

ST. MARY'S EPISCOPAL CHURCH

St. Mary's messenger

LAMPASAS, TX

February 2013

Vol. 3 No. 2

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

I will, with God's help.

TAKE UP YOUR CROSS

We are adopted into God's family through Baptism

Adoption implies voluntary choice - parents knowingly make a decision to welcome a child - this new family addition is not a mistake.

When we are baptized, we are accepted by God and join His family. This sacrament involves commitment, love, reflection, planning, responsibility, and

welcome. It is for the "long haul". In Baptism, GOD is committing Himself to US - and He is doing this voluntarily, lovingly, and thoughtfully - for eternity! We are not "mistakes" that just happened and with which God is saddled. As part of his family, we bear His name, and represent Him in our words and actions. We care for

others in our family. As we get older, we reaffirm these family ties through Confirmation.

This next month, St. Mary's will witness both baptisms and confirmations. We will welcome (or "re-welcome") sisters into God's family. The affirmations we voice are commitments to each other and to our Father.

IMPORTANT DATES

FEB 12 @ 5:30pm **SHROVE TUESDAY PANCAKE SUPPER**

FEB 13 @ 9am, 12 noon, 5:30pm **ASH WEDNESDAY SERVICE**

FEB 27 @ TBA - CONFIRMATION WITH BISHOP HARRISON.

*** Lenten Wednesday Soup & Service starts Feb 20 at a Parish Hall near you! Watch for announcements and sign-up sheets ***

During this Lenten season, let's spend some time reflecting on how we treat our Father, our brothers and sisters, and how we represent Him to others.

Tom & Mary



Lent

The Collect for Ash Wednesday (February 13, 2013):

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



Amazingly
happy and loving
friends, don't you agree?



Welcome 2013 Vestry Members

- Jack Newsom
- Linda Joseph
- Ann Gilmore
- C.M. Crawford
- Jan Denson
- Abel Turner
- Robert Oliver
- Sue Faulkner - Senior Warden
- Tom Hart - Junior Warden

Non-Voting Participants:

Clerk: Carol Brown

Finance Committee:

John Cole

Bill Adams

Tulisha Carson (Treasurer)

History of Shrove Tuesday

Although it isn't exactly the glittering spectacle of Mardi Gras in New Orleans, St. Mary's annual Shrove Tuesday pancake supper usually manages to be festive enough. The pre-Lenten event this year will begin at 5:30 p.m. on Feb. 12 in the parish house.

Shrove Tuesday origins date back more than a thousand years, at least to the late 6th-early 7th centuries when St. Augustine (not to be confused with the more well known early church father, Augustine of Hippo) was the first Archbishop of Canterbury. In a letter to his emissary to the English, Pope Gregory I commented on the great fast of Lent, "We abstain from flesh, meat, and from all things that come from flesh, as milk, cheese, and eggs."

And so in England, at least, feasting on pancakes, with their ingredients of milk, egg, flour and fat, was apparently deemed a most efficient way to clear out the larders and have one last hurrah before the beginning of Lenten austerity.

Readiness for Lent also included "shriving" services on the eve of Ash Wednesday; hence, "Shrove Tuesday." The old English verb "to shrive" pertained to the confession and absolution of sins. (On completing the process, one had been "shriven.")

Besides pancake suppers, another lighter side of Shrove Tuesday is the pancake race. Legend holds that on Shrove Tuesday, 1453, a woman in Olney England was so intent on cooking her pancakes, the shriving service slipped her mind until she heard the church bells begin to ring. Running as fast as she so as not miss the service, she arrived still clad in her apron, skillet still in hand – and a pancake still in the pan.

Today Olney hosts the most famous of all Shrove Tuesday pancake races. Entrants are required to don aprons and flip their pancakes a minimum of three times over the course of the race.

Reverend Susie will offer three Ash Wednesday services (Feb. 13): at 9 a.m., 12 Noon and 5:30 p.m.

(Jane McMillin)



God Box Poem

I have in my hands two boxes
Which God gave me to hold.
He said, "Put all your sorrows in the black box,
And all your joys in the gold."

I heeded His words, and in the two boxes
Both my joys and sorrows I stored.
But though the gold became heavier each day,
The black was as light as before.

With curiosity, I opened the black,
I wanted to find out why,
And I saw, in the base of the box, a hole
Which my sorrows had fallen out by.

I showed the hold to God, and mused,
"I wonder where my sorrows could be?"
He smiled a gentle smile and said,
"My child, they're all here with me."

I asked God, why He gave me the boxes,
Why the gold, and the black with the hole?
"My child the gold is for you to count your
blessings,
The black is for you to let go."

(Arielle Perkins)

Do you know your Diocesan Council Delegates?

Since these people are representing St. Mary's, in Houston on Feb 8 & 9, it is important that you know who is going.

Sue Zane Faulkner

Kathleen Woodby

Terry Sherman

Richard Hammett

Janna Hammett (*alternate*)

Part of an Episcopalian's job is taking care of environment (animals and land).



