

March  
2017

# The Bell Ringer



## Old Donation Episcopal Church

*Old Donation Episcopal Church is a family: Welcoming All ☩ Growing in God's love ☩  
Joyfully worshipping Jesus Christ ☩ Serving in the power of the Spirit*

## Lent at Old Donation

### Ash Wednesday

March 1

Imposition of Ashes & Holy Eucharist  
7:00am, 12:00 noon, 7:00pm

### Shrove Tuesday Pancake & Sausage Supper

February 28th  
5:30pm in the Parish Hall

Donations gratefully accepted. This is a Rite 13 Fundraiser.

Join the Fun this Lent!



see page 4 for information...

Sunday Forum  
in March

### Sacramental Living

What do we believe about  
the sacraments and what  
difference does it make?



*Deep Longing for God in  
a Changing World*

MARCH 8, 15, 22 & 29

### Reading Deuteronomy

A Literary and Theological Commentary

Stephen L. Cook

## *From the Rector*

We've had a good month of interesting Scriptures for preaching and teaching. In the Gathering, I was talking with our children, asking what it might mean for them to be (as Jesus challenges us) salt for the world. One of our young boys posed the question, "Does that mean if you get too much of me at one time, it might make you sick?" Needless to say, I had to think twice before responding. (Kids, and kids' sermons, force you to stay alert!)

*I cannot get too much of OUR youth.* Our annual Youth Sunday was once again a wonderful witness to the quality of our young people. Our preachers were Joanna Gerace in the church and Brooke Wilkinson in the Gathering. Both did terrific jobs with their messages. All the other ministry functions at the two later services were performed by youth. Every year I am further convinced that Old Donation is supplying leaders for the church that ensure God's work will continue to be done well. Thank you is due to our Sunday School teachers, mentors, and youth ministry team... and especially to our faithful parents!

### **Ash Wednesday and Lent**

It might sound odd, but Lent is one of my favorite times of the year. It has a focus that helps me recenter my life and energy. The tone of our worship changes to be more reflective and self-examination takes a higher priority. This 40 day season of preparation for Easter is part of the rhythm of my year and so helpful after the celebrations of Thanksgiving, Christmas, New Year's and the end of secular cycles like football!

The traditional spiritual disciplines are prayer, fasting and alms-giving. Each helps me be more intentional with my life. Lent does not need to be morbid, either. This year our daily devotions will use the Lent Madness (see page X). I've found them to be humorous and not very serious ways to learn more about my serious faith. Our offering of daily Morning Prayer and Wednesday night studies to complement the Sunday schedules provide opportunities to learn and worship – to feed body and soul. I hope you will take advantage of the many different ways we try to help your spiritual focus and development in this 6 week season. (See page XX for lots more information about what makes Lent different.)

### **Pancakes**

Of course, if we are going to fast, we must have feasting first. The traditional **Shrove Tuesday pancake and sausage supper** will be next week (Tuesday, Feb 28). This keeps the

old English tradition of using up all the fats in your kitchen before Ash Wednesday. This is a fundraiser supper for RITE 13's trip to St. John's Cathedral in NYC and a lot of fun every year. Come eat with us!

### **Deuteronomy and our faith**

I am really looking forward to teaching on Wednesday nights in Lent. Beginning March 8 for four weeks we will dig deeply into the Hebrew Book of Deuteronomy. I might sound BORING, but I guarantee it could be life-changing. Professor Stephen Cook from Virginia Seminary will be with us one of the weeks and Rabbi Ellen who teaches "Torah for Skeptics" in our parish hall on Sunday nights will join me to help this come alive. Dr. Cook's book that opened my eyes will be our guide.

### **Building process**

Next month, our Building process takes a jump into the next phase. We will reconvene the Master Planning Team into a Design Team and start the complex work of making dreams turn into reality. You will regularly hear updates and never hesitate to ask what's up. It will probably take a couple months for definition and description work with our architects. Keep us in your PRAYERS! And if you are still contemplating making a new gift to the Capital Funds for building, it is always a good time to do so. Tom Cantrell remains available to help you if you have questions.

### **NEWCOMERS and Grace**

Last Sunday night we had another of our periodic "Newcomer suppers" at Judy and Ned Kuhns home. Again I was amazed at the quality and faithfulness of the new folks that God keeps bringing our way. We had 16 brand new folks (and 11 who planned to show but for sickness or family conflicts had to wait until next time). All across the age and background spectrum, the group was very impressive. For many churches it would have been 2 years worth of new members. God continues to bless us mightily! Remember to look around and if there are people in your pew who you don't know, introduce yourself and make them welcome. It might turn out that they've been members forever but from a different service. Or they might be there for the first time and need a little orientation. Either way you've made a new friend and advanced God's kingdom a little!

