

# ST. MARY'S MESSENGER

LAMPASAS, TEXAS \* FEBRUARY 2012

## From the Rector's Study...

Lent is just around the corner. It is a time, as always, where we seek to simplify our lives as we strive to come closer to God. In one sense Lent is not different than any other season of the church in that our "work" as Christians is always to draw closer to God. Lent gives us some additional structure in our God seeking.

One of the aspects of Lent is that of fasting, the giving up of something that for us will be a sacrifice. Fasting is one of the ancient spiritual disciplines of the church. In fact, fasting goes all the way back to where we, as a faith community, came from, namely the People of the Covenant, our Jewish faith ancestors. We know what the spiritual disciplines are but do we follow them? Or do we know what they are and why they are important?

...continued on page 2



## Youth Group Knitters

Our youth group is always up to something! They can be found attending tutoring sessions, visiting nursing homes, filling up at our Parish Potluck Wednesdays, washing cars, dancing at Relay for Life - and KNITTING! (I'm a bit jealous

since knitting is one craft that I have never managed to master...). Whatever they do, they do it with gusto, and laughter, and love...our Youth Group is a great example of living the Word with energy and enthusiasm. You Girls ROCK!



Be sure to extend a warm welcome to MELODY BOLLINGER! Melody recently moved here from California. She is funny, smart, outgoing, and wants to get involved.



Our daughter, Louise, and her kids (Camille and Jeremiah) recently relocated to the Houston area as a result of a great job offer. Can you tell how happy Camille is?



The calendar might say "winter", but around here it looks more like spring! Kathleen Woodby says her broccoli and spinach are doing well. (We still need to rototill...!)



That will be our theme on Wednesday Nights during Lent - the spiritual disciplines. Spiritual disciplines, those practices that have nurtured Christians throughout the centuries of our existence are as important and vital today as they always have been. But often we say that our lives are too busy, too full, too hectic and overscheduled to add anything else, especially if we have decided to not do something in order to engage in one of the disciplines. Life is about finding balance and life is about our connection to God. Sometimes in order to find that balance we have to stop and take stock of where we are and of where we really need to be.

On Ash Wednesday, on behalf of the church, I will invite us to the observance of a Holy Lent. In that invitation we are called to the practice of the disciplines of the church. So I invite you to our Lenten Wednesday Night program on the spiritual disciplines. We will gather for worship in the nave of St. Mary's at 6:00 PM followed by a soup and salad meal at 6:30 and

## THE BIBLE CHALLENGE



✧ *Take time to read the Bible for 15 or 30 minutes each day. It will transform your lives, your marriages and your families. It will help you be a better parent, spouse, neighbor, Christian, worker and citizen.*

*It will help keep your head and your heart in the right place and prepare you for eternity with God. I hope that you will accept the Bible challenge as together we seek to lead more ethical lives.*

*With warmest regards,*

The Rev. Marek P. Zabriskie

**GREAT free app -**  
Bible on your phone:  
YOUVERSION



website: <http://thecenterforbiblicalstudies.org/bible-challenge-invitation/welcome> and reading schedule: <http://thecenterforbiblicalstudies.org/read->

then our program from 7:00 to 8:00. This is a great time to invite someone new to come and see what we are about and to learn about the spiritual disciplines. If they are going to church somewhere else, that doesn't matter; they might not have a Wednesday Night program. It is also a great time to invite someone back that you have not seen in church from some time.

So come and see and let's learn together.

Peace,

*Fr. Reid*

## RELAY FOR LIFE 2012: "HOLY COWS"



One way that St. Mary's spreads the light of Christ is by participating in our church's Relay for Life efforts. This year our team are "Holy Cows"



We have lots of great fundraisers planned...if you want to buy a luminaria to honor a survivor or remember a loved one, let us know (\$5). Donations always appreciated (made payable to American Cancer Society).