Book Review

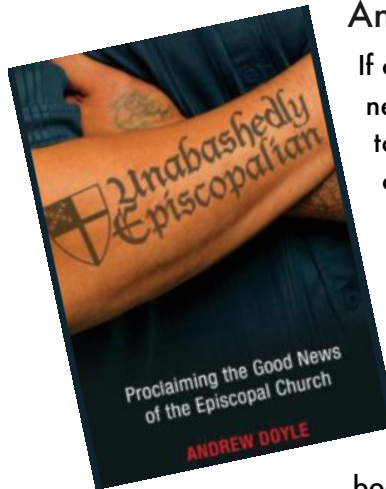
Unabashedly Episcopalian by Bishop Andy Doyle

If our Bishop is going to write a book, then we need to read it and learn his take on different topics. Unabashedly Episcopalian (2012) is a compilation of several short essays, sermons, and musings about growing up in the Episcopal church, our mission, and the Baptismal Covenant. Andy Doyle uses the Baptismal Covenant to talk about different life-paths and experiences that allowed him opportunities to explore life outside of his religion. If you are interested in doing a

book study on Doyle's, then you can find some

discussion questions at [http://www.epicenter.org/mediafiles/](http://www.epicenter.org/mediafiles/unabashedly-episcopalian-study-questions.pdf)

[unabashedly-episcopalian-study-questions.pdf](http://www.epicenter.org/mediafiles/unabashedly-episcopalian-study-questions.pdf)



Somehow these don't seem like
Lenten "sacrifices"...

"My brother thinks he should give
up work for Lent."

"I'm giving up speaking to people I
don't like for Lent."

"This year, as in every year, I'm
giving up Lent for Lent."

Jesus was an Episcopalian (and you can be one too!) by Chris Yaw

This (2008) book is a quick (and sometimes hilarious) read about our Episcopalian church. It covers all the bases - history, sacraments, philosophy, modern issues, our responsibilities, whether the church is dying out or thriving, Book of Common Prayer, the Bible (and how Episcopalians interface with this), prayer, mission, Evangelism, politics, social issues - you name it! I learned a lot and enjoyed reading it - and then thinking about it. (It is not as intense as Doyle's book).

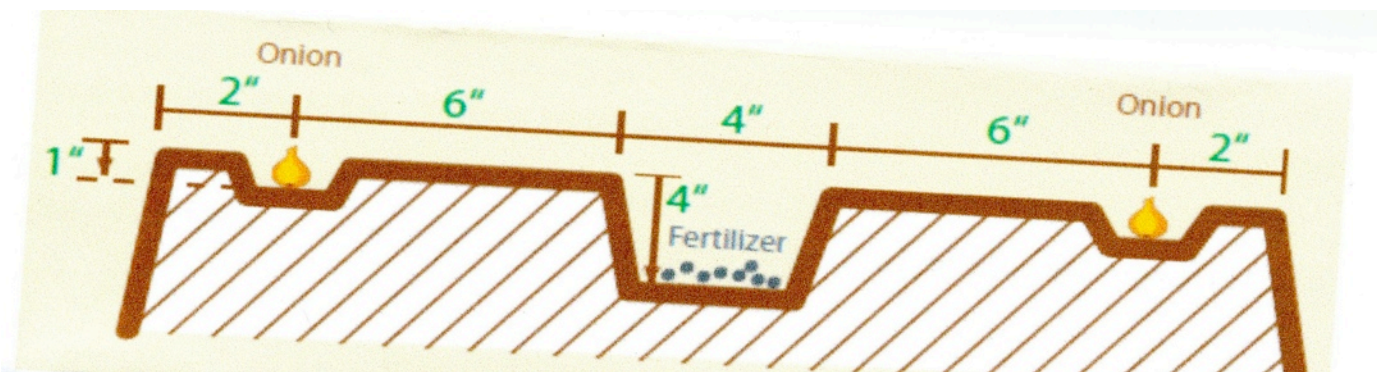


Fresh From The Field – by Kathleen Woodby

By now you should have your gardens ready to plant. Obviously you can't plunk a tomato plant into the ground right now! But it is time to plant your SHORT DAY onion sets. These are not the ones you can find at your retail outlet(usually). Feed stores may have them in stock. Just make sure they are SHORT DAY variety like the Texas 10-15, Yellow Grannex or Red Southern Belle. There are a few others, but not many, that grow well in our area. Buy the wrong kind and they won't bulb. You can also plant leeks now. (I do have extras to share)



I'm going to assume you are using a raised bed, considering our soil. Dig one trench two inches from the edge of the bed, one inch deep. Dig the second trench six inches from the first at 4 inches deep and four inches wide. Dig the 3rd trench six inches from the second at one inch, and so on. In the deep trench put 10-20-10 fertilizer at the rate of ½ cup per 10 feet. Cover this trench. Then plant the onions in the shallow trenches on either side of the fertilizer trench. Only bury the onions one inch deep. If you are planting leeks, plant them 6-8" deep (so that only a small portion of the leaves show). Then water them in. (As the leeks grow, put more dirt around the stems to keep them white.



