

March 2025



ST. EDWARD'S EPISCOPAL CHURCH

# Scepter



## Reflection From the Rector's Desk

By The Rev. Dr. Richard C. Bauer



“ You are not alone. Your pain is seen. And hope—true, resilient, God-breathed hope—is available to you...to all of us. “

Let's be honest: life can be hard. Some seasons seem to stretch out longer than we ever expected, existential winters filled with uncertainty and grief, with barrages of hardship that make us weary. We've all experienced these phases in life—many of us are in one now—where we wonder, "How long,

Lord?" And yet, as followers of Christ, we're consistently invited into a spirituality of possibility, one that is not wishful thinking, but that is deeply rooted in patient and courageous hope. And such hope is not just about waiting for better circumstances, it's about anchoring

ourselves in a healthy long view that can sustain us when the stuff of this world overwhelms us. It's a trust that, despite what we may see in a given moment, something life-giving is at work, just beyond our lines of sight. And perhaps most importantly, it's a journey that we don't have to walk alone.

Because, when we look at Scripture, we recognize that hope is the very currency of our shared faith, and that hope is never a denial of reality. After all, the psalmists cry out in anguish. The prophets speak into despair. Even Jesus weeps at the tomb of Lazarus. Hope, then, does not ignore our sober observation about all that is wrong in our world or the pain we suffer; rather, it acknowledges the reality of our trials while holding fast to the conviction that our present suffering is not the end of our story. And so, Paul tells us in Romans 5:3-5 that suffering produces perseverance, perseverance produces character, and character produces hope. And I think that we're wise to notice the movement here: that hope is not the starting point. Instead it's a fruit that grows, formed over time, often painfully, through the struggles that we face in life. But the promise is that: this hope will not put us to

*(Continued on page 2)*

### Inside this issue:

Altar Guild Gift	3
Lent Madness	4
Spring Bible Study	6
Lunch and Learn	7
Carol Cotnoir Memorial	11
Faith in Action	13-15
Lunch with the Chosen	16

### 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

shame, because it's grounded in the ever-evolving and outwardly expanding love of Creation itself. And this is the kind of hope that we are called to cultivate as a people of faith—a hope that persists even when answers are slow in coming. It's the kind of disposition that kept the Israelites moving through the wilderness, that sustained Job in his loss, and that held fast to the disciples as they waited in the dark before that resurrection morning.

But there is no shame in our asking: how do we hold onto hope when the weight of the world feels crushing? Because it's certainly not something that happens automatically. Instead, we come to grow in hope through practice, something that we have to lean in towards, each and every day. And one of the greatest threats to hope is that pervading temptation to assume that we are alone in our suffering. But our sacred texts remind us that we are part of a greater story—one where God is always working, even in the darkest of times. And immersing ourselves in Scripture, especially the stories of those who have endured hardship and found God faithful, can lend us invaluable strength and insight when life feels like a struggle.

And yet, a disposition toward hope doesn't call us to merely shut down and put on a brave face when we're troubled. Instead, our faith invites us to be honest about our fears, doubts, and even our exhaustion. After all, our Bible is chalked full of raw, unfiltered cries to God—expressions of frustration, longing, and even anger. Jesus himself prayed in anguish in the Garden of Gethsemane. And so, a spirituality of hope is not about pretending that everything is fine; it's far more so about bringing our real selves before God and trusting that we'll be met in our seasons of need.

It's easy to forget the ways God has been

faithful in the past. For this reason, the Israelites were often instructed to build altars or mark significant moments where God had provided so that future generations would remember. And we can do the same in our own lives—whether through journaling, sharing testimonies, or simply pausing to reflect on God's goodness. This may even be essential for us, as gratitude shifts our focus from what is missing to what is present, fostering the kind of perspective in us that naturally cultivates hope. And sometimes our movements toward hope aren't grand, sweeping overtures in our cruciform moments, but show forth in small decisions, little steps that we take, with effort and intentionality, that keep us going in trying times. Because so often, it's the choice to even show up, to pray even when we don't feel like it, to extend kindness, to take the next right step, that makes all the difference in our spiritual development. Maybe this helpfully highlights the part of the work that IS up to each of us, the effort we put in, to act as if we believe that God is still at work in our lives and in our world, even when we're not seeing it.

But I think that it's also well worth naming: that a spirituality of hope is not just for our own benefit—it is also a witness to the world. Because when we live as people of possibility, exercising patience and fortitude through our trials, we become light in the darkness. We testify that despair is not the final word, that love is stronger than fear, that God's Kingdom is always in the process of breaking through in our ordinary world. Now certainly, in times of trial, we can be tempted to withdraw, to self-protect, to turn inward. But the call of hope beckons us out into the world, ever-inviting us to be people of encouragement, to bear one another's burdens, to speak life wherever there is despair. Indeed, the faith that we share calls us to live in such a way that

others, too, are drawn into the hope that we have in Christ. And so, friends, if you are in a season of struggle, please take heart. You are not alone. Your pain is seen. And hope—true, resilient, God-breathed hope—is available to you...to all of us. But we may need to stretch ourselves, to be deliberate and intentional with our choices, disposing ourselves through concentrated effort toward faithful, patient hope.

