture, A gift of friendship...*

The Society of Universal Dialogue, a Nashville organization of Turkish Muslims, celebrates Ashura (Noah's Pudding) with the neighbors of greater Nashville Area as it is shared and celebrated among neighbors and friends in Turkey as a sign of mutual love and respect within the community.

Ashura (Noah's Pudding) prepared at home is shared with the neighbors. Generally people who prepare Ashura send a cup to each of the neighbors. One has responsibility of maintaining good relations with their neighbors regardless of what their religion or beliefs may be.

Members of that organization will attend the 11 a.m service and, immediately following, share their Noah's Pudding with us in the Parish Hall.

If you plan to attend, please sign the signup sheet in the Parish Hall.

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### ***Noah's Pudding Recipe***

950 years old Recipe for Noah's Pudding  
(Makes 30 servings)

#### **Ingredients:**

- 1 cup wheat
- 1 cup white beans
- 1 cup garbanzo beans
- 1 cup raisins
- 1 cup almonds
- 12 dried apricots
- 4-5 dried figs
- 5 1/2 cups sugar water (enough to cover).
- Topping: walnuts, dried cranberries, cinnamon

#### **How to Prepare?**

1. Soak wheat, white beans, garbanzo beans and almonds in water overnight.
2. Boil the above ingredients; remove the outer shell or skin.
3. Soak the raisins in boiling water until they soften.
4. Put all the ingredients above (steps 1-3) in a large pot and boil. Add almonds (peeled and cut in half) at this point.
5. Chop the apricot and figs into small pieces; add to mixture along with sugar.
6. Boil for 10-15 minutes

***Enjoy your pudding!***

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## ***Haitian Relief Project***

After seeing the devastation and misery that the people of Haiti are experiencing, I know all of us are anxious to find ways to help. In addition to the financial donations that are being collected every Sunday in the narthex through the end of Lent, we are also collecting clothes and household goods.

Our storage pod has arrived (thanks to Jeff Davis) and we have begun collecting clothing for adults and children as well as specific household goods. Remember, Haiti is a tropical country where the highs are 95 and the lows are 68 so only send summer clothing. All clothing must be clean and in good condition. Nothing torn, damaged or in poor condition. Skirts and light weight dresses of all styles are particularly desirable for ladies. If you send shoes and sandals, please tie each pair together and put them in a plastic bag with the size on the outside.

The household items we would like to collect include plastic dishes, pots and pans, towels, sheets, and large pieces of fabric

that are suitable for summer clothing. We would also like to send bars of soap, hair brushes and combs, toothbrushes, other personal items, safety pins, needles and thread and basic over the counter reading glasses of all magnifications.

Please bring your items to the Parish Hall. The DOK has kindly volunteered to do the sorting of the items and will be handling this aspect of the project. As we get further into this there will be updates on the St. Paul's website and in the church bulletin.

If you have questions please feel free to email me at [gailhenry.com](mailto:gailhenry.com) or you may call or text me at 579-5415.

Jessica Beckwith feels called to gather peanut butter for Haitian relief. For more information on this wonderful undertaking, go to her website: [www.jessicaspeanutbutterbrigade.org](http://www.jessicaspeanutbutterbrigade.org)

***Gail Henry***

*\* A JAR OF \**  
**Love and  
 Appreciation**



Sometimes we forget to show love and appreciation to people who are closest to us. Use this fun craft to let everyone in your family know how much you care.

**What you need:**

- Plastic jar with lid
- Heart-shaped foam pieces
- Heart-shaped stickers
- Glue
- Construction paper
- Scissors
- Pencil or crayons

