

ALL SAINTS' BULLETIN  
The Monthly Newsletter of All Saints'

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February, 2018  
228-9242

[www.allsaintsthomasville.org](http://www.allsaintsthomasville.org)

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Dear Friends,

In February we start the season of Lent. This year Valentine's Day and Ash Wednesday coincide. Some will feel that there is an apparent tension between those days. Traditionally, Valentine's Day is a day for a special meal shared with the person you love most, but Ash Wednesday is a day for fasting.

So, what's to be done? That is a matter for a personal decision, but perhaps my alerting you to the tension will prompt a conversation or personal reflection that offers a spiritual benefit.

At first glance, food and Lent do not appear to mix well. Banning a favorite food or drink is the most common Lenten sacrifice. However, I read an article recently that started me thinking about how food and Lent might go very well together. I am the primary cook in our household and it caught my eye because it was addressed to the person in the household who prepares the family's meals. It was titled "Cooking and Lent" and it promoted the idea that cooking during Lent can become a worthy spiritual discipline, if done intentionally.

Here are three of its thoughts.

"Cooking as Prayer". Prayer is 'raising our minds and hearts to God' so almost anything we undertake can become a prayer if by it we 'raise our hearts and minds to God'. We are used to saying grace once the food is on the table and everyone is seated, but a prayer of thanks over the chopping board or the stove whispered by the cook for the ingredients of the meal and for those with whom we share our lives and our meals can transform kitchen drudgery into a joyful act of serving God and those we love. If someone who will be eating the food needs a special prayer this

too can be quietly offered up to God. I have never thought before about praying while I prepare the meal. I am usually just day dreaming, but here is a Lenten discipline that I think I am going to try and embrace.

“Cooking as Solidarity”. Lent was never designed to be a solitary activity. Traditionally the three disciplines of Lent are prayer, fasting, and almsgiving. The giving of alms is intended to redirect our usual selfish focus and therefore it draws us into fellowship with our fellow human beings. The suggestion is that while we prepare our meal we take time to think about others who will be cooking for their homes. Who do we know that, as they cook, will be carrying a heavy burden? What of the poor mother who knows that what she will cook will not be adequate? What of the sick mother who fears that she may not be able to continue this for very long? A moment of empathy amounts to almsgiving.

“Cooking as a Fast”. Traditionally Catholics do not eat meat on Fridays, and that is especially the case in Lent. It may not feel like a fast if fish is on your list of favorite foods, or if you pig out on fried fish and hush-puppies! But ‘no meat on Fridays in Lent’ is a way of making a symbolic fast. The cook is usually the one to decide what will be cooked. A discussion with the ones you are cooking for about a similar ‘symbolic fast’ once a week in Lent offers an opportunity to engage with a Lenten discipline together. A fast undertaken with others with whom you are close offers a special blessing.

As I said earlier, I engaged with these three thoughts because I am the cook in our household, but the principles do not have to be restricted to cooking. If they are embraced intentionally, and that is the point, they can be extended to many other routine activities that we engage in regularly. What do you do that can be transformed into a Lenten discipline reflecting prayer, almsgiving, and a fast?

I wish you all a Holy Lent and look forward to seeing you in Church!

Every blessing,

Paul+

## A Book for Lent

I am inviting everyone in our parish to join me in reading a very special book during Lent. The name of the book is *Beauty, The Invisible Embrace* and the author is John O'Donohue. It is available at The Bookshelf and on Amazon.

It is an elegantly written book filled with discussions of classical, mediaeval, and Celtic traditions of art, music, nature and language all revealing how beauty's invisible embrace invites us to new heights, and eventually to God. Knowing how attuned the people of All Saints' are to beauty in the arts and in nature I think it will be a perfect fit for us this Lent.

In addition to inviting you to read the book we will have a series of discussions of it on Thursday evenings from 5:30 to 7:00 beginning on February 22. Will Sheftall and I will lead the first session and the rest of them will be led by parishioners who have been part of the Education for Ministry study group. (see below)

*Beauty* will also be the Book Club selection for March and I will lead a discussion for the Book Club on March 14 at the normal time of 11:50.

Paul+

## Education for Ministry

EfM, as it is known for short, is the most widely used program for adult education in the Episcopal Church. It has been in existence since its founding by the Divinity School at Sewanee.

More than 80,000 people have been engaged in EfM groups. They are mostly in North America, but they are also in Canada, the U.K. and Europe, South America, Australia, and Asia.