With the help of eternal light, at the core of who we are, may we be a people who hold onto that vision for abundant and life-giving tomorrows, and who extend THAT vision to a world in need. With grace and peace,

Rick+



## 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](mailto: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 the doors are locked.**

By Beth Lynch



The Vestry met on Sunday, February 17<sup>th</sup>. Mary Snyder, Richard Irons and Beth Lynch were thanked and acknowledged for serving on the vestry over the last 3 years. Three parishioners were nominated for election as vestry members at the Annual Meeting on March 16<sup>th</sup>: Mary Gibson, Donna Ray, and Dan Sanders.

The stewardship drive was successful, yet with the cost of services and utilities the vestry is looking to add two new fundraising efforts to the calendar. Look for more information regarding the 10K Fiscal Race that will run in May and June. Later in June, St. Edward's will be hosting their first rummage sale. Parishioners will be asked to donate items that are resaleable to the church for this event. There is also a possibility for the rental of a table to sell your own crafts or items.

We are looking at designing a car magnet that advertises St. Edward's. This

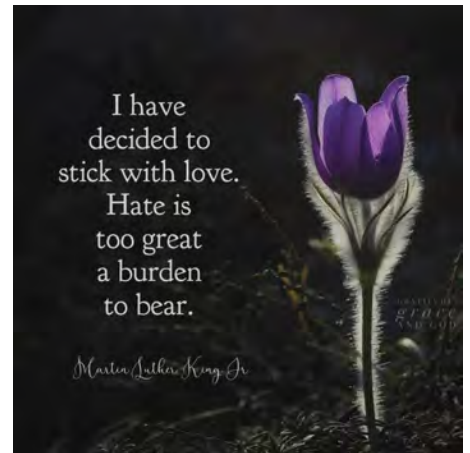
Pictures by Julie Hoff and Mary Snyder

January 26<sup>th</sup>, at the 8 AM service, on behalf of the Altar Guild, Fr. Rick presented Sue with this planter to thank her for her many years of service to the Altar Guild, Sue has been an active member of Altar Guild since the beginning of St. Edward's in the Union Hall.



could be a way to get our name out into the community as well as advertise a bit.

The vestry discussed and voted on items concerning the Memorial Garden. The improvement of the monument, the upkeep of the area and the cost of interment.



## 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 Tennes
- ★Connor Tennes
- ★Evan Westgate
- ★Seamas Whitesel
- ★1<sup>st</sup> Lt. Thomas Whitesel





On the path to victory

After moving to a college town, Pastor Kendra Thompson learned about the athletic phenomenon known as March Madness. And after a nondenominational upbringing, as a young adult she learned about Lenten traditions.

Lent and the NCAA college basketball tournament, which usually coincide, both point to the divine, Thompson argues. "In Lent, with each day we are drawn closer to the crushing reality that we've crucified our God. And yet we are also faced with an impossible victory: that death did not win, that our God is raised in Jesus Christ," she writes. "Likewise, watching college basketball invites us into a season of hoping in unlikely possibilities, marveling at upsets, and giving thanks to God for the connection we find as his people."

Like fans swept up in high-stakes games, Jesus' disciples abandon everything to follow him. Lent might be "holy madness," Thompson muses. It's "an opportunity to 'feel' our religion, not just in our heads but with our skin, our voices, even in the anxieties of our prayers."

Lent Madness

Can you have fun in Lent? Yes, if you play along with Lent Madness – a basketball-inspired holy competition to see which of 32 saints earns the coveted Golden Halo. While it all seems very frivolous, you'll learn about the saints along the way. By the time Holy Week

comes along, you'll see how God works in the lives of ordinary people to shine the light of Christ's love in a world in need of hope.

Following the heady days of Nomination-tide, and the submission of hundreds and hundreds of saintly nominations, the Supreme Executive Committee is pleased to release the highly anticipated 2025 Lent Madness bracket.

Let's get to the **2025 bracket!**

This year's saints include a mix of heavyweights and lesser-known saints, all of whom followed Jesus faithfully in their own day and in their own way. Closer examination of the bracket, will quickly reveal an...alphabetical theme. Needless to say, we love all the saints, from A to Z.

Here's how Lent Madness works: on the weekdays of Lent, information is posted at [www.lentmadness.org](http://www.lentmadness.org) about two different saints. Each pairing remains open for 24 hours as participants read about and then vote to determine which saint moves on to the next round. Sixteen saints make it to the Round of the Sainly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the Golden Halo.

The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.



