

St. Mary's Messenger

MARCH 2011

501 SOUTH CHESTNUT, LAMPASAS TX 76550

ISSUE TWO



*Come join us
for worship,
service, and
fun!*

Our Book of Common Prayer invites us to incorporate silence into our Sunday celebration. This is done so that we might ponder in our hearts, in silence, that which we have heard and seen, from reading the word to breaking the bread. This seems to me a good thing to consider as we approach the season of Lent.

The 19th Chapter of 1 Kings tells the story of Elijah fleeing to Mt. Horeb to escape death. In that story we are reminded that God is not heard in the "...great and powerful wind..." nor in the earthquake..." or "...fire..." No, not in any of these but in the deep silence that followed them because we are told that Elijah heard the voice of God as a "...gentle whisper..." Even Jesus would go away to a quiet place in order to listen for the voice of God. We too must move from speech into silence if we are to hear the voice of God.

Lent is a time in the life of the church when we step back and consider our relationship with God in a deeper more intentional way. It is a time to listen, a time to confess, and a time to be silent. It is also a time when we might strive to simplify our over-extended, over-scheduled, over-burdened lives. This is easy to say and really hard to do.

During the five Wednesdays of Lent we will explore prayer. From what is and is not to our corporate life of liturgical prayer. We will experience sound and we will experience silence. And, I trust, that we will experience the presence of God. We will begin our evenings together with worship in the church. Then we will share a simple meal together of soup, salad, and bread. When we have fed our souls with worship and bodies with food we will again engage our inner self with an exploration of prayer.

There is sign-up sheet in the Parish Hall for the meals. We would like to have a vegetarian and non-vegetarian soup each week, so that those who might decide to "give up" meat for Lent will have an option.

Silence is not always easy but it is always instructive. It is in silence were God speaks to us as God did to Elijah and to Jesus. It is not easy because it is uncomfortable to hear the voice of God speaking to us which is also why it is instructive.

May God bless as we move into the introspective Season of Lent.

Peace,

Fr. Reid

This newsletter is only as good as you make it! Please share articles, ideas, pictures, events, news, and ideas with us. We'd love to hear from you! Our deadline is 20th of each month. Thanks!

Tom and Mary hart76550@gmail.com.



COPING WITH CHANGE

Whoever said the only constant in life is change itself sure knew what they were talking about! In looking back on my years on this earth, seems that about the time things start to get comfortable ...poof!...it changes. That goes all the way back to having to leave my first grade teacher, Mrs. Kent, to go into second grade. Bet you can remember crying at leaving your first grade teacher just as I can.

Seems there are basically two types of change....proactive: those changes we initiate on our own such as losing weight, exercising more, stopping smoking....and reactive: those changes that are forced on us such as losing someone we love through death or divorce, losing a job, children growing up and leaving home....or maybe adult children leaving home and returning again! Either way, change creates the need for us to do something different in our lives, and that can create many emotions and much stress

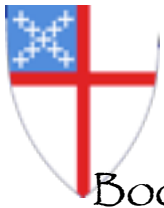
Change is hard. Real hard. Our inclination is to stay in our comfort zone. To step out of it is to become vulnerable. Think about that word "vulnerable".....defined for the purposes here as "open to physical or emotional harm". Doesn't matter if we are undertaking change because we want to or because we have to, we become "open to physical or emotional harm". If you step outside your friendship group, you risk being rejected.....of course, you also might make a new friend. If you try a new activity, you risk failing or not being "good" at it...of course, you also are learning new skills even if you aren't the "best". If you risk offering your name as a leader for an elected position, you might "lose"; but you still "win" because you let it be known you care about the cause.

Change is scary. I find that people often believe that they are "the only ones" ever to feel whatever they may feel in coping with the changes in their lives; and they are amazed when they find that others have similar feelings. Talk to others; listen to others; get your feelings out. Keep a journal. Find support groups, and if they don't exist, start one.

Change can seem impossible. In relationships, be it husband/wife, siblings, parent/child, employer/employee, friendships, it is easy to become stuck in the dynamics of a relationship even when "stuck" means being unhappy. None of us can change anyone else. But, it is amazing to see what can happen when one person changes what he/she is doing. Communicate; refuse to be the scapegoat. Remember, though, that good communication is not blaming or attacking. Simply state your position by using three statements: "I feel....."; "when you....."; "could you instead.....". Change YOUR way of interacting with that person.