**Mary Halvorson**  
**Bill Archie**  
**Sharon Archie**  
**Bonilee Garrett**  
**Mary Raring-Hart**  
**Amy Campbell**  
**Sherry McBride**

**Current  
Team  
Members**

**Come and Join Us**  
**March 23 at LMS**  
**Track - 6pm**

# Jack Newsom wired our church (and got a black eye for his efforts!)

Jack writes: "As I recall, for the most part, the Sid Weaser funeral service was a lovely tribute with one exception - the wireless microphone system.

"The system used up until recently was the GemSound



wireless mic system used during the service; it was really more suited for wanna-be garage bands.

It was an artifact from the days when contingency plans were being made to provide audio feed to the Parish Hall in the event that there was an overflow attendance at Fr. Leffy's funeral.

Try as I might at that point in history I could not find what I thought was a wireless solution that would be reliable and still not be cause for declaring bankruptcy. At that point we had two options: lease the necessary equipment from Heart of Texas Music in Austin, or have Reid Schaub run a wire to the Parish Hall. Miraculously, a young man, who frequently wore a black trench coat and at one time served on the Vestry, brought in the GemSound wireless mic system. This is what we used at Sid Weaser's service.

"Recent events indicated that it was time to re-visit available technology upgrades. We still had the same need: providing a reliable wireless feed to the

Parish Hall without incurring a major expense. The solution came in the form of an Applied Wireless transmitter and receiver for around \$450 with a range of 750 feet.



Sample of Applied Wireless transmitter

## SYSTEM OPERATION

During a service requiring audio feed into the Parish Hall, Fr. Reid will wear a Nady wireless mic.



Sample of Nady Wireless Mic

The lay reader's lectern will also have a mic clipped to the reading surface. Two additional mics will pick up ambient sound: one is located at the northwest corner of the choir loft behind the lattice work at the top, while the other is located in the southwest corner of the Sacristy behind lattice work at the top of that respective partition. All four of these mics are fed into a mixer which will be connected to the Applied Wireless transmitter. *(Mary adds: "when Jack was installing these additional mics, the hammer head fell off the handle and hit Jack in the eye - making*

*him look more like Jack Demsey than Jack Newsom!)*

In the Parish Hall, the Applied Wireless receiver will be connected to the Sony stereo set now being used to amplify the digital hymnal.

At this point I am awaiting disposition of the pews in the choir loft so I may begin to design an enclosure for the sanctuary equipment end of the Parish Hall audio feed.

## FUTURE DIGITAL HYMNAL AMPLIFICATION

The digital hymnal as well as the audio CD player will be connected to another mixer. The output will go to a Crown XLS 1000 amplifier, the same one I am using in my project organ sound system.

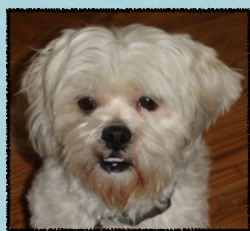


Sample Crown XLS 1000 Amplifier

This will obviate the necessity of having push buttons on the Sony stereo set to determine what will come out of the speakers. In addition, this reshuffling of equipment will take a large portion of the work load off of the Sony stereo set which is almost as old as our organ.



## WELCOME



**Name:** Kibble

**Age:** 4 years

**Sex:** Male

**Proud Parents:** Jim & Mary Halvorson

**Background:** Kibble is a "rescue dog" that Jim and Mary recently got in San Antonio. He reminds them of their other dogs, Ole and Lena. Jim and Mary are VERY happy to have Kibble!

**Breed:** Lhaso Apso (originally bred to act as "inside guard dogs" for Tibetan Buddhists.)

## ADULT SUNDAY SCHOOL

MIKEY SAYS, "TRY IT - YOU'LL LIKE IT!"

It's well attended - and everything is supplied (all you have to bring is YOU!). Good, interesting discussions over a biblical selection. This class is not presented as a "lecture" format - but instead employs the "divine reading" format of read, process, pray, and discuss (lectio, meditatio, oratio, and contemplatio). Last week we examined Psalm 111. I learned a lot - enjoyed hearing what other people had to say.

