

# TIDINGS

The newsletter of The Church of the Incarnation, Rt. 522, Mineral, Virginia.

## YOUR 2019 VESTRY

Tom Brockel  
Jim DeBusk  
Wayne Gibbons  
Patsy Hall  
Samantha Perry  
Eileen Smith  
Bill Thomas  
Susan Turney  
Rev. Lura Kaval

## PANCAKE SUPPER

This year's pancake supper is on March 5th at 5pm at the Church. Come join us for yummy pancakes and great company. Please invite your friends and neighbors!



The men of the Incarnation will be cooking up a storm of pancakes, sausages and fixings. Contact Rick Harlow at [rsharlo2@comcast.net](mailto:rsharlo2@comcast.net) if you are able to set-up, cook, or clean-up.



## AMBULANCE COMMITTEE

The Ambulance committee will be meeting on Sunday, March 10, 2019 in Noel Hall at 9:30am to review the progress on fixing and finding our donated ambulance a community where it can meet transportation needs emergent or non-emergent. We have been speaking with churches in the diocese and diocese representatives, and Indian reservation staff. If anyone in the congregation knows of a need please speak to Nancy Moser, Rick Harlow, Sandy Brockel, Claudia DeBusk, Kathy Sergent or Eileen Smith.

## OUTREACH COMMITTEE MEETING UPDATE

At the next meeting, March 13th, the committee will be preparing a list of volunteer activities you might want to consider! Many members of the Outreach Committee toured the Louisa County Resource Center (food bank, clothing closet, and much more!).



*Pictured: Jim and Susan Utt, Nancy Moser, Claudia DeBusk, Patsy Hall, Tom and Sandy Brockel and their beautiful Granddaughter, Pat and Jane Gallagher. Tour guide: Doug Smith*



### THE JOURNEY HOME PROJECT

There will be a fund raiser/auction for The Journey Home on May 4th, 6-9pm. Incarnation will have a table in support of this project. Their website: [journeyhomemineral.org](http://journeyhomemineral.org)

### NEWS FROM LOUISA COMMUNITY EMERGENCY FUND (LCEF)

With the help of churches like The Church of the Incarnation, Louisa Community Emergency Fund helped 87 families in 2018 which included 97 children. Fifty-six families received rental assistance (\$16,209), 12 families received mortgage assistance (\$3,600), and 19 families received utility assistance (\$1,821.91). Since the doors of LCEF opened on Nov. 1, 2015, 250 families have been served with assistance totaling \$55,526.

Through LCEF, Incarnation is able to combine resources with other churches, individuals, and organizations in the county to help those in crisis with rental, mortgage and utility assistance. LCEF also has fundraisers throughout the year to raise money for needy families. The next fundraiser is the 2nd Annual Miniature Golf Tournament on April 7, 3:00 to 5:00 pm, at the Boardwalk on the Lake. The rain date is April 28.

Mark your calendar and come join the fun. For \$25, you can play 18 holes of golf at Boardwalk Mini Golf, have dinner at Tim's at Lake Anna Restaurant, and provide financial assistance to people in need in Louisa County through LCEF. Be on a golf team of 4 representing Incarnation and have fun with your church family. Let's see how many teams we can have this year! You can also come for dinner and be a cheerleader for Incarnation for \$25. See Susan Utt (894-4879) for tickets.

### UNITED THANK OFFERING

The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, men, women, and children nurture the habit of giving daily thanks to God. These prayers of thanksgiving start when we recognize and name our many daily blessings. Those who participate in UTO discover that thankfulness leads to generosity. UTO is entrusted to promote thank offerings, to receive the offerings, and to distribute the monies to support mission and ministry throughout The Episcopal Church and Provinces of the Anglican Communion.

The United Thank Offering (UTO) Board is pleased to announce that they will accept applications for up to ten Young Adult Grants and up to ten Seminarian Grants for 2019. Grants will be up to \$2,500 each to fund start-up costs for new ministries. The focus this year is **The Jesus Movement: Evangelism, Reconciliation and Creation Care**, including the following: proclaiming the Good News of the Kingdom, teaching, baptizing and nurturing new believers, responding to



human need with loving service, transforming unjust structures of society and pursuing peace and reconciliation, safeguarding, sustaining and renewing our environment. Blue Boxes are located in the back of the church. Please give generously.

### LENTEN BIBLE STUDY

The Lenten Soup and Book Study will take place on Wednesday nights from 6-8:00 pm beginning March 13th and continuing for five weeks until April 10th. The book being used is entitled *The Wounded Healer* by Henri Nouwen. Please purchase a copy or contact St. James to have them purchase one for you. This study will be at St. James Church in Louisa.

