



Our Sponsored Child in Uganda

Please continue to help support Marvin Ntale during this time. The monthly cost is \$30 to sponsor a child for Shared Blessings, which helps with food, clothes and school costs.

Marvin lives in near poverty with his father, a peasant farmer and also his 3 sisters and brother.

Please put your donation in with your offering envelopes. Thank you!

Answer to Bible Quiz: D (See Matthew 27, Mark 15, Luke 23, and John 19.)



Jesus Our Savior Anglican Church

1038 McHenry Avenue
Modesto, CA 95350
(209) 551-5279

We're on the web!

JesusOurSaviorAnglicanChurch.org

Mission Statement: "To Know Christ and to Make Him Known"

2nd Chance Computer



During the health crisis, we are not able to give out many computers. If there is a need for a computer (only desktops available), Terry is willing to drop it off to your front porch. Please call him at (209) 402-8586 or email terry.scott@gmail.com.

The Antone & Marie Raymus Foundation has contacted Terry to ask him to submit another grant application. It has been submitted online with an electronic signature from Senior Warden Jim O'Neill. Keep your fingers crossed that we get another grant this year!

If you know of any businesses or personal donations, please let us know.

Please keep this wonderful ministry in your prayers!

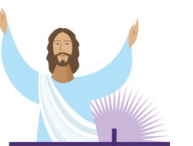


The Savior's Voice

Volume 12, No. 3

March/April 2020

Easter for our Church Family



During this health crisis, we must remember that we are not alone. God is in charge of everything and we must trust in our faith to get us through.

On this Easter, if you are not able to be with your family or friends, call or video chat with them to spread the Easter message. Think of all the wonderful things in your life and count your blessings.

On page 5, there is an article on coping with the pandemic and our Stay-at-Home order. Please check out the options and try some of them. We need to keep our spirits up and stay positive at this time.

Liz Basham taught her grandkids, Gabriel, Isaiah, Suzana and Angelina Pine to make palm crosses. Ruby Louis posts daily spiritual affirmations on Facebook to uplift others. What can you do? Call, email or write a note to someone you haven't talked to in a while. Check on your neighbors or people who live alone. Best of all, pray for the doctors, nurses and first responders. Don't forget all the people who work in essential jobs, such as pharmacies, grocery stores, banks, restaurants, gas stations, to name a few. Most important, take care of yourself and stay safe and health.

Easter Around the World

Easter traditions are important, but they vary widely. While Americans dye hardboiled eggs, Kenyans carve soapstone eggs and present them as gifts in banana-fiber boxes. In Bermuda, locals fly homemade kites on Good Friday — a tradition that began when a teacher illustrated Christ's ascension to heaven using a cross-shaped kite. Ethiopian Christians observe a 56-day fast from meat and all animal products. On Easter, they dress in white to worship in churches decorated with handmade fabric. Then they feast with non-Christians on roast chicken, goat and rice.

In France, church bells are silent between Holy Thursday and Easter to observe Jesus' Passion. According to legend, the bells grow wings and fly to Rome to be blessed, returning on Easter with chocolate and presents. In one town's main square, chefs make a giant omelet with 4,500 eggs to feed 1,000 people!

from the Newsletter

"Spring shows what God can do with a drab and dirty world."

—Virgil A. Kraft

from the Newsletter



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Jesus Our Savior
Anglican Church

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.....Archbishop, ACNA
The Rt. Rev. Dr. Eric Menees
.....Bishop
The Rev. Woodrow Gubuan
.....Rector
The Rev. Tom Foster
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Vestry

James O'Neill.....Senior Warden
Nathaniel Pine.....Junior Warden
Mary Scott.....Secretary

Joan Court June Simas
Audrey Foster Linda York
Mary Harnisch

The Vestry meets the third Sunday of every month following the service.

☺ Sunday School.....10:00 a.m.
Nursery available



Liz Basham
Mary Harnisch
June Simas
Jim O'Neil
Linda York

Editor.....Fr. Woodrow Gubuan
Design & Format.....Mary Scott



*Reflections on the
Book of Job
by Audrey Foster*

The quotations from the book of Job that I copied into my "journal" always carry such a powerful impact when I reread them. First, there is a reminder of our mortality and the stark truth that the body that houses our spirit doesn't begin or end with the trappings of this world. There is a simplicity and dignity in birth and in death.