Participants sign up for a year at a time and it is a four-year program. A group must have at least six members and no more than twelve.

Last June I was trained as a mentor and we started a group last fall at All Saints' with eleven members.

We have been meeting every Tuesday evening from 5:15-7:30. The meeting is a seminar for which we have all prepared. I mentor the group which is different from teaching the group. The heart of our reading covers the basic courses in seminary, Old Testament, New Testament, Church History, and Christian Doctrine. But there is much more than just the reading. We have all written and shared our personal spiritual biographies, we have studied listening skills and the art of theological reflection. We also pray together by starting in the Chapel and praying a shortened form of Evening Prayer. We have grown to trust each other and respect each other's opinions. For me personally it has been a very special experience and I think the other group members feel the same way.

This summer I will be required to attend another mentor training. Next year we will offer the course again. It is designed to accommodate members who are at different years of participation much like the 'one room school-house' so we may simply add to the one group that we now have. On the other hand, I am sensing that there may be enough interest to form a second group which I would be willing to mentor since I see it as such an important part of the ministry of the Church.

If you think you might be interested, take a moment to speak to me about EfM. I know current members would also be happy to share their experience. I will be talking about this again in the late Spring so as to make a decision about the best way to proceed. It is not a program designed for passive participants and the weekly reading is a serious commitment.

Paul+

## **COVERED DISH LUNCHES**

Volunteers are needed to help with first Sunday Covered Dish. Please contact Libby Bracken at [lbrackenallsaintschurch@gmail.com](mailto:lbrackenallsaintschurch@gmail.com).

If you love to cook for a crowd, please let us know. We are looking for volunteers to help cook for Wednesdays Body and Soul.

## **THE ALTAR GUILD**

The Altar Guild extends a special thanks to Janie Deal and Mary Kathryn Sibley for the gifts of the thurible, incense boat, and spoon, which will be enhancing our special services for years to come. We are also grateful to Jane Bussom (Julie Carico's mother) for the monogrammed felt bags in which to store these items. Meanwhile, the Lenten season will soon be here. During Lent the paraments will be the liturgical color of purple, which is symbolic of penitence. Also, during Lent there will be no flowers on the altar, with the exception of violets on Mothering Sunday.

## **PRESIDENT'S DAY**

The office will be closed on Monday, February 19 in observance of President's Day.

## **ATTENTION VESTRYMEN**

This month's Vestry will meet on Sunday, February 4 immediately following the 10:30 a.m. service.

## **USHERS FOR FEBRUARY**

February 4                                      Holy Communion              10:30 a.m.  
The Fifth Sunday after The Epiphany      TM Falcey

February 11                                     Morning Prayer                10:30 a.m.  
The Last Sunday after The Epiphany      Paul Gurley  
Quinquagesima                                John Hand

February 18                                     Holy Communion              10:30 a.m.  
The First Sunday in Lent                     Bob Jackson  
   Brad Jackson

February 25                                     Morning Prayer                10:30 a.m.  
The Second Sunday in Lent                    Gates Kirkham  
   Bill Ladson

## **BOOK CLUB NEWS**

A very special thank you to Bob Parrish for his terrific discussion of Lost in Shangri-la at our January meeting. Due to Ash Wednesday, our next meeting has been changed to February 7th at 11:50 a.m. in the Parish Hall. Nancy McCollum will be our leader for The Book of Marie by Terry Kay. Please plan on joining us for a lively discussion and don't forget to bring a brown bag lunch. We'll supply the drinks and dessert. In March, we'll resume our regular schedule of the second Wednesday of the month.

Gini Miller

## **EPISCOPAL CHURCH WOMEN**

On a personal note let me say I enjoyed hosting the January meeting of the ECW at my home. A big thank you to all who came and especially to Janie Deal and Kathryn White for help in setting up and to Kathryn for the delicious brownies. Please mark your calendars for the February meeting which will be on Tuesday, February 20. This will be a luncheon meeting and will be hosted by Michele Arwood. Watch your email for further information about the meeting.

