

January 2023



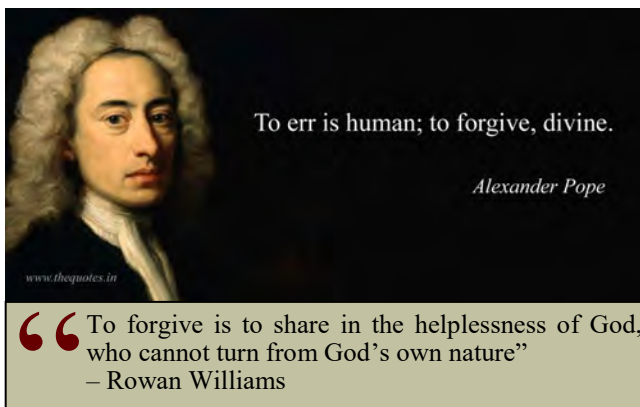
ST. EDWARD'S EPISCOPAL CHURCH

Scepter



Reflection From the Rector's Desk

By The Rev. Dr. Richard C. Bauer



As we usher in another new year, I delight in the wonderings we share together about our “resolutions”, the practices we plan to take on or leave behind, that invite us into better health and fullness of life. We talk about our plans for new diets, exercise regimens, and prayer practices this time of year, though most of us know from experience that we’ll have failed in our efforts by mid-February. After all, chocolate chip cookies are irresistible, working out is tedious, and new spiritual practices require a lot of discipline. As creatures of habit, making lasting and significant change in our habits and our rhythms of life is no easy thing for any of us.

Neuroscientists are helping us to appreciate some of the reasons for why we seem to fall back on easy choices,

have difficulty exercising self-control, and find ourselves stuck with the status quo. It turns out that our cognitive resources as human beings are scarce, limited, quickly and easily depleted. Two leaders in the ever-expanding field of neuroscience (Kahneman & Tversky) suggest to us that we navigate life with two minds, driven by a dominant system that is automatic and emotional, like a wild elephant. But we’ve each got a second cognitive system, rather like the rider of our automatic and emotional elephants, that gives us capacities for reflection and logical calculation. Our ‘elephants’ are hard to steer, and it takes significant effort and deliberate intentionality to reign them in. And so, according to these neuroscientists, we tend to think and behave largely out of habit

and reactivity because our brains must process enormous amounts of data quickly to function in the world. This approach to problem solving, that uses practical shortcuts to produce solutions that are flawed, but sufficient given a limited time frame, is called *heuristics*. Simply stated, “blind spots” are hardwired into our ways of thinking and behaving, and these cognitive biases can make us predictably irrational.

I find this neuroscientific insight helpful for appreciating why it can be so hard to change our behaviors, our responses to stimuli, and to alter the perceptions and the attitudes that we tend to hold. Considering how our brains function, it makes perfect sense why we tend to abandon our New Year’s resolutions in such short time. But as people of faith, I think that an enhanced degree of gentility toward ourselves and others can arise in us, in our acknowledging just how much our unconscious reactions and emotions influence how we process information. Especially when we’ve been hurt by another person or find ourselves “triggered” by an adversarial presence, it makes sense that our survival systems direct us toward automatic responses. And

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Special points of interest:

- • *Worship services and Parish hours are on the back cover of the Scepter*
- • *Staff and Vestry Members are listed on the back cover of the Scepter*

Reflection

(Continued from page 1)

yet, as participants in a humanity touched by God, we're not bound by our default mechanisms, by the efficient heuristic shortcuts that help us to get through life without having to think too much. We are response-able beings, capable of cognitive, emotional, and spiritual reflection, and growth.

Perhaps the summit of our freedom to respond, over and above the default settings of our elephant-like automatic and emotional programming, manifests in our ability to relinquish the claims we hold over others through acts of forgiveness. In his book *Being Disciples*, the former Archbishop of Canterbury, Rowan Williams speaks to forgiveness as representing the very nature of God's own self. He suggests to us that: "To forgive is to share in the helplessness of God, who cannot turn from God's own nature." Indeed, forgiveness transcends automatic response, tit-for-tat, simple cause-and-effect, by articulating a pathway for those who have damaged each other's dignity to be brought back into relationship. Forgiveness is the stuff of holy agency, the substance of showing forth the likeness of God through the image of the divine implanted in each of us.

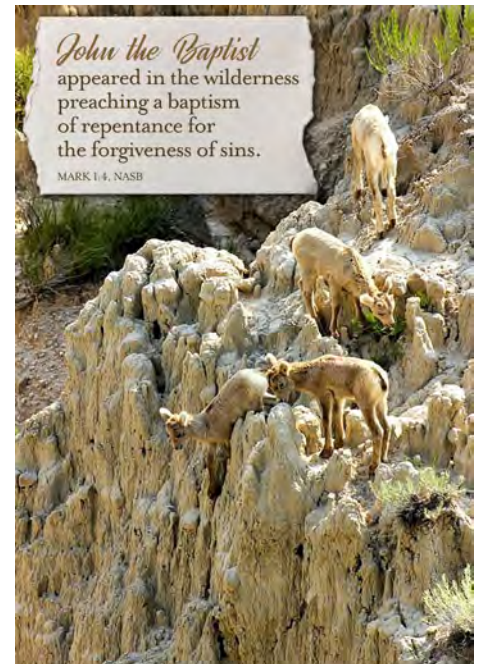
Williams inspired me when I sat down to write my last album and provided me with the song title for one of my favorite tracks on it, *the Helplessness of God*. This stems from his assertion that God exercises total vulnerability in Christ by being born into a world that is perfectly free to reject him. That is to say: God takes a risk in order to dwell among us. Williams writes of God and humanity alike: "The person who asks forgiveness has renounced the privilege of being right or safe...But equally the person

who forgives has renounced the safety of being locked into the position of the offended victim; she has decided to take the risk of creating afresh a relationship known to be capable of involving hurt." Overriding the survival instincts of our wills to safety, power, and esteem, Rowan Williams offers insight into the nature of forgiveness that challenges our complacency as moral agents, and as disciples of Christ. Because it's perfectly natural for us to take offense, to react, and to cut ourselves off from difficult relationships. Allowing the dominant and efficient heuristic elephant of our cognition to lead us through life, it's perfectly human for us to steer clear of challenges and difficult people. Could it be that like the New Year's resolutions that we so typically toss aside by winter's end, we tend to fall back on old offenses, hurts, and divisions because of our cognitive biases?

