



Scepter



Reflection From the Rector's Desk

By The Rev. Dr. Richard C. Bauer



The lessons learned during wintering can prepare us for growth, much like the earth's quiet preparation beneath the frost. When we honor the rhythms of rest and renewal, we emerge stronger, wiser, and more attuned to the sacred rhythms of life.

This month, I've been thinking a lot about the ways in which spiritual traditions acknowledge the cyclical nature of life, feeling in my own body, a sense of winter symbolizing the dark night of the soul—a period of challenge, reflection, and growth...not to be feared, but embraced as a necessary counterbalance to light. Because in the natural world, winter is essential to the rhythms of death and rebirth, a season of hibernation and of conservation. Trees shed their leaves, animals retreat to dens, and the earth's energy moves inward. And this slowing down isn't a sign of inactivity but a crucial phase in the process of nature's preparation for beginning again. Because,

beneath the frozen ground, seeds lie dormant, storing energy for the burst of life to come in spring. And spiritually, this quiet season of retreat, carries profound spiritual resonance for all who are weary. Indeed, as nature slows, the earth rests, and life pauses to regenerate. Taking it all in, 'wintering' therefore invites each of us to embrace moments of stillness, introspection, and renewal. Because winter, both literal and existential, presents us with an organic opportunity to take sacred pause, to experience the cadence of creation's rhythm, while reminding us of essential wisdom to be gleaned in seasons of rest and dormancy.

And as we know all too well, our modern lives often bait us to prioritize productivity and constant motion, leaving us with little room for rest. Wintering, however, challenges this relentless pace by encouraging us to slow down, the stillness of winter inviting us to confront what lies beneath the surface of things—our fears, desires, and longings. Indeed, winter's metaphors offer rich spiritual insights. The bare branches of trees, for example, teach us about vulnerability and resilience. Stripped of their foliage, trees appear fragile but are, in fact, conserving energy for renewal. This imagery invites us to shed what no longer serves us and trust in the process of renewal. Snow, too, carries symbolic meaning. Its blanket of white representing purity and a fresh start, its silence encouraging introspection. As many of us can attest to, walking through a snow-covered landscape can feel like traversing a sacred space—a reminder of the quiet beauty that emerges when the noise of life subsides. And even the cold, itself, has spiritual significance. It sharpens our senses, drawing our attention to the present moment, the sting of winter air on our skin, a visceral reminder of our aliveness and our connection to the natural world.

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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

But wintering isn't solely tied to the calendar seasons; it also refers to the inner winters we experience—times of loss, hardship, or uncertainty. These periods can feel isolating and barren, yet they're often precisely what we need, fertile grounds for spiritual authentic growth. Author Katherine May, in her book *Wintering: The Power of Rest and Retreat in Difficult Times*, describes wintering as a time to "rest, recover, and be kind to ourselves." And during these inner winters, spirituality can serve as a guiding light. Prayer, meditation, or simply sitting in silence can provide us with solace and clarity that we can't get in the hustle and the bustle of activity. These practices help us navigate the dark, finding meaning in our struggles, reminding us that: even in the depths of winter, hope endures.

But to take it a step even further, wintering also highlights the balance between our solitude and our senses of community. Because while the season encourages inward reflection, it also reminds us of the importance of connection. In many cultures, winter is a time for gathering—around fires, at shared meals, or in collective rituals. These gatherings provide warmth and solidarity, reinforcing the spiritual truth that we are never truly alone in our struggles. And yet, solitude remains an essential aspect of wintering. It allows us to listen to the still, small voice within, and cultivate a deeper relationship with ourselves and with the divine. Balancing solitude and community is a spiritual practice in itself, teaching us the value of both introspection and connection as we winter.

Absorbing all of this, while engaging a bit of research for this month's reflection, I came across some potentially useful takeaways for our community, as we individually welcome opportunities to fully embrace the spirituality of wintering. Perhaps we

might consider integrating the following practices into our lives:

1. **Embrace Silence:** Set aside time each day to sit in silence. Use this time to reflect, pray, or simply be present with our thoughts.
2. **Engage with Nature:** Spend time outdoors, even in the cold. Observe the changes in the natural world and reflect on what they teach us about our own cycles of growth.
3. **Create Rituals:** Light candles, journal, or practice gratitude. These small rituals can anchor us during times of transition and provide a sense of comfort.
4. **Seek Wisdom in Darkness:** Explore spiritual texts or stories that speak to the themes of wintering. Whether it's the Psalms, Buddhist teachings on impermanence, or poetry about winter, these resources can offer guidance and inspiration.
5. **Rest Without Guilt:** Allow ourselves to rest and recharge. Recognize that rest is not a luxury but a vital part of spiritual and emotional well-being.

And just as winter eventually gives way to spring, so too do seasons of spiritual dormancy lead to renewal. The lessons learned during wintering can prepare us for growth, much like the earth's quiet preparation beneath the frost. When we honor the rhythms of rest and renewal, we emerge stronger, wiser, and more attuned to the sacred rhythms of life. In the words of Rainer Maria Rilke: "Be patient toward all that is unsolved in your heart and try to love the questions themselves." Because wintering invites us to live into the questions, trusting that the answers will come in their own time.