Pokémon Club meets Wednesdays from 6:30 - 8:00 pm

Play Pokémon, either the game or GO. There are crafts and giveaways. Some trading as well.

It is all FREE. You can drop-off or stay.

St. Edward's Parish Hall  
2453 Harrisburg Pike, Lancaster, PA

If you need more information feel free to contact Beth Lynch

Winter - Wednesdays

January 22nd - March 26th



Leslie Arnold



Congratulations to Susquehanna Advanced Toastmasters (SAT) member Leslie Arnold and soon to be SAT member Christine Titih on their Area 11 & Area 12 International Speech Contest first place finishes! Leslie and Christine move on to the Division Level contest on Saturday, March 22nd, in Hummelstown, PA!

Fun Gift



Irons' grandsons had great fun with a gift of Crackers that were made by the Knit Wits for the Cookie/Craft sale. The crackers contained the paper crowns, small treats and a toy.

Newest Westgate Granddaughter



The latest sweet addition to our family: Emmy, daughter of Adam and Jessica and sister of Asher. 1/28/25.

*A Call to Love*



This snack's layers mimic properties of our planet's crust.

What you need:

- 1 cup rolled oats
- ½ cup nut butter (divided)
- ½ cup chocolate chips
- Microwave-safe bowl
- Silicone mini baking cups

What you do:

1. Combine the oats and ¼ cup of the nut butter. Mix until oats stick together.
2. Place 2 teaspoons of oat mixture in each baking cup. Press with a spoon. Freeze for 10 minutes.
3. Spread remaining nut butter atop the cups. Freeze for 10 more minutes.
4. Microwave the chocolate chips 30 seconds. Stir and keep heating for 30-second intervals until melted.
5. Spread melted chocolate atop the cups. Freeze until chocolate is firm.
6. Remove from the molds and enjoy! Refrigerate leftovers in an airtight container.



**PUZZLE**

**FROM WORD TO WORLD**

Words are important! God spoke and created all things.  
What does the psalmist declare about creation?

Directions: Using the word clues, unscramble the letters to complete Psalm 102:25, NIV.

A preposition	NI	_____
An article	HTE	_____
Genesis means this	NINBGEIGN	_____
A second-person pronoun	OUY	_____
Past tense of to lay	IDAL	_____
An article	HET	_____
A plural noun meaning base	SODTAINFONU	_____
A preposition showing possession	FO	_____
An article	TEH	_____
A concrete noun meaning world	HRTEA	_____

Psalm 102:25, NIV

Answer: In the beginning you laid the foundations of the earth. (Psalm 102:25, NIV)



Bible Quiz

Complete this sentence which introduces a well-known Bible story: "The hand of the LORD was on me, and he brought me out by the Spirit of the LORD and set me in the middle of a valley; it was full of \_\_\_\_."

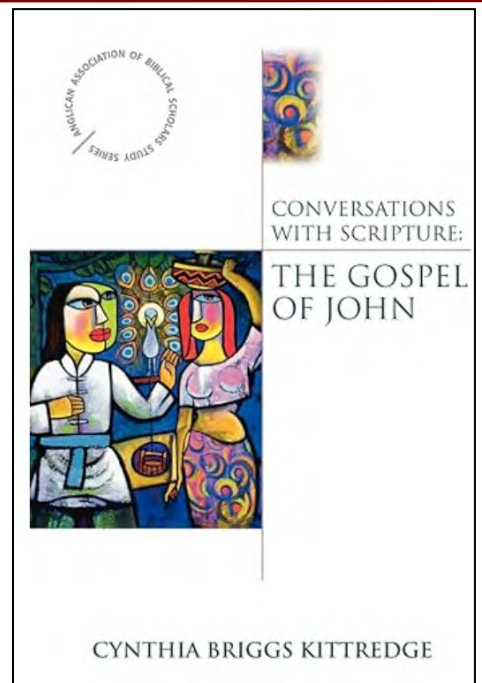
- A. flowers
- B. sheep
- C. rocks
- D. bones

NIV.)



*Answers*  
INSIDE

Answer: D (See Ezekiel 37:1,



A scholarly evaluation of the fourth Gospel and Johannine community.

For contemporary Christians, Johns Gospel is a paradox. On the one hand, it stresses boundaries: “No one comes to the Father except through me.”

But on the other hand, it’s all about community: “I have no longer called you servant, but friends.”

*Conversations with Scripture: The Gospel of John* encourages readers to draw out the tensions between these two perspectives for an open, inclusive reading of this difficult Gospel—and to find in it reaching meaning for their lives. With a study guide that includes thoughtful, challenging questions for reflection and discussion, this is an ideal resource for individual and parish study.