What interests me about this question is the BOTH/AND consideration that we're invited to discover and embrace through Christ. Both human and divine, our Lord reminds us of our own dual natures. Yes, we are mortal; and yet, we each meander this world with sparks of the divine in us. We're flawed by design, and yet, we each possess authentic, holy potential. And so, I wonder if perhaps we might be able to make New Year's resolutions that can last together here in 2023. Could we simply commit to being fully human together, while embracing the indwelling of God in ourselves...in each other? I think that we're capable of doing this with one another's support and with God's help. I think that we're strong enough to share in the helplessness of God, courageous enough to love and to let go, in the knowledge that others have the freedom to reject us. But transcending even questions

of our collective capability, I think that it is our responsibility to commit ourselves to being a people defined by our capacities for forgiveness, the call of our discipleship to exercise and model reconciliation in our lives and in our relationships. I think that we're asked in Christ to handle rejection, to accept not being accepted, and to love despite the lack of love we may perceive around us. It's what marks us as Christ's own. In the timeless words of the great poet of the Enlightenment, Alexander Pope: "to err is human, to forgive divine". Happy New Year friends,

Rick+



Parish Office Hours

Parish Office Hours

Tuesday- Friday:
11:00 – 4:00PM

Parish Administrator

Michelle Bentley

Scepter

Production Staff:

H. J. "Mac" Miller

Joyce Kamm

Mary Snyder



If you're the last person to leave the building following Sunday services or an event, please take the time to make sure all the lights are turned off (including the rest rooms) the thermostat is reset and the doors are locked.

By Joyce Kamm



A JOURNEY THROUGH COVID

I didn't realize at the time how much loneliness and fear had a grip on me at the beginning of COVID. When I heard I was in the age group most likely to die from COVID, I went into a "calm" panic. I say calm because no one would have guessed I was panicking on the inside. I didn't even realize it. I learned to repress my emotions very early in life. I immediately updated my will, put my finances in order on paper...organized right down to the minutest detail for my daughter, I decluttered my apartment, I met with Bob Mosebach to find out what an Episcopalian funeral entails. Coming from a Fundamental background, this was all new to me. Sometime later I met with Father Rick and planned my funeral! I knew my daughter wouldn't have a clue how to proceed in the event of my death, where my paperwork was, let alone how to plan a funeral since she doesn't attend church. She's now prepared!

Then I had what I now call my COVID melt-down and ended up in psychotherapy. When the therapist recommended intense therapy I was shocked. I said, "Is it really as serious as that?" The answer?

"Yes, it's as serious as that. You learned very early in life, because of emotional abuse and neglect, to adapt to whatever circumstances you encountered. You learned to shut down your emotions." If I told this story in the past, forgive me for the repeat. It's a phenomenon that comes with aging.

Fast forward to Stephen Ministry training, where I learned the following:
1. Our ability to experience feelings is a GIFT from God. (In my previous church world, like my home, feelings were something to be suppressed.)

2. Jesus owned and expressed deep feelings, didn't hold them inside. He broke down into tears in front of the tomb of Lazarus. He showed compassion over and over. He experienced anguish, anger, joy.

3. Also, feelings left unattended can cause great damage. It makes sense to me that stuffed feelings are what's behind a lot of the hatred we see in our world?



December Vestry meeting luncheon

"Emotions Are Where The Wisdom Lies". This quote has intrigued me. It's further evidence that emotions are important. They have a lot to teach us. Journaling, creativity and paying attention to dreams have been of value to me. Recently, I stumbled across a book entitled, "Emotionally Healthy Spirituality" by Peter Scazzero. I highly recommend it. The first sentence that caught my attention was this. **"Emotional health and spiritual maturity are inseparable."** That rang so true. I "do" a lot of things in church right now out of gratitude for the care that was given to me during my meltdown. It's also how I live out my faith and support my parish. The book states that one of the great obstacles in knowing God is our own lack of self-knowledge. **Know thyself, so that you may know God.** It's what Father Rick calls "being a student of oneself". It also states that part of emotional health is learning how to receive God's love through human love and touch. I have built pretty huge defensive walls of protection over the years, so letting people in has been a pretty rough and fear-filled journey. Fight, flight, freeze are the options. Flight seems to be my default position. That "inner voice" I follow has compelled me to go back and fight another day quite a few times. My prayer is that someday I will find stability.

I found this interesting. Scazzero said **the combination of emotional health and contemplative spirituality addresses what he believes to be the missing piece in contemporary Christianity.** He also said contemplative spirituality moves us along toward a more mature relationship with God but few people committed to

(Continued on page 7)

Military News

Please keep in your prayers those close to us who are serving in the military.

- ★ Justin Carnahan
- ★ Brandon Fox
- ★ Gordon Frankenfield
- ★ Matt Fuhrman
- ★ Jack Hawk
- ★ Benjamin Jenkins
- ★ Drew Johnson
- ★ William Justice
- ★ Anthony Koser
- ★ Alex Kube
- ★ John Lewis

- ★ Richard Mutari
- ★ David Peck
- ★ Capt. Andrew Pfeiffer
- ★ Mike Spurr
- ★ David Sternberg
- ★ Clayton Tennies
- ★ Connor Tennies
- ★ Allison Tomich
- ★ Evan Westgate
- ★ Seamas Whitesel
- ★ 1st Lt. Thomas Whitesel





Why I Became A Stephen Minister Jeanne Mosebach



Jeanne Mosebach

There have been times in my life when I could have used a nonjudgmental person to hear what was causing me much grief and concern. I didn't need a friend, a co-worker, a family member but I could have used a Stephen Minister to sit with me and listen to me. It is my hope that I can give this type of support to anyone who needs to be listened to and convey the message that suffering from loneliness and loss is part of our human condition. I hope to do this with support from my loving church family.