Shalom and Salaam... PEACE always,



## *Assistant Rector*

The first service I attended as an official priest at Old Donation was the Thursday morning Holy Eucharist with Healing Prayer. It quickly became one of my favorite services we do here, so it was fitting that it was also the first service in which I consecrated bread and wine.

There is something truly holy and unique that happens in the Historic Church on Thursday mornings at 10:00am. For some, this is the only service they attend during the week; for others, it's one of many. But regardless of where or how often they attend church, this little community is just that: a community. They know each other, they keep track of each other, they lift one another up in prayer. Each Thursday morning they gather, worship, have open discussions during sermon time, offer up prayers for one another, and frequently stand side by side around the altar for Holy Eucharist. And then, once everyone has been fed with the spiritual body and blood of our Savior Jesus Christ, they hold hands and receive healing.

You've been hearing a lot about healing lately, and that's been intentional. As a parish, we are trying hard to lift up healing ministry and bring a greater awareness of it and the power that it has. We've more than doubled the number of healing ministers serving during Sunday services, and that speaks volumes to the need and importance of this ministry. But what often gets overlooked is the healing component to our Thursday morning service.

Though not a full "healing service" in the way you might experience it elsewhere, Holy Eucharist with Healing Prayer is no less powerful or important. Fr. Bob, Fr. Fred, and myself— whoever is celebrating the service— anoint the forehead of each person who desires healing, and offer prayers. Often, those who kneel before us come not for their own healing, but for family, friends, and even strangers in their lives. Some want to give thanks and ask for continued strength and blessing. And others come with the same thing on their hearts each and every week. One such person has been praying for the same individual to receive an organ transplant for the year and a half that I've been doing this service— what dedication, and faith! It was shared with me just this past Sunday that a match has been found, and they are now entering the next stage of the process. The prayers and healing continue, and whether this match is successful or not, I know that we will continue to pray, each week, for healing in this person's life.

*Continued in next column...*

## *From Our Youth Minister*

For those that may not have heard Eliza Aydar has taken over as the Youth Vestry Representative for 2017. She follows in the steps of Ryan Piston, who did an amazing job serving as the Youth Vestry Representative last year. I know there is a lot for Eliza to learn as she takes on this role, but I am confident she is capable of the task ahead of her. So, if you see her running around church in the next few weeks don't forget to stop her and congratulate her on her new role.

Two weeks after the election of their Youth Vestry Representative, it fell on the shoulders of the parish youth to take on the various roles of leadership around the parish for our annual Youth Sunday. As is the case every year, I always stress about who is going to serve in what capacity, but I was particularly concerned with who was going to chalice. We are always able to find youth who are eager and willing to preach, however, it is something akin to pulling teeth to convince any of the youth to chalice. "What if I spill on someone?" This is the concern raised by each youth asked to chalice year to year. Regardless of the worries everything worked out in the end, and we had a wonderful service with amazing sermons from Brooke Wilkinson and Joanna Gerace.

As we look ahead towards March we have several important dates to keep in mind: Shrove Tuesday (Feb. 28th), Happening #66 (Mar. 10th-12th), and our Escape Room outing (Mar. 19th). Make sure to check the middle pages of the Bell Ringer for further details and events.

God Bless,

~ AJ Lambert

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Because, if you were in attendance at Rev. Nigel Mumford's recent Wednesday Night Program on Healing Ministry, you'll remember this:

Prayer does something.

We don't always know what it does, but it does something. And so I'll invite all of you to join us on Thursday mornings, if you're able. Come and see what small-community worship is like, what it is to know by name each person in the pews around you, and to share in the healing power of the Spirit.





**Lent Madness began in 2010** as the brainchild of the [Rev. Tim Schenck](#). In seeking a fun, engaging way for people to learn about the men and women comprising the Church's Calendar of Saints, Tim came up with this unique Lenten devotion. Combining his love of sports with his passion for the lives of the saints, Lent Madness was born.

The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time and people vote for their favorite saint. 16 saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.

Over the years they've developed an online community of people who are passionate about *taking their faith but not themselves too seriously*. Articles and spots about Lent Madness have appeared in the *Washington Post*, *NPR*, *Huffington Post*, *FOXNews*, *NBC*, *USA Today*, and even *Sports Illustrated*.