Pat Glenn

## **CHOIR NEWS**

*Music Notes:*

*We will be bringing back the singing of "AMEN" at the end of hymns where it is listed. Thank you to those of you who suggested, encouraged and requested it. " 'So be it' or 'It is so.' " Amen is printed in our 1940 Hymnal. There are no "amens" in the 1982. Here's a little information about the "AMEN" in hymnals.*

Article: Why Don't We Sing Amens Anymore?

by Dean McIntyre

1. It was in medieval Ambrosian chant that amens were first added to the final stanzas of hymns in praise of the Trinity. These final stanzas are known as doxologies, many of which may be found in the United Methodist Hymnal (nos. 61, 62, 64, 102, 160, 184, 559, 651, and others).
2. The custom of adding amens to hymns did not exist in Lutheran, Reformed, seventeenth- or eighteenth-century Anglican (including the Wesleys and early Methodism) or evangelical congregational song.

3. By the middle of the nineteenth century, hymnbook compilers were including translations of some of the ancient hymns that included amens. The problem arose with the musical style of the hymns of the nineteenth century; that is, they were composed for the meters of the poetry of the texts, and the amens were usually two short syllables added to the final stanza, so the music of the hymn tune did not accommodate them. As a result, the doxological amen was added to the final stanza following the completion of its singing, usually set to the familiar IV-I plagal or amen cadence.

4. Eventually, additional concluding doxologies with amens were added to hymns that originally did not contain them — to the point where the most influential hymnal of the nineteenth century, Hymns Ancient and Modern (1861), added an amen to every hymn.

5. Some American hymnals picked up the practice, including the Presbyterian hymnal of 1895. The Methodist hymnals of 1905 and 1935 did the same. The 1966 Methodist Hymnal began to reverse the process by deleting the amen from selected hymns, including "How Great Thou Art" and "The First Noel."

6. By the middle of the twentieth century, British Anglicans dropped the amens, while American Episcopalians continued it until their 1982 hymnal, which also dropped the amens. Most hymnals toward the end of the century dropped the amens, and the Southern Baptists never included them.

More information about the AMEN can be googled. It's very interesting.

This article came from this link:

<https://www.umcdiscipleship.org/resources/why-dont-we-sing-amens-anymore>

### St. David's Choir

Upcoming Services:

March 4 Lenten Season

April 15 Easter Season

May 13 Awards for Choristers - Mother's Day



## Adult Choir:

February 4: Anthem: How Great Is the Goodness of God Almighty  
Greene

February 11: Special Guest Organist and Choir Master, Paul Miller will share his expertise at the 9 AM rehearsal and play for the 10:30 service. I'm hoping he will play the Widor Toccata for the Postlude.

Anthem: Christ, Upon the Mountain Stands

February 18: Jesus, the Very Thought of Thee Chant, Mode I - arr.  
Clarke

February 25: Into the Woods My Master Went Shepherd

Lent is a great opportunity to join the choir. We need Basses, Tenors, Altos and Sopranos. Join us at 9AM for rehearsals every Sunday this month. Feel free to send me an email or text with questions and suggestions. What are you doing or giving up for Lent this year?

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## EYC NEWS

February hosts the beginning of the Lenten season, and EYC will be diving into the explanation of Lent, Bible study, and what Lent means for us each day. We'll start our conversation on February 11, and continue with Stump the Priest with Fr. Paul on February 25. We're also up for Saturday lunch! We'll be serving the guests at St. Thomas on Saturday, February 17 at 11:30am. For more information on youth programs and how you can get involved, contact Liz Williams.

**ASH WEDNESDAY SCHEDULE**

February 14<sup>th</sup>

Holy Communion

7:15 a.m.

12:15 p.m.

5:30 p.m.

(no choir rehearsal)

**TRANSITIONS:**

Happy birthday in February to:

Lexi Kirkham	2-4-02
Mary Katherine Moreton	2-6-97
Maryam Norajean Sibley	2-11-02
Neel Gurley	2-12-98
Avery Kirkham	2-12-04
Will Ladson	2-13-99
Virginia E. Jackson	2-19-99
John B. Brinson, V (Jack)	2-24-97

Happy Birthday in March to:

Raleigh Rollins	3-2-01
Benjamin A Watts	3-6-07
Harrison Wright	3-11-99
Campbell Avery Smith, Jr.	3-11-09
Caroline Treadway Miller	3-21-05
John Moreton (Jack)	3-28-01

**FOR THE PARISH REGISTER**

Requiescat in Pace:

*Margaret "Peggy" Evans*

*Departed this life on January 22, 2018.*

*May her soul, and the souls of all the faithful departed  
through the mercy of God rest in peace. Amen*