Do you need someone to listen to your story? We are not counselors but a trained Stephen Minister can listen with empathy and understanding, offering an attentive ear, unconditional positive regard, no judgment. A space where everything is held in the strictest confidence and you are free to be you.

To become connected to a Stephen Minister, please contact Peggy Hanzelman at 717-390-4944 or

phanzelman@comcast.net



Brochures are available in the Parish Hall and also in the sanctuary pews.

Guess Who's Coming to Dinner ??????



By Meredith Westgate

The St. Edward's family is growing! As we have been greetings one another on Sunday mornings, it seems a good time to get to begin to get to know each other a little bit better. On Saturday, February 18 please join us at a "Guess Who's Coming to Dinner" Dinner. Groups of eight or so will gather at the home of a volunteer host to enjoy a meal and conversation. Hosts provide the table setting, a main dish and beverages; guests bring an appetizer, salad, or dessert. The fun is in the mystery. Guests don't know who will attend the dinner until they arrive at their designated home at the appointed hour of 6 p.m.! (Hosts will be given a guest list in advance so that they can coordinate the meal).

If you would like to host an informal dinner in your home or if you would like to be a guest, please complete the form below and return it to the box in the Narthex (or call or text Meredith Aul at 717-575-2119) by Sunday, February 5.

What better way to enjoy a Saturday night out – a delicious dinner and great conversation with new and possibly some long-time acquaintances or friends. Singles and couples welcome!

Yes! I will participate in the Guess Who's Coming to Dinner on February 18th at 6 p.m.

Name(s) _____

I am/We are able to host approximately 8 people _____

I am/We are OK to host or be a guest _____

I/we would like to attend as a guest _____ Please seat me with _____

Your host will get back to you later in the week of February 5 to discuss details! Please call or text if you have any questions.

"If you can't fly, run. If you can't run, walk. If you can't walk, crawl, but by all means, keep moving."

—Martin Luther King Jr.



Mary and Jodi's New Home



Include your news and announcements in the next Scepter.

Due date for February will be:

January 20th.

Send articles and announcements to:
HJ_Miller@outlook.com





By Beth Lynch

Pokémon winter session is Jan 18 thru March 29. Learn to battle, travel, play games, do crafts and so much more.



Wednesday nights
6:30 to 8 pm.

Christmas Photos



Gail and Dick Irons' grandsons at the tree farm.



Rayelenn Casey's granddaughters
Please send your Christmas pictures for the February Scepter. All pictures are welcome.

Send to: HJ_Miller@outlook.com

TASTY CREATIONS

Make this yummy treat to remember what happened on each day of Creation.

What you need:

- 6 large pretzel rods
- Candy melts (white, chocolate and blue)
- Green sprinkles
- White or star-shaped sprinkles
- Fish crackers
- Animal crackers
- Adult help



What you do:

1. With help, melt the three colors of candy melts in separate dishes. Microwave for 30 seconds at a time, stirring until soft.
2. Decorate one pretzel for each day of Creation:
 - Dip half in white and half in chocolate to show light and darkness.
 - Dip half in white and half in blue to show separation of the atmosphere.
 - Dip half in chocolate, add green sprinkles and dip half in blue to show land, plants and water.
 - Dip in chocolate and add white or star sprinkles to show the stars.
 - Dip in blue and add fish crackers to show sea life.
 - Dip in chocolate and add animal crackers to show land animals.
3. Share the Creation story — and the snack — with a friend!



Ordering the days

God spoke and created all that exists. He separated and ordered his creation. What did God say about all he made?

Directions: Write the correct day of creation next to each clue. Then fill in the circled letters in order below to complete Genesis 1:31, NIV.

FIRST SECOND THIRD FOURTH FIFTH SIXTH

God made wild animals and livestock.

God said, "Let there be light."

God gathered the waters under the sky into one place.

God made a vault to separate the waters and called it "sky."

God created plants and trees.

God separated the light from the darkness.

God made the water teem with living creatures.

God made the sun and moon.

God made birds fly above the earth.

God made stars.

God created mankind in his own image.

God _aw all tha_ he _ad ma_e, an_ _t was ve_y g_od.

GENESIS 1:31, NIV

Answer: sixth, first, third, third, second, third, first, fifth, fourth, fourth, sixth, sixth, and it was very good.



January

Bible Quiz

How old was Abram when he followed God's call to leave Haran and travel to a new land?

- A. 25
- B. 50
- C. 75
- D. 100



Answers
INSIDE

Answer: C (See Genesis 12:4.)

Men's Group



Saturday Men's Group: 2nd Saturday of the month **from 8 AM - 10 AM**. Join us at St. Edward's, in partnership with Saint James Episcopal Church, for two hours of fellowship, including Morning Prayer. Coffee and donuts will be served. Our next meeting is Saturday, January 14h

Widow's Group



Our **Widows Group** meets on the first Thursday of each month at 10 AM at the church.

All widows are invited. Come to a place where sharing is caring.

For more information contact:
Peggy Hanzelman:

717.390.4944

phanzelman@comcast.net or:

Ethel Lawrence:

717.314.8993

ethell748@gmail.com

Lunch and Learn

Picture by Mary Snyder



The books this group has discussed.

By Bob Mosebach

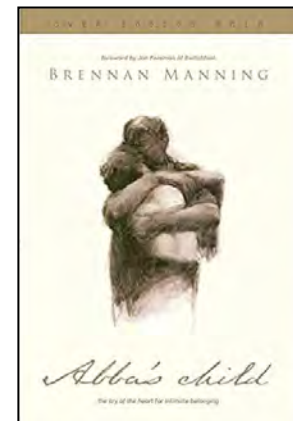
Paul speaks of inner conflict in his letter to the Romans (7:14-20): 'I do not understand my own actions. For I do not do what I want, but I do the very thing I hate'. We all experience this same thing in one way or another, and at some point wonder what this internal disconnect is all about, and what we might do about it. In our next Lunch and Learn we will investigate this phenomenon in 'Abba's Child', by Brennan Manning.