This *discipline* for Lent will be full of good humor, *and* will give us an opportunity to learn more of the stories of faithful men and women in every age. This is always a help to our own spiritual development, as we learn how ordinary people have been used by God to do extraordinary things.

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Each day you will receive a new email. You can VOTE for one of the saints by clicking on the links in the email.

<http://www.lentmadness.org/>

## **Youth Vestry Representative**

I am pleased to announce that Eliza Aydar has been elected to be the Youth Vestry Representative for 2017. Eliza is very involved in the youth ministry of the church, and I look forward to working with her as she brings the interest of the youth ministry to the vestry. Please congratulate Eliza when you see her!



# What's Going On...

## JOY Dinner Group

Friday, 24 March  
5:30pm @ Bonefish Grill  
RSVP: David Eckhardt 757-340-4811 or  
davideckhardt2002@yahoo.com



## Ladies' Game Night

Friday, 3 March 7:00pm  
In Alfriend House



## Paws, Prayers & Praise

### Holy Eucharist

March 12th at 5:00pm

Bring a guest, a pet, and yourself!

## Historic Traditions Meeting

Saturday, March 4 at 9:30 AM in the church library.

## Beans & Rice

Distribution is Saturday, March 4, 9:00am - 11:00am  
No questions asked.

## Paint Afternoon

Come enjoy a relaxing and informative paint class Sunday, 5 March from 2:00pm-5:00pm. We will paint a seascape/sailboat scene. Techniques taught in this class will be shading and layering, detail and texture. All supplies, instructions, snacks and refreshments will be supplied. Cost is \$25 per person. Please RSVP to [Martha Wilson](#) or 310-430-2306 Thank you!



## Learn about Our Food Bank!

ODEC has food bank assignment once every 5 weeks. Clients are screened by Social Services and sent to us and we provide clients with Farm Fresh grocery cards. No alcohol or tobacco products can be purchased by these cards. We have 10 volunteers helping.

A single person receives \$75.00 card and a family receives \$125.00 card. This is for 1 week—then another church provides service.

~ Ellie Kreassig, Food Bank Chair

# Vestry

## Vestry Elections

In our Annual Meeting of the parish January 29, you elected a new class for the vestry. Your new class includes: Michelle Stephenson, John Sherman, Bill Waide and David Eckhardt for three year terms; plus the youth elected Eliza Aydar as the Youth Representative for the normal one year term. This is an excellent group, with very different experiences, length of time at ODEC, and knowledge of our ministries and mission. They join an effective and committed team of spiritual leaders and give me great hope for this coming year. They will begin with a retreat in February where assignments for commissions and goals for the year will be established.

Sharon Payne has been elected by the vestry as your Senior Warden for this year. Sharon has been an active member of the congregation, worshiping primarily at 9:15 for several years. Our Hospital Visitors ministry was her creation many years ago and she continues as an active visitor. She has been our People's Warden for the past year and formerly liaison to Parish Life. Sharon retired from teaching at Virginia Wesleyan College, maintains a psychotherapy practice and is passionately involved with community outreach that is sustainable and life-changing. She has gifts for organization and communication that will benefit our parish in this coming year. During the vestry retreat this coming weekend the vestry will elect the new People's Warden. Please offer Sharon and the new vestry members mentioned above your very strongest thank you and prayerful support.

Vestry Member	Commission Assignment	Year
Sharon Payne	Senior Warden	2018
Carol Gurioli	Day School	2018
Jeff Hood	Stewardship	2018
Rich Kuhr	Finance	2018
John Brown	Buildings & Grounds	2019
Vicki Dorsett	Christian Formation	2019
Laura Horvath	Parish Life	2019
Chip Saunders	Evangelism	2019
David Eckhardt	Congregational Care	2020
John Sherman	Building & Facilities Planning Process	2020
Michelle Stephenson	Historic Traditions & Communications	2020
Bill Waide	Outreach	2020
Eliza Aydar	Youth	2018



## Adult Forum



### Sacramental Living:

What do we believe about the sacraments and what difference does it make? What is the sign? What is the grace? How might our lives be changed?