Naked I came from my mother's womb and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised. (Job 1:21)

When Job continues to acknowledge that God has every right to take away what He has given and that Job will praise Him regardless of his painful losses, Job's wife says to him, "Are you still holding on to your integrity? Curse God and die." Job replies:

You are talking like a foolish woman. Shall we accept good from God and not trouble? (Job 2:9)

Then he says something that I hope and pray I will be able to say with conviction, no matter what the hard circumstances of life may be:

Though He slay me, yet will I love Him. (Job 13:15)

Here is a passage that never ceases to amaze me:

I know that my Redeemer lives and that in the end He will stand upon the earth. And after my skin has been destroyed, yet in my flesh I will see God; I myself will see Him with my own eyes--I and not another. How my heart yearns within me! (Job 19:25)

Job knew with such certainty that his life would not end with physical death. He counted on the resurrection. He even knew that after his flesh decayed, God, his Redeemer, would give him a new body. Plus, he was firm in his belief that he would see God "with my own eyes". (Some translations have the lovely phrase "and not as a stranger") While Job was in no hurry to leave this earthly life, even though he was suffering emotionally (all his children had died), mentally (his riches were all destroyed) and physically (his body was wracked with pain), he admits that his heart yearns to see God.

How did Job know all this so many years before Jesus came to earth to assure us of eternal life and God's love for us? Job's knowledge could have only come from God Himself.

When Job's misfortunes increase and he begins to question why God is letting this happen to him when he has tried so hard to please Him, God speaks to Job:

Then the Lord answered Job out of the storm. He said...."Where were you when I laid the foundations of the earth? Tell me if you understand..." (Job 38:1)

God was reminding Job that He is God, after all, and His ways are beyond our comprehension. Job was wise enough to realize his own lack of understanding. He admits:

"Surely I spoke of things I did not understand, too wonderful for me to know. (Job 42:13)

Job teaches us that we do not need to unravel all the burning mysteries of why life happens as it does. That's a good thing—since it's not possible anyway! Acknowledging God's right to rule our lives brings great freedom—because we know we can trust in His love, no matter what.



✦ *Christian Symbols* ✦

Nails

Nails symbolize Jesus' passion and suffering because they were used at his Crucifixion. They are often depicted in groups of three because two nails were used to secure Jesus' hands, and a third was used to secure his feet. Three nails are also used to identify Jesus as a member of the Holy Trinity.

from the NewsletterNewsletter



Almost 100 years ago, one-time U.K. poet laureate John Masefield wrote a play called *The Trial of Jesus*. In it, the centurion who oversaw Jesus' execution returns to give Pontius Pilate an official report. When Pilate's wife requests and receives details about the crucifixion, she asks, "Do you think he is dead?" Despite what he had witnessed, the centurion answers, "No, lady, I don't." Confused, Pilate's wife inquires, "Then where is he?" The man's response: "Let loose in the world, where none can stop his truth."

from the NewsletterNewsletter

Answer to Kid's Page

Bread, thanks, broke, body, remembrance, cup, covenant, poured

Special Dates

- First Sunday in Lent.....*March 1*
- World Day of Prayer.....*March 6*
- Second Sunday in Lent.....*March 8*
- Daylight-Saving Time begins...*March 8*
- Third Sunday in Lent.....*March 15*
- First day of spring.....*March 19*
- Fourth Sunday in Lent.....*March 22*
- Holy Week.....*April 5-12*
- Palm/Passion Sunday.....*April 5*
- Maundy Thursday.....*April 9*
- Good Friday.....*April 10*
- Holy Saturday.....*April 11*
- Easter Sunday.....*April 12*
- Administrative Professionals Day...*April 22*



Bible Quiz

Three of the Gospels tell that when Jesus was crucified, darkness covered the earth from noon until three in the afternoon. Which Gospel does not mention this event?