We are born with a personality that is unique to ourselves, not duplicated by anyone else who has ever lived or will ever live, but before we are even conscious of it we begin to sense that certain behaviors are more acceptable than others; some things garner a positive response where others do not. Our 'inculturation' has begun, and continues as we learn how to be in the world, to get along, to be accepted. By the time we are adults we've built a wall of behaviors around that unique personality with which we were born, mostly for very good and

valid reasons. But what often happens is that we begin to think that these accumulated behaviors are not just modifications but what really defines who we are. Manning calls this version of ourselves 'the imposter', or the 'false self'; others call it the ego.

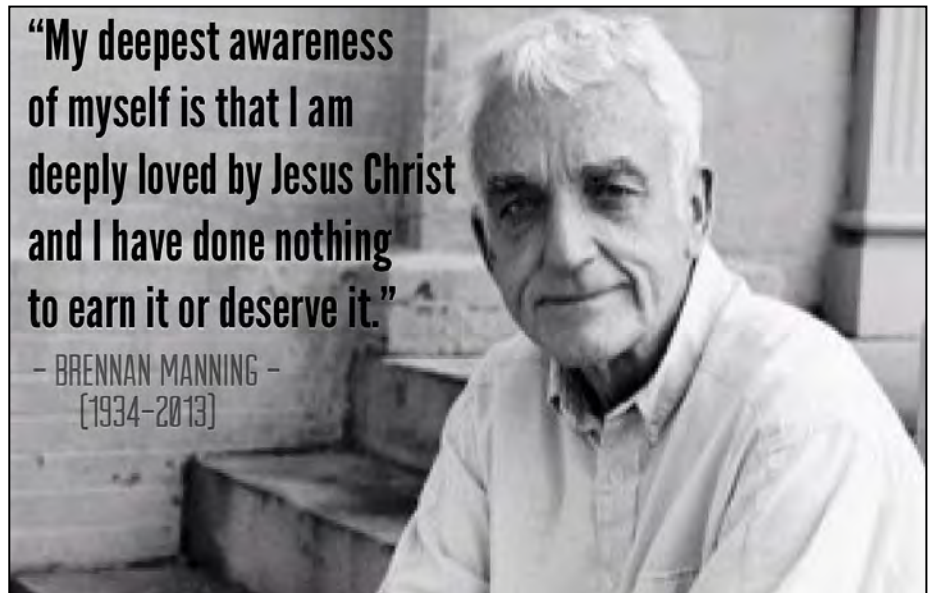
Though our ego was developed for all the right reasons, when it overtakes that unique individual we were born to be, the one that God sees us as, our 'True self', the conflicted self becomes evident as it did for Paul, and as most of us eventually discover. The question is then, having come to this realization, what is there to be done? How do we rediscover our True Self, who we really are in God's eyes?

Join us Friday's at noon to 1 pm on Zoom, beginning January 6th. The Zoom link is included in Michelle's Monday Email each week. You need only click on that link, and the rest is automatic. The Lunch and Learn conversations over the past couple years have been rich and very useful as the group shares their thoughts and experiences, so please join us.



**"My deepest awareness
of myself is that I am
deeply loved by Jesus Christ
and I have done nothing
to earn it or deserve it."**

- BRENNAN MANNING -
[1934-2013]



New Wednesday Evening Bible Study Series “The Parables”

A new Bible Study series will begin January 4th

Our St. Edward's Wednesday night Bible study offers an in-depth look, in this case at Jesus' parables. Our approach to Bible study has been to use the 'Conversations with Scripture' series as a guide through the topic. We travel at our own pace with the intention to delve into the scripture, recognizing its social-historical meaning for its initial hearers, as well as its modern-day readers. Please join us on our spiritual journey. Bob Mosebach



William “Bill” Brosend

Conversations with Scripture: The Parables by William Brosend

Overview from Barnes & Noble: *From the very beginning, human beings have loved to listen to stories. And Jesus loved to tell them. The parables are vivid, rich, arresting stories that make us think and teach us lessons about our relationship with God and others. From talents to mustard seeds, from shepherds to Samaritans, Jesus used common reference points to teach important truths.*

But the parables are filled with ambiguity and room for interpretation. With histori-

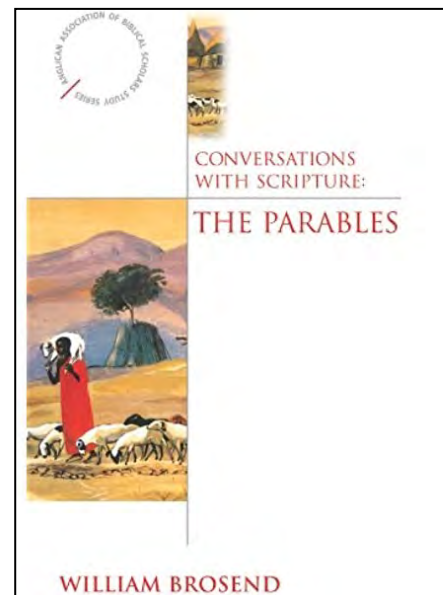
cal and cultural background, and careful scholarly detail, this book helps readers explore their beauty, richness, and joy.