**March 5 Sacraments – God’s handkerchiefs:** What is a sacrament? What does the Church believe? Are there 2 or 7 or 32? What is the gift in marriage, unction, ordination, and confirmation? So what? Fr. Bob and Kipper DeGavre

**March 12 Baptism – Sign and Grace:** What’s happening in baptism? Is it different for babies versus adults? Pouring versus getting dunked? Does anybody really change? Fr. Fred and Kipper DeGavre

**March 19 Eucharist – Foundations for Grace:** From where does our belief about the “Last Supper” or “Holy Communion” or “Holy Eucharist” come? What does it mean about what is happening in us and what is the gift we are receiving? How will we respond? Fr. Bob and Kipper DeGavre

**March 26 Eucharist – Sign and Grace:** What do we believe happens in the gift of bread and wine? Looking at the language of the Eucharist. Does the bread truly change to body and blood? Are we cannibals? Why every Sunday? Fr. Bob and Kipper DeGavre

**April 2 Reconciliation – Sign and Grace:** What is ‘reconciliation’ and how does it differ from Roman Catholic “Confession”? Do we HAVE to confess to a priest? How does it work and what do we believe is God’s gift (grace) through this sacrament? Mother Ashley and Kipper DeGavre

## Intro to the New Testament

This lecture series takes an in-depth look at the New Testament. Video segments presented by Dr. Bart Ehrman, University of North Carolina are followed by discussion and questions. Led by Mary Poteet in the Library.



**Mar 5:** Paul and Crises of his Churches: First Corinthians

**Mar 12:** Pauline Ethics

**Mar 19:** Paul’s Letter to the Romans

**Mar 26:** Paul, Jesus and James

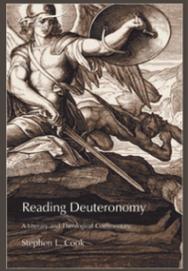
## Wednesday Night Series

### A WEDNESDAY EVENING PROGRAM FOR LENT:

*Deep Longing for God in a Changing World*

MARCH 8, 15, 22 & 29

*Reading Deuteronomy and Finding New Life in the Old, Old Story*



“Deep longing for God in a changing world – Reading Deuteronomy and finding new life in the old, old story”

Father Bob will be our guide for the next four weeks, with some special guest appearances. On March 15, Dr. Stephen Cook, from Virginia Seminary, author of the book this series is based on will be our speaker. On March 22, Rabbi Ellen Jaffe-Gill will engage the material with Fr. Bob in a conversation about how Deuteronomy is incorporated into life today.

**March 8 – Deuteronomy: Are you kidding me?** Why Deuteronomy is a perfect study for Lent. A new word for a new time. Deep longing for God and God’s people and the natural order. Fr. Bob

**March 15 – Deuteronomy: Smashed Tablets and a New Covenant.** How Deuteronomy works to make the Torah relevant for a new time and how that principle continues to help us today. Led by author, Dr. Stephen Cook.

**March 22 – Deuteronomy: Life Today** in a Jewish congregation and how that might be instructive for us. Rabbi Ellen and Fr. Bob have a conversation.

**March 29 – The death of Moses and the Spirituality for the Passion.** How will this study change our lives as we enter Holy Week and Easter? Fr. Bob

## Young Adults

Thursdays from 6:00pm-7:30pm in Alfriend House Fellowship, prayer, games, and... dinner!

Kids are welcome, and have their own space to play, and babysitting is provided.

Contact [Mother Ashley](#) with questions or to RSVP

# Hero Central VBS Adventure!

When: July 17-21, 9:00-12:15pm

What: Hero Central VBS for children ages 3-rising 6th graders

Where: Old Donation Episcopal Church

Who: We need you superheroes like you to make this VBS a success!

Please contact Rebecca Barrio at [barrioat@yahoo.com](mailto:barrioat@yahoo.com) or 703-907-9405 or attend our planning meeting on Sunday, March 26 after the 10:30 services in the Library to get involved.



## March 15 - Lenten Supper

The J2A class will host supper at the Lenten program this evening. This event supports efforts by the youth to raise money for their pilgrimage to England!

## Happening 66

It's that time again! Happening is around the corner, and I am excited to take up our previous group of Happeners as staff for this Happening. I have heard interest expressed from several of our youth that they would like to attend. I look forward to watching the relationships develop between our youth as they spend this weekend together staffing and being happened. If your youth are interested, please contact [AJ Lambert](#) for information.

## Shrove Tuesday Pancake & Sausage Supper

February 28th  
5:30pm in the Parish Hall

Donations gratefully accepted. This is a Rite 13 Fundraiser.



Come, join the fun! Nothing prepares for Lent like a heaping helping of pancakes, bacon, and sausage. Don't forget to come out and support our Rite 13 class as they do their last fundraiser for their Night Watch trip to New York this summer. Gluten-free pancakes will be offered, so everyone is welcome!