- A. Matthew
- B. Mark
- C. Luke
- D. John

*Answer on page 8
from the NewsletterNewsletter*



- ♦ Tom D.
- ♦ Maxine M.
- ♦ Shirley E.
- ♦ Art E.
- ♦ Velmer R.
- ♦ Mary Lee
- ♦ Claude K.
- ♦ Janet M.
- ♦ Margaret M.
- ♦ Doug C.
- ♦ Fr. Jack
- ♦ Pat L.
- ♦ James H.
- ♦ Stephanie O.
- ♦ London S.
- ♦ Kay K.
- ♦ Margie M.
- ♦ Jim H.
- ♦ Tatum
- ♦ Ruby L.
- ♦ Salaam S.
- ♦ Bob Z.
- ♦ Genie B.
- ♦ Luci B.
- ♦ Joan C.
- ♦ Pamela J.
- ♦ Jenny A.
- ♦ Juanita T.
- ♦ Rex A.
- ♦ Gail C.
- ♦ Richard T.
- ♦ Doug C.
- ♦ Dorothy Schuyler family—comfort
- ♦ Jackie, David & Chris —comfort
- ♦ For all who serve this country & first responders

"God has always given me the strength to do what is right."

—Rosa Parks

from the NewsletterNewsletter



- ★ Nicky Beyers March 1
- ★ Suzana Pine March 4
- ★ Angelina Pine March 16
- ★ Thomas Carrillo March 28
- ★ Bob Neller April 11
- ★ Seth Simas April 23
- ★ Jameolah Soma April 25
- ★ Isaiah Pine April 28

✦ JR & Honey Rosal April 17 16 yrs

If we don't have your birthday or anniversary, please let Mary Scott know.

Scripture AND NATURE

Conduct a simple experiment to illustrate Easter's meaning.



What you need:

- White carnations
- Scissors
- Vase
- Water
- Red food coloring
- Bible

What you do:

1. Cut the carnation stems (at an angle) to about 8 inches long.
2. Fill the vase halfway with water. Add 10 drops of food coloring. (More may be needed to darken the water.)
3. Add the cut flowers and observe what happens to the petals over time.
4. Discuss how this is like Jesus' work on the cross. Read 1 Peter 2:22-24 (NIV) and reflect on what his death means for us.
5. To learn more about this experiment, research capillary action.

PUZZLE

Picturing the Lord's Supper

Jesus ate the Passover meal with his disciples as a symbol of the new covenant.



Directions: Use the picture clues to fill in key words from Luke 22:19-20, NIV.

And he took _____, gave _____ and _____ it, and gave it to them, saying, "This is my _____ given for you; do this in _____ of me." In the same way, after the supper he took the cup, saying, "This _____ is the new _____ in my blood, which is _____ out for you."

LUKE 22:19-20, NIV

From the Newsletter
Answer on page 7



The Rector's Message

EASTER MESSAGE

Alleluia! Christ is risen!
The Lord is risen indeed! Alleluia!
[Easter Acclamation]

In the Gospel Reading of the First Mass of Easter, we read: *And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone ... the guards trembled, ... (the women came to find the empty tomb ... Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen ...)*

In the midst of the coronavirus pandemic, we hear these reassuring words: "Do not be afraid." The Easter Proclamation Hymn tells us the reason why: "Rejoice, heavenly powers! Sing, choirs of angels! Exult, all creation around God's throne! Jesus Christ our King, is risen!"

In the face of worldwide sufferings, illnesses and deaths, we remember with confidence and hope that Jesus Christ our King, is risen: Easter means: Nothing is the same again! Sin will never have the final victory nor will human death! He has triumphed over sin and death, and has given us a new life. This "new life," that has become ours as the result of Christ's resurrection is gradually appearing during this "coronavirus period", raising the hope that it may become a new way of life after all this is over. I quote here these points of reflection:

- The fact that with such a huge interruption of the global economy, "new forms of poverty will emerge. We should prepare now to assist the new poor in order to avoid forms of exploitation and violence. The outpouring of compassion that we have seen so far needs to be encouraged into the post-pandemic future."
- "We have experienced powerful forms of connectivity through the internet. School instruction, conferences, board meetings, scientific exchange, emotional first aid, humor, artistic renditions, prayer etc. have been sustained by new and creative forms of human connectivity. We can continue reaping and developing their humanizing fruits for the common good."
- "We might get used to physical distancing and lose the social or humanitarian reason for it. We should be cautious that the lockdown, quarantine and distancing not develop into a culture of isolation, indifference and prejudice."