**WHEN:** Every Sunday at 9am

**WHERE:** Hirst House

## Mark your Calendar!

### ECW Meeting

Sunday, February 4

Parish Hall

9am

#### Agenda (so far):

- \* UTO
- \* Spring Luncheon
- \* Shrove Tuesday dinner
- \* Crafts



## Want a good laugh?

### LENTEN MADNESS

[WWW.LENTENMADNESS.ORG](http://WWW.LENTENMADNESS.ORG)

32 SAINTS BATTLE IT OUT FOR THE "GOLDEN HALO". YOU CHOOSE THE BRACKETS...

There's a [facebook page](#) to like. There's even [widgets](#) to add to your blog or website. On the [website](#) you can also sign up for email updates.



## CAMP ALLEN 2012 EVENTS

### ABUNDANT LIVING

Explore aging as a spiritual journey - grow mentally, socially and creatively.  
February 27-29

### BIRDS & BLOOMS

Attend presentations led by experts and enjoy nature first-hand through hikes.  
March 24-25

### STARRY NIGHTS AUSTIN

Kick up your heels hill country style as we raise funds for Camp Allen youth programs.  
May 10

### BISHOP'S FAMILY MUSIC FESTIVAL

Enjoy music performances and a variety of outdoor activities for the whole family.  
May 18-20

### SUMMER CAMP FOR MOMS

A weekend of renewal, adventure, and relaxation for moms of all ages.  
July 20-22

### LABOR DAY FAMILY CAMP

An adventure and entertainment packed weekend for the whole family.  
August 31-September 2

### FISHERS OF MEN

Overnight retreat full of fly fishing workshops and pastoral fellowship for men.  
September 14-15

### GRAMPS CAMP

Explore the camp's many activities through your grandchild's eyes.  
September 21-22

### STARRY NIGHTS HOUSTON

A boot-scootin' fundraiser at the Junior League benefiting Camp Allen.  
October 11

### C.S. LEWIS RETREAT

Study the works of C.S. Lewis while sharpening your writing skills at the joint Writer's Workshop.  
November 8-11

### HOLIDAY IN THE PINES

An activity filled retreat to help families reflect on the reason for the season.  
December 7-9