### BASEMENT REPAIR GRANT

Great news! We have been approved for the grant we applied for \$5,900.00 to go toward our basement repairs. This will help us to fix the water issue and use this space to further our ministry.

### WHY DO WE OMIT ALLELUIAS DURING LENT?

Based on the Hebrew word, halleluyah, meaning "Praise the Lord," alleluia has been a word of great praise to God in the life of the church and was prominent in early Christian liturgies. Because of the penitential character of the season of Lent in the Western church, singing or saying the word alleluia has historically been suspended during Lent's forty days.

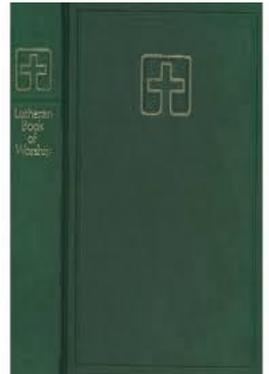
This period of individual and congregational reflection on the quality of our baptismal faith and life suggests that the joyful nature of alleluia is more appropriately reserved for our Easter celebrations when it is given full and jubilant voice. An alternate gospel acclamation for Lent that omits the alleluia is provided for in Settings One through Ten of Holy Communion in Evangelical Lutheran Worship. Additional settings can be found in the Service Music portion (ELW #176-77) and in additional resources.

During Lent we will use the green, Lutheran Book of Worship (LBW), it contains both the hymns and the liturgy so, only one book!!! The Lutheran order of worship is similar to the Penitential Episcopal order of worship with Confession, Absolution, Prayers, Hymns, the Old Testament, Psalm, Epistle, Gospel reading, Sermon, the Creed, Prayers of the People, Peace, Offering and then the Eucharist.

During Holy Week we will return to the 1982 Hymnal and The Episcopal Book of Common prayer. Forty-five percent (45%) of the people who attend church on Sunday at The Church of the Incarnation are Episcopal, forty-five (45%) are Lutheran; the other five percent (5%) include Catholic, Presbyterians, Baptist, Methodist and more.

Experiencing different worship traditions is important, because it affirms that we are a diverse group of people who have more in common, than we have differences. Whether it is "high or low" church, traditional or contemporary, sung or spoken our common goal, our common mission is to glorify God and seek strength from our worship experiences so that others people will know we are the Body of Christ in the world.

If you have questions, concerns or suggestions about our worship and liturgy please see Mother Spice, or Jane Keller the organist so they can be supportive of your worship experience.



**Daylight  
Saving Time**  
Begins Sunday, March 10, 2019



## 10 SELF-CARE TIPS FOR THE BODY & SOUL

- 1. Stop Over-Thinking-** You don't need to have the answers to all of life's riddles. Life is an unfolding, a discovering, an adventure. Sometimes over-thinking it all can get you into trouble. You miss out on the journey you're actually on when you're always stuck in your head. Take it all in with grace and grace will lead you in the right direction.
- 2. Accept What Is, Stop Pushing-** Sometimes you have to accept things as they are, the things you can't change. Give yourself a break. Stop trying to wade upstream at high tide. Wait it out. Take a breather and surrender. You can't control everything so sometimes you have to trust that the current of life will take you where you need to go.
- 3. Be Still-** We live in such a rushed, over-stimulated, over-gadget-ized society. Find somewhere beautiful – a park, the woods, your kitchen – and just sit there. Be still. Absorb the sound of the wind through the trees, the light and the shadows, the peace, and just appreciate the stillness. It's meditative and calming. Make time for stillness regularly.
- 4. Stop Comparing Yourself to Others-** Comparing yourself to others with envy robs you of appreciation for the sacred place your life is in at any given moment. Everyone has had their own long journey and you don't know what that journey has been like for them ~ how they've struggled, what mistakes they've made. Use any jealousy you feel as your guide, it's just showing you what you want in life. Let it lead you to take actions that advance your goals.
- 5. Create Joyful Rituals-** A friend of mine often talks about creating simple rituals of joy like spreading the bed and drinking lemon water every morning. I must say I agree. As I mentioned once, my husband and I have a hugging ritual and it's lasted for years. No matter how chaotic our lives have become, this simple ritual keeps us grounded. Create easy to do rituals that ground your day and you'll find your way "home" no matter what life throws at you.
- 6. Take Actions That Scare You-** Such a tough one. It's so easy to find a hundred excuses for why you're not ready to do something you've dreamed of, reach out to someone who could change your life, apply for that job you've always wanted... Remind yourself of how short life is. In the end, any discomfort or rejection won't really matter. The only way to achieve things you want is to take bold actions. If something scares you deeply, it means you want it deeply, so go for it.
- 7. Cherish True Friends-** Surround yourself with true friends. Friends who've seen you at your worst, and love you even more for it. Friends you can be sick and miserable around and yet all they seem to do is make you laugh. Friends who selflessly love you for you, without any agenda. Those friends are priceless.
- 8. Know Your Strengths-** Our weaknesses are always shouting out for our attention. Needy buggers. Try to instead focus on your strengths. You have so many. Focus on them and use them daily. List them out so you never forget what they are. Build your life around them. The more you live within your strengths, the less your weaknesses will matter.
- 9. Forgive Yourself, Forgive Others-** Forgiveness is one of our most powerful allies. Forgive the people in your life who harmed you and forgive yourself for your own mistakes and you will liberate yourself from pain, anger, resentment and negativity. Anger, grudges and resentment hurt no one more than the person holding them.
- 10. Breathe Deeply-** Take long deep luscious breaths way down into your diaphragm. Several deep breaths can relieve anxiety, cleanse your energy and ease any overwhelm you may be experiencing. Your breath is your super power.

