

SUNDAY, MARCH 3RD—11:30 AM PARISH HALL— ANNUAL MEETING!

March 5th— Shrove Tuesday Pancake supper— 5:30pm-6:30pm—Parish Hall

March 6th—Ash Wednesday services—10am & 7pm



ST. ANDREW'S EPISCOPAL CHURCH, 910 SOO SAN DR. RAPID CITY, SD

THE GOOD WORD MARCH 2019

THE WAY OF LOVE FOR LENT

A Lenten Quiet Day—Father Hal

This Quiet Day for Lent ties the Easter Vigil readings to the seven practices of the **Way of Love**.

This outline will be used at a day-long retreat on

Saturday, March 30th, 9AM-3:30PM.

I will condense and adapt the seven **BOLDED** sessions below into four blocks. I invite you to go deeper with God's Word and learn ways to live your life closer to God and your neighbor.

Introduction to the Way of Love and a Rule of Life; **TURN:** Dead to Sin, Alive in Christ (Romans 6:3-11)

PRAY: Israel's Deliverance at the Red Sea (Exodus 14:10-15:1); **LEARN:** Learn Wisdom and Live (Proverbs 8:1-8, 19-21; 9:4b-6)

BLESS: A New Heart and a New Spirit (Ezekiel 36:24-28); **REST:** The Valley of Dry Bones (Ezekiel 37:1-14)

WORSHIP: The Gathering of God's People (Zephaniah 3:12-20); **GO:** The Empty Tomb (Luke 24:1-12)

Please let me know if you're interested—and invite a friend—dinner will be provided, but I need you to tell me if you're coming. The day is free, but a free-will offering is requested to cover copying and food costs.

The Lord
bless you
and keep you
The Lord
make his face
to shine upon you
and be gracious to you
The Lord
lift up his countenance
upon you
and give you peace



A Change of Hats—Jane O'Leary, Senior Warden

This is the last article I will write as your Senior Warden. Having served two years in this capacity the time has come to pass the baton and let other leaders take the helm. Being Senior Warden has been a learning experience for me, both in dealing with people and also the inner workings of a church. Having grown up as the daughter of a Lutheran pastor, I was aware of what a church looks like from the inside. I found, and continue to find St. Andrew's a spirit-filled place. I often look at people's hands as they stand around the altar

and wait for the Body and Blood of our Lord. So often my heart overflows with the love I feel for the people standing there. You are my family.

I thank you for this opportunity to serve as your Senior Warden. We have weathered some hard times and made hard decisions, however I feel so very hopeful that our family will continue to worship together, play together and share our gifts with each other and those in our community.

I plan on staying on the Vestry, as I want to continue some of the work that we have started. I look

forward to working with the new Senior Warden and the rest of the Vestry as we try and listen to the direction God wants us to go. - **Jane**





Living on God's Earth

By [Episcopal Climate News](#), facebook.com/EpiscopalClimateNews

This week's earth-friendly living tip: **Give up single-use plastic for Lent!** Lent is just around the corner, beginning on Ash Wednesday, March 6. Many Christians dedicate themselves during Lent to spiritual disciplines of

"prayer, fasting, and self-denial." As you ponder what you might do for your own discipline this year, consider giving up as much plastic as you can!

The Rev. Rachel Mash writes for [GREEN Anglicans](#) on Facebook, "On Ash Wednesday when we are signed with the cross, the priest will say 'Turn away from sin and believe the good news.' This Lent we are challenged to turn from the sin of damaging God's planet and hurting our neighbors by our

over use of single-use (throwaway) plastic. "By 2050, there will be more plastic in the oceans than fish. Plastic is already entering into our drinking water. Plastic clogs our rivers, leaches into our soil, and is one of the greatest challenges the planet faces.

"The good news is that there are alternatives. We can break our dependency on throwaway plastic. This Lent, begin a journey to explore other ways of living, to limit your damage to the Earth and to inspire others."

Green Anglicans has created a 40-day Lenten calendar with daily suggestions on how we can cut down our plastic use.

Find it here:

<http://www.greenanglicans.org/.../2019/02/Final-Calendar.pdf>

Episcopal Climate News quote of the week:

"Each creature has its own purpose. None is superfluous. The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God. The history of our friendship with God is always linked to particular places which take on an intensely personal meaning; we all remember places, and revisiting those memories does us much good. Anyone who has grown up in the hills or used to sit by the spring to drink, or played outdoors in the neighborhood square;

"By 2050, there will be more plastic in the oceans than fish."

going back to these places is a chance to recover something of their true selves." Pope Francis, writing in the "Laudato Si: On Care for Our Comm Home," passage 5.IV.84.

The document of climate and environmental theology is

available for free online: This column is also available at the ECN website:

<https://episcopalclimateneeds.com/?p=597>

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EDDIE'S RECIPE CORNER—Eddie Crandall

The Mardi Gras Cake is a New Orleans Pre-Lenten tradition. This cake is usually in a flat circle, can hide two black beans, a Baby Jesus, or an assortment of small trinkets like a thimble and so on. The cake is normally sugared with green, purple and gold colors. The significance of the Baby Jesus is for a special prize. The finders of the beans might become the king and queen of Mardi Gras. If

only one black bean is found the finder must give a party for all other guests!