Join the zoom group Wednesday

## Meet the Author of this Spring’s Bible Study Book



Cynthia Briggs

The Very Rev. Cynthia Briggs Kittredge is the Dean Emerita of the Seminary of the Southwest. She was appointed in 2013 after serving on the faculty as the Ernest J. Villavaso, Jr. Professor of New Testament and as Academic Dean. She is a contributor to *The New Oxford Annotated Bible* and the *Women’s Bible Commentary*, and the author of *Conversations with Scripture: The Gospel of John and Community and Authority*; *The Rhetoric of Obedience in the Pauline Tradition*. She co-edited *The Bible in the Public Square: Reading the Signs of the Times and Walk in the Ways of Wisdom: Essays in Honor of Elisabeth Schüssler Fiorenza*. She is the co-editor of the *Fortress Commentary on the Bible: The New Testament*. She also wrote *A Lot of the Way Trees Were Walking: Poems from the Gospel of Mark*.

Dean Kittredge has served as a member of the Steering Committee for Theological Education in the Anglican Communion, as Chair of the Board of the Episcopal Evangelism Society, and President of the Anglican Association of Biblical Scholars.

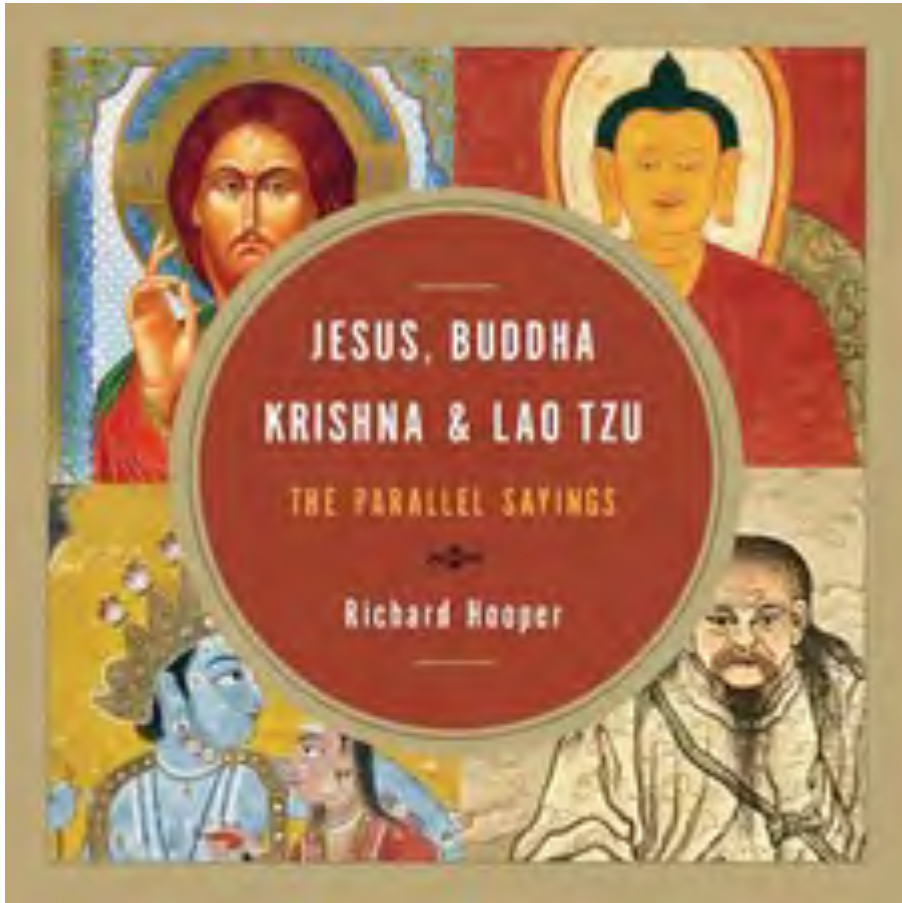
Prior to joining the seminary faculty in 1999, Dean Kittredge taught at Harvard University and the College of the Holy Cross. She serves as assisting priest at The Episcopal Church of the Good Shepherd in Austin, Texas.



With oldest daughter, Rachel and husband Frank



A recent sermon: <https://www.youtube.com/watch?>



**By Michelle Bentley**

Our next Lunch & Learn session begins Friday, March 14<sup>th</sup> at 12 Noon via Zoom.

This next book should be a fantastic exploration and discussion. Here are some words from the book descriptor on Amazon and from the book jacket:

**In this fascinating volume, theologian and philosopher Richard Hooper reveals the common spiritual threads of the world's great religious traditions.**

Hooper organizes hundreds of sayings attributed to Jesus, Buddha, Krishna and Lao Tzu thematically and assembles these parallel sayings into four columns for easy reference. Culled from more than fifty ancient Christian, Buddhist,

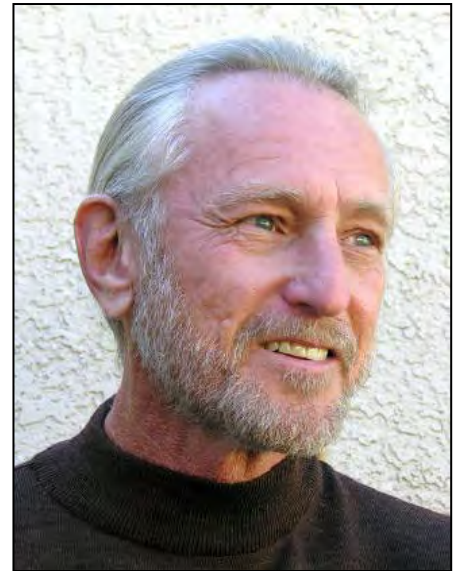
Hindu and Taoist texts, *Jesus, Buddha, Krishna, and Lao Tzu* includes topics such as, "The Great Way, "Suffering," and more.