## A MESSAGE FROM BISHOP GOFF

Lent blows in like a strong March wind, just when I need it the most. Lent blusters its way into my life, interrupting a long, wet After-the-Epiphany season during which my soul grew a little flabby and my heart a little faint. Lent comes late this year, but it comes decisively.

Maybe, like me, you indulged during the cold and dark of winter in temptations you might easily resist when it's light and warm and dry.

Maybe it was eating too many holiday sweets, binging on TV, buying stuff online that you don't really need, bickering mindlessly with loved ones, skipping the gym, neglecting the volunteer work that gives life. The earth lies fallow in winter, and we human beings need some fallow time, too, but that need can tempt us into habits that break relationship with God, with other people and with our deepest selves.

And so Lent comes offering us a chance to recall what's really important, to reconnect with God and others, and to recalibrate habits for the sake of health - our own, our community's and our world's.

This Lent, I invite you to join me in practicing a Lenten discipline in one or more of the three focus areas I described during the Recall and Reconnect Listening Tour.

**1. Telling our Story.** Some say you should never talk about politics or religion in "polite company." Jesus said something different. He told us boldly to proclaim the love, the healing and the goodness we have known in relationship with God. Story Sharing materials on The Episcopal Church website invite us to share our stories with simple prompts like: When have you felt God really alive in your church? Describe that moment.

Or, share a story about how you made use of your sufferings, difficulties, or hardships in order to help someone else facing similar troubles.

Explore these and other questions alone in journaling or in small groups, so that you may become more and more comfortable in telling your story to others. The Story Sharing Guidebook tells you more.

**2. Building Community.** We Christians proclaim that all of humanity is created by God and that all are in the image of God. By the power of the love of God, made known to us in Christ Jesus, there are no "others" in the human family; there are only brothers and sisters. Yet we separate ourselves from one another based on race, ethnicity, gender, nationality, language, culture, political affiliation, religion and other factors. Sacred Ground is a new film-based dialogue series from The Episcopal Church that explores race and faith and invites us into the hard and holy work of overcoming our divisions for the healing of communities. I commend this program to you.

**3. Honoring God's Creation.** We human beings were created by God with a unique role as stewards of God's creation. Yet our lifestyles often leave us disconnected from the power, the wonder and the beauty of God's creation -- to the harm of the earth and ultimately to our own harm. As people of faith, we can act in concrete ways for the healing of our planet. The Presiding Bishop and the Task Force on the Care of Creation will soon post a Pledge for the Care of Creation and invite people across the Church to reflect with it throughout Lent. Those who feel so called may then sign on during Easter Week. The goal is to have 1,000 people sign the pledge by the first Sunday after Easter, and to partner for the sake of lasting change in our church, our communities and God's good earth. We will send a link to this Pledge as soon as it is made available.

Lent blows in like a strong March wind, just when we need it the most. May God bless you with the all the hope and courage you need to live a full, transforming and holy Lent for the sake of your own soul, for the sake of community and for the sake of God's creation.

Your sister in Christ,

A handwritten signature in cursive script that reads "Susan" with a small cross symbol above the first letter.