To learn more, call: 866-334-CAMP or visit us at: [CAMPALLEN.ORG](http://CAMPALLEN.ORG)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>29</div> <div>8am - Holy Eucharist</div> <div>8:45am - Christian</div> <div>9:45am - Godly Play</div> <div>10am - Holy</div>	<div>30</div>	<div>31</div> <div>10:30am - Eucharist,</div> <div>5pm - Brownies</div> <div>7pm - AA/Al Anon</div>	<div>1</div> <div>5:30pm - EYG</div> <div>6:30pm - Pot Luck</div>	<div>2</div> <div>Groundhog Day</div> <div>6:30pm - His Kids</div> <div>7pm - AA</div>	<div>3</div> <div>Rector's Day Off</div>	<div>4</div>
<div>5</div> <div>8am - Holy Eucharist</div> <div>8:45am - Christian</div> <div>9:45am - Godly Play</div> <div>10am - Holy</div>	<div>6</div>	<div>7</div> <div>10:30am - Eucharist,</div> <div>5pm - Brownies</div> <div>7pm - AA/Al Anon</div>	<div>8</div> <div>5:30pm - EYG</div> <div>6:30pm - Vestry</div>	<div>9</div> <div>6:30pm - His Kids</div> <div>7pm - AA</div>	<div>10</div> <div>Diocesan Council in</div> <div>Rector's Day Off</div>	<div>11</div> <div>Diocesan Council in</div>
<div>12</div> <div>Lincoln's Birthday</div> <div>8am - Holy Eucharist</div> <div>8:45am - Christian</div> <div>9:45am - Godly Play</div> <div>10am - Holy</div> <div>1:30pm - Knitting</div> <div>3:30pm - Adult Bible</div>	<div>13</div>	<div>14</div> <div>Valentine's Day</div> <div>10:30am - Eucharist,</div> <div>5pm - Brownies</div> <div>7pm - AA/Al Anon</div>	<div>15</div> <div>5:30pm - EYG</div>	<div>16</div> <div>6:30pm - His Kids</div> <div>7pm - AA</div>	<div>17</div> <div>Rector's Day Off</div>	<div>18</div>
<div>19</div> <div>8am - Holy Eucharist</div> <div>8:45am - Christian</div> <div>9:45am - Godly Play</div> <div>10am - Holy</div>	<div>20</div> <div>Presidents Day</div>	<div>21</div> <div>10:30am - Eucharist,</div> <div>5pm - Brownies</div> <div>5pm - Pancake</div> <div>7pm - AA/Al Anon</div>	<div>22</div> <div>7am - Disposition of</div> <div>5:30pm - EYG</div> <div>6:30pm - Disposition</div>	<div>23</div> <div>6:30pm - His Kids</div> <div>7pm - AA</div>	<div>24</div> <div>Rector's Day Off</div>	<div>25</div>
<div>26</div> <div>8am - Holy Eucharist</div> <div>8:45am - Christian</div> <div>9:45am - Godly Play</div> <div>10am - Holy</div> <div>1:30pm - Knitting</div> <div>3:30pm - Adult Bible</div>	<div>27</div> <div>5:30pm - His Kids</div>	<div>28</div> <div>10:30am - Eucharist,</div> <div>5pm - Brownies</div> <div>7pm - AA/Al Anon</div>	<div>29</div> <div>5:30pm - EYG</div> <div>6:30pm - Lenten</div>	<div>1</div> <div>6:30pm - His Kids</div> <div>7pm - AA</div>	<div>2</div> <div>Rector's Day Off</div>	<div>3</div>

## A bit of everything....



### When Kids of Divorce Say, "Dad lets me."

#### Love and Logic® Experts

Fortunately, kids who go back and forth between Mom's house and Dad's can grow into healthy adults...if their divorced parents can avoid getting sucked into the trap of trying to control what they can't.

Far too often divorced parents waste tremendous amounts of energy...and create unnecessary tension...by trying to control the "ex."

Since kids are designed to test the security of limits, they often feed right into this trap by saying things like, "Dad lets me."

Smart parents know that kids are capable of adjusting to different styles of parenting, and that children will eventually...as adults...come to respect the parent who is the healthiest.

When their child says something like, "Mom gives me candy before dinner," these wise parents don't call their ex and accuse. They don't complain about their ex in front of the child. They don't get angry. They just smile and answer, "You noticed that your parents are different. I allow dessert after dinner."

Dr. Charles Fay  
[www.loveandlogic.com](http://www.loveandlogic.com)

### VALENTINE DAY HISTORY

*St Valentine was persecuted as a Christian and interrogated by Roman Emperor Claudius II in person. Claudius was impressed by Valentine and had a discussion with him, attempting to get him to convert to Roman paganism in order to save his life. Valentine refused and tried to convert*

*Claudius to Christianity instead. Because of this, he was executed. Before his execution, he is reported to have performed a miracle by healing the blind daughter of his jailer.*

*Since Legenda Aurea still provided no connections whatsoever with sentimental love, appropriate lore has been embroidered in modern times to portray Valentine as a priest who refused an unattested law attributed to Roman Emperor Claudius II, allegedly ordering that young men remain single. The Emperor supposedly did this to grow his army, believing that married men did not make for good soldiers. The priest Valentine, however, secretly performed marriage ceremonies for young men. When Claudius found out about this, he had Valentine arrested and thrown in jail.*