I hope that we'll each allow ourselves to take root in the rhythms of the natural

world around us, recognizing that our wintering and our spirituality are deeply intertwined, offering us a framework for navigating life's challenges and transitions. Because by embracing the stillness, vulnerability, and wisdom of winter, we connect with nothing short of the sacred rhythms of existence. And in doing so, may we learn to see winter not as an end, but as a necessary pause—a time of preparation for the life and light that is yet to come. Whether experienced in nature or within our souls, I hope that we can all find a kind of unshakable solace in the stillness and the cold. And by leaning into the lessons of this sacred season, may we discover the profound beauty of rest, reflection, and renewal as disciples of Christ. Winter well friends,

Rick+



Picture by Mary Snyder

Parish Office Hours

Parish Office Hours

Tuesday- Friday:
11:00 – 4:00PM

Parish Administrator
Michelle Bentley

Scepter

Production Staff
H. J. "Mac" Miller
Mary Snyder
Joyce Kamm
hj_miller@outlook.com

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

By Richard Irons



of 8 & 10am service was wonderful. This year we wrote cards to each other and received cards with special thoughts from the people at our tables.

Our expression of kindness in Christ were exchanged and it helped me change my New Years resolution. The grace to understand and share these three words Faith, Prayer, and Surrender to Christ.

Thank you, Ruth.



I want to thank Jay Miller for his article in the January Scepter. It was very informative and extensive and I could not add anything while I am looking out to the snow this Sunday afternoon at vestry.

A word came to me when I experienced the luncheon on Saturday at the Krist Kindle reveal. Microcosm, naturally I had to look this word up because I don't use this word often. A Microcosm is a small society, place, or activity which has all the typical features of a much larger one and so seems like a smaller version of it.

So that is what I experienced at our gathering, a total sense of Christ within me and the people that were surrounding me.

Christianity Happening. I am very thankful for making the commitment with Gail to be a part of Krist Kindling after so many years. Also to Meredith Westgate for promoting and continuing through to its current form. The gratitude of fellowship at our table with a blend of our ages



Picture by Mary Snyder of the Krist Kindling Lunch January 18th. More about the Krist Kindling activity on page 7

Military News

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

- ★Richard Mutari
- ★Tyler Trimble

Please advise Michelle Bentley in the Parish office or HJ Miller@ Outlook.com if these names should remain on our list:

- ★Justin Carnahan
- ★Brandon Fox
- ★Gordon Frankenfield
- ★Matt Fuhrman
- ★Jack Hawk

- ★Drew Johnson
- ★William Justice
- ★Anthony Koser
- ★Alex Kube
- ★John Lewis
- ★David Peck
- ★Capt. Andrew Pfeiffer
- ★Mike Spurr
- ★David Sternberg
- ★Clayton Tennies
- ★Connor Tennies
- ★Evan Westgate



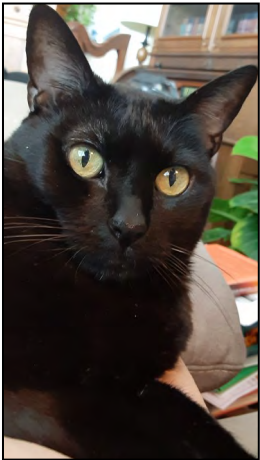
Joyce Kamm's daughter, Lindy, and grandson, Tyler, home from 12-month deployment to Africa.

Memories of Vita and The Escapades of Zoe

Contributed by Joyce Kamm

On a somber day in September, my friend, Linda Mamourian, went with me to have Vita, my companion since my husband died in 2014, euthanized. She had been a stray, so I have no idea of her age. As anyone who has been through the experience with a pet they dearly love, the pain was excruciating.

We were both in tears as I held her for the last time while the vet sedated her. Vita was a very affectionate cat who loved to sleep in



Meet Vita, which means "Life" in Latin...in her healthy days.



At the vet. My last hour with Vita.

the crook of my arm. She was distinctive because she had one green eye and one with a yellow cast. She was a great companion who never left my side.

I waited as long as I could to decide, watching for any indication that it was time.

It was hard because, when I Googled for help I read that when cats are nearing the end of their life, they don't show their pain. In the wild, they masked signs of illness or discomfort to avoid becoming easy prey. People told me they waited too long because the decision was too difficult. I truly understand. Our pets give us what we don't always experience in life—unconditional

love. It was when she reached up and put her paw on my face one night that I made the decision ... thinking she might be telling me it was time. You are missed Vita.

Zoe Enters The Picture

I went to the Pet Pantry the very next day to look at rescued cats. I met Penny. She had the most beautiful green eyes and coloring, but she wasn't about to let me near her. After spending some time looking at others, I told the attendant, "I feel awful, I just put my cat to sleep yesterday and here I am, picking out another the very next day. I would like to adopt Penny." His response was "You are honoring Vita by giving another abandoned cat a home." I felt better.

Zoe had a slight ear infection that required drops. The vet said I could leave her there and they would treat her till the infection was gone or I could treat her at home. Not willing to waste a minute, I said, quite innocently, "I'll take care of her." Little did I know what I was in for. I had never had a cat before from a rescue. Vita was left behind by a family member who lived with me, so she was well-adjusted to me.



Meet Penny—renamed Zoe because Zoe means "Life" in Greek. I wanted to continue the meaning of Vita's name

Well, the crazy cat hid in the bathtub for days. When I tried to pick her up, she ran and hid, mostly under the bed. Back and forth we went. I never could catch her. Finally, Mac Miller came and gave me some instructions. The idea was to get hold of Zoe by the scruff of her neck and then wrap her entire body in a towel. What an escapade that was. Again, she ran, she hid under the bed. We chased her out. I shut the door! Then she ran behind everything in the next room, first the couch, then the recliner, then my desk, practically climbing up the wall to get away from us. I finally got smart and confined her to the bathroom, litter box, food, and all. It was still a battle getting her out of the tub. One time I just stood outside the bathroom door and let Mac do her magic. From the sounds coming out of that room, I was sure she was covered in claw marks, but she won the battle. We wrapped Zoe in the towel. I held her, Mac administered the drops. She came consistently day after day. I will always be so grateful because I didn't have a clue how to handle this.