Each topic includes an insightful introduction that sends a powerful message that will be welcomed by all who seek the truth within, and within their own spiritual tradition.

*"A much-needed journey into the minds and hearts of the great prophets of our world; academic, yet heart-filled, stimulating and illuminating. . . This rare text answers many questions that others leave hanging, and touches the spirit as well as the mind." – Alan Cohen, author of A Deep Breath of Life*



"Of one thing I am perfectly sure: God's story never ends with ashes."  
—Elisabeth Elliot



**Richard Hooper**

Richard Hooper is a former Lutheran pastor with degrees in both theology and the philosophy of world religions. Once a nationally syndicated radio commentator on religion, Hooper is now a columnist for United Press International's web forum: Religion-andSpirituality.com, and has recently founded The Sedona Institute for Comparative Theology. His other books include The Crucifixion of Mary Magdalene and The Gospel of the Unknown Jesus. Visit him at: religionandspirituality.com

## Saturday Compline

Patrick Ishler offers Compline each Saturday evening, at 7PM, via zoom. The poem below is often part of this short, peaceful prayer service:

It is worth remembering  
we are not put on a road  
to journey alone,  
but to walk together under  
Light that we did not have to create.  
Do not let staggering darkness tell you  
what has never been true.  
Know that you are a person of  
stars and stardust,  
of what is found  
and what has never truly been lost.  
Do you hear the One saying  
"That light? I have left it on for you.  
Come in anytime." ~Author Laura Martin

Link to Compline

<https://zoom.us/j/96682629349?pwd=f9ixnXJB198tYCs4q8k5xpDwBH8YsQ.1>

# Women's Spirituality Group



By Michelle Bentley

The group next meets on Saturday April 5th 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 fellowship, 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 month. There is some-

thing 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!



## 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](mailto:drutledge1225@gmail.com)

Sunday Evening Prayer@ 7:00pm  
Join Zoom Meeting

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

Meeting ID: 847 0061 4072



## 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 April will be:  
**March 20th.**

Send articles and announcements to:  
[HJ\\_Miller@outlook.com](mailto: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, March 15th







**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.**

All are Welcome! 5:30 PM - 7:00 PM  
pancakes | sausages | beverages



TUESDAY, MARCH 4<sup>TH</sup> – JOIN US!!  
FREE WILL OFFERING PRAYERFULLY REQUESTED



# ASH WEDNESDAY

March 5th                      12 Noon  
Holy Eucharist & the Imposition of Ashes

# In Loving Memory of Carol Cotnoir



*"Music is the art which is most nigh to tears and memory."*  
Oscar Wilde

Through the years, Carol shared with us her talent and musical gifts, that enriched our music ministry. We will be forever grateful.



## Needle Arts

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

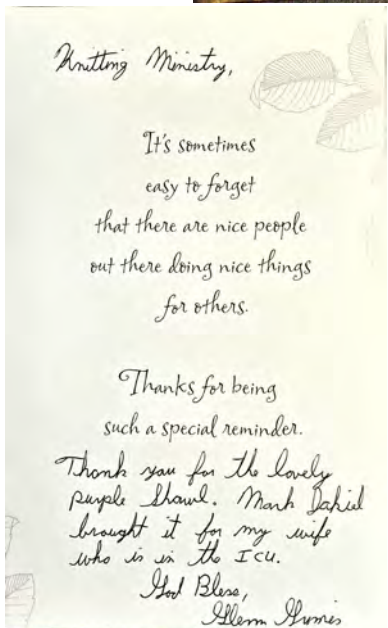
Members of this group, plus volunteer crafters, work all year to create a variety of items for the cookie/craft sale. They also make items such as prayer shawls and baptism blankets, as well as hats and scarves to be donated to any in need.

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.



Prayer Shawl Thank You



Knit Wits



Piece Makers

## 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, 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:**

**March 1 - Gretchen Thomas**

**April 1 - Rick Bauer**

## Saint James Saturday Evening Mass



**Saturday**  
**March 15**  
**5:00 PM**

Music of Leonard Cohen.

Available in person and via livestream.