The author is uniquely qualified to have written this book. As he says in the introduction:

The parables of Jesus are important to me for many reasons, most of which will be obvious by the time you finish this book, so only a few need be noted here. First, the parables were Jesus' favorite way to preach and teach, and as someone who preaches and teaches about Jesus I believe content and form are both important. Better understanding how Jesus taught will help us better understand what he taught. Second, I have found that the Gospel of Mark is correct in saying that parables are the way the people of God best hear the Word of God (4:33–34). In a variety of settings, from seminary to Sunday school, classes on the parables of Jesus are consistently appealing. Finally, as I explain in the last chapter, I also believe that learning how to interpret the parables helps us in

our interpretation of the whole of Scripture. So the work we do together on the parables may help you be a better student of the Bible in unexpected ways. I have been preparing most of my life to write this little volume on the parables, and I have to admit that I had a marvelous time doing so. I pray that you will be informed and formed by it, and hope that you will enjoy it a bit in the process. Blessings!

Bill Brosend



Wednesday Evening Bible Study:
6:30 PM to 8:00 PM: Zoom invite in your weekly emails. For questions, please contact:

Bob Mosebach at:

rcmosebach@comcast.net or

Leslie Arnold at: larnold897@aol.com



Women's Spirituality Vestry Cont'd



This new group meets the first Saturday of the month, from 10AM till noon. It is now in a discerning formation place, with the group

still figuring out the look and feel of it, going forward.

(Continued from page 3)

contemplative spirituality integrate the inner works of emotional health and vice versa. When the two are interwoven together in an individual's life, lives are dramatically transformed". I want to know the Holy more intimately. **I have the opportunity for this contemplative journey every Wednesday at our noon meditation.** Likewise, "going back" to heal from the past didn't end in 2020. The journey continues. They go hand in hand.

One of the things that drew me to the Episcopal Church was the emphasis on walking in love. I wanted to know what that was like. I was so used to rules.

Did you ever think about the fact that Jesus did not remove Lazarus's grave clothes when he was resurrected. Jesus told the people to unwrap him. It will take the hands of others to unbind him, to set him loose to life again. I ask myself, "Isn't that what we can do for one another here at St. Edward's? Isn't that what Stephen Ministry is about?" We are not alone. Let's help one another unwrap the painful places, let's walk in love with those God puts in our path in 2023.

Quoting Scazzero—"Many of us know the experience of being approved of for what we do. Few of us know the experience of being loved just for being who we are."



Thank you

My beloved St. Edward's community,

To My Church Family,

I would like to thank my Church family for all your prayers, card's , phone calls, and meals while I was convalescing, also for your thoughts about my wellbeing when Buddy would come to Church.

My biggest goal was to walk up the aisle, by myself for Communion, and thanks to God and all of you I have achieved that goal.

Again, I thank you with all my heart.

*With all my love,
Elizabeth (Yeager)*

I am truly grateful for all you have so freely offered me during my discernment journey and road to ordination, and most recently on the occasion of my ordination to the Sacred Order of Deacons. I am overjoyed to receive the communal gift of a Communion kit, so when I visit others and share the Sacrament with them I will carry you all with me. Thank you.

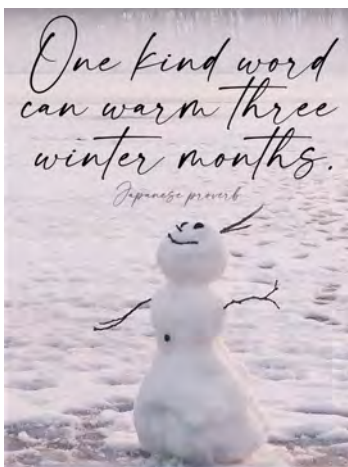
I will keep you posted as my new life of ministry continues to unfold, and you will always be close in my prayers. Please stay in touch- call, text, email- and I will do so as well.

*Advent blessings and all my love~
Dina*

*The Reverend Dina Carter Ishler
Deacon in the Episcopal Church
(717) 481-0708*

dcishler@gmail.com

See pictures of Dina's Ordination service on page 19



*There's an open gate at the end of each road,
Through which we all must pass alone,
and there is a light we cannot see,
Our Father claims us as His own;
Beyond the gate, your loved one
Finds happiness and rest.
There is comfort in the thought
That a loving God knows best*

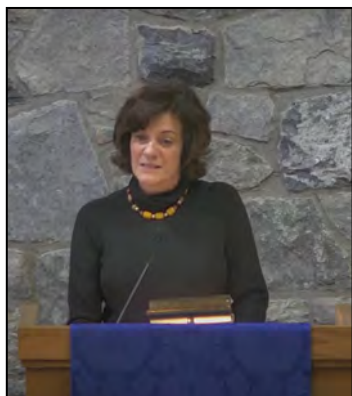
*The family invites you to a reception in Billie's honor
at 375 Walker Road in Great Falls, VA.*



Beth Lynch



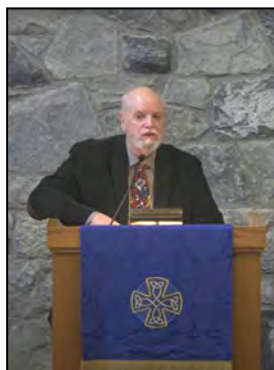
Randy Westgate



Nancy Mannion



Julie Hoff



Bob Mosebach



Fr. Rick began with two thoughts—"Thank You" and "Yes".



Herb Johnston



We extend our heartfelt thanks to Father Rick, Beth Lynch, Randy Westgate, Herb Johnston, Nancy Mannion, Julie Hoff, and Bob Mosebach, for sharing their stewardship stories with all of us during our Advent season. They were all so personal, unique, and inspirational. It is our hope that we continue to share our stories, in less formal settings. . .in conversations with one another, as we continue to develop relationships within our spiritual home that strengthen the bonds of our faith and with each other. We have wonderful stories to tell and that is such a gift! Please thoughtfully and heartfully contemplate stewardship this month and ponder what the life of our parish means to you. I trust that our shared life matters deeply to each of us, that our collective awareness and generosity will raise our senses of necessity,

enabling us to close the gap between our income and our expense. I trust that we're invested in our relationships, in our discipleship, and in the flourishing of our spiritual home.