Zoe cuddled up with a resin statue!!! Looks real to you, too, doesn't it?

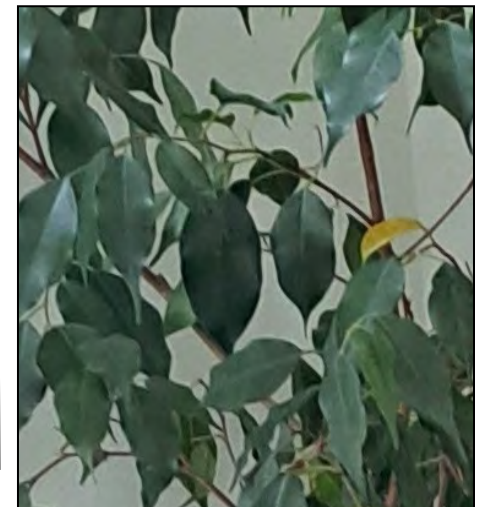
Then came the day when I literally could not find her the entire day. She always came out of hiding at some point during the day but not that day. Late in the afternoon, I remembered that I had gone for groceries that day. She never goes near the front door, but it was the only possibility I could think of. I called Mac. Once again, she came to the rescue. We looked everywhere, especially in the closet under the doorsteps of the apartment above. This is where she usually hid and has lots of interesting space to hide. But we both scoured it multiple times. Then I was sure she had gotten out. Mac went home and I started walking the neighborhood. Why I thought I would find a cat that was scared to death is beyond me. I told some neighbors I ran into, and they said they would be on the lookout. I finally gave up.

I was sitting in my recliner at 9:00 pm, having given up hope, when grief overtook me. I thought, "Not another loss". Yes, it is as painful as losing a person. Love is love. Loss brings up all the other lost loves in life, whether animal or human...at least for some of us.

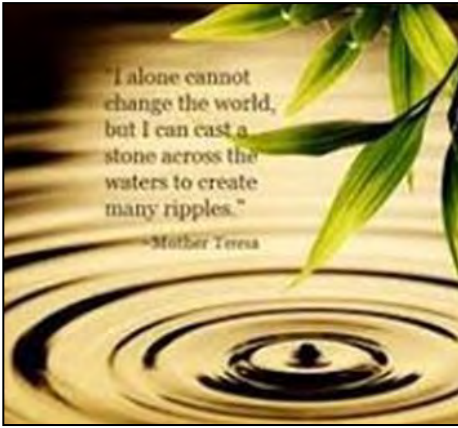
So, after all that emotion, who comes strolling out of the closet at 9:30 pm? Little Miss Zoe!

Since those early days, she has become quite affectionate. She won't let me pick her up and hold her, but she likes to be petted. She demands attention by headbutting. I read they do this to get this obvious attention. The Google search said they also do it to mark you as family. I'll take that!! Tonight. I was trying to put a headboard on a new bed. Every time I tried to tighten a bolt with the Allen and Spanner wrenches, she would headbutt my hand. It took a very long time to accomplish the task.

Zoe now follows me from room to room, making herself comfortable wherever she pleases. This is where I found her while working away in my office not too long ago. So ends the escapades of Zoe thus far.



Zoe sound asleep in my flower pot!



Contributed by Ann Vail

From *Sunrise Gratitude* by Emily Silva
(copyright 2020 Emily Silva)



Kindness kickbacks

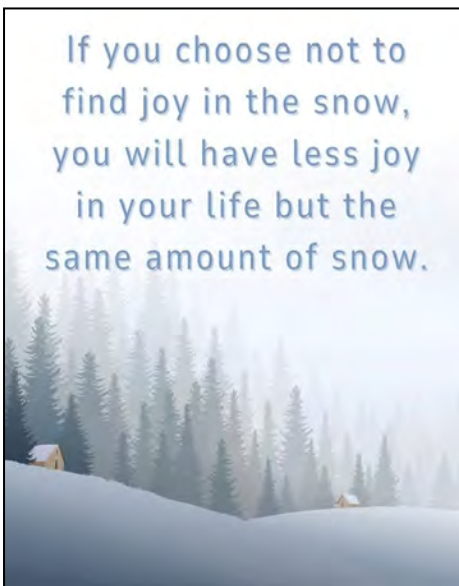
Random Acts of Kindness Day, observed each year on February 17, is a reminder of the power of altruism. Followers of Jesus express kindness selflessly, out of love for God and our neighbors. Yet in return, we reap emotional — and even physical — benefits.

Researchers have identified a “helper’s high” that can ease anxiety and depression. Spontaneous or planned acts of “pro-social spending” have been shown to reduce blood pressure, improve heart health, reduce pain and even extend longevity.

For maximum impact, experts recommend getting creative with random acts of kindness and mixing them up. But no matter how you spread kindness, you’re bound to experience blessings in return!



Even the smallest things can make an impact. On the day you were born, you changed someone’s life. You are a miracle and the world is more lovely with you in it. Everything about you is special, from your smile to the way you think. Your soul is here to illuminate and shine in its own extraordinary way. Accept everything about yourself, because there is no one else quite like you. You are awesome. You are loved.



Here's why

Rev. Thomas P. Arth

Published Oct 06, 2024

I'd like to invite you to come to church. It doesn't have to be my church. If you have your own church, I'd encourage you, invite you, to go there. If you don't have a church, you're welcome to come to mine, or I'm sure you'd be welcome at your neighborhood church wherever it is, whatever kind it is.

