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St. John's
EPISCOPAL CHURCH

ST. JOHN'S EPISCOPAL CHURCH NEWS

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It's about to get penitential: during Lent our actions and feelings focus on our sorrow and regret for having done wrong. It is a time of simple living, prayer, and fasting in order to grow closer to God.

Yikes — when is this Lent?

It's the forty days before Easter. Lent excludes Sundays because every Sunday is like a little Easter. Mardi Gras is the day before Lent, which begins with Ash Wednesday. This year it's from March 1 (Ash Wednesday) to April 16 (Easter), 2017.

Mardi Gras? What does that have to do with Jesus? Mardi Gras means "Fat Tuesday." It refers to the day before Lent starts. Since Lent always starts on a Wednesday, the day before is always a Tuesday. And it's called "Fat" or "Great" because it's associated with great food and parties.

In earlier times, people used Lent as a time of fasting and repentance. Since they didn't want to be tempted by sweets, meat and other distractions in the house, they cleaned out their cabinets. They used up all the sugar and yeast in sweet breads before the Lent season started, and fixed meals with all the meat available. It was a great feast! Through the years Mardi Gras

has evolved (in some places) into a pretty wild party with little to do with preparing for the Lenten season of repentance and simplicity. Oh well. But Christians still know its origin, and hang onto the true Spirit of the season. Plus, pancakes.

So the real beginning of Lent is Ash Wednesday? Yes. Ash Wednesday, the day after Mardi Gras, usually begins with a service where we recognize our mortality, repent of our sins, and return to our loving God. We may make resolutions and commit to change our lives over the next forty days so that we might be more like Christ. In an Ash Wednesday service, a minister marks the sign of the cross on a person's forehead with ashes.

Why ashes? In Jewish and Christian history, ashes are a sign of mortality and repentance. Mortality, because when we die, our bodies eventually decompose and we become dust/dirt/ash. Repentance, because long ago, when people felt remorse

for something they did, they would put ashes on their head and wear “sackcloth” (scratchy clothing) to remind them that sin is pretty uncomfortable and leads to a sort of death of the spirit. This was their way of confessing their sins and asking for forgiveness.

Where do the ashes come from? On what we now call Palm Sunday, Jesus rode a donkey into Jerusalem while people waved palms and cheered him on. The palms that were waved in joy became ashes of sorrow. We get ashes for Ash Wednesday by saving the palms from Palm Sunday, burning them, and mixing them with a little oil.

Like Jesus, we may need to take some serious time to pray and listen for God.

So, what is Lent, exactly? At Jesus’ baptism the sky split open, the Spirit of God, which looked like a dove, descended and landed on Jesus, and a voice from heaven said, “This is my Son, My Beloved, with whom I am pleased.” Afterward, as told in Matthew 4:1-11, Jesus was sent into the wilderness by the Spirit. Where he fasted and prayed for 40 days. During his time there he was tempted by Satan and found clarity and strength to resist temptation. Afterwards, he was ready to begin his ministry.

Like Jesus, we may need to take some serious time to pray and listen for God.

Why “do” Lent? Well, you don’t have to. If it doesn’t feel right, or if suggested practices of Lent do not draw you to God, then let it go.

If you think of Lent as a season to earn God’s favor by your good intentions or good works, then you’ve got a theological problem. God’s grace has been fully given to us in Christ. We can’t earn it by doing extra things or by giving up certain other things in fasting. If you see Lent as a time to make yourself more worthy for celebrating Good Friday and Easter, then perhaps you shouldn’t keep the season until you’ve grown in your understanding of grace.

But if you are searching for something more, tired of running in circles, and not really living life with direction, purpose or passion, Lent is a great time to “repent” –

to return to God and re-focus our lives to be more in line with Jesus. It’s a 40 day trial run in changing your lifestyle and letting God change your heart.

It’s pretty easy to get caught up in the drama of classes, relationships, family, and work. Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with mindless TV, meaningless chatter, stimulants, alcohol, sugar, too many activities or other irrelevant stuff. We run away from life and from God. So, Lent can be a time to both fast from something that is distracting, and feast on things that call us to life of following Christ. If you see Lent as a time to grow more deeply in God’s grace, then you’re approaching Lent from a proper perspective.

23 is \$125. (Some Scholarship Funds are available. See Fr. Tom for more information) Please complete the Registration/Consent form to join us for YES! Camp. Mail the form, (or bring it in) along with your check made payable to: Holy Trinity Episcopal Church Attn: YES Camp 5101 Tanner Dr. Gillette, WY 82718 (307) 682-4296 You can also drop completed forms off at the Diocese Office at 123 S. Durbin in Casper. Make checks payable to Holy Trinity Episcopal Church.

Please visit <http://diowy.org> for registration form.

The Rev. Megan Nickles (754-4218) is available at any time. Please call to make an appointment or for any other emergency.

Building Update

A contractor has been selected and it is Jess Kary. The asbestos abatement will begin at the end of the month. We plan to be moved out the second to last Sunday of March. We will need your help with this part of the moving project. Stay tuned in the coming weeks for more details.