## Family Fun - March 25

**Role Reversal:** For today, the kids are the ones making the decisions... and the lunches!

Meet at Alfriend House at 10:30am on March 25 for something a little bit different. We'll gather together for a short prayer service, then the adults will head off together for fellowship while, with the help of some experienced, non-parent adults, the children take charge. Among some other things, they'll choose what their parents will eat for lunch (sandwich, side, drink, dessert) and then will make it themselves! Please [RSVP](#) by March 20, and contact [Mother Ashley](#) with questions.



# Episcopal Youth Community

## February

Sunday, February 26th - EYC

Middle School: 4:30-5:30pm

Dinner: 5:30-6:00pm

High School: 6:00-7:30pm

## March

Sunday, March 5th - EYC

Middle School: 4:30-5:30pm

Dinner: 5:30-6:00pm

High School: 6:00-7:30pm

Sunday, March 12th - EYC

Middle School: 4:30-5:30pm

Dinner: 5:30-6:00pm

High School: 6:00-7:30pm

Sunday, March 19th - Escape Room

Middle School: 1:00-3:00pm

Dinner: 3:00-3:30pm

High School: 3:30-5:30pm

Sunday, March 26th - EYC

Middle School: 4:30-5:30pm

Dinner: 5:30-6:00pm

High School: 6:00-7:30pm

## April

Sunday, April 2nd - EYC

Middle School: 4:30-5:30pm

Dinner: 5:30-6:00pm

High School: 6:00-7:30pm

## A Note from the Treasurer

For those parishioners supporting both ODEC's General Fund and the Building Fund with generous contributions, it would greatly assist our financial team if you will use separate checks for each. Your assistance in this matter will be most appreciated. ~Ned Kuhns

## Legacy Society of 1637

### Sharing Love into the Future Planned Giving Opportunity #4

During an educational forum in April, parishioner Bill Dullaghan provided nine suggestions on how you can "Share Love into the Future". This is his fourth option.

#### Life Insurance – How it works

If you have an existing life insurance policy that is no longer needed to protect your children, your spouse, or your business interest, **you can name the ODEC Endowment Fund as the policy's beneficiary.** Because the beneficiary is a revocable gift, you are not entitled to an income tax deduction; the value of the policy is deductible from your taxable estate. If you also transfer ownership of the policy to the ODEC Endowment Fund, you can immediately deduct the current values of the policy from your income taxes; if you are still paying premiums, you can deduct the cost of those premiums each year. You may also purchase a new Life Insurance policy to benefit the ODEC Endowment Fund. With the ODEC Endowment Fund designated as the owner and beneficiary, you are entitled to an income tax deduction for your initial contribution and the premium payments each year. If you choose this method, please inform the ODEC Endowment Committee Chair, Mal Higgins, and Ned Kuhns, treasurer, also a member of the Endowment Committee. The Endowment Committee will maintain records.

• (Note: in the event of a death, the Trustee / Executor should notify ODEC Planned Giving Committee.

We wish to honor the 54 parishioners who are members of the Legacy Society of 1637 by including Old Donation Episcopal Church in their will or estate plan. Nine Legacy Society members, G thru J: Roberta (Bobbie) Gribble, Mal Higgins, Joanne & Layton House, Patricia (Patsy) E. House, Danita & Joseph (Joe) Jacobs and Martha A & Michael (Mike) Jones.

~Earl Morris

## Online Giving and Pledges

Online giving through our website has grown significantly since we began a few years ago. Convenience and ability to use the same form of payments for tracking have been some of the reasons for the increase. For many years we have had a few who do direct deposit from their bank, but the credit card contributions online has seen a major jump in participation. Anything that makes it easier for people to faithfully give to God's work is good!

One question though has been about how to submit a pledge so that the vestry knows what to anticipate. A pledge is essentially an "estimate of giving" for the year that serves two purposes. Most helpfully, it enables you think intentionally about how you have been blessed by God and how you wish to respond to support God's continuing blessings. Giving deepens your thankfulness, and doubles up on the blessing as your relationship with the "Ultimate Giver" is strengthened. It is good for you also as a way of accounting for your commitments. It is helpful to note that we don't think of it as a 'contract' but rather as a covenant you are making with God and God's ministry here. If your circumstances change, for better or worse, naturally your giving will be impacted.

Secondly, that estimate helps the vestry be more faithful in its stewardship of God's work here at ODEC. Each year we are charged with giving the yay or nay to various ministry and mission efforts. Part of the equation has to be, "What do we have funds to support?" Without your pledge or estimate, the vestry has to hold back and sometimes good work we would hope to do is limited.