You may ask why. Why church? Well, I believe that at church we find something that we really need. We find community. We find a place to belong. When we come to church, we are fed. Our spirits are fed with the word of God and with the bread and wine of the Lord's Supper. And a lot of churches feed the body, either with a coffee hour after worship or occasional meals of fellowship.

We were made for community. The Bible tells us that God said it's not good for us to be alone, so God made us to be partners with one another. We're not meant to be in isolation and solitude. Oh, some alone time is fine and good, but it's not meant to be our whole life.

God knows that it's not good for us to be alone, that we're made for community, because God is a community. We know God as the Holy Trinity, the Father, Son, and Holy Spirit, enjoying the perfect and joyous love of a perfect community. So, God wants us to know that kind of joyous love.

At its best, the church can be an inviting, welcoming, accepting community of love, mercy, forgiveness, reconciliation, compassion and joy. I say “at its best” because, unfortunately, the church is made up of fallible, imperfect, flawed human beings. Sometimes people go church shopping, trying to find the perfect church. I once heard someone say that if he ever found the perfect church, it wouldn't be perfect anymore once he joined.

The church is the community of the baptized. Baptism can be understood in a few different ways but one of the things it is, baptism is our initiation, our welcome into the church.

The church is also called the Body of Christ. Together we make up the Body and presence of Christ in the world. The Bible talks about us all being members of one Body. No member of the body is

(Continued on page 12)

Krist Kindle Lunch

Pictures by Mary Snyder and Mac Miller

Submitted by Meredith Aul



The Krist Kindling “makeover” was an apparent success. After nearly 40 years of gift deliveries, this year we tried sending messages of caring and

encouragement and prayed for our secret partners during each of the three weeks of Advent.

Our Soup and Salad lunch that replaced our traditional evening pot luck supper had a very good turnout. Twenty-one of the twenty-seven participating singles/couples/families brought pots of soup, salads, bread, rolls, muffins; and desserts. Several people commented that soup was a great choice for a January event, and others said it was nice to have a social event on a cold, gray day after the busy holidays. To everyone’s delight, Christian and Scarlett Breneman stepped up to the mike and performed a sweet rendition of “Twinkle Twinkle Little Star.”

This year people were seated with the folks they Krist Kindled or who Krist Kindled them, or both. I attempted to match as many people as possible with someone who attends a different service or whom I thought they might not know very well. Small tables of 6 to 8 presented opportunities for easy interaction and conversation. Some people immediately wanted to know who was their “secret friend,” while others were so busy chatting they forgot to ask! It was interesting to learn about the many creative ways people sent messages including Advent cal-

endars, Christmas cards, personalized handwritten notes, bible verses, prayer cards, angel postcards, and special enclosures. Mike Freshwater and Deann Buffington sent handmade ornaments with photos of the stained-glass window on one side and the cross in the Memorial Garden on the other. The Breneman Children sent handwritten notes to Mac Miller with an enclosure of “fairy dust.”

Everyone was invited to weigh on whether they liked sending messages (as we did this year) or preferred delivering gifts in secret to the church as we’ve done in the past, or to check a box stating, “It’s been a great run, but it’s time to end this activity.” No one checked that box! Preferences of messages versus gift boxes were about 50/50. Someone said that the cards got lost in the shuffle of holiday mail. Others preferred making or buying gifts. Under the column entitled, “I have a suggestion,” an idea was proposed to have a different theme each week, i.e. with items that could be purchased at a grocery store to make shopping easy and accessible.

If you are a former participant or future participant or were unable to attend the lunch, your comments and suggestions are welcomed. Do you have a suggestion for how we might continue the Krist Kindling tradition in a new and different way? Do you prefer cards or gifts? Please call me or send me a text or an email as we plan for next year.

Thanks to everyone who participated and who brought something delicious to the lunch.



Meredith Aul



Scarlett and Christian Breneman



Linda Lentz and Dave Janson



Donna Ray, Amy Yovanovich, Rayelenn Casey



Jackie Sandblade



Mosebachs and Sandblades



Opening prayer



Women's Spirituality Group



month. There is something that is very simple and comforting about gathering at the start of each month, in simple prayer, meditation, and discussion that gives us the opportunity to look inward and express what is in our hearts and minds so that we can venture with a renewed sense of faith, mission, and ministry each month. Our gatherings do not exceed 90 minutes and we offer tea, coffee, and pastries. Join us in 2025. And, we are always looking for different voices to lead discussions. The Women's Spirituality Group is a great refreshment for the new year!

By Michelle Bentley

The group began 2025 with a gathering on February 1st and next meets on March 1st at 10 AM in the lounge. For those of us who have participated in this group since its inception, it has been a most fruitful experience of fel-

lowship, prayer, meditation, and discussion. For women who have thought about joining our group, but have yet to try it, I am here to encourage you to give it a try. What we hope for in 2025 is for a time of peaceful and thoughtful prayer and discussion as we begin each



Sunday Prayer



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

Wednesday Noon



Looking for a meditative complement to Sunday services? Need a peaceful break mid-week? Join us for the Wednesday Noon Contemplative Eucharist and Meditation in the Parish Hall chapel. Each Wednesday, about 16-20 of us gather for reflection, meditation, and Eucharist, led by Father Rick. It truly is a refreshing reset to the week. For some, this is their weekly service they attend. We welcome donations to our free-will offering plate at this service.

Include your news and announcements in the next Scepter.