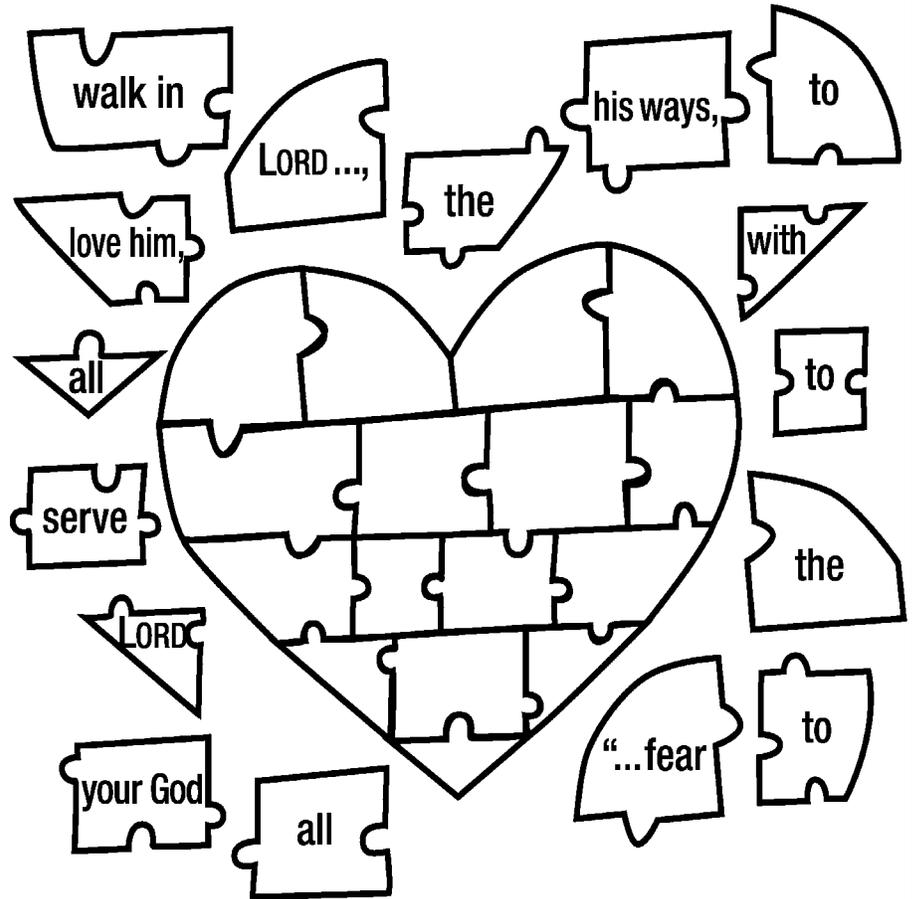
**What you do:**

1. Decorate the jar and lid with heart-shaped foam pieces and stickers.
2. Cut out 2" or 3" heart shapes from the construction paper.
3. On each paper heart, write what you appreciate and love about your family and each member. Have all family members do this, too.
4. Place the heart messages inside the jar. Fold them in half, if necessary.
5. On each day in February, pull out one heart and read the message aloud to the family.
6. Notice the changes in your family when everyone feels loved and appreciated!



In Deuteronomy 10:12 (NIV), Israel is asked a question that's also for us to answer: "What does the LORD your God ask of you?"

To find the answer, write the words from the puzzle pieces on the matching shapes in the completed heart.



*... your heart and with all your soul ..."*

Answer: " ... fear the LORD ... " ... fear the LORD ... " ... to walk in all his ways, to love him, to serve the LORD your God with all ... "

# FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>7th Sun. after the Epiphany</b> <b>Ski Trip</b> 7:30, 8:45 & 11:00 am HE 8:45 am Children's Church 9:55 am Christian Ed/Cat. 12:00 pm Noah's Pudding 4 pm Financial Peace Classes 4 pm Chorister Rehearsal NO Xperience/Youth 7 pm AA	<b>1</b> 6 pm Girl Scouts 6:30 pm Pilgrimage 6:30 pm EIM 6:30 pm Scouts/Tiger Den 7 pm AA 	<b>2</b> 9:30 am Staff Meeting 5:30 pm Big Book Study 6 pm Centering Prayer Group 6:30 pm Cub Scout/Bears 7 pm Bible Study 7 pm AA 	<b>3</b> 7 am & 5:30 pm HE 9 am Bible Study 5 pm Dream Group 5 pm Weight Watchers 5:30 pm True Vine Classes 7 pm Canterbury Club 7 pm AA 7:15 pm Choir Rehearsal 8 pm D-Groups/Youth/ONLINE	<b>4</b> 10 am Lectio Divina Prayer Grp. 3 pm Knitting Group 6 pm Ladies Night Out 6 pm Men's Club 7 pm AA 	<b>5</b> <b>Ski Trip</b> 7 pm AA	<b>6</b> <b>Ski Trip</b> 7 pm AA
<b>7th Sun. after the Epiphany</b> <b>Ski Trip</b> 7:30, 8:45 & 11:00 am HE 8:45 am Children's Church 9:55 am Christian Ed/Cat. 12:00 pm Noah's Pudding 4 pm Financial Peace Classes 4 pm Chorister Rehearsal NO Xperience/Youth 7 pm AA	<b>8</b> 5:30 pm Scouts/Bears 6:30 pm Pilgrimage 6:30 pm EIM 7 pm AA 	<b>9 Vestry Reports Due</b> 5:30 pm Big Book Study 6 pm Centering Prayer Group 6:30 pm Scouts/Weeblos 7 pm Bible Study 7 pm AA 	<b>10</b> 7 am & 5:30 pm HE 9 am Bible Study 5 pm Dream Group 5 pm Weight Watchers 5:30 pm True Vine Classes 7 pm Canterbury Club 7 pm AA 7:15 pm Choir Rehearsal 7 pm AA 8 pm D-Groups/Youth/ONLINE	<b>11</b> 10 am Lectio Divina Prayer Grp. 11:30 am Sr. B Day Luncheon 3 pm Knitting Group 6:30 pm Scout/Com Mtg. 7 pm AA 	<b>12</b> 6 pm AA Potluck 7 pm AA	<b>13</b> 3 pm Brownie Troop/583 7 pm AA
<b>14 Last Sun. after Epiphany</b> <b>Food Drive</b> 7:30, 8:45 & 11:00 am HE 8:45 am Children's Church 9:55 am Christian Ed/Cat. 4 pm Financial Peace Classes 4 pm Chorister Rehearsal 5 pm Dream Group 5 pm Xperience/Youth 7 pm AA	<b>15 President's Day</b> 6 pm Girl Scouts 6:30 pm Pilgrimage 6:30 pm EIM 7 pm AA 	<b>16</b> 9:30 am Staff Meeting 6:30 pm Cub Scout Troop/Bears 5:30 pm Big Book Study 6 pm Mardi Gras/Pancake Dinner 6 pm Centering Prayer Group 7 pm Bible Study 7 pm AA 	<b>17 Ash Wednesday</b> 7 am & 5:30 pm HE 9 am Bible Study 5 pm Dream Group 5 pm Weight Watchers 5 pm True Vine Classes NO True Vine Classes 7 pm Canterbury Club 7:15 pm Choir Reh. 8 pm D-Groups/Youth/ONLINE 7pmAA	<b>18</b> 10 am Lectio Divina Prayer Grp. 3 pm Knitting Group 6:30 pm Scouts/Tiger Den 7 pm AA 	<b>19</b> 6 pm Parent's Night Out 7 pm AA	<b>20</b> 8 am DOK Meeting 7 pm AA 
<b>21 1st Sunday in Lent</b> 7:30, 8:45 & 11:00 am HE 8:45 am Children's Church 9:55 am Coffee with the Clergy 9:55 am Christian Ed/Cat. 4 pm Financial Peace Classes 4 pm Chorister Rehearsal 5 pm Dream Group 5 pm Xperience/Youth 7 pm AA	<b>22</b> 6:30 pm Pilgrimage 6:30 pm EIM 7 pm AA 	<b>23</b> 5:30 pm Big Book Study <b>6 pm Vestry Meeting</b> 6 pm Centering Prayer 6:30 Scouts/Weeblos 7 pm Bible Study 7 pm AA	<b>24</b> 9 am Bible Study 5 pm Dream Group 5 pm Weight Watchers 5:30 pm True Vine Classes 6 pm Lenten Soup Suppers 7 pm Canterbury Club 7:15 pm Choir Reh. 8 pm D-Groups/Youth/ONLINE 7 pm AA	<b>25</b> 10 am Lectio Divina Prayer Grp. 3 pm Knitting Group 6:30 pm Scouts Pack/108 6:30 pm Stephen Ministry Peer Group 7 pm AA 	<b>26</b> 7 pm AA	<b>27</b> 2 pm Pinewood Derby Cut Day 7 pm AA
<b>28 2nd Sunday in Lent</b> 7:30, 8:45 & 11:00 am HE 8:45 am Children's Church 9:55 am Christian Ed/Cat. 4 pm Financial Peace Classes 4 pm Chorister Rehearsal 5 pm Dream Group 5 pm Xperience/Youth 7 pm AA	<p style="text-align: center;"><b>REMEMINDERS FOR FEBRUARY!</b></p> <p>February 7th, Noah's Pudding after the 11:00 a.m. service            February 15th, President's Day            February 17th, ASH WEDNESDAY            February 23rd, Vestry Meeting</p> <p style="text-align: right;">February 14th, VALENTINE'S DAY            February 16th, Mardi Gras/Pancake Dinner            February 19th, Parent's Night Out            February 24th, Lenten Soup Suppers Begin</p> <p style="text-align: right;">Haitian Relief after each service in the Narthex</p>					