This coming weekend is a perfect time to plant onions and leeks according to the phase of the moon. After planting, fertilize every 2-3 weeks with ammonium sulfate (21-0-0) for alkaline soils (or use fish emulsion).

Now, I've gone seed crazy and am in the greenhouse every day. Robin Starkey (my Fresh From the Field partner) and I started A LOT of seeds over the past two weeks. Some of the tomatoes, broccoli, lettuce and flowers have already germinated. We are hoping to have a nice variety ready for Spring Ho and the early Farmer's Markets to sell to those wanting to start their own gardens.

Of course I'm trying to figure out companion and vertical planting so I can make good use of my limited gardening space (I probably have enough plants to easily fill half an acre!! –Maybe?) What does companion gardening mean, exactly?

Companion planting is when you plant vegetables that LIKE another type of plant and either help it to grow or that inhibit (or attract) various insects. One example is carrots and tomatoes, tomatoes and basil or a tall plant that shades a small plant. There are books published on just this subject. If you want more information let me know and I'll either copy the information for you or give you the name of the publication. One such is called Carrots Love Tomatoes.

Vertical planting is obvious. Some crops like cucumbers and melons will take up a lot of garden space. But if you plant those items near a fence, they can trellis and therefore take up less ground. The cucumbers will also grow straighter too!

February is also time to plant potatoes, trees, fruit trees and fruit bearing vines. Be sure to pick varieties meant for this area. That is more important than many other factors to successful gardening in our difficult soil and climate!! You should also spray your fruit trees with neem oil and trim out the branches specific for the type of fruit tree you have (like open center for peach trees). You have to be careful with applying the oil at the right time, so please read up on that or contact your agricultural agent! I am NOT a professional arborist or gardener — just an avid one!

More
Lenten
Humor!

Giving up salads for Lent, NOT Chocolate, Not Ice Cream, Not Beer.

A cowboy appeared before St. Peter at the Pearly Gates. "Have you ever done anything of particular merit?" St. Peter asked.

"Well, I can think of one thing," the cowboy offered. "Once, on a trip to the Black Hills of South Dakota, I came upon a gang of bikers, who were threatening a young woman. I directed them to leave her alone, but they wouldn't listen. So, I approached the largest and most heavily tattooed biker and smacked him in his face, kicked his bike over, ripped out his nose ring, and threw it on the ground. I then yelled, 'Now, back off, or I'll kick the crap out of all of you!'"

St. Peter was impressed. He leafed through the great book he held. "When did this happen?"

"Just a couple minutes ago. . . ."

I'm giving up snow for Lent.

On the third Friday of Lent, a faithful parishioner stumbles through pouring rain past hamburger huts and steak houses into the monastery at Mount Angel and requests shelter. He's just in time for dinner and was treated to the best fish and chips he's ever had. After dinner, he goes into the kitchen to thank the chefs. He's met by two brothers, "Hello, I'm Brother Michael, and this is Brother Francis."

"I'm very pleased to meet you. I just wanted to thank you for a wonderful dinner. The fish and chips were the best I've ever tasted. Out of curiosity, who cooked what?"

Brother Michael replies, "Well, I'm the fish friar." The man turns to the other brother and says, "Then you must be . . ."

"Yes, I'm afraid I'm the chip monk."

Chocolate Chip Cookie Delight



"This is a simple recipe for any type of potluck occasion, and the pan always comes home empty," says Diane Windley in Grace, Idaho.

5 Servings Prep: 35 min. + chilling

Ingredients

- 1 tube (16-1/2 ounces) refrigerated chocolate chip cookie dough
- 1 package (8 ounces) cream cheese, softened
- 1 cup confectioners' sugar
- 1 carton (12 ounces) frozen whipped topping, thawed, *divided*
- 3 cups cold 2% milk
- 1 package (3.9 ounces) instant chocolate pudding mix
- 1 package (3.4 ounces) instant vanilla pudding mix
- Chopped nuts and chocolate curls, optional

Directions

- Let cookie dough stand at room temperature for 5-10 minutes to soften. Press into an ungreased 13-in. x 9-in. baking pan. Bake at 350° for 14-16 minutes or until golden brown. Cool on a wire rack.
- In a large bowl, beat cream cheese and confectioners' sugar until smooth. Fold in 1-3/4 cups whipped topping. Spread over crust.
- In a large bowl, whisk milk and pudding mixes for 2 minutes. Spread over cream cheese layer. Top with remaining whipped topping. Sprinkle with nuts and chocolate curls if desired. → I put heath bits on top too.
- Cover and refrigerate for 8 hours or overnight until firm. Yield: 15 servings.



Free online learning at
www.episcopalfoundation.org

You'll see a lot of free (or cheap) classes such as

- Vital Vestries
- Financial Planning
- Organizing Workshops at your Parish
- Transformational Lay Leadership: Beyond the Baptismal Covenant

3 I put heath bits in this mixture