Due date for March will be:
February 20th.
Send articles and announcements to:
HJ_Miller@outlook.com

Men's Group



Saturday Men's Group: 2nd Saturday of the month from 8 AM -10 AM. **Join us for two hours of fellowship**, including Morning Prayer. Coffee and donuts will be served. **Next meeting** Saturday, February 8th





SAVE THE DATE! MARCH 16, 2025

9:00 AM – RITE II WORSHIP

10:30 AM – ANNUAL MEETING (SANCTUARY)

**11:45 AM – REFRESHMENTS & COFFEE HOUSE
BAND!!! (PARISH HALL)**

**THIS IS AN IMPORTANT DAY IN THE LIFE OF ST. EDWARD'S!
WE HOPE YOU WILL MARK YOUR CALENDARS TO JOIN US AS WE WORSHIP AT
ONE SERVICE FOLLOWED BY OUR ANNUAL MEETING.**

**AND THAT'S NOT ALL!!! WE WILL GATHER IN FELLOWSHIP FOR COFFEE HOUSE
BAND MUSIC, REFRESHMENTS, AND OPPORTUNITIES TO SPEAK WITH FATHER
RICK, OUR MINISTRY LEADERS, AND VESTRY MEMBERS, TO FIND OUT MORE
ABOUT THE AMAZING WAYS TO SERVE IN OUR SPIRITUAL HOME.**



JOIN US FOR OUR
LENTEN SILENT RETREAT
MARCH 5-8, 2025
**NEW THIS YEAR – BEGINS ON ASH WEDNESDAY



ST. EDWARD'S EPISCOPAL CHURCH
HELD AT: MARIAWALD RETREAT CENTER IN READING, PA

A WONDERFUL OPPORTUNITY TO REST & RENEW
AS WE BEGIN OUR LENTEN JOURNEY

REGISTRATION FORMS/DETAILS ARE IN THE NARTHEX

REGISTER BY FEBRUARY 9TH – SPACE IS LIMITED!

Happy Birthday Bev Hess

By Michelle Bentley

January 17th, Julie Hoff, Father Rick and I spent the afternoon with Bev Hess to celebrate her 84th birthday . We had a great time! Julie gifted her with a set of "crown jewels" and her caregiver, Joyce, made us all a delicious meal of her special meatloaf recipe.



Shrove Tuesday



This year, on March 4th at 5:30 PM, our Shrove Tuesday Pancake Supper is being presented by the Men's Spirituality Group. We are super excited to have these talented chefs kick off our Lenten journey with what promises to be a delicious feast of pancakes and sausage, as well as all the goodies that go with it!

Here is the extraordinary change to this event: The entire event, from set-up to cooking to serving is being undertaken by this ministry. But, we still need you!!! So, come to this fun event. Enjoy a bountiful feast, tell your friends and family to join us in fellowship and feasting, and RELAX!!! Take the night off from the kitchen and let our Men's Spirituality Group treat you to a night of no cooking! To help us defer costs we prayerfully request a free-will offering that evening. There will be baskets at our serving areas for collection.

One request that is very important: We would like folks to sign up this year if they are planning on attending. This will give our planners a much better idea of how much food to prepare. There will be a sign-up sheet in the narthex beginning Sunday, February 9th.

Ash Wednesday



On Wednesday, March 5th, at 12 Noon, we will hold our Ash Wednesday service in our sanctuary. Please join us for this beautiful and meditative liturgy to begin our Lenten journey.

As detailed in The Episcopal Church Dictionary of the Church: *"The first of the forty days of Lent, named for the custom of placing blessed ashes on the foreheads of worshipers at Ash Wednesday services. The ashes are a sign of penitence and a reminder of mortality, and may be imposed with the sign of the cross. Ash Wednesday is observed as a fast in the church year of the Episcopal Church. The Ash Wednesday service is one of the Proper Liturgies for Special Days in the BCP (p. 264)."*



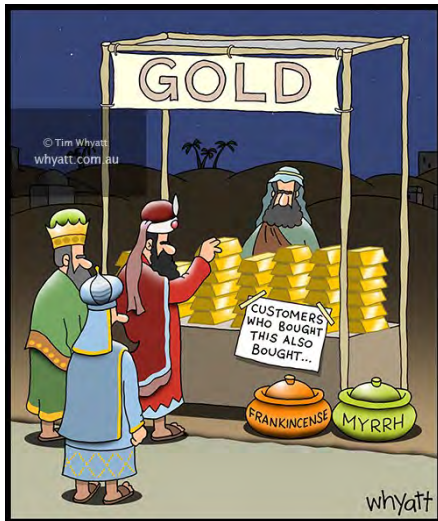
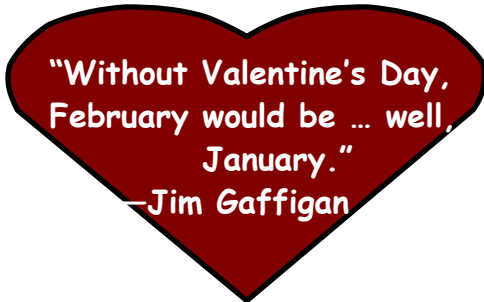
Needle Arts

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

Members of this group, plus volunteer crafters, work all year to create a variety of items for the cookie/craft sale. They also make items such as prayer shawls and baptism blankets, as well as hats and scarves to be donated to any in need.

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.

Remember, everyone's always welcome to pop up at a Needle Arts meeting on Tuesdays at 1 PM in the lounge. No reservations required-just bring your sense of humor with you.



