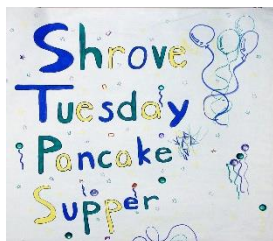


Our Lenten Journey Begins



THE SHEPHERD'S STAFF
The Memorial Church of the Good Shepherd
February 7, 2024

MISSION STATEMENT: Good Shepherd is growing in: Faith and knowledge of God, ministry in our neighborhood, love for one another and support for those seeking Christ.

*Please check out the **church calendar** available on our website.*

www.goodshepherdwv.org

Reflections by the Rev. Lou Hays: The Joys of Being an Anglican

My wife and I just returned from Aruba. Yes, we were very fortunate and it was blissful to leave behind the cold and bask in the warm, sunny weather and beautiful, clear ocean water for a week. And of course, on Sunday we joined the locals for worship at Holy Cross Anglican Church.

One of many joys of being an Episcopalian, and thus an Anglican, is being able to worship with familiar liturgy in many countries of the world. We pray for the many parts of the Anglican Communion every Sunday in our Anglican Cycle of Prayer, including the Church in the Province of the West Indies, of which our Aruban parish is a part. (And as an important aside, don't be misled by the Anglican Church of North America, consisting primarily of churches that broke away from the Episcopal Church a number of years ago. There's only one Anglican Church in the US, and that's the Episcopal Church. And only one in Canada, which is the Anglican Church of Canada.)

Michelle and I have been blessed to travel to Europe together several times. We have worshiped in Church of England (the mother church from which we originated) churches in Italy and the Netherlands, also with the Old Catholics in the Netherlands (with whom we are in full Communion), the Episcopal Church in France and of course the Anglican Church of Canada parishes that we served while living in Canada, and now the Church in Aruba. All except for the Old Catholic Church in the Netherlands have been in English, albeit with occasional interesting accents as was the case last Sunday.

No matter the language or the accent, the order of service is familiar and unmistakably Anglican. And usually the people are very welcoming, as they were this past Sunday. We were clearly the only people in the 25 to 30 person congregation who were not locals, and who were Anglos. It happened to be their annual meeting Sunday, and the people were thrilled to finally have a priest, having waited 8 years since their last resident priest! Somehow, they survived through 8 years of mostly Morning Prayer with sporadic visits from



priests who flew in from other parts of the largely island-based Diocese. Not only was the liturgy familiar, so was the priest's message as he tries to rebuild and maintain the parish: everyone needs to pledge, not the minimum amount from what's leftover, but a more sacrificial upfront amount each month; and, everyone needs to invite another person to church! Church finances and church growth are likely universal worries.

So, if you are frustrated with the length of our transition, remember the long-suffering people of Holy Cross. Remember, we're not the only congregation being asked to give more and invite friends to church! And remember, we are blessed to be part of this wonderful World-Wide Anglican Communion!

Peace and blessings,
Lou+

A Lenten Journey Through Our Faith

Come for the food, stay for the food for thought! Please join the Reverend Lou Hays and your fellow parishioners for our Wednesday evening Lenten program. We will begin at 6 pm for a delicious potluck dinner and continue with *A Lenten Journey Through Our Faith*. Together we will explore five foundational issues of our faith from an Episcopal perspective. Ever have any questions or doubts? Not to worry - that's why we call it faith, not certainty. As Episcopalians we are called to love the questions, and as a "journey" church rather than an "answer" church, we don't pretend to have an answer to every question, or that there is only one right answer to every question. If you have done the *Alpha* program, you will see some similarities, but many differences.

After dinner there will be a presentation by Lou and time for sharing and questions, ending no later than 8:15. We hope you can come for all five evenings, but come when you can and as you are to explore these essential questions of our faith:

Session 1 – Wednesday, February 21

What do we believe? Who is Jesus, and why did he have to live, die, and rise from the dead?

Session 2 – Wednesday, February 28

What is the Holy Spirit, and what does He (She?) do? Do we believe in one God, or two or three?

Session 3 – Wednesday, March 6

The Bible – is it truth or myth? Did God dictate the Bible? Is it still relevant? How do we read, understand and use the Bible?

Session 4 – Wednesday, March 13

Where is God in the world? Why do bad things happen to good people? Where is God in the midst of tragedy?

Session 5 – Wednesday, March 20

How do I want to spend the rest of my life? What's the point? Where are you, God, and what do you want from me?

Shrove Tuesday Pancake Supper – February 13

Time for a party before Lent begins. Everyone is encouraged to come enjoy some pancakes with various toppings and sausage next Tuesday at 6 PM. Come dressed for Mardi Gras, Valentine's Day or whatever will put you in a festive mood – or just come as you are. Dave Johnson and Carolynne Cooper are leading the pancake team – call one of them to offer your help.



Lent Course Potluck Supper



As described above, our Lent program will begin February 21 and continue for 4 more weeks. Each preceding Sunday we will have a sign-up sheet in the Welcome Center so you can let us know what you will be contributing to the meal – main course, side or dessert. The church will provide the drinks.