## St. Paul's Columbia Saturday Evening Mass

**March 15th 5 PM**



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



## Tell your story

In his *Confessio*, St. Patrick shares his fascinating biography, placing Jesus at the center. Believers should follow suit, especially in a culture that is "ignoring and forgetting the Christian story," states Father Billy Swan. At WordOnFire.org, the Irish Catholic priest writes:

"Our calling is to retell the greatest story ever told and to help people find their place within the drama in which God has created them to participate. Like St. Patrick, we retell that story not as detached bystanders but as witnesses whose lives have been changed by being drawn deeper into the dynamics of the great love story of God and his people."

Patty Breen, a lay minister in Michigan, also finds inspiration from the fifth-century saint. "The journey and life story of St. Patrick invite us to wrestle with and consider these questions," she writes. "Who is God for me? How do I contribute to the coming of the kingdom of God? What is God's plan for my life? Where am I invited to serve?"

Writing down our own *Confessio*, or faith story, is "a way to remember and see God's presence with you at each step of your life," adds Breen, "even at times when you weren't necessarily following God."





## HEMPFIELD AREA FOOD PANTRY

### Food Pantry Needs:

- Canned tuna
- Canned tomato paste
- Canned cream of celery soup
- Canned cream chicken soup
- Canned cream of mushroom soup
- Cereal
- Peanut butter

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



Soles for Souls	March 5 – April 13
Craft Day	March 9
Feed My Starving Children	April 5 Noon to 2pm
Race Against Racism	April 2025
Blood Drive	May 2025 2 to 7pm

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 |

## Rahim Family News

- **Good News!** All three of the Rahim siblings that arrived in December passed their written driver's test and now have permits! That van came at just the right time!
- **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, hand sanitizer. A sign-up list is in the narthex

# 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



## 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.



### 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.

## Feed My Starving Children - March 29



### By Kevin Milligan

Saint Edward's is looking forward to participating in the 10th Lancaster County Feed My Starving Children Mobile Pack. Volunteers from Saint Edward's will be packing MannaPack™ meals on Saturday, March 29, 2025 from Noon to 2PM, at Willow Street Mennonite Church.

Feed My Starving Children (FMSC) is a Christian organization founded in 1987. Through MobilePack events, FMSC is able to partner with local community organizations to send healthy, safe meals to malnourished children around the world. How does it work? Volunteers work during two-hour shifts to pack meals over a weekend to help alleviate world hunger!

To date, the Lancaster County FMSC MobilePack meals have gone to Somalia, Haiti, Belize, Dominican Republic, Malawi, Uganda, Jamaica, Poland, Guyana and Moldova. Working together over the last nine events, more than 10,000 volunteers from our community have come together to send more than 2.3 million meals to those most in need around the world!

Unfortunately, food insecurity is a local challenge as well as a global one for many. As a result, the MobilePack event will also be a Food Collection for the Lancaster County Food Hub. FMSC is inviting everyone to bring along a non-perishable food item that will be donated to the Lancaster County Food Hub.

If you would like to volunteer, please complete the sign-up sheet in the narthex. If you have any questions about the MobilePack event, please ask Kevin Milligan for more information.

# HELP FOR THE HUNGRY



## Race Against Racism



For the last 5 years, St. Edward's has had a team participate in the YWCA's Race Against Racism. We gather together to unite against oppression and celebrate our community's commitment to justice. Whether you're walking or running, joining a team, your family, or as an individual, we need your support to show the world that our shared movement of eliminating racism and empowering women is stronger than ever!

**This year the St. Edward's team will walk individually or with friends rather than as a group.**

We are officially set up! You can sign up at <https://runsignup.com/Race/Register/RaceGroup-1743846?raceId=81889>

The link is also available on St. Edward's webpage under FIA. **Registration deadline is April 6.**

Let's invite our friends and family to walk or run with us at this important event for all of us.

### Race Day Schedule:

7:00 AM - Day of Registration & Day Of Packet Pickup

8:00 AM - Gather in Musser Park for announcements, instructions, & the race start

8:30 AM - Kid's Fun Run

9:00 AM - 5K Run Start

10:05 AM - approximately- Awards will be announced from the Portico in Musser Park as results come in.

## FIA Outreach At First Reformed

### By Beth Lynch

**St. Edward's served 114 meals for our downtown homeless population, in partnership with First Reformed Church on February 18.**

It was great turn out of ziti makers and dessert bakers. We had a lot of parishioners pitch in so many ways. They packed silverware, bought dinner rolls, provided apple sauce, packed the cars, and prayed with us.



Front: Beth Lynch, Bev Achey  
Back: Linda Lentz, Rick Dombach, Dick Irons, Gail Irons, Freda Dombach, Lori Miller, Jean Haven, Meredith Lord

## Shadow Side Is Present In The Scriptures

By Father Richard Rohr

Father Richard describes Jung's concept of the shadow and how it is present in Jesus' teachings.