JeanMarie Martin .....02/01	Arlene Shoemaker .....02/16
Matthew Warren .....02/01	Janelee Wise .....02/16
Nicole Phipps .....02/01	Elizabeth Anderson .....02/17
Shaun Cassidy .....02/01	Bill Cox .....02/18
Sally Gaither .....02/01	Jeff James .....02/18
Will Mary Pratt .....02/02	Aimee Spurlock .....02/18
Robert Shoemaker .....02/02	Robert Piggott .....02/20
Emma Tuseth .....02/02	Betsy Slaney .....02/20
Enid Wiborg .....02/03	Chuck Phillips .....02/20
Joseph Ennamorato .....02/03	Matthew Clayton .....02/20
Maegan Stewart .....02/03	Zachary Ring .....02/20
Tenille McVetty .....02/04	Jay Hendrickson Jr. ....02/20
Alison Jones .....02/04	Elizabeth Huber .....02/22
Shannon Gannon .....02/07	Phoebe Anderson .....02/22
Leigh Foster .....02/07	Paul Long .....02/23
Sidney Roberts .....02/07	William Tocco .....02/24
Anne Curtze .....02/08	Kent Sterling .....02/24
Ca'Tricia Robinson .....02/11	Maura Gordon .....02/24
David Palmer .....02/11	Robert Foster .....02/25
Julia Harris .....02/12	Leon Evanietz .....02/26
Ralph Smith .....02/13	Nora Smith .....02/26
Christopher Sterling .....02/14	Sally Reese .....02/26
Gabriel Martin .....02/14	Catherine McCusker .....02/28
George Williams .....02/16	

**FELLOWSHIP OF OLDER FRIENDS**  
*"Hilltoppers"*

*Older friends help each other when they need:*

- Transportation • Visits
- Phone Calls • Help with Errands

We are eager to know of any parishioner who may have these needs OR if you are willing to provide some of these services.

– Call –

**Sue Koechlein at 895-4222 or Ralph Smith at 556-6414.**

**MEMBERSHIP RECORDS UPDATE**

If you have moved, changed your home or cell phone numbers, or have had a change in your e-mail address, please contact the church office to update your records.

**PUBLICATION DEADLINES**

Announcements for the Sunday bulletin are due in the church office by Wednesday, 12:00 noon, each week.

Articles for the monthly Evangel newsletter are due in the church office by the 15th of each month.

The deadline for the March Evangel is Monday February 15, 2010. Please e-mail all information to [evangel@stpaulsmboro.org](mailto:evangel@stpaulsmboro.org).

**PARISH STAFF**

- The Rev. James K. Polk Van Zandt, Rector
- The Rev. Colin M. Ambrose, Associate Rector
- Marcie Richmond, Sr. Warden
- Joshua Courtney, Minister to Youth
- Susan Greenall, Office Administrator
- Dr. David L. Rowe, Assistant to the Rector
- Ralph Smith, Assistant to the Rector
- Joyce Adkins, Assistant to the Rector
- Angela Tipps, Minister of Music
- Morris Hamby, 7:30 a.m. Musician
- Jacob Courtney, Assistant Minister to Youth
- Aimee Spurlock, Choirmaster RSCM
- Kathy Warlick, Administrative Assistant
- Kathy and Bill Jones, Co-Treasurers
- Annie Gracia, Nursery Director

**VESTRY**

- Wardens: Kristi Hay,
- Bill Williams, Jimmie Beasley
- Richard Detmer, Dan Felciano, Stan Golden, Ron Messier,
- Sally Palmer, Jane Smith, Kent Sterling,
- Tina Whitfield, Jo Wintker

**St. Paul's Episcopal Church**

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Murfreesboro, Tn 37130

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# **Mardi Gras Pancake Dinner**

**Tuesday, February 16th • 6:00 pm to 7:30 pm**

*February 2010*



*I believe in Christianity as I believe the sun has risen. Not only because I see it,  
but because by it I see everything else -- C. S. Lewis*

One of the grand elements (and there are any number) about Episcopal worship at St. John's is the celebration of Christianity's mysteries. Even as a young man, at a time when cynicism was cool among my peers, there remained something special about holy communion, certain hymns and many scriptural passages. We didn't kid about them.

But partaking of these sacraments does not make us Christian. They are merely a step. But the

holy mysteries put our minds in the proper place to receive Christ's messages ("Tend my sheep.")

Those who have achieved some mastery over the art of not just believing, not just observing but of living Christianity shine a light on those about them. There is an inner glow. Oh, it's evasive the Christian life . . . Love thy neighbor is as easy to understand as falling off a log.

And as difficult to achieve as building a suspension bridge.