Powell Valley Loaves & Fishes

Contributions are always needed and appreciated. There is a basket for Loaves & Fishes contributions in the Narthex for items that will be delivered to the Annex.

Academic Honors

Congratulations to our St. John’s members who were named to the Fall Semester Honor Rolls at Powell Middle School and Powell High School:

Sadie Tillotson	Augusta Larsen
Ian Tillotson	Riley McKeen
Abigail Urbach	Natalie Dillivan
Caleb Tyra	Grant Dillivan
Joshua Wright	Dylan McEvoy

Thrift Shop Cleaning: Monday, March 27

Altar Guild

March Mary Dillivan / Natalie Dillivan
April Mary Dillivan/Natalie Dillivan

Birthdays & Anniversaries

March

6 Hidee Urbach
 9 Sam Haberstroh
 10 Scott Larsen
 16 Isabell Urbach
 20 Jane Woods & Ray O’Brien
 21 Charlotte Patrick
 21 Angela Tillotson
 23 Ron Lytle
 26 Grant Dillivan
 26 Natalie Dillivan
 28 Charlotte Grover
 31 Bill & Laura Greathouse

April

4 Annie Woods
 7 Katy Lytle
 9 Elaine DeBuhr
 10 Doug Greathouse
 11 Aletha Johnson
 14 Brandi Wright
 15 Megan Nickles
 24 Walter Johnson
 24 Frank Dulin
 25 Sophie Tyra
 28 Jasmine Rey Lovell
 29 Charlotte Mae Lovell

Bishop John Smylie's Visit

The Bishop will be with us on Sunday, April 2. Three of our teens, Grant Dillivan, Natalie Dillivan and Dylan McEvoy are currently in formation to be confirmed by the Bishop on this day. Mary Dillivan is leading them in this process. Please keep these three in your prayers in these coming weeks.

Our Thrift Shop celebrated a great 2016 of giving back to the community:

Powell Senior Center	\$1000.00
Backpacks – Union Presbyterian Church	1000.00
Powell Valley Loaves & Fishes	1000.00
Personal/Family Assistance – 2 Families in Powell	1000.00
Boys & Girls Club	500.00
Crisis Intervention Services	500.00
CASA	500.00
Thomas the Apostle Center	500.00
Big Brothers & Big Sisters of NW Wyoming	500.00
Rocky Mountain Manor	500.00
Tribal Church Planting	500.00
Cathedral Home for Children	500.00
NW Wyoming Family Planning	500.00
Powell Christmas Basket Program	500.00
Shoshone Recreation District (Transportation to Sleeping Giant)	250.00
Caring for Powell Animals	250.00
Episcopal Relief and Development	250.00
First Baptist Church – Community Thanksgiving Day Dinner	200.00
Grand Total	\$9950.00

Wyoming State Science Fair

Congratulations to Ian Tillotson, Powell Middle School Seventh Grader, on qualifying for the Wyoming State Science Fair at the University of Wyoming in Laramie. Ian and his partner's project is "Which solar panel is most efficient?" Good luck to you both!

DIOCESAN YOUTH EVENT

YES Camp! Young Evangelists Skiing

Please join us for fun, goodies and some silliness, March 24-26, 2017, at Thomas the Apostle Center, Cody, for YES! Camp. This camp is open to youth grades 7th through 12th and is sponsored by Holy Trinity Episcopal Church of the Episcopal Diocese of Wyoming. YES! Camp will teach basic spiritual balance as well as basic balance on the snow—SO come and join the fun.

Space is limited AND pre-registration is required. We have adult chaperones and have room for 15 campers. Adults present at YES! Camp acknowledge that the supervision of youth participants is their top priority and understand that their undivided attention and presence is essential to providing a safe environment for all participants. All Adult chaperones are in compliance with all Safe Church policies and Safe Guarding God's Children guidelines set by the Episcopal Diocese of Wyoming.

Cost is \$100 if you register by March 20, 2017. Registration from March 20-

In the weeks to come, the bulletin will have suggestions for different kinds of fasts and feasts that can support this journey. In the meantime, you might try one of these practices for Lent:

- Try an electronic fast. Give up TV, Facebook, texting, tweeting, e-mail or other things electronic for one day every week. Use the time to read & pray.
- Forgive someone who doesn't deserve it (maybe even yourself).
- Give up soft drinks, fast food, tea or coffee. Give the money you save to help folks in a different part of the world who are in crisis, or Loaves and Fishes.
- Create a daily quiet time. Spend 10 minutes a day in silence and prayer. Read a daily devotional for the season of Lent. See how it can help you add spiritual practice to your daily life beyond Lent.
- Cultivate a life of gratitude. Write someone a thank you letter each week and be aware of how many people have helped you along the way. Make a list each night of 10 things about which you are grateful.
- Participate in a Lent Photo-a-Day practice and pray each day with your camera in your hand.
- Start praying.
- Pray for others you see as you walk to and from classes or drive to and from work.