The ego wants to eliminate all humiliating or negative information in order to "look good" at all costs. Jesus calls this self an "actor," a word he uses fifteen times in Matthew's Gospel, though it is usually translated from the Greek as "hypocrite." The ego wants to keep us tied to easy and acceptable levels of knowledge. It does not want us going down into the "personal unconscious" or, in Jung's term, our "shadow self." The shadow includes all those things about ourselves that we don't want to see, are not yet ready to see, and don't want others to see. We try to hide or deny this shadow, most especially from ourselves.

Jung asks: "How can I be substantial if I fail to cast a shadow?" [1] He makes clear that the unconscious is not bad or evil; it is just hidden from us. Jung describes shadow also as "the source of the highest good: not only dark, but also light; not only bestial, semi-human and demonic, but superhuman, spiritual" [2] and, in Jung's word, "divine." That is why we dare not avoid the deep self. Wild beasts and angels reside in the same wilderness, and it takes the Spirit to "drive" us there (see Mark 1:12-13).

The more we are attached to any persona, bad or good, any chosen and preferred self-image, the more shadow self we will have. We absolutely need conflicts, moral failures, defeats to our grandiosity, even seeming enemies. These are necessary mirrors, or we will have no way to ever spot our shadow self. Even if we only catch a glimpse of such shadows, that may offer graced insight and a moment of inner freedom.

Jesus seems to precede Jung and modern depth psychology by two thousand years when he says, "Why do you observe the splinter in your brother's eye and never notice the plank in your own? How dare you say to your sister or brother, 'Let me take the splinter out of your eye' when all the time there is a log in your own? Take the log out of your own eye first, and then you will see clearly enough to take the splinter out of your brother or sister's eye" (Matthew 7:4-5).

Note that Jesus does not just praise good

## Beauty of Silence

By Denzel Washington



When you remain silent, you protect what's sacred, you preserve your peace, you conserve your strength. Not every battle deserves your words. Not every person is ready to hear the truth you carry.

When you learn to be silent, you also learn to trust God. Trust and silence go hand in hand. When you stop talking, you are saying .... God, You can speak for me. You can vindicate me. You can fight my battles better than I can.

You're no longer striving to be understood. You're no longer explaining yourself to people who will never see it the way you do. Instead, your choosing to let God handle it...and He will!

This kind of trust takes incredible strength. That's why Isaiah 30:15 says, "In quietness and trust is your strength." In those quiet moments, the Holy Spirit begins to reveal things you couldn't see before. You start to understand what's really going on.

Silence is also about how you win spiritual battles. If the enemy can't stop you from fighting, he'll distract you by fighting the wrong fight. Instead of wrestling with principalities and powers, you'll waste your



moral behavior and criticize immoral behavior, as a lesser teacher might. Instead, he talks about something caught in the eye. He knows that if we see rightly, our actions and behaviors will eventually take care of themselves. God wastes nothing and includes everything. The God of the Bible is best known for transforming our shadow selves into our own more perfect good. God brings us—often through failure—from unconsciousness to ever-deeper consciousness and conscience. I doubt if there is any other way. All the rest is mere self-validation.

energy arguing with people, but when you stay silent, you refuse to play the enemy's game. You step back and fight in the Spirit instead.

How much time have you wasted defending yourself to people who will never see the truth? How much energy have you poured into arguments that leave you drained and frustrated? Silence frees you from this cycle. It allows you to focus your energy on the real battle, the spiritual one.

Silence isn't losing. It's letting God win for you. It's stepping back so He can step in. It's preserving your strength so you can fight the battles that matter, it's trusting that God will defend you, protect you and reveal the truth in His perfect timing.

Silence is not weakness, it's wisdom. It is a weapon of trust, a preservation of strength and a tool for discernment. Jesus, himself, showed us that not every battle requires a response. Not every person deserves an explanation and not every conversation is worth engaging in.

When you remain silent, you are not avoiding the fight, you are fighting God's way. You are declaring...." God, I trust You to defend me, to speak for me and to fight my battles." Trust that when you step back, God will step in.

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**SILENCE**

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Silence starts out as a place you go to, then becomes a place you come from... internally.

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**By Cynthia Bourgeault**

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Why is talking so much easier than listening? Because stuffed emotions bubble up in the silence. Silence is spiritual surgery. In solitude we submit ourselves to God's healing work.

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**From The Intimacy Project**

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Hosted by  
Blair Lord

“Intensity in Tent City” delivered on its punny title this month as we watched the drama unfold in the heart of Capernaum.

A few of the disciples—Andrew, Philp, and Judas—learn that Andrew and Philip’s ministry has impacted the Decapolis for the worse, and they are prompted to resolve the situation by clarifying the message Jesus trusted them to preach. Meanwhile, Mary and Tamar have an emotional conversation that touches on the pain and inadequacies they’ve experienced, providing an opportunity to better understand each other. On the Roman front, Gaius struggles with his imperial duty in response to the tent city that awaits Jesus’s reappearance. Finally, when the moment comes for Jesus to bring healing and teaching, he’s confronted by two disciples sent by John the Baptist with a tense question: “Are you the One who is to come, or should we look for someone else?”