Taizé Worship



**Saint Luke Episcopal
209 South Market St.
Mount Joy, PA.
The first Saturday of
every month @ 5pm.**

Interested in experiencing meditative worship with candlelight, chanting with live musicians (harp, piano, flute, guitar), scripture interspersed with short periods of silence? Join us as Br. David Rutledge, Br. A. J. Robins or The Rev. Martha Harris lead worship.

Upcoming musicians:

**February 1 - Rick Bauer
March 1 - Gretchen Thomas**

Saint James Saturday Evening Mass



**Saturday
February 15
5:00 PM**

Love's Shelter
From the Storm

Save the date for a mass featuring the music of Bob Dylan.

JR Ankney and the Duke Street Band will bring us Make You Feel My Love, Shelter from the Storm, Wedding Song and more. Available in person and via livestream.

St. Paul's Columbia Saturday Evening Mass

February 15th 5 PM



340 Locust Street
Columbia, PA 17512
717-684-8496

Why go to Church?

(Continued from page 6)

more or less important than another, and every member is needed to make up the whole body.

When anyone is missing, we are less, we aren't complete, our community is not whole.

We need each other. We need to trust, rely on, and depend on each other. God gave us each other to walk this life together, to encourage one another. The Bible says, "let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another" (Hebrews 10:24-25).

In addition to finding community at church, we can also find God. I'm not saying that the only place to find God is in church. No church and no religion has a monopoly on God.

But when we gather to worship God together, we believe that God is truly present. God's word can come alive as it is proclaimed. We lift our voices in praising God as we sing together. And as we worship together, as we hear the Gospel message proclaimed, as we receive and share the Lord's Supper, our faith is formed and nourished.

Our faith grows and is strengthened in and with and through the community we find there. And near the end of the service of worship you get blessed just for showing up.

So, I invite you, again, come to church. If you've been away from your church for a time, you are missed. The church is not complete without you. If you've never been to church, give it a try. It might be just what you've been needing in your life, and it can be wonderfully life-changing for the better.





HEMPFIELD AREA FOOD PANTRY

Food Pantry Needs:

- Cereal
- Canned peaches
- Canned pears
- Rotini
- Rigatoni
- Elbows
- Canned vegetable soup

The mission of the Hempfield Area Food Pantry is to show the underserved the gracious love of God by feeding the body, mind and soul of it's clients with dignity!

The pantry is open Mondays and Wednesdays from 10 am to 1 pm

HELP FOR THE HUNGRY



Soles for Souls	March 5 – April 13
Craft Day	March 9
Feed My Starving Children	April 5
Race Against Racism	April 2025
Blood Drive	May 2025

Collection of food for the Hempfield Food Pantry in the narthex is ongoing.

Community Aid News

Community Aid has expanded the payouts to partner organizations for donated items!!! Below is a list of items you can bring to Community Aid, mentioning they are for St. Edward's Episcopal Church (*Our Partner Number is 40036*). We will receive credit for quarterly payouts that assist our Faith-in-Action ministry. Community Aid has always accepted these items, but in the past, they did not give credit to partner organizations for electronics, toys, and household goods.

- | | |
|-------------|-----------------|
| Clothing | Electronics |
| Shoes | Toys |
| Accessories | Household goods |

..



FIA Outreach Tuesday, February 18

St. Edward's will be cooking and serving another meal for our downtown homeless population, in partnership with First Reformed Church on February 18. There is a sign-up sheet in the narthex for people to participate in baking ziti (in the same manner we did before), baking cookies, and/or donating funds for us to purchase drinks, fruit, rolls, and paper goods. We will also be seeking 7-10 volunteers to help serve. This is a great opportunity for us to help our wider community in ways that are truly life-giving! We will be purchasing foil baking dishes and lids for those wishing to bake ziti. We will only need 20 pans of ziti. **We are looking for 4 of those pans to be made vegetarian style.** Please indicate that when you sign up.

SOLES 4 SOULS

Soles For Souls Begins March 5 Thru April 13

St Edward's is once again working with St Johns collecting new and used shoes over Lent. So rather than giving something up for Lent, let's give something.

When people lack the resources to get through today, it's difficult for them to focus on tomorrow. Soles4Souls turns shoes into opportunities for education and employment so they can have a more hopeful future.

The collection will run from March 5th thru April 13th



Start saving those shoes!!

Craft Day - March 9



We will be making crosses for parishioners who find it hard to come to church. Please join us in the Parish Hall during Coffee Hour.

Rahim Family News

- ◆ We have begun the monthly collection of hygiene, paper products and cleaning supplies. Monthly needs are: Paper towels, tissues, toilet paper, shampoo, toothpaste, body wash, hand soap, laundry detergent, laundry softener, dish soap, dishwasher tablets, kitchen garbage bags and hand sanitizer. A sign-up list will be in the narthex.
- ◆ **Muska** is taking classes to obtain her GED. **Moneeb** started school (10th grade) on January 27. **Haseeb**, the oldest, is searching for a job. He has two years of computer science but not a degree. He is considering continuing his education at YTI. If anyone has a job lead, please contact Joyce Kamm or Beth Lynch. He speaks English quite well.
- ◆ Great News!!! Everything on the *Amazon Wish List* has been purchased. The 2nd home is now furnished. Thank you!!
- ◆ More Good News! We were able to purchase a van for the Rahim family. What a blessing this is! Malalay can now transport herself to her ongoing classes to obtain her GED, and the kids to various functions while Najib is working. Thank you so much to all who donated to make this independence possible.

A "Thank You" note from Malalay Rahim
"I want to express my gratitude for everything people from St. Edward's have done for us. Your support means a lot to my family and I truly appreciate all of you. Thank you!"