We often can look back at situations when change was forced on us as being able to realize "if that hadn't happened, then "this" wouldn't have happened"...the "this" many times being something good. It might be that the loss of a boyfriend/girlfriend led to meeting the love of your life; the loss of a job led to positives of going back to school or obtaining more training to get an even better job. When a forced change seems devastating, remember the old expression "one door closes so another can open", and look for that "open door".

Rather than just looking at change as being hard, impossible, scary....also look at change as GROWING as an individual. Make a list of some changes you want in your own life.....face your fears, communicate with others, and get started!



What is the Book of Common Prayer?

When King Henry VIII separated the Church of England from the authority of the Roman Catholic Church by the Act of Supremacy in 1534 it became necessary to revise the Church's worship to reflect the change.

The King told Archbishop Thomas Cranmer that he wanted all service books "newly examined, corrected, reformed, and castigated, from all manner of mention of the Bishop of Rome's name, from all apocryphas, feigned legends, superstitions, orations, collects, versicles, and responses that the names and memories of all saints which be not mentioned in the Scripture or authentic doctors should be abolished and put out of the same books and calendars, and that the service should be made out of the Scripture and other authentic doctors."

In 1544 Cranmer was ordered to prepare a general supplication "in our native English tongue," to be "continually from henceforth said and sung in all churches of our realm with such reverence and devotion as appertaineth." A new "Order of the Communion" passed Parliament in 1548, and the next year's Parliament's "Act of Uniformity of Service and Administration of the Sacraments throughout the Realm" established

"The Book of Common Prayer, Administration of the Sacraments, and other rites and ceremonies of the Church, after the Use of the Church of England" as the official worship book for the Church.

The 1549 edition went through revisions in 1552 and 1559 before its present authorized form, the 1662 version, was finalized. It remains the official Book of Common Prayer for the Church of England.

Churches that trace their origin to the Church of England have usually revised and produced Prayer Books of their own to reflect their own national circumstances. The U.S. Episcopal Church separated from the Church of England in 1789 and published its first Book of Common Prayer, based on both the English and the Scottish prayer books. Through constitutional revisions to the American book have only been made in 1892, 1928, and 1979.

Each revision saw its own degree of controversy and opposition, although as Cranmer himself said in the preface to the original: "There was never anything by the wit of man so well devised, or so sure established, which in continuance of time hath not been corrupted."

(The Episcopal Handbook 2008, pp. 38-39)

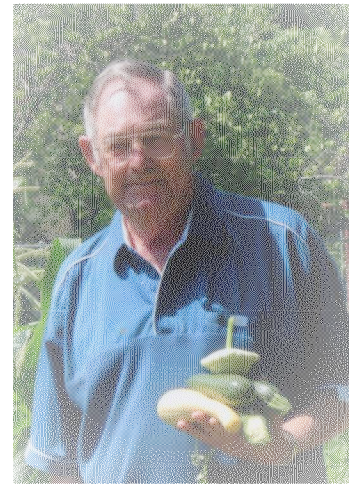


Happy Gardening!

by Phil Brown

FERTILIZERS

Cow Manure – I consider cow manure (when properly mixed with your garden soil mixture) to be the very best fertilizer you can use. It has trace elements that supply the soil for years. Up until last year, most nursery retailers stocked 40 lb bags of cow manure for less than \$1 per bag. Last year and again this year, it disappeared from the nurseries altogether. They didn't know why. Some now carry a "mixture" of humus plus cow manure, but the ratio of cow manure is usually only 10%. Still, it's a good product to use in your garden soil mix.



Granulated/pelletized – The cost of granulated fertilizer has increased significantly in the last 3 years. Three years ago Wal-Mart sold a 40 lb bag of 13-13-13- garden fertilizer for \$6. This year it's a 33 lb bag for \$15. Gardening books and references usually tell you not only the proper mix for each vegetable you plant, but also how much to use per row. If a certain vegetable calls for say a 3-1-2 mix, you'll get good results if that is what you use.

Plant Foods – More and more companies are now offering powdered plant foods in various numerical mixes, and producing mixes specifically for certain crops, such as tomatoes, acid loving plants, etc. I have used these products with some success.