We have paper pledge forms in the office that can be filled out to document your plans for the year. And in keeping with the ease of online giving, we also have an online pledge form you can complete most easily. [Click here](#) and you can give us an estimate of your giving for 2017.

## Valuing our Blessings

Total Pledge and Plate Received (Jan 2017)	\$60,124
Total Pledge and Plate Budget	\$53,000
Budget/Received Difference	\$7,124
Number of Pledging Units To General Fund	212
Building Fund	\$42,957
Mission of the Holy Spirit	\$1,000
Outreach (all other)	\$160
Clergy Discretionary Fund	\$396
Worship	\$438
Julia Tucker Scholarship Fund (Dayschool)	0

## Day School News



March will be a very busy month for us at the Day School. We'll start with three FUN Dr. Seuss Days! Each class will focus on 1-2 Seuss books and plan their entire day around the theme. Our dress-up days will be: red and white for The Cat in the Hat, Green for Green Eggs and Ham and crazy socks for Fox in Socks! Next we'll move on to our windy March themes, St. Patrick's Day and then we'll hop straight to Easter!

### Old Donation Episcopal Day School



Now Registering All Classes  
2's - Kindergarten!

Call 499-2283 to arrange a visit, or to register the child in your life!

REGISTRATION continues for next year and we have OPENINGS in our classes for 2s - Kindergarten. Our classes run 9:00am until 12:20pm and we also offer early drop and an after-school program that extends the day until 2:20pm for our 3s - Kindergarten. Check out and Share/Like our new [Facebook](#) page. Old Donation Episcopal Day School - ODEDS.

### "Art Auction - Wine and Cheese"

A NEW event on Friday evening, 5 May. Please save the date for this Parish and Day School event. All proceeds benefit "The Julia Tucker Scholarship Fund". More information to follow in the April Bell Ringer.

As always, ~Janet Brown and Jody Baker, Day School Directors

## Book Collection

To celebrate Kerah Howeth's birthday!

I am collecting books for the Virginia Beach  
Public Library

Please drop off your gently used books in the box outside  
the Parish Hall labeled "BOOK COLLECTION"

March 5, 2017- March 26, 2017

RainbowCrash246@gmail.com

## Help! What Does that Mean?

HE - Holy Eucharist  
BCP - Book of Common Prayer  
AFH - Alfriend House  
EYC - Episcopal Youth Community  
EfM - Education for Ministry  
J2A - Journey to Adulthood  
PB - Presiding Bishop  
RCL - Revised Common Lectionary  
ODEC - Old Donation Episcopal Church  
DIOSOVA - Diocese of Southern Virginia  
MOHS - Mission of the Holy Spirit



## Calling all Flower Children!

We need you for the flower guild!  
In March we will have a meeting for our flower people with demonstrations on arranging plus different styles for our Colonial Church. Stay tuned for a date and remember: We NEED You!

POC: Pat Wilson 460.4723

## Vacation Bible School! 17-21 July!



## Lent: Spiritual Housecleaning

Ash Wednesday, March 1, begins the season of Lent. This 40 day period (remember in the desert - 40 years for Israel, and Jesus' 40 days) is set aside for us to prepare spiritually for Easter. It is time for self-examination of our relationship with God and others, seeking forgiveness and reconciliation. Time for repentance and renewal, finding and following God's direction for our lives. It is time for establishing new habits for the heart and the body which allow us to do God's work in our world. It truly is housecleaning, preparing for the most important Guest to take up residence.

We begin with ashes. This is the Biblical sign for humility and repentance, placed on the forehead in the sign of the cross with the words, "Remember that you are dust, and to dust you shall return." The ashes remind us of the dust that God took in his hand and shaped into Adam, breathing life into his body. They remind us that all we are, or imagine we might be, is of no consequence without God. God is the One who created all that is, and whose very breath gives continued life to the world. Episcopalians and other Christians participate in services, committing to a holy season of fasting, study, and re-dedication.

Lenten disciplines are designed to strengthen our spiritual muscles. The tradition is a dedicated effort at prayer, fasting and alms-giving. You may choose to "give up" some particular delight as a reminder to pray and be a witness to Jesus. When I was addicted to afternoon Coca Colas, I gave up soft drinks and no matter what else was going on, I remembered I was a Christian every day at 2:00pm when I would get my craving. You might "add on" some daily discipline such as reading Scripture each night. You might decide to study a spiritual book that has been sitting on the shelf for the past year. Many do a fast or modified fast one day a week, (traditionally Friday or Wednesday). Make a commitment to extra worship or Bible study group, or simply being present every Sunday, regardless of what comes up. Some may choose to make a dedicated regular gift supporting those in need, or special efforts for our Kairos team doing prison ministry this month. Whatever your decision, let it be a tool that helps center your life and heart on God. You can't be a disciple without discipline.