- "Ironically," measures to contain the coronavirus have "made the air purer, the skies bluer, our hands cleaner, our streets and homes 'safer.' A deadly virus has made us behave more responsibly toward ourselves, family, community and creation. I hope when the virus is gone, our good habits would continue."
- With the churches closed, many people are realizing just how important faith and prayer are in their lives. "A virus mirrored to us our fragility, limitations and insufficiency. This is quite humiliating for a people gone mad with pride and self-adulation. But the memory of the virus must be kept alive to keep us humble and hopeful."

(Cardinal Tague, Prefect of the Congregation for the Evangelization of Peoples)

As we renew our Baptismal Vows this Easter Day, we promise to live more fully this "new life". We will endeavor to continue the new or renewed ways of living the "new life" that we learned from this pandemic crisis.

My prayers and blessings for a Holy Easter to one and all!

James Tague



Please send your offering envelopes to the church at 1038 McHenry Avenue, Modesto, CA 95350 or to Mary Scott, 2108 Graywood Ct., Modesto, CA 95355.

With your financial support during this difficult time, the church will continue to thrive.



The Bishop's Corner

The Rt. Rev. Eric Vamter Menees

The Rite of Reconciliation "Prayer & Dismissal"

My dear friends, I hope and pray that you are all doing well, looking after yourselves, your families, friends, and neighbors.

In our Bishop's Note we are going through the 2019 BCP and the Rite of Reconciliation. Last week we examined the actual absolution given by the priest. This week we cover the closing of the Rite of Reconciliation, the optional prayer and the dismissal.

The following prayer may also be said

Let us pray.

O most loving Father, by your mercy you put away the sins of those who truly repent, and remember their sins no more. Restore and renew in your servant whatever has been corrupted by the fraud and malice of the devil, or by his own selfish will and weakness. Preserve and protect him within the fellowship of the Church; hear his prayers and relieve his pain; through Jesus Christ our Lord. Amen.

The Priest concludes

Go (or abide) in peace, and pray for me, a sinner.

Now the optional prayer in this section may look new to you but this is actually one of the new/old parts of the prayer book. This prayer is a modernized version of a collect at the end of reconciliation that can be found in the 1662 Book of Common Prayer. It's one of those things that was removed in the 1979 Book of Common Prayer that's now been restored.

It's optional but I'd encourage clergy doing reconciliation to pray this prayer. Reconciliation can often seem like a service that's just a negation, the penitent coming has their sins removed, but this prayer reminds us that we need more than that and this is more than that. On top of having our sins forgiven, we need to ask God to renew us and strengthen us to better follow his will, and to preserve and protect us in our walk with him. It's not just between us and God though, this prayer makes clear that we're asking for that preservation and protection within the fellowship of the Church. We as a body of believers should be supporting each other in our relationship with God. Not just in prayer, but also in admonishing sin and in making moral decisions.

Then we get that powerful last line, "Go in peace, and pray for me, a sinner." Oftentimes people hold their clergy

up on a pedestal, and for some this service can seem like the priest reaching down from the pedestal and lifting up the penitent to a closer relationship with God. That's not the case at all. In this service the priest pronounces absolution, but all of us fall short of the glory of God, ordained clergy and your bishop included. This is a reminder that while the priest can pronounce absolution, he doesn't celebrate this sacrament looking down on the penitent from above, but side by side with them as someone who is also a sinner. It connects very well with the prayer before this, because the priest in asking for prayers from the penitent is showing that members of the church should support each other in their Christian life. We live our lives as Christians in community, not in isolation.

After you go through this sacrament, I'd encourage you to spend some time praying for your priest and confessor. He is there going through many of the same struggles as you, often times more, and he can't do it alone. Clergy are in need of reconciliation just as much as laity, and clergy can't do their ministry unless they have a right relationship with God.

I pray that you will avail yourself to the Rite of Reconciliation. Remember it's not, "all may, some should, none must," it's "all should, and some REALLY should, seek the Sacrament of Reconciliation."



With the COVID-19 crisis a term you may hear often in churches is spiritual communion, but what is it? Throughout its history the church has always emphasized the importance of the Eucharist. In the Reformation the Anglican reformers intended the Eucharist to be the primary act of worship on Sundays, but over time the standard became Morning Prayer. It wasn't until the Anglo-Catholic movement in the 19th century that Eucharist started to become a weekly norm.