Holy Week

Our observances in Holy Week will continue in the same vein as they have for the past several years. We begin with Maundy Thursday. "Maundy" comes from the Latin mandatum novum, "new commandment," from John 13:34. Maundy Thursday celebrations include hand washing, and commemorating the institution of the Eucharist by Jesus on the night he was betrayed with an Agape meal. Following this, the altar is stripped and all decorative furnishings are removed from the church. A sign-up sheet for meal provisions will be posted as Holy Week approaches.

A prayer vigil begins immediately after the supper, following Jesus plea to "stay here and keep watch with me." You are encouraged to sign up for a time to be with Christ through the night. You may pray and sit with a partner; the outside doors will remain locked through the night so each person will allow the next one in

at the appointed time. Meditative music will be provided to help with your journey inward, if you choose. The vigil will continue through the night and morning until the Good Friday service at noon.

Good Friday is the solemn remembrance of Jesus' death on the cross. The liturgy of this day is marked by austerity and silence, and includes a unique responsive prayer called the Bidding Prayer.

Holy Saturday observes a simple Liturgy of the Word, with readings commemorating the burial of Christ. Music in the style of Taize will be part of this service.

Our principal service for Easter Day will include the Eucharist. Easter Day is the annual feast of the resurrection, and the season continues for 50 days, or a week of weeks.

St. John's Schedule • Lent • Holy Week • Easter 2017

	March 5	March 12	March 19	March 26	April 2	April 9	April 13	April 14	April 15	April 16	April 23
Day	Lent 1	Lent 2	Lent 3	Lent 4	Lent 5	Palm Sunday	Maundy Thursday	Good Friday	Holy Saturday	Easter Sunday	Easter 2
Service	Holy Communion	Holy Communion	Holy Communion	Holy Communion	Holy Communion	Holy Communion	Agape Meal		Taize Service	Holy Communion	Holy Communion
Time	10:30am	10:30am	10:30am	10:30am	10:30am	10:30am	5:30pm	12 Noon	7pm	10:30am	10:30am
Greeters	Deb Chidsey	Josephine DeWitt	Jim McEvoy	Martha Moewes	Ron Lytle	Shane Tillotson	*	*	*	Martha Moewes	Josephine DeWitt
	Walter Johnson	Kathy Riley	Deb Bush	Mickey Waddell	Katy Lytle	Angela Tillotson	*	*	*	Walter Johnson	Deb Chidsey
Acolyte	Dylan McEvoy	Deb Chidsey	Natalie Dillivan	Grant Dillivan	Deb Chidsey	Dylan McEvoy	*	*	*	Natalie Dillivan	Grant Dillivan
Worship Leader	Kim Dillivan	Laura Greathouse	Tim Seeley	Mary Dillivan	Diana Anderson	Charlotte Patrick	Kim Dillivan	Charlotte Patrick	Diana Anderson	Laura Greathouse	Mary Dillivan
Lectors	Tim Glatzer	Mickey Waddell	Deb Bush	Angela Tillotson	Jim McEvoy	Scott Larsen	Steve Nickles	Megan/Jane Woods	Tim Glatzer	Ron Lytle	Steve Nickles
	Alethea Durney	Justine Larsen	Elaine DeBuhr	Shane Tillotson	Susan McEvoy	Tim Glatzer	*	Angela Tillotson	Jane Woods	Katy Lytle	Alethea Durney
Presider	Megan Nickles	Megan Nickles	Megan Nickles	Megan Nickles	John Smylie	Megan Nickles	Megan Nickles	*	*	Megan Nickles	Megan Nickles
Intercessor	Diana Anderson	Katy Lytle	Carra Wetzel	Kim Dillivan	Carra Wetzel	Laura Greathouse	Katy Lytle	Mary Dillivan	*	Tim Seeley	Susan McEvoy
Preacher	Mary Dillivan	Tim Seeley	Charlotte Patrick	Megan Nickles	John Smylie	Diana Anderson	*	*	*	Mary Dillivan	Tim Seeley
Eucharistic Servers	Kim Dillivan	Walter Johnson	Carra Wetzel	Mary Dillivan	Tim Glatzer	Charlotte Patrick	*	*	*	Shane Tillotson	Mary Dillivan
	Diana Anderson	Tim Glatzer	Tim Seeley	Kim Dillivan	Alethea Durney	Laura Greathouse	*	*	*	Angela Tillotson	Walter Johnson
Sound	Scott Larsen	Robert Rumbolz	Steve Nickles	Robert Rumbolz	Scott Larsen	Scott Larsen	*	*	*	Steve Nickles	Scott Larsen
Eucharistic Bread	Carra Wetzel	Susan McEvoy	Diana Anderson	Mary Dillivan	Laurel McKeen	Charlotte Patrick	*	*	*	Diana Anderson	Mary Dillivan
Coffee Hosts	Grover	Anderson	Tillotson	Dillivan	Larsen	Wright	*	*	*		
Flowers	Worship Committee	Worship Committee	Ann Hinckley	Ann Hinckley	Worship Committee	Altar Guild	*	*	*	Katheryn Becker	Katheryn Becker