Chicken Manure – Is still available in some local nurseries. It's very good, but you have to be extremely careful as it is "hot" (powerful). It's like a popular hair dressing used to advertise "a little dab will do you".

Epsom Salts – Yes, Epsom salts. You'll find it at Wal-Mart in the Pharmacy. It's cheap, but as a fertilizer, it's one of the best kept secrets in the world. I mix in just a teaspoon in the bottom of each of my tomato holes, and if you drop by my house around the middle of June, you'll see my tomato vines over 8' tall. The mixing instructions for use as a fertilizer are right on the bag.

Soil Preparation – Soil preparation is probably the single most mistake most home gardeners make. You can fertilize and water all summer long, but if you plant in poor soil, you will have poor results, period. Local nurseries carry a variety of soil amendments such as sand, mulch, humus, potting soil, peat moss, etc. Neil Sperry's book listed in the reference tells you exactly how to mix it.....enough said!!

SEED CATALOGS

Seed catalog nurseries must share customer information between them! Last year I ordered from 2 seed catalogs, and this year I got 13 catalogs in the mail. Most have special buys and 2 of them (Gurney's and Henry Fields) offers \$25 worth of products free if you buy \$25 worth. Here are my favorites. They will send you a free catalog if you contact them.

Burpee Gardening, Warminster, PA, 800-888-1447 – HYPERLINK "<http://www.burpee.com>" www.burpee.com

Park Seed Co, Greenwood, SC, 800-845-3369 – HYPERLINK "<http://www.parkseed.com>" www.parkseed.com

Gurney's Seed & Nursery Co, Greendale, IN 513-354-1492 – HYPERLINK "<http://www.gurneys.com>" www.gurneys.com

Henry Fields Seed & Nursery Co, Aurora, IN, 513-354-1494 – HYPERLINK "<http://www.henryfields.com>" www.henryfields.com

REFERENCES

Virtually everything I've learned about gardening is from the below listed references. If you obtain them, you will quickly know how to grow the finest garden in Lampasas. So, instead of trying to explain to you how I do it, let me tell you about these references and what they do for you.

Neil Sperry's *Complete Guide to TEXAS GARDENING*, Taylor Publishing Company, 1550 West Mockingbird Lane, Dallas, TX 75235. Neil is a native Texan who attended Texas A&M and has two degrees in horticulture from Ohio State. He served as a specialist for the Texas Agriculture Extension Service for 7 years. This book is my gardening bible. It's only about Texas, but it covers everything, from the beginnings, planning your landscape, trees for Texas, shrubs, vines, groundcovers, lawns, annuals, perennials, fruits and nuts, and vegetable gardening. It tells you what pests feed on various plants and how to treat them.

Carrots Love Tomatoes; by Louise Riotte. A garden Way Publishing Book that you can order online. It contains the secrets of companion planting. Have you ever had.... say lovely squash one year and they flop the next? Could be you planted them too close to something they didn't like. This little book not only tells you what plants do well near one another, but why they help one another, and what happens if they're near one they don't like. For example, did you know that if you put cigarette ashes around your squash seed when you plant them, squash bugs won't bother them? Did you know that if you plant green beans near any of the onion family (onions, garlic, and shallots) they'll flop? Did you know that you can dust plants with common Diatomaceous Earth (DE); it gives effective control for the gypsy moth, codling moth, pink boll weevil, lygus bug, twig borer, thrip, mites, earwigs, cockroach, slugs, mosquitoes, snails, nematodes, all flies, corn worm, tomato hornworm, mildew and more!! Mixed into the soil it kills grub worms; but it is harmless to humans and to earthworms. You can buy DE cheaply at Wal-Mart or any store that stocks swimming pool supplies. It's commonly used in swimming pool filters. When Fr. Webb was our supply priest, I found out they were gardeners, especially his wife Victoria. We gave her a copy of this book and they took it on vacation with them. She read it aloud while they drove, said she could not put it down, and said it was the most helpful and interesting book she had ever read.

Old Farmer's Almanac, by Robert Thomas (Around \$6 at the Wal-Mart Gardening Center). This is a book you will want to buy every year. It's not only important to know soil preparation, but also WHEN to plant. It's generally known that you plant above ground crops from the New Moon till the Full Moon and root crops from the Full Moon to the New Moon; but the almanac tells you the exact days that are VERY BEST days for most crops. It also gives interesting information on astronomy and astrology and a host of other subjects.