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Staying Home During the Pandemic *from Psychology Today*

10 Steps to Coping with Isolation by Robert L. Leahy, Ph.D.

Many of us have wisely decided to stay at home and avoid crowds and the risk of either catching the virus or unintentionally infecting other people. You may find yourself feeling isolated, depressed, bored, worried, ruminating, and hopeless. You are not alone. We are going through a national traumatic experience where many people believe their lives are imminently threatened, that the economy will collapse and never recover, and that life will never be the same.

The key thing to keep in mind is that we actually don't know what will happen, but we do know that an enormous national and world effort is underway to try to contain the spread and lessen the effects. We are at the early stage and we are never going to know what the next month or two will bring until that time comes. Meanwhile, we are all in a national emergency together. And we have been asked to reduce our interactions, distance ourselves, and—in some cases—stay at home. We know that isolation and passivity are the perfect storm for getting depressed and staying depressed. It is possible that you wake up in the morning, worried, anxious and depressed and think that there is nothing to do and that you are completely isolated. How can you cope with this indefinite period of being housebound?

Normalize your feelings. We often feel we cannot tolerate our unpleasant emotions—that we should be coping better. This is like feeling bad about feeling bad. But it is normal to feel anxious, afraid, helpless and overwhelmed when dealing with a trauma. This is a trauma. We are all fearful of horrible things happening to people we know and to ourselves. You are not a robot. You are entitled to feel bad. But you are also entitled to do what you can to feel less bad—even to feel better at times. So, let's work on what we can control—and realize that we cannot control what we do not know.

Reach out to friends and family. Just because you are "shut in" doesn't mean you are "shut off." Make a list of friends—even people you haven't had contact with in the past several years. Think about family members—list them as well. Then begin to email or text some of them that you would like to touch base with and check in. In fact, has it occurred to you that your smartphone is actually a phone? I know; I seldom call

People on the phone, but this "novel" experience can really be uplifting. Video platforms are also very useful. Use Skype or Zoom or other free services to actually see each other.

Schedule daily activities. Just because you are at home doesn't mean there is nothing to do. The night before the next day, make a list of things that you can do during the next day. This is your **TO DO LIST FOR TOMORROW**. The great thing about a list for the next day is that you wake up and you know that there are things that you will do. This will give you an hourly purpose, a sense of being effective, and will help distract you from your worries. At the end of the day look at your **TO DO** list and check off what you did and what it feels like to have done it. If there are items you missed, put them on the list for tomorrow.

View this as free time. You probably are familiar with the feeling that you never have enough time to do what you want to do. But now you have plenty of time. Of course, realistically you won't be able to do a lot of things that you have enjoyed in the past.

Do what you have been putting off. When thinking about your free time you can identify the tasks that you have been putting off. So, make a **PROCRASTINATION LIST** and start working on it. This might be household chores, reorganizing that closet, de-cluttering your apartment or house, contacting people you have fallen out of touch with.

Get some exercise. You can stream YOUTUBE videos that can serve as your personal trainer and can also do yoga, sit-ups, run in place, and other exercises right at home. Getting your pulse rate up, pushing yourself a little more will get those endorphins going. Go for it. **Just DO IT.**

Eat and drink wisely. When we are stressed we often overeat or eat junk food or drink too much. Keep an eye on this problem. In fact, why not dedicate this time to getting really healthy? Think about this as a retreat, a spa, a healthy time where you will plan your meals and limit or even eliminate drinking. Another opportunity that you have right now is to cook creatively, like to try new recipes or you can even get back to the basics your grandparents knew—like making your own bread, healthy soups, etc.

Make a list of reading and videos. I read a lot—but I am always feeling that I don't have time for all the reading.

Support someone who is having a difficult time. We are all in this together and we need to support each other. One way of feeling connected and finding meaning is to check on someone who might be having an especially difficult time.

Challenge your hopelessness. We need to take this pandemic seriously because many people will die. Follow the CDC guidelines. Don't use your emotions to predict what life will be like next month. We know that things have improved significantly in recent weeks in China. Maybe that can happen for us as well. Keep in mind that you do have control over what you do every day. Keep track of everything that you are doing—and plan to do. Everyday is up to you.