The feel of our worship will change to reflect the more reflective and penitential tone. We will kneel for the Eucharistic Prayer and prayers of the people, (even in RITE II, though not in the Gathering where there are no kneelers). No "Alleluias" are sung or said during Lent. The Gloria at the beginning of the service is replaced by "Lord, have mercy." Colors switch to somber purple, all flowers are removed (other than "Refreshment Sunday", March 26). Their absence makes our worship stark, and greatly

## Signs of Lent

Lent was originally a period for catechumens (people studying Christianity so they could be baptized) to be prepared for their baptism. Traditionally, baptisms were scheduled for the Easter Vigil service, beginning the night before Easter. It became the practice of the Church to use the 40 days prior to Easter for a season of instruction, fasting, confession, and more austere worship that would climax with the great reversal of an extravagant celebration of Easter Sunday. Signs and symbols include:

**Lent** comes from the Anglo-Saxon word, *lencten*, meaning springtime. During the season of Lent we see increasing physical evidence of God's renewing springtime all around us.

**40 days** are like the 40 days Jesus spent in the wilderness; 40 years for Moses; 40 days for Elijah; 40 days and nights of rain for Noah. We count all the days from Ash Wednesday until Easter, except Sundays, *which are never treated as days of fasting in the Church.*

**Ashes** as a mark is a biblical sign of humble repentance and recognition that our life is dependent upon God's breath.

**Self-denial** through fasting, alms-giving, or other acts of giving help us develop Jesus Christ's lifestyle of intentionally giving himself for others. A good practice is to fast and give what you might have spent on the item to the poor.

**Colors** in the Church are purple (repentance) or black (mourning) or no colors at all.

**Alleluia:** the joyful word of praise, disappears from our worship until Easter when we can't stop saying it!

**Stations of the Cross**, a tool for prayer and meditation. Traditionally 14 stations depict the "Way of the Cross" which Jesus walked in Jerusalem on his path from Pilate to the crucifixion.



enhances the beauty and the shock of the great Easter celebration, when the dark season of Lent is overwhelmed with the joy and celebration of the Easter Resurrection. March 5, the first Sunday of Lent, we begin with chanting the Great Litany, the oldest English written prayer in the BCP, which captures the fullness of our prayers of intercession, thanksgiving and repentance.

## March Celebrations

### Birthdays

- |                         |                       |
|-------------------------|-----------------------|
| 1 Michelle Murch        | 17 Linda McGraw       |
| 2 Mike Brunick          | Pat Williamson        |
| Nancy Guarnieri         | Barbara Wills         |
| B.J. Tibbitt            | 18 Edith English      |
| Cassandra White         | Sam Luebbert          |
| 3 Kerah Howeth          | Michaela Vecerkauskas |
| 4 Danielle Kreassig     | 19 Jo-Ann Bach        |
| 5 Jeane Wood            | Sue Wilson            |
| Vicki Dorsett           | Henry Lillie          |
| Brandon Rice            | 20 Ada Jaquith        |
| 6 Felix Tsai            | Scott Wagner          |
| Mitch Bean              | Susan DeMayo          |
| Katie Wubker            | 21 Dudley Haynie      |
| 7 Cynthia Wise          | Mary Poteet           |
| 8 Teresa Breeden        | Gracie Grow           |
| 10 Logan Lindsey        | 22 George Londeree    |
| Harper Kolba            | The Rev. Don Wilson   |
| 11 Jennifer Putzig      | Mike McGraw           |
| Ben Barrio              | Elizabeth Werbiskis   |
| 12 Carole Balog         | 23 Chris Luebbert     |
| Sally Applebach         | Liane Long            |
| Edward Myers            | 24 Chris Randall      |
| 13 Lynda Erickson       | 25 David King         |
| Rob DeDominick          | Trey Crockett         |
| Ted Fenter              | Heather Shih          |
| 14 Sandy Bilger         | 26 Harold VanderWilt  |
| Mary Scott Burt         | Zachary Bowles        |
| 15 Sharon Smith         | 27 Bonnie Kiermaier   |
| Bobbie Gribble          | 28 Bonnie Bickerstaff |
| Nathan Epps             | Carl Sterzing         |
| Neil Koprowski          | Summer Browning       |
| 16 Linda Ritter         | 29 Parker Purrington  |
| Kate McGaughey          | Regan Teeling         |
| Judy Pravecek           | Brylan Weems          |
| Barbara Guthrie         | Addison Rose Wilson   |
| Wendi Steinberg         | 30 Lillian Bolen      |
| Sarah Sterzing-Sullivan | Lou Anne Wagner       |
| Gianna Snowden          | Max Burroughs         |
|                         | Brian Balling         |