—Father Rick

Stewardship 2023: Stewardship is faith in action; action motivated by humble gratitude to God for his blessings in our life. Thank you for thoughtfully and prayerfully participating in our 2023 stewardship campaign. Stewardship is a daily practice so please know that it is never too late to contemplate stewardship and ponder what the life of our parish means to you. Stewardship information is available in the narthex, from the parish office, and on our website.



Sunday Evening Prayer, at 7:00 PM:

We use the 1979 *Book of Common Prayer* and the readings for the Sunday Lectionary. It is a quiet service and a good way to end the weekend and prepare for the week to come. :

Anyone interested can send me an email to be put on an email distribution list:

drutledge1225@gmail.com

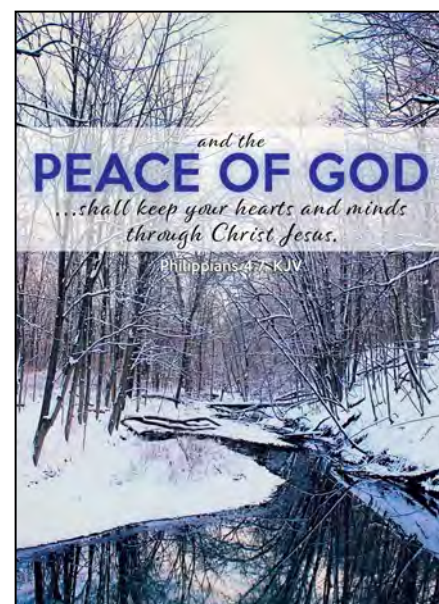
Sunday Evening Prayer\@ 7:00pm

Join Zoom Meeting

<https://us06web.zoom.us/j/84700614072>

Meeting ID: 847 0061 4072

Passcode: SunEP



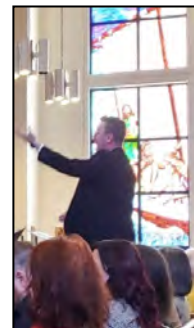
Concerts



Lancaster Chamber Singers Sunday December 4th



There was a full house for the concert



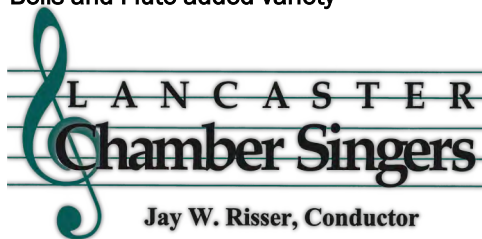
Assistant conductor



Bells and Flute added variety



It's a lovely setting for concerts



Fire in the Glen Saturday December 10th



Band founder, fiddler and bodhranist Tom Knapp is joined onstage by Amanda Wells on guitar, percussion and vocals, and Rod Nevin on Highland bagpipes, Scottish smallpipes, pennywhistle, ukulele and vocals, for a lively show!



Tom (right) is playing the bodhrán....a frame drum used in Irish music

St. Edward's Episcopal Church - Lancaster, Pennsylvania

Pre-Lenten Silent Retreat – February 23-25, 2023

Mariawald Renewal Center, Reading, Pennsylvania

Beginning the day after Ash Wednesday, this Silent Retreat which will open our season of Lent, with 36 hours of silence, is a wonderful experience. Led by Father Rick (St. Edward's Episcopal Church) and Brother David Rutledge (Community of Francis and Clare), this self-directed retreat will be an entry point to our Lenten journey in 2023.

Morning Prayer | Prayer During the Day | Evening Prayer

Compline | Holy Eucharist

Cost: \$150/per person includes meals and lodging

Please contact the parish office to request a registration form.

Retreat begins Thursday at 3 PM and ends Saturday at 12 Noon.



"For God alone my soul in silence waits; truly, there is my hope." (Psalm 62:6)

PRAYER & SPIRITUAL FORMATION MEETINGS VIA ZOOM & IN-PERSON

Wednesday Evening Bible Study: 6:30 PM to 8:00 PM: A weekly study group reading a variety of texts. Zoom invite in your weekly emails. **Beginning January 4th**, we will read & discuss *Conversations with Scripture: The Parables* by William Brosend.

For questions, please contact Bob Mosebach at rcmosebach@comcast.net or Leslie Arnold at larnold897@aol.com

Thursday St. Edward's Widows Group: 1st Thursday of each month at 10:00 AM at St. Edward's We invite women of St. Edward's, as well as friends that you may know who may benefit from such a group, to gather in-person. Gaining confidence and support from each other while honoring confidentiality and positive support with the hope of developing new and enduring friendships is the mission of the group.

For more information: Peggy Hanzelman: 717.390.4944 phanzelman@comcast.net

Ethel Lawrence: 717.314.8993 ethell748@gmail.com

Friday Lunch & Learn: Fridays, from 12 Noon – 1 PM, via Zoom. Join Father Rick and Bob Mosebach as we explore a wide range of texts. Zoom invite is in our weekly emails. **Beginning January 6th**, we will read & discuss *Abba's Child - The Cry of the Heart for Intimate Belonging* by Brennan Manning.

Women's Spirituality Group: 1st Saturday of each month, from 10 AM – Noon:

Join us at St. Edward's, in the parish hall, for two hours of fellowship, reflection, conversation, and Morning Prayer. Light refreshments will be served.

Men's Spirituality Group: 2nd Saturday of each month, from 8 AM - 10 AM: Join us at St. Edward's, in the parish hall, in partnership with Saint James Episcopal Church, for fellowship, reflection, and Morning Prayer. Coffee and donuts will be served.