The Rt. Rev. Susan E. Goff  
Bishop Suffragan and  
Ecclesiastical Authority  
Episcopal Diocese of Virginia

### IMPORTANT EVENTS THIS MONTH

- The collection from the plate offerings on March 3rd goes to the Vicar's Discretionary Fund.
- Shrove Tuesday Pancake Supper: March 5<sup>th</sup> at 5pm
- Ash Wednesday: March 6<sup>th</sup> at Noon
- Don't forget! Turn your clocks ahead **ONE hour** before going to bed on March 9th. Spring Forward!!
- Bible Study for Lent at St. James: March 13- April 10.
- The 4<sup>th</sup> Sunday of every month is potluck. This month it is on March 24th.

### THE CHURCH OF THE INCARNATION – 2019 CALENDAR

Epiphany	January 6
Women of the Bible Study	January 16 - February 27
<b>Shrove Tuesday- Pancake Super</b>	<b>March 5 at 5pm</b>
<b>Ash Wednesday</b>	<b>March 6 at NOON</b>
<b>Lent- Bible Study at St. James</b>	<b>March 13 - Apr. 10</b>
Miniature Golf Tournament- LCEF	April 7 at 3pm-5pm
Hand up? Hand Out? Hand in Hand!	April 13 at 9:30am-11:45
Palm Sunday- Donkey Service	April 14 at 10:30am
Maundy Thursday- Foot Washing	April 18
Good Friday	April 19 at Noon
Easter Sunday	April 20 at 10:30am
Front Step Ministry Starts	May 4
Journey Home Auction	May 4 at 6pm-9pm
Pentecost	June 10
Pet Blessing	October 5
Oktoberfest Fundraiser	October 12
Front Step Ministry Ends	October 19
Bible Study	October 23 – November 20
Thanksgiving	November 28
Advent- Christmas Starts in Mineral	December 1
Christmas Pageant	December 22
Christmas Eve	December 24 Tuesday at 5:00pm

#### Imposition of Ashes



Let today be the day you give up who you've been for you who can become.

*Blend* Ash Wednesday

## March 6

The Church of the Incarnation

<b>Service Schedule for March</b>		
<b>DATE</b>		
<b>March 3</b>		
<b>Altar Guild</b>	<b>Greeter</b>	<b>Acolytes</b>
Nancy Moser Pat Gibbons	Nancy Moser	Abby Barlow
<b>March 10</b>		
N. Moser P. Gibbons	Pat Hall	Andrew Mostrag
<b>March 17</b>		
Claudia DeBusk Jane Keller	Bea Matthews	Jacob Barlow
<b>March 24</b>		
C. DeBusk, J. Keller	Pembroke Pettit	Maddie Madison
<b>March 31</b>		
Margaret Wood Karen Guagliardo Samantha Perry	Rick Harlow	Abby Barlow

LECTORS FOR MARCH		
DATE	READING	READER
<b>March 3</b>	Exodus 34: 29-35 Psalm 99	Samantha Perry
Last Sunday after Epiphany	2 Corinthians 3: 12-4:2	Nancy Thomas
Holy Eucharist	Luke 9: 28-43a	Rev Lura M. Kaval
<b>March 10</b>	Deuteronomy 26: 1-11 Psalm 91:1-2, 9-16	Jane Keller
Lent 1	Romans 10: 8b-13	Edwin Keller
Holy Eucharist	Luke 4: 1-13	Rev Lura M. Kaval
<b>March 17</b>	Genesis 15: 1-12,17-18 Psalm 27	Rick Harlow
Lent 2	Philippians 3: 17- 4:1	Nancy Moser
Holy Eucharist	Luke 13: 31-35	Rev Lura M. Kaval
<b>March 24</b>	Exodus 3: 1-15 Psalm 63: 1-8	Susan Utt
Lent 3	1 Corinthians 10: 1-13	Joe Rivera
Holy Eucharist	Luke 13: 1-9	Rev. Lura M. Kaval
<b>March 31</b>	Joshua 5: 9-12-- Psalm 32	Elizabeth Mostrag
Lent 4	2 Corinthians 5: 16-21	Pat Gibbons
Holy Eucharist	Luke 15: 1-3, 11b-32	Rev. Lura M. Kaval



## MARCH BIRTHDAYS AND ANNIVERSARIES

### Birthdays:

Sandy Brockel	01
Bonnie Campbell	13
Asia Jackson	14
Pat Gallagher	19
Emmy Madison	20
Ian Guagliardo	20
Doug Fuller	20
Lloyd Holbert	21

Birthday Prayers are found on page 830 in The Book of Common Prayer

*Anything for the Tidings or the website may be sent to Samantha Perry at: Samperry1118@gmail.com*

### Anniversaries:

Lura Kaval and Rick Harlow	17
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### Contact Us

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## CHURCH OF THE INCARNATION

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