(WIKIPEDIA)

### FEB 1 POTLUCK SUPPER REPORT

Ton reports that the Wednesday Night potluck was **GREAT!** Lots of people showed up. The food was delicious and the guest speaker, **David Titus**, was **REALLY** interesting! Mr. Titus is part of the Gideon Organization (you know - the people who put bibles in hotels). St. Mary's learned that the Gideons have translated

the bible into **94** different languages, and have managed to place their bibles in over **190** countries! The Gideons place bibles in hotels, prisons, hospitals, and schools. Each bible costs about \$5 to print. **Donations are appreciated.** If you are interested in finding out more (or sending a donation) go to:

[WWW.GIDEONS.ORG](http://WWW.GIDEONS.ORG)

### CARA NICHOLS

#### \* \* COLLEGE NEWS \* \*

Cara Nichols (wonderful daughter of Janna and Richard Hammett) has been accepted to SW Texas State (in North Texas). She is still waiting (and wants your prayers and support) to hear from her #1 pick - **UT Austin**. Apparently **UT** will send out acceptance letters around March 1, so keep Cara in your prayers. Cara wants to study political communication and political science. *You Go Girl!*

### Ara Van Winkle

Recuperating at Spring Oaks Nursing Home - stop in and say HI! We miss you, Ara! Get better soon...



## HIS KIDS

by Libby Bluntzer

We met on Monday, January 23rd at Grace Fellowship Church (The Holiday House is being renovated). Over 63 kids lined up to grab Sloppy Joes. The kids were charged with life - we saw lots of smiles. Big R has amazing rapport with HIS KIDS - all he had to do was say one word and the wildest crowd in was in his control - we can only wish for that ability to communicate!

Our monthly devotions with these children are a blessing. Reid and I share this time and I can honestly say that when I speak I am aware that God is behind my words. My teacher soul comes out and I can embrace the lesson as I look over their precious faces and see understanding. It is such a gift to be able to serve them.

As you may have heard the Diocese is allowing us to use the time and monies that we spend at HIS KIDS as part of our community giving. As a result, please tell us if/when you volunteer your time or bring a food item. The easiest way

to do this is to record your contribution on the Volunteer Chart that is located in the Parish Hall. Everyone's participation will benefit us with our giving.....*thanks*.

Linda, Reid, Marie, and I have been the constant servers at HIS KIDS - and we would LOVE for you to join us! It doesn't take much time - only an hour or so every 4th Monday of each month. I promise that you won't be disappointed when you see the kids' happy faces. It's a wonderful way to start your week.

### GODLY PLAY needs **KIDS**

Godly Play is fun and educational. We've moved the time to 10:00 service in order to better accommodate families who don't want to stay for two hours on Sunday morning.

We're also considering a pickup service to help parents out. Please help us round up children who want to come and we'll figure out a way to get them here. We haven't had any children for the past three Sundays, but our teachers continue to prepare lessons. If you have any ideas or suggestions, please let us know. *Thank you!*

### MARY HALVORSON WRITES: CRAFT DAY AT ST. MARY'S - COME AND HAVE SOME FUN!!

Ladies! It is finally here – two days for all of us to get together for fun and fellowship while supporting two great causes. All monies from this craft project will go to **St. Mary's Relay For Life Team** and **The ECW** at St Mary's Episcopal Church. We will meet at the parish hall on 4 February 2012 and 11 Feb 2012.

Our project for these two Saturdays is **APRONS!** You will need to buy 2 yards of fabric (4 yards if you are going to make a reversible apron), and matching thread – one or two spools. If you have a portable sewing machine, bring that too. Of course bring dress making sheers and straight pins. I have three patterns you may choose from, or bring your own. (Regardless of the patterns, our aprons will have ties at the neck and waist. They will fit the largest number of body shapes that way.) We will pin on the patterns and cut the aprons out. You may take them home to sew or sew at the Parish Hall. If you only want to pin and cut – great! Someone else will gladly finish your apron at another date.