Sunday Evening Prayer at 7:00 PM: Send Br. David Rutledge an email to be put on an email distribution list: drutledge1225@gmail.com

Join Zoom Meeting: <https://us06web.zoom.us/j/84700614072> Meeting ID: 847 0061 4072
Passcode: SunEP



ST. EDWARD'S EPISCOPAL CHURCH

2453 Harrisburg Pike | Lancaster, PA 17601 | 717.898.6276 | sainteds.org

Coffee Hour

Pictures by Mary Snyder



One of the foundations of our weekly fellowship is our Sunday coffee hour. From 9 AM – 10 AM each Sunday, we offer folks a chance to gather, as one community, between the services. It is our hope that this will help forge new friendships and relationships with those whom we may not otherwise get an opportunity to meet! Not only has this coffee hour arrangement helped with how we engage ministry participation with volunteers to serve as coffee hour hosts, but it allows us to have special events, such as intergenerational craft Sundays, as well as the space we hold for our fantastic Coffee House Band to perform, and have us participate in, a wide range of music. May 2023 stir your heart to join us at a coffee hour, sign up to serve as a coffee hour host, participate in our activities, or, if you hold musical gifts, contact Randy Westgate about joining the Coffee House Band.



Liz Yeager and Irene Achey



Liz's creations



Rosie Westgate on the keyboard with a little help from her nephew, Asher, while his mom, Jessica looks on.



Ellen and Maeve Milligan selling coffee for Maeve's mission trip.



Jane Young making an ornament



Coffee House Band





HEMPFIELD AREA FOOD PANTRY NEWS – With such gratitude for the generosity of our community, and the wider community, the HAFP is happy to report their shelves are full! Look for a new list mid-January for February donations.



Picture by Mary Snyder



Jesse Tree Gifts Ready For Delivery



The Beauty of Longwood Gardens



Tutors Day Out At Longwood Gardens

Saturday, December 17, we loaded two vehicles for what was intended to be a surprise trip for Malalay. When we purchased our tickets, we didn't know her sister, Galalay, was coming for a one-month visit from London! And she had her one-year old son with her!! They wanted to take him along but it didn't seem practical to us. We were there for the day and it was cold. With a bit of firmness and a whole lot of re-arranging plans....not to mention the generous heart of Beth Lynch who volunteered to babysit the little one along with all the Rahim children....we managed to include Galalay in the trip. As you can see from the pictures, she and her sister are very close. They wore identical dresses, were often holding hands and just enjoyed being together. Malalay said she can forget all her worries when at Longwood. As Dottie said, "The sisters were very gracious." I know they enjoyed the day.



Galalay and Malalay (not twins)



Meredith

Longwood Gardens

Pictures by Meredith Aul and Joyce Kamm



Dottie Gschwend, Galalay, Malalay, Joyce Kamm, Meredith Aul, Beth Hake, Leslie Arnold. Longwood Gardens is absolutely spectacular at Christmas! It's spectacular at any time of the year, actually. It's only about an hour away. Visit! You won't be disappointed. Just be prepared for a lot of walking.



Galalay and Dottie

The sisters took good care of the two oldest members of the group....taking our arm, pushing the wheelchair. If we lived in Afghanistan, we would never live in a retirement facility. Malalay just can't understand this concept. She said in their culture parents live with, and are taken care of, by their children, much like our Amish. Their parents are not considered a burden. Caring for them is a matter of respect for their elders.

An interesting little tidbit. When retiring at night, the children massage the feet of their parents to help them relax and go to sleep. I think I could handle that.



Galalay, Malalay and Joyce

Conversation: Malalay to Joyce "Do you feel weird?" (I didn't know she knew that word. It sounded funny coming from her.) I said, "YES. I feel weird!:"

She said, "I feel weird too. I'm not used to seeing you this way. You usually walk faster than I do."

I remember the day I first met her. She barely spoke English. She said, "I need conversation to learn". She has come a long way in 12 months. Not so weird. Lots of practice via Zoom and in-person ESL classes. She is driven to succeed.



Orchids Abound

There were orchids everywhere. On the walls, hanging from the ceiling. Just gorgeous and so fragrant!



Dottie admiring the orchids

Beauty of Longwood Gardens



No words needed. Enjoy!!



Did you ever see a yellow poinsettia?
Just beautiful!



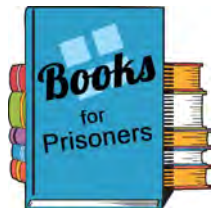
Leslie Arnold capturing the beauty.



Beth Hake by a living green wall.



Galalay, Malalay and Leslie waving from the treehouse. A perfect ending to this trip down memory lane with you.



Books for Prisoners

Thanks to everyone who bought books or donated money for the Books for Prisoners project. \$200 worth of books were purchased and will be delivered to the prison this month. They will replace tattered and torn books that need to be discarded. We were able to find a nice selection of books written in Spanish. So, thank you!!!

We have an empty shelf in our bookcase so feel free to continue filling it up! **Remember these books must be inspirational or true stories and have a Christian theme. Your favorite novels will not be accepted into the prison.**

Please drop donated books off in the church narthex. Money is also welcomed. If you donate money, please note "Books for Prisoners" on the memo line. The Amazon Wishlist can be found at:

https://www.amazon.com/hz/wishlist/ls/K6N2OXW5AFVE?ref=wl_share

January

Support For Prison Ministries Brownstown, PA



One Way You Can Help

Please take time to pray for the work of the chaplains, volunteers and those incarcerated that they minister to daily. **Prayer needs are updated each month. Visit:**

<https://www.supportforprisonministries.com/prayer-list>

Please remember to pray for those in our own congregation who are involved in prison ministry and those who have loved ones who are incarcerated.

If you would like to know more about, or be involved in this ministry, please speak to Bruce Lynch, Joyce Kamm or Father Rick.

Prison Reform: Learn About The Lancaster Bail Fund's Vision

"We believe that cash bail is harmful, unjust, and unnecessary and perpetuates the inequities inherent in our criminal system. Our work is centered on the experiences of individuals directly impacted by pretrial detention, their families, and communities, and we specifically seek to uplift those who have been the most historically disadvantaged by our current practices.

We are working towards a future where pretrial freedom is the norm. Where families remain unified and housed, where lost wages and predatory bail bond businesses do not contribute to the economic precarity of our communities and where all criminally accused individuals are treated with respect and dignity and are afforded due process, autonomy, safety, fairness, and a fighting chance in court.