Need Help? I'd be glad to share any and everything I know with anyone on virtually any gardening topic. If you have questions or input, please contact me at 556-4973 or email HYPERLINK "<mailto:p-abrown@sbcglobal.net>" p-abrown@sbcglobal.net.

TRASH PICK-UP: 28 bags of trash and 3 tires = FUN
5 people

Next "party" date is April 2. Mark your calendar - we will BBQ hamburgers, brats, and sausage afterwards at the church.

RELAY FOR LIFE Help out by purchasing jewelry, buying \$5 luminarias (to honor survivor or remember loved one. \$1-2 Angels also for sale (great gifts or shelf decoration). Team and donation info in the Social Hall or online at http://main.acsevents.org/site/TR/RelayForLife/RFLFY11PL?team_id=869130&pg=team&fr_id=32591

Read It!

• Bishop Doyle's February Sermon (I've read it 4 times and gotten something different each time!) Link: <http://texasbishop.blogspot.com/>

• **Eat, Pray, Love** is really great nonfiction! After surviving a painful divorce Elizabeth Gilbert takes a year sabbatical. She visits 3 different places (Italy, India, and Indonesia) where she mends her body, soul, and heart.

• Anything by Larry McMurtry! Cowboys, history, romance - he packs it all in.

Step Up - St Mary's Wants YOU!

Make some new friends (or resurrect some old ones), have fun, and get stars on your crown at the same time. Join one of these fun ministries at St. Mary's!

Acolytes: Calling all kids! You get to wear cool clothes, help Fr. Reid, and feel important on Sundays. Contact the Director (Phil Brown) or the office. **Altar Guild:** sets up the church, handles the flowers, and makes St. Mary's look (and *smell*) good! Sue Zane Faulkner can hook you up! **ECW:** calling all St. Mary's women who like to laugh! Fay Mullins and Kathleen Woodby are "it"!

Eucharistic Ministers: Help Fr. Reid with communion and read the scripture. Contact Fr. Reid. **Lay Eucharistic Visitors:** This important post is for people who like to bring Christ to the sick and shut-in. See Fr. Reid for details. **Music:** Boy, do these guys carry a tune! Richard Hammett is your man. "Hummers" are welcomed.

OutReach: support Lampasas in 6 different ways. Check with the church for more info. **Ushers:** Like to press the flesh and smile? This PR job is for you! Call the office)

Trivia: Ash Wednesday

Ash Wednesday is the first day of Lent, the 40-day period (not including Sundays) of fasting and penance leading up to Easter.

Up until the 7th century, Lent began on the Sunday (Quadragesima Sunday) six weeks prior to Easter, but the four extra days were eventually added to parallel Jesus' 40 days of fasting in the wilderness. This year, Ash Wednesday falls on **March 9, 2011**.

Originally, the first day of Lent was the day on which public penitents at Rome began their penance. They were sprinkled with ashes, dressed in sackcloth, and required to remain apart from the community until Maundy Thursday (the Thursday before Easter).

As this practice fell into disuse between the 8th and 10th centuries, it was replaced by the general penance of the entire congregation. From at least as early as the 8th century, this day was known as *dies cinerum* (day of ashes). This reflects the central ritual of this holiday, the placing of ashes on the forehead to symbolize mourning and penitence.

This ritual continues in the Roman Catholic Church today. Anglican, Lutheran and some other Protestant churches also hold a special worship service on Ash Wednesday, but do not usually include the ritual of ashes on the forehead. In Eastern Orthodoxy, Lent begins on a Monday known as "Clean Monday."

The ashes used on Ash Wednesday are usually derived from burning the blessed palm branches left from the last Palm Sunday celebration. The ashes are blessed, sprinkled with holy water and fumigated with incense.

At some churches, believers wash the ashes off before leaving the church to symbolize that they have been cleansed of their sins; in other churches, participants leave the ashes on when they leave, thereby "carrying the cross out into the world."

In the Republic of Ireland, Ash Wednesday is National No Smoking Day.^{[13][14]} The date was chosen because quitting smoking ties in with giving up luxury for Lent.