### Anniversaries

- 1 Kelly & Cory Routh
- 8 Tom & Carolyn Gerace
- 13 Rusty & Portia Williams
- 14 Megan & Fred Warneke
- 21 Alex & Mary Jo Bradley
- 23 Vaughn & Pat Wilson
- 30 Jim & Brenda New

Welcome!

We welcome our new members!

Mary Hopkins  
Bradley Croteau  
Cheryl Kepner

We welcome our newly  
baptized!

Milana Littmann

## Healing Prayer

Fr. Nigel Mumford, an internationally known practitioner and teacher of healing prayer, inspired us with stories from his 26 years in the healing prayer ministry at the February 15 Wednesday Night Program. We often limit God by not asking for healing or by not thinking big enough according to Fr. Nigel. He noted that in Luke's Gospel Jesus **commanded** his disciples to preach the Gospel **and** heal the sick but the church often neglects the latter aspect of ministry and overlooks that it was not Jesus' suggestion but a command.

Healing always comes from God but is most often delivered through people. All of us as the body of Christ on earth have the ability to be intercessors for healing. When someone is hurting we can ask "how may I pray for you?" and then do it right then. Corporate prayer is another method of interceding for others. At the end of Fr. Nigel's talk he asked my husband if he would be willing to be prayed for. Here is what Larry wanted to share from this experience:

*Fr. Nigel Mumford asked everyone to participate with him in praying for me. I felt tremendous power and love coming together as the group gathered, prayed and reached out their hands toward me. He then asked me to look in the eyes of those surrounding me. I was overwhelmed by the love and caring that I saw. It is little wonder that miracles can and do occur here. Always continue to care for and love one another and remember to leave the outcome to God. As Fr. Mumford said "Something always happens when we pray."*

~ Carol Gurioli

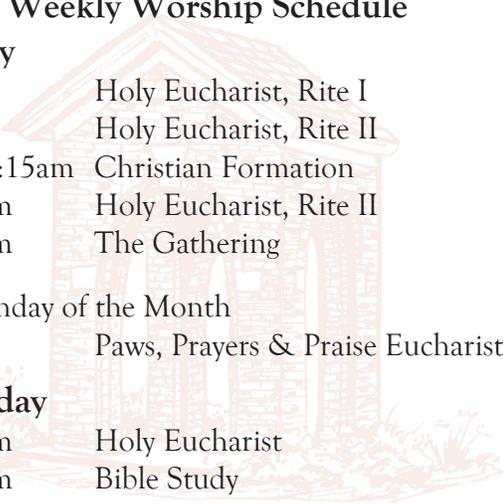


**Weekly Worship Schedule**

**Sunday**  
 8:00am Holy Eucharist, Rite I  
 9:15am Holy Eucharist, Rite II  
 9:30-10:15am Christian Formation  
 10:30am Holy Eucharist, Rite II  
 10:30am The Gathering

2nd Sunday of the Month  
 5:00pm Paws, Prayers & Praise Eucharist

**Thursday**  
 10:00am Holy Eucharist  
 11:00am Bible Study



**Old Donation Episcopal Church**

Jesus Christ, Head of the Church  
 The Rt. Rev. Herman Hollerith, IV, *Bishop*  
 The Rev. Robert J. Randall, Jr., *Rector*  
 The Rev. Ashley E. Urquidi, *Assistant Rector*  
 The Rev. Fred Poteet, *Associate Rector*  
 Mr. AJ Lambert, *Youth Minister*  
 4449 N. Witchduck Road, Virginia Beach, 23455  
 Phone: 757-497-0563 Fax: 757-497-9291  
 Church E-mail: odec@olddonation.org  
 Parish Web Site: www.olddonation.org

**Old Donation Episcopal Day School**

Janet Brown & Jody Baker, Day School Directors  
 Phone: 757-499-2283 Fax: 757-497-9291  
 Ages 2, 3, 4 and Kindergarten  
 Day School Hours: 9:00 am - 12:20 pm  
 Monday - Friday  
 Early Drop Off & After School until 2:20 pm  
 odeds@olddonation.org

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