We hope the Lancaster Bail Fund will serve not only as a stop-gap measure but also as a catalyst for collective action, moving us towards a society defined by transformative and restorative justice where bail funds are not necessary."

To learn more, visit

<https://lanasterbailfund.org/about-us>

Prayer For Prisons and Correctional Institutions

Lord Jesus, for our sake you were condemned as a criminal: Visit our jails and prisons with your pity and judgment. Remember all prisoners, and bring the guilty to repentance and amendment of life according to your will, and give them hope for their future. When any are held unjustly, bring them release; forgive us, and teach us to improve our justice. Remember those who work in these institutions; keep them humane and compassionate; and save them from becoming brutal or callous. And since what we do for those in prison, O Lord, we do for you, constrain us to improve their lot. All this we ask for your mercy's sake. *Amen.*

- From the Book of Common Prayer, September 1979



Thank you to everyone who sent my son a card or letter this Christmas season. I am grateful.

-Joyce Kamm



Cookie/Craft Sale and Needle Arts Ministry

Pictures by Barb Jakiel

This fund raiser was a huge success. We raised about \$4500. A donation and the cookies accounted for about 3/4 of the amount and the crafts for the rest.

The Creative Arts/Needle Arts meets Tuesday at 1 PM in the lounge area.

Members of this group, plus volunteer crafters, worked all year to create a variety of items for the sale.

All are invited to be a part of this enjoyable and productive group. Yarn, patterns and "expert assistance" are available, so you do not need to have a project started to join in the fun.



Cookie set-up crew with one of the craft tables



Ready for customers



Bev Achey and Herb Johnston



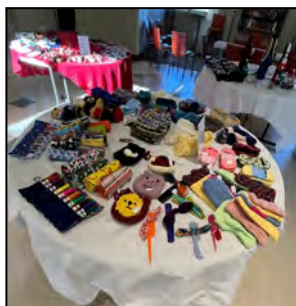
Edible stocking stuffers



Lots to choose from



Rick Dombach, Marsha Shirk, Freda Dombach



Variety of craft projects



Tables and tables of crafts and cookies

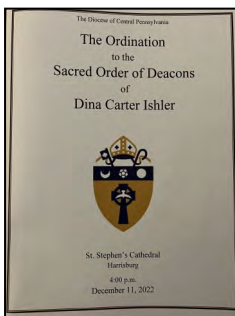


More choices

Dina's Ordination



Jay Miller leads processional



Carter Ishler reads



Fr. Rick preaches



Choir



Bishop Scanlan



Bishop Scanlan lays hands on the ordinand



The Consecration of the Deacon



At the table



Dina in her new collar



The Ishler Family



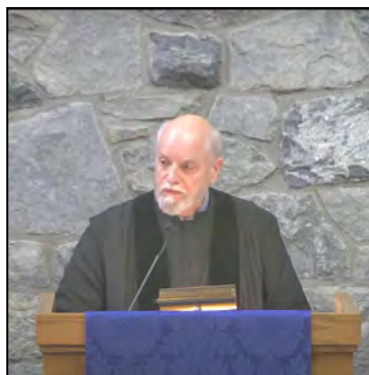
Deacon Dina with service participants

Advent Services

Pictures by Mary Snyder



Dina lights week 2 candle



"There's something in the air, do you feel it?"



Dina at the table as a deacon with Wanda Stoltzfus



Joyce Kamm and Donna Esbenshade



Fr. Rick preaches



Dina's last sermon before becoming a deacon



Dorris Smith and Sally Lederer



Jay and Lori Miller



The choir adds so much to every service



Dina's Joy



Jack checking to make sure the cross will fit.



Fr. Rick congratulates the new deacon, Dina

Christmas Eve

Pictures by Mary Snyder



Jamie Alton "I wonder as I wander"



The sanctuary is beautifully decorated



The Crèche



Peter Weber



Buddy Yeager



The church was filled with Christmas warmth



Deacon Dina Ishler



Fr. Rick



The choir



Bob Mosebach and Dina Ishler

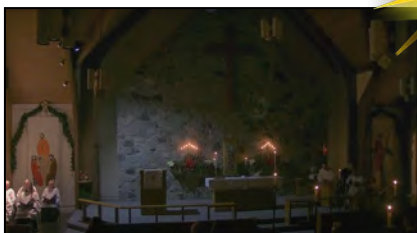


Amy Yovanovich "O Holy Night"



Father Rick celebrates

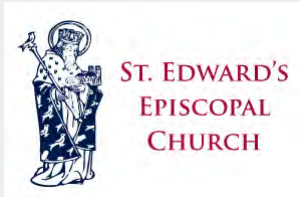
CHRISTMAS EVE



Silent Night



Wanda Stoltzfus Christmas Day sermon



2453 Harrisburg Pike

Lancaster, PA 17601

Phone 717-898-6276

Email: stedsoffice@comcast.net

www.sainteds.org

LOOK FOR US ON THE WEB!
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Staff

The Rev. Dr. Rick Bauer,
Rector

Michelle Bentley, Parish
Administrative Assistant

Karen E. Waddill,
Director of Worship Music

Parish Office Hours

Tuesday-Friday:
11AM – 4:00PM

Vestry (year term ends)

- ✦ Catherine Donohue (2023)
- ✦ Karen Grant (2024)
- ✦ Peg Hanzelman (2024)
- ✦ Richard Irons (2025)
- ✦ Joyce Kamm (2025)
- ✦ Ginny Kloepping (2023)
- ✦ Beth Lynch (2023)
- ✦ Mary Snyder (2025)
Junior Warden
- ✦ Randy Westgate (2024)
Sr. Warden

Worship Services

Sunday Services

8:00 a.m. Holy Eucharist Rite I (said)

10:00 a.m. Holy Eucharist Rite II

Wednesday

12 Noon: Contemplative Eucharist,
Meditation, and Healing Prayer

[HTTPS://SAINTEDS.ORG/](https://sainteds.org/)