(Wikipedia)

Libby's Page

A pastor was flying home after a church conference. The first warning of an approaching problem came when the sign on the airplane flashed on: *Fasten Your Seat Belts.*

After a while, a calm voice said, "We shall not serve beverages at this time as we are expecting a little turbulence. Please be sure your seat belt is fastened."

As the pastor looked around the aircraft, it became obvious that many of the passengers were becoming apprehensive.

Later, the voice on the intercom said, "We are so sorry that we are unable to serve the meal at this time. The turbulence is still ahead of us."

And then the storm broke. The ominous cracks of thunder could be heard even above the roar of the engines. Lightning lit up the darkening skies, and within moments that great plane was like a cork tossed around on a celestial ocean. One moment the airplane was lifted on terrific currents of air; the next, it dropped as if it were about to crash.

The pastor confessed that he shared the discomfort and fear of those around him. He said, "As I looked around the plane, I could see that nearly all the passengers were upset and alarmed. Some were praying. The future seemed ominous and many were wondering if they would make it through the storm. Then, I

suddenly saw a little girl. Apparently the storm meant nothing to her. She had tucked her feet beneath her as she sat on her seat; she was reading a book and everything within her small world was calm and orderly. Sometimes she closed her eyes, then she would read again; then she would straighten her legs, but worry and fear were not in her world. When the plane was being buffeted by the terrible storm when it lurched this way and that, as it rose and fell with frightening severity, when all the adults were scared half to death, that marvelous child was completely composed and unafraid."

The minister could hardly believe his eyes. It was not surprising therefore, that when the plane finally reached its destination and all the passengers were hurrying to disembark, our pastor lingered to speak to the girl whom he had watched for such a long time.

Having commented about the storm and the behavior of the plane, he asked why she had not been afraid. The child replied, "Cause my Daddy's the pilot, and he's taking me home."

There are many kinds of storms that buffet us. Physical, mental, financial, domestic, and many other storms can easily and quickly darken our skies and throw our plane into apparently uncontrollable movement. We have all known such times, and let us be honest and confess, it is much easier to be at rest when our

feet are on the ground than when we are being tossed about a darkened sky.

We must remember: ***Our Father is the Pilot. He is in control and taking us home. Don't worry!***

Columbarium Update

Libby has a great update, but unfortunately it's in a format that I cannot download. Please see her display in the Social Hall. (Sorry Libby!!)

I promise to send it out as an addendum to this newsletter!

CLASSIFIEDS

DRIVER Needed: We are seeking a caring and dependable person to transport our daughter to and from First Baptist PreSchool on Mondays, Wednesdays, and Fridays. Pick up/drop off times are 8:15am and 11:15am. Must have references, reliable transportation, clean driving record, and submit to a background check. We will provide a carseat and monthly compensation. Please contact KAREN TURNER at 512-786-6031 or kareneturner19@yahoo.com

ST MARY'S CHURCH MUGS

PERSONALIZE WITH YOUR NAME FOR \$7.50, ADD A PHOTO OR PHRASE FOR A LITTLE MORE. TOM OR MARY (556-1809) A PORTION OF PROCEEDS WILL GO TO ST. MARY'S

JOIN THE BACK PEW BOYS!!

It's fun, crazy, and you get to hang out with a lot of weird people who you'd otherwise try to avoid (HAH). Seriously, this group of Christian men (and women) support one another and the community.

Contact JR McBryde at

McBrydejohnr@yahoo.com

We're not sure if anyone likes the crossword puzzle or word-search. If so, let us know and we'll include it again.

Al Anon Meetings

Every Tuesday night at 8pm - Hirst House. Take care of yourself by coming to a meeting (*Open to friends and family of alcoholics*)

AA Meetings

Tuesday and Thursday nights from 8-9pm in the Social Hall. (Open to alcoholics).

FREE ADVERTISING!

Use this space to talk about an upcoming garage sale, fantastic cookies, or puppies that need a home. Need to borrow something, buy something, or trade? Give a "shout out" on St. Mary's Messenger! (Just indicate whether you want to trade, buy, sell, barter, or ??) Hopefully we'll be smart enough to be able to handle photos by

Check out the "Epicenter" website - it's pretty cool! It has blogs on a million different topics, pictures, calendar of events, news from other parishes, and discussions about current events. Website: <http://www.epicenter.org/edot/Default.asp>