It was a delight to see new faces during our viewing and discussion! Thank you to everyone who attended and enriched our post-episode conversation.

The next Lunch with *The Chosen* will be on **March 2<sup>nd</sup>**. “Ears to Hear” is the penultimate episode of the season. Jesus and his disciples learn of the crisis in the Decapolis, and Simon reels from the tragedy that has affected him and his wife. We look forward to meeting up with our fellow viewers in the parish hall at 11:45am with bagged lunches. What a blessed prelude to Lent!

If you’re looking ahead, we will watch the last episode of the season, “Sustenance,” on **April 6<sup>th</sup>**.

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



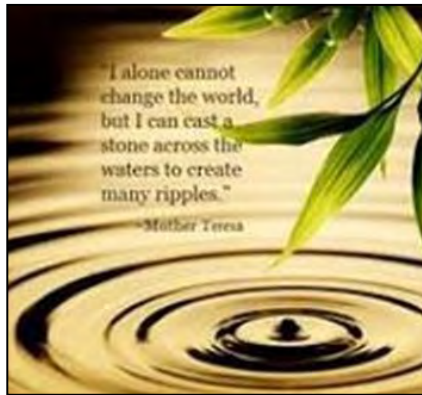
<https://www.youtube.com/watch?v=worz6IWCKuM>

Jonathan Roumie on Faith, Surrender and Playing Jesus on TV

New York Times Podcasts

The star of “The Chosen” discusses his early struggles in Hollywood, fans who conflate him with his character and how his own faith informs his work.

## Kindness Ripples

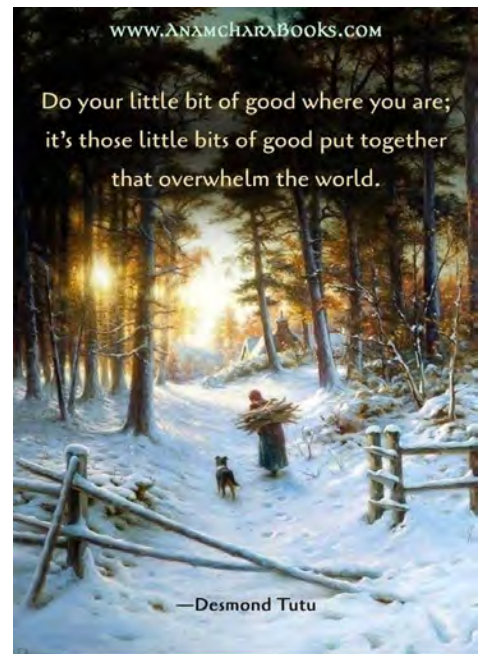


Fasting and feasting

During Lent, consider this practical — and biblical — advice from Arthur Lichtenberger, a former presiding bishop of the Episcopal Church:

- Fast from criticism, and feast on praise.
- Fast from self-pity, and feast on joy.
- Fast from ill-temper, and feast on peace.
- Fast from resentment, and feast on contentment.
- Fast from jealousy, and feast on love.

- Fast from pride, and feast on humility.
- Fast from selfishness, and feast on service.
- Fast from fear, and feast on faith.



Contributed by Peggy Hanzelman



# Services

Pictures by Mary Snyder



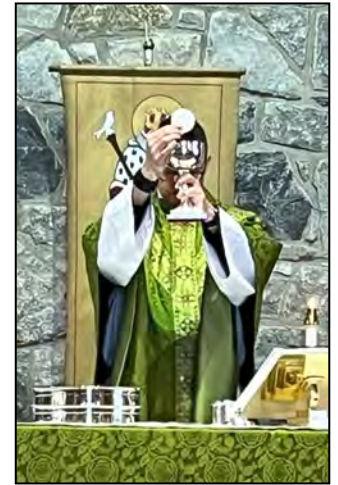
Fr. Rick's sermon



Bob Mosebach's sermon



The Gospel



Holy Eucharist



Kathleen Spencer



Jeanne Mosebach



Cindy DiStefano



Kiki Davis-Brugmann



Seth Hake



Sue Purdy



Jay Miller



Art Hagan

Lectors

Worship  
SERVICES

EUCCHARISTIC  
Ministers



Vanessa Helsel



Beth Lynch



Karen Waddill and the choir



Prayers



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## Bishops Scanlan and Nichols Discuss Reunification



One Friday in each month the Bishops share the weekly video to report on the progress of the reunification project. <https://www.youtube.com/watch?v=D8AwZHy5DQI>

LOOK FOR US ON THE WEB!  
[www.sainteds.org](http://www.sainteds.org)

### 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/)