Prayers for incarcerated relatives of parishioners:

Joey (nephew of parishioner)

Saskita (niece of parishioner)

Prayers for **Randy Westgate**, Music Ministry and Leader of Celebrate Recovery at LCP.

Nuggets for the Journey

What The 12 Steps Can Teach Us About Community

From a new book by Ian Morgan Cron. *The Fix: How the Twelve Steps Offer a Surprising Path of Transformation for the Well-Adjusted, the Down-and-Out, and Everyone In Between*, and how it opened up new ways for him to think about addiction as more than just substances and about community as more than just gathering and connecting.

Some words by the late Frederick Buechner about AA:

ALCOHOLICS ANONYMOUS or A.A. is the name of a group of men and women who acknowledge that addiction to alcohol is ruining their lives. Their purpose in coming together is to give it up and help others do the same. They realize they can't pull this off by themselves. They believe they need each other, and they believe they need God. The ones who aren't so sure about God speak instead of their Higher Power.

When they first start talking at a meeting, they introduce themselves by saying, "I am John. I am an alcoholic," "I am Mary. I am an alcoholic," to which the rest of the group answers each time in unison, "Hi, John," "Hi, Mary." They are apt to end with the Lord's Prayer or the Serenity Prayer. Apart from that they have no ritual. They have no hierarchy. They tell where they went wrong and how day by day they are trying to go right.

They tell where they find the strength and understanding and hope to keep trying. Sometimes one of them will take special responsibility for another—to be available at any hour of day or night if the need arises. There's not much more to it than that, and it seems to be enough. Healing happens. Miracles are made. You can't help thinking that something like this is what the Church is meant to be and maybe once was before it got to be Big Business. Sinners Anonymous. "I can will what is right but I cannot do it," is the way Saint Paul put it, speaking for all of us.

"For I do not do the good I want to but the evil I do not want is what I do (Romans 7:19).

"Hi, I am _____. I am a sinner."

Hi, _____ "

Hi, every Sadie and Sal. Hi, every Tom, Dick, and Harry. It is the forgiveness of sins, of course. It is what the Church is all about.

No matter what far place alcoholics end up in, either in this country or virtually anywhere else, they know that there will be an A.A. meeting nearby to go to and that at that meeting they will find strangers who are not strangers to help and to heal, to listen to the truth and to tell it. That is what the Body of Christ is all about.

Would it ever occur to Christians in a far place to turn to a church nearby in hope of finding the same? Would they find it? If not, you wonder what is so Big about the Church's Business.

Frederick Buechner was an American writer and theologian. The author of thirty-nine published books, he has been and continues to be an important source of inspiration and learning for many readers, writers, preachers, and theologians



by Jalaluddin Rumi
 Translated by Coleman Barks

This being human is a guest house.
 Every morning a new arrival.

A joy, a depression, a meanness,
 some momentary awareness comes
 as an unexpected visitor.

Welcome and entertain them all!
 Even if they're a crowd of sorrows,
 who violently sweep your house
 empty of its furniture,
 still, treat each guest honorably.

He may be clearing you out
 for some new delight.

The dark thought, the shame, the malice,
 meet them at the door laughing,
 and invite them in.

Be grateful for whoever comes,
 because each has been sent
 as a guide from beyond.



Hosted by Blair Lord

As we wrap up Epiphany season, I keep reflecting on January's episode of *The Chosen*, "Clean, Part 2." In the episode, Jairus and Veronica meet Jesus and have their lives turned around for the better. In contrast, we learn that Eden, Simon's wife, has been grappling with a terrible pain and loss that neither Jesus nor Simon knows about. She remains in the throes of her grief while she watches Jesus heal others. Her situation raised relatable questions from our own experiences: why does God choose to heal certain people at certain times and not others? Does healing need to be physical to be real? Knowing that many of us share these questions can help us connect with and comfort one another through times of pain and struggle before, in the "fullness of time," we are made whole.

We continue through Season 3 with the best titled episode, "Intensity in Tent City," on **February 2nd**. Don't worry—we'll view the episode whether a groundhog predicts more winter or early spring! But you will be notified if the weather warrants rescheduling. This episode ramps up the tension in Capernaum when Jesus finally meets the pilgrims who have been waiting for another sermon and more healings. Of course, not every resident or visitor is thrilled, and messengers from John the Baptist pose a pressing question for Jesus to answer in front of everyone.

Veteran viewers and curious newcomers are welcome to meet in the parish hall at 11:45am to view the episode. Make sure to bring your lunch!

We will watch the following episode, "Ears to Hear," on **March 2nd**, just before the start of Lent!

If you would like to catch up on seasons 1, 2, or 3, you can access *The Chosen* for free at thechosen.tv

You can also download The Chosen App to your Amazon FireTV, Apple TV, or Roku, and on your phone from the Apple Store or Google Play Store. It is available for streaming on Amazon Prime, Hulu, and Peacock.

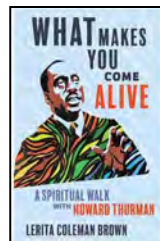


Each Friday Bishop Scanlan provides a short video on topics of interest to her and her fellow Episcopalians. Her gentle style is comforting and many find her chats informative and inspiring. To link to the videos you can subscribe to: <https://diocesecpa.org/subscribe/> The button is on the Diocpa home page as well or use this YouTube link <https://diocesecpa.org/>

Women's Gathering

Contributed by Donna Holwager

This is a zoom program offered by Saint James Lancaster, that currently meets the third Saturday of the month from 10 to 11:30 AM. I have been participating and



Lorraine Rollo prepares so well for the sessions The next book "What Makes You Come Alive" promises to have lots of thought for discussion.