Souper Bowl Sunday – February 11

Our annual collection of food from our parishioners for the Food Pantry is held on the NFL's Super Bowl Sunday, Items we need now or can always use:

- soup
- granola/cereal bars,\
- pancake mix and syrup
- peanut butter
- brownie or muffin mix
- cases of water
- potatoes (canned or boxed or fresh)
- canned pasta (ravioli, beef-a-roni, etc.)
- packs of individual applesauce cups or other fruit cups
- spaghetti sauce and pasta (spaghetti, rotini, ziti, penne)

***** We do not need canned vegetables or canned beans *****



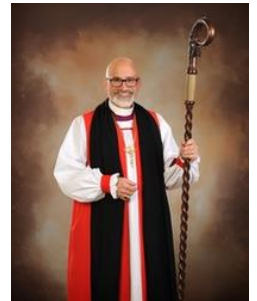
We will have the pink carts available on Sunday for your donations or you can bring them to the office this week or next if you won't be able to come Sunday. Of course, we will also take monetary donations but the sight of those filled carts is an outward, visible, (and photogenic) sign of our commitment to this ministry.

The Bishop is Coming! Would You Like to Be Confirmed?

Bishop Cowden will be visiting Good Shepherd on Sunday, March 17. If you have not been confirmed, or received into the Episcopal Church if you were confirmed in the Roman Catholic Church, this is your opportunity.

What do I need to do to be Confirmed or Received by the Bishop?

Please speak with Lou and then attend *A Lenten Journey Through Our Faith* program that will be held during our Wednesday evening Lenten series starting February 21. Details about the program are in this issue of the Staff newsletter.

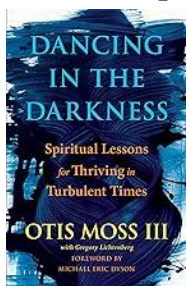


Shepherd's Closet Rummage

Deb and the 'crew' are back at work preparing for the March sale. Donations are welcome now – especially items for spring and Easter.



Book Group



'Dancing in the Darkness, Spiritual Lessons for Thriving in Turbulent Times' is the current book being read. Dr Otis Moss III is offering an interesting perspective on our current 'turbulent times' from a Black perspective that is both Christian and supportive of the ideals of the founders of our country.

We will be discussing chapters 3 and 4 next Sunday, February 11 at 9 AM (in person in the Jr Hi room or via Zoom), We will continue the following Sundays at the same time. If you need help ordering the book or you need the Zoom link, contact Linda Crocker. There are always seats at the table for more participants to come and grow from listening, sharing insights, and laughing with each other as we reflect on whatever book we are reading.

Notes from the Director of Music

Do you know how many hymnals there are for the Episcopal Church in the U.S.? The answer is four. Everyone is familiar with *The Hymnal 1982*. This is the hymnal we have in the pews. It was the first hymnal published after *The Hymnal 1940*. The Standing Commission on Church Music "developed a philosophical statement expressing the Commission's commitment to maintain and enhance the rich repertoire which constitutes the singing tradition of the people of God." This hymnal has now been explored extensively for the past 42 years by many parishes and cathedrals but there are still new hymns and Mass settings to learn!



In 1997 the church published *Wonder, Love and Praise*. It is a supplement to *The Hymnal 1982*. In fact, the pagination begins where *The Hymnal 1982* stops. WLP was developed to address changes in the church and society in the modern era. It contains an eclectic collection of hymns and Mass music. Some texts are set to older well-known tunes and others set to new ones. One of my favorite hymns in this collection is *From miles around the sick ones came*. (WLP 774) It is appropriate to sing anytime the Gospel speaks of Jesus healing the sick. Many of our parishes now include the Mass in Spanish and WLP recognizes this. It contains hymns and Mass settings in Spanish.

The next hymnal published in 1993 is *Lift Every Voice and Sing: An African American Hymnal*. It contains hymns and spirituals from the African American culture from the nineteenth and twentieth centuries. Did you grow up in a Protestant Church? Perhaps Methodist or Baptist? If you did then you will recognize many of these hymns as they are turn of the century Protestant Sunday school hymns such as *Blessed Assurance*, *I Love to tell the Story*, and *Deep River*. The hymnal also contains new settings for the Mass.

The newest hymnal published in 2004 is *Voices Found: Women in the Church's Song*. It is a collection of hymns and spiritual songs by, for, and about women. The music is written in a congregational style and is intended for the average parish church. All the hymns are written by women and many of the tunes are composed by women. It covers a wide range of years going all the way back to Hildegard of Bingen (1098-1179) who was an abbess and the first woman to write music for the Western Church.

While not hymnals, there are two new volumes entitled *Enriching our Music I & II* which contain dozens of new Mass settings in English and Spanish. They are the companions to the new liturgy settings *Enriching our Worship*.

While *The Hymnal 1982* is the only hymnal found in our pews, we have access to all of these resources via downloadable digital files. Anytime you see music printed in the bulletin it is probably from one of these resources. It's always exciting to learn new music.