I will bring 3 patterns, so you may see what the finished project will look like. If you want to add ruffles, bring more fabric. You may add pockets or leave them off - use your imagination. Heavier fabric or broadcloth is the easiest to work with. Stripes are difficult, so if you have not sewed much don't buy stripes. I checked at Wal-Mart in Lampasas and they have a Pink fabric with pink ribbons and a brown fabric with the same pattern. Look in the quilting fabrics next to the main aisle. You may use solids or prints – whatever catches your eye. Any left over fabric can be used for another project.

## FROM PAT CANTU'S KITCHEN...

### Beverly's Candied Pecans (or Almonds)

Pour this mixture over 4-5 cups pecan halves and mix until coated:

- 1 egg white
- 1 Tbs white corn syrup
- ½ tsp vanilla

Mix these ingredients in a separate bowl:

- 1 cup sugar                      ¼ - ½ tsp salt
- ½ tsp nutmeg                      ½ tsp ground cloves
- ½ tsp allspice                      ½ tsp cinnamon



Next, place the pecans on a cookie sheet and cover pecans with aluminum foil. Bake them in a 300 degree oven for 15 minutes, then stir and cook them for another 15 minutes. Remove from oven, cool - and *ENJOY!*

## TRIPLE R RECYCLING SUPPORTS ST. MARY'S EPISCOPAL CHURCH GENERAL FUND!!

1500 FM 580, Lampasas

(telephone 556-8132)

Take your recycled items to Triple R and tell them you want the proceeds to benefit St. Mary's Episcopal Church's general operating fund. Triple R delivers the proceeds for items received on the 1st business day of the following month. This is a wonderful project for us, though it might seem like a small thing.

***It's EASY!*** All you need to do is to tell them when you drop off items that you would like the proceeds to go to St. Mary's Episcopal Church (be sure to specify Episcopal since there are 2 St. Mary's in Lampasas). **Items accepted for recycling include paper, plastic, #1 & #2 water bottles with no lids, tin cans and aluminum cans.** Aluminum cans must be separate from tin cans.

When we offer what we have, God multiplies our gifts. What might be your small offering today?"



**#1 - PET or PETE:** soda bottles, water bottles, juice bottles - REMOVE LIDS



**#2 - HDPE:** milk jugs, detergent and shampoo bottles - REMOVE LIDS



**WILL ALSO RECYCLE** - but separate: tin cans, aluminum cans, newspaper, cardboard



## THE COLUMBARIUM

The Columbarium's front section will soon be finished which means 39 niches are available for purchasing. We are within \$125 or so dollars of completely having all sections paid for. As you may know, St. Mary's did not fund any money as the sale of niches and a few donations have been responsible for carrying the full payment. Thank you for the money support and the caring way in which the entire St. Mary's community embraced this idea. If you are considering the purchase of a niche, or want to discuss the possibility of purchasing one, please contact Father Reid, Kathleen Woodby or Libby Bluntzer and we'll be more than happy to answer any questions.



**Want to Get Involved?** **MAKE FRIENDS?** *Learn a New Skill?*

*Then...* ***VOLUNTEER!***

We are writing the book about volunteerism. St. Mary's has a wonderfully kind and generous community. We energetically take on new projects, and continue to work on old projects. We have FUN! We are (for our size) very active - especially if it has to do with food.....we do food *good* !



Take a look at our volunteer board! It already has some terrific ideas and we're looking for more. If you signed up for the committee we'll probably meet this month to bat around ideas and get organized, HAH!

It may be that we take on only a few projects this year - or maybe we'll go totally hogwild and do a new project each month. Keep thinking of ideas, write them down, discuss them with committee members and don't be afraid to volunteer to head up your idea. We won't work you to death... **PROMISE.**

Watch the board and listen for the first great idea to be tried.....

*Libby Bluntzer*