From the Saint James website:

Women's Gathering will walk this Epiphany Season with Howard Thurman and Lerita Coleman Brown.

Dr. Coleman Brown is a retreat leader, spiritual director/companion, and professor emerita of psychology from Agnes Scott College, Georgia. Dr. Howard Thurman (1899-1981) was a ground-breaking scholar, theologian and mystic who influenced Dr. King and the nonviolent civil rights movement.

Lerita felt called to share the wisdom of Howard Thurman. As an "ordinary mystic," she writes: I desire to support all people on their spiritual journeys and aid in the discovery of their unique sacred calling."

If you are curious about mysticism and cultivating your unique "genuine" self, please join us.

To begin our discussion, reflect on the following:



[Click here](#) to watch an interview with Lerita Coleman Brown speaking about Howard Thurman's legacy.

When conversing with Gil Bailie about the world, Howard Thurman said:

"Don't ask what the world needs. Ask what makes you come alive and go do that, because what the world needs is more people who have come alive." (7)

What does coming alive mean to you?

If you live your life in relationship with God, how might that change your life or the world?

Why do you think Howard Thurman stressed the importance of individual discernment of genuine self, passion and gifts?

Please check the [Events Calendar](#) for specific Saturdays each month. The group often meets more often during Advent and Lent. For more information about Women's Gathering, please [email Lorraine Rollo](#).

[Click here](#) to email me for the Zoom link.

Coffee Hours

Pictures by Mary Snyder

One of the foundations of our weekly fellowship is our Sunday coffee hour. From 9 AM to 10 AM each Sunday, we offer folks a chance to gather, as one community, between the services, as well as the space we hold for our fantastic Coffee House Band to perform.

Join us at a coffee hour, sign up to serve as a coffee hour host, participate in our craft activities, or, if you hold musical gifts, contact Randy Westgate about joining the Coffee House Band.



Bob Mosebach, Betty Simora Seth Hake, Beth Hake, Mike Freshwater, Randy Westgate, Gregg Klinger



Randy Westgate



Seth and Beth Hake



A great time to socialize

Join Us for
COFFEE HOURS 



Irene Achey and Rev. Dolores Smith



Mark Jakiel and Bruce Lynch



Do You Need A Ride To Sunday Worship?



If you have a longing to be at St. Ed's in person to worship on Sunday mornings, please contact the church office and a driver will

pick you up.

If you are willing to add your name to the schedule to be a driver, please contact the parish office as well.

Services

Pictures by Mary Snyder



The Reverend Dolores Smith &



Reverend Smith and Vanessa Helsel



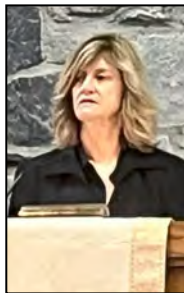
Fr. Rick



Fr. Rick and Bob Mosebach



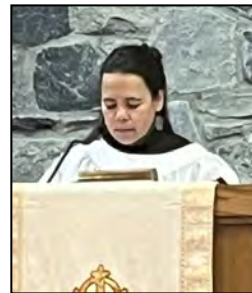
Jamie Alton



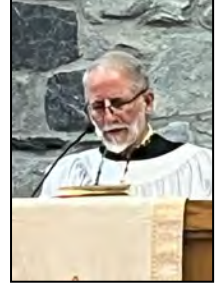
Kiki Davis Brugman



Seth Hake



Beth Hake



Peter Weber



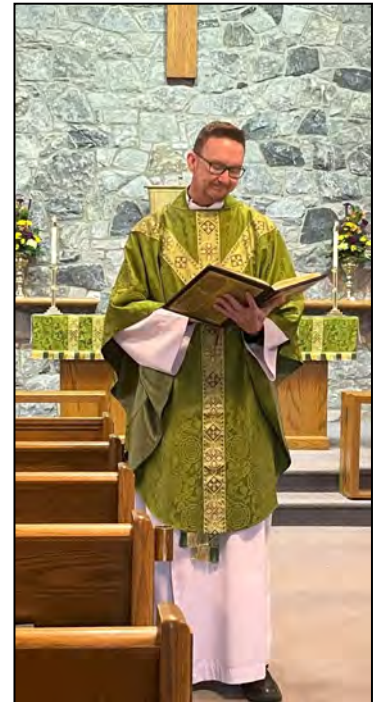
Linda Jones



Blair Lord



Beth Lynch first time LEM



Gospel



Bob Mosebach, Meredith Lord, and Sally Lederer

EPIPHANY



Art Hagen first time LEM



Sermon

Worship SERVICES



Karen Waddill



Donna Burkholder



2453 Harrisburg Pike

Lancaster, PA 17601

Phone 717-898-6276

Email: stedsoffice@comcast.net

www.sainteds.org



Randy Westgate discusses two recent sermons with Fr. Rick.

View at: https://www.youtube.com/watch?v=kFac4NL_vqY&t=30s



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)

- ✦ Mike Freshwater(2027)
Vestry Clerk
- ✦ Richard Irons (2025)
- ✦ Ethel Lawrence (2027)
- ✦ Blair Lord (2026)
Vestry Clerk
- ✦ Beth Lynch (2025)
Senior Warden
- ✦ Jay Miller (2026)
Junior Warden
- ✦ Bob Mosebach (2026)
- ✦ Mary Snyder (2025)
- ✦ Kathy Spencer (2027)

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/)