Shalom,
Chris

Need a Gentle Day to Enter the Spirit of Lent?

“Food For the Journey”





photo by Morgan Winton on Unsplash

Lawrencefield Parish Church invites you to “Food for the Journey”,
A Lenten Program
Thursday February 22, from 10 am to 2 pm

Food for the Journey promises to be a gentle day to enter into the spirit of Lent and prepare for the coming of Easter.

The free program will begin with a prayerful exploration of a scripture passage and a poem.



After engaging a Labyrinth (a walking meditation device which is an ancient spiritual tool), you will be invited to respond through a variety of options (mandalas, journal pages, making a small collage, creating poems).

A hot lunch will be served at 12:30 PM,
The day will end with a Eucharist at 1:15 pm.

**Lawrencefield Parish Church is located at
44 Kirkside Drive, near GC&P Road
Wheeling, WV**

There is elevator access to the parish Hall

**The program facilitator is the Rev. Nancy Woodworth-Hill , a pastor,
and Spiritual Director.**

Register by email at clergy.Lawrencefield@gmail.com

Staying Connected, Continuing to Serve

Intercessory Prayers

During your prayer time please use the lists below to remember those who have asked for our prayers:



Parish Prayer List

The People of Israel and Gaza	Mary Gevas – healing	Colleen Parsons – strength-healing
The People of Ukraine	Larry Hand- healing	Jone Johnson – healing/strength
Dee Milhoan – healing	David Cottrill – healing	Ann Stevens– healing
Marcia Doyle – healing	Diane Cottrill – healing	Chris Heckman – healing
Peggy Roberts - healing	Judy Williams - healing	Vickie Dilley – healing/strength
Peter Gevas – healing	Deb Hepburn-McKinney – healing	Bill Riner and crew – safe sailing
Becky Winans – healing	Mary Craig – strength/healing	






Safety for all those serving in the Armed Forces
Sterling Slusher, Joee Slusher, Lauren Fielder, Peter Keiser

Those needing healing from cancer

Glen Kirk	Steve Wilson	Jean Singer	Sherry Shepler
Judy McCoy	Paul Rutledge	Tabitha Arceneaux	Tammy Marks
David White	Roy Trembly	Alana Dailey	



Outreach Programs

- ♥ **Donuts** - We make day-old donuts available to our neighbors and the homeless. Thank you to McHappy's and to those who make sure the donuts are picked up each week. 
- ♥ **Little Free Library** – Filling the church neighborhood with books to read. We have plenty of books right now. Help yourself if you spot a good one. 
- ♥ **Last Sunday Supper** – The next meal will be February 25th. Come help set-up and cook beginning at 1 PM or come help serve and clean-up at 5:15 PM. We begin serving at 5:30 and continue until 6/6:15 or earlier if we run out of food. We are usually out by 7 or 7:15.
- ♥ **Food Pantry** –We can always use more help handing out the bags. The current 'holes' are Monday afternoon and Tuesdays, morning and afternoon. We also occasionally need help when our regular volunteers are not available. Contact Linda or Ginger if you can serve a few hours weekly or bi-weekly or just as needed. 


Inreach Opportunities

We show our care for other members as we listen to each other, spend time together, support each other in our church ministries, share a hug during the peace, help in times of need and celebrate special moments. Those who can't be here in person are also valued members of our congregation.

If you or a loved one would like a card, a visit, a meal, or a home communion, please call the office and we will connect you with someone who would love to be asked to help.



♥ **Pastoral Care**

Someone is in the office Monday through Thursday, 9:00 a.m. to 4:30 p.m. If you need pastoral care outside office hours, contact The Rev. Lou Hays, Larry James, or Linda Crocker (see the end of the Staff for our contact information). Lou will be available on most Sundays, Wednesdays and Thursdays 

and at other times for emergency needs. Additionally, the Eucharistic Visitors can offer a visit and/or home communion to those who can't come to church – just ask!



♥ **Prayer Chain**

We have a group of people who pray for those having emergency situations – surgery, accidents, or other crises. Linda Crocker makes the calls using the One Call system when she is notified by a church member of an immediate need. If you want to be added to the prayer chain let Linda know (304-210-5591). **God hears all our prayers** – you don't need a special gift to pray for healing and comfort for those in distress. All prayer chain calls remain confidential.

Important Upcoming Calendar Dates:



- February 11 – Souper Bowl Sunday
- February 13 – Shrove Tuesday Pancake Supper – 6 PM
- February 14 – Ash Wednesday – services at noon and 7 PM
- February 16/17 – EYF Lock-in
- February 21 – Lent Course begins
- March 17 – Bishop Cowden's visit
- March 31 – Easter Sunday
- April 14 – *Envisioning Our Future*

Contact Information:

The Rev. Lou Hays	304-428-1525, ext. 11	louisbhays@gmail.com
Ginger Smith, Parish Administrator	304-428-1525, ext. 10	gingersmith.goodshepherdwva@gmail.com
Linda Crocker, Parish Ministries	304-210-5591	LLBC100@msn.com
Larry James, Senior Warden	304-482-9661	blesense@suddenlink.net