Ingredients: ½ cup blanched almonds. One cup sugar, 6 T soft butter, 1t vanilla extract, ¼ cup flour, 1 ½ t. baking powder, hidden items in the cake.

Directions: Grind the al-

monds with ¼ cup sugar in a food processor or blender. Mix the butter and sugar in a bowl until thoroughly mixed. Beat in the eggs, saving 1 T. of the eggs to glaze the top of the cake and the extract. Sift together the flour and baking powder into the egg mixture. Stir in the almond sugar mix and any surprise fortunes.

Turn out on a greased cookie sheet, pat the dough flat into a 1/2" thick circle, spread with the egg glaze and tinted sugar. Bake at 350F for 20 minutes. The recipe will serve 12.

Most importantly, Have Fun, Kids love to help!- Eddie Crandall





Fr Tom & Elizabeth send greetings from snowy Minnesota— Deacon Marty Garwood

I recently sent Fr. Tom Campbell and Elizabeth a card and received back the following response on February 20th. I thought, since we have enjoyed such a deep and long-lasting friendship with Tom and Elizabeth, that you would like to have an update on how they are doing.

"How sweet it is to have a friend like you Marty. We miss our friends at St. Andrew's and pray

for you on a weekly basis. Starting at 3 this morning we have received another 8-10 inches of the white stuff and is it ever pretty. I still shovel our driveway even though I pay 200 dollars a month to the townhouse association to have it done. I do a better job and I am still healthy as a hog from the farm at Nisland. I am anxious to hear any news about a new bishop for SD. I know you can't tell me any inside

info, but a hint would be nice! Thank you so much for remembering us. We are very blest in our new church, All Saints, Northfield. Besides the priest and deacon, there are five retired priests and their families in the congregation. One priest and his wife we have known since 1976 and is it ever a blessing. Give our love to all our friends at St. Andrew's. Much love from us to you. ``Tom and Elizabeth"



NEWLY UPDATED WEBSITE!—Barb Cromwell

Be sure to check out our newly updated website:

<https://standrewsepiscopalchurch.org> for up to date information of St. Andrew's activities!

+++Watch the weekly bulletin announcements for upcoming information about Health and Wellness Classes! - Jane Glover, RN



GUITAR PLAYERS WANTED! - Marcia Dunsmore



The most recent Worship Team meeting minutes included a desire to have a service occasionally with guitars. If you play guitar and are willing to do this, please contact me. Different instruments change the tone of the service and it is lovely to have variety.

Like a broken record I continue to encourage everyone to join

the choir. They meet at 8:30 Sunday mornings and are a warm, welcoming group. And, no, you do not have to read music to join the choir. Marciad@rushmore.com



The Gift of Lent Begins on Ash Wednesday, March 6—

Vaud Oberlander



Our Episcopal liturgy, among countless other gifts, is gifting us with a new liturgical season named

Lent. It is giving us a precious opportunity to come closer in love for God and closer to those who may need someone just like us to reach out in love and care. Perhaps we can also come to recognize our need for a better relationship with Jesus who helps on our way. With him we can experience death and find new life especially celebrated on Easter Sunday.

Anitra Parmele, a free-lance writer from South Florida has this to say. *“At the very heart of our Lenten observance must be a desire for an increased intimacy with God.”*

On Ash Wednesday, March 6th,

we will have the opportunity to attend services in the morning and evening (10AM & 7PM) when we will read from the Book of Common Prayer on page 264 and 265 words that give us hope. We read that we are forgiven if we ask for forgiveness; we then go on to read ways to repent and renew our lives.

In our Prayer Book readings for Ash Wednesday we are called to self-examination and repentance, to prayer, fasting and self-denial, to reading and meditating on God’s word. We are called to the altar to receive holy ashes and to be reminded that life is short, hearing the words, *“Remember that you are dust and to dust you shall return”*. We are signed on the forehead with a cross made from the ashes of palms. And after all this, we have 40 days of Lent

to come closer to God and to do the bidding of Jesus who will lead us to know what we need and what are the needs of those around us.

Lent is the perfect time to take a look at ourselves and see where we are going. Likewise we can take a look at the needs of people in the world and meditate on what we have to give to others in need in our families, our church, our city and the world.

If we ever needed time for prayer and/or meditation and giving of ourselves to others it is now in this time of great need in our country and our very own church.—Vaud Oberlander, chair of the worship committee



Thank you, **Jane & Al Glover** for hosting the first **Chocolate & Chat** afternoon at St. Andrew’s on

Chocolate & Chat—Love was in the air! - Shelli Vallis

February 16th! We shared laughter-- and many insights about the concept of Love, while enjoying tasty chocolate treats! It was a truly enjoyable time together! — Shelli Vallis



THANK YOU BOX ELDER JOB CORPS ! –JANE O’LEARY



Job Corps is a program where students from 16-24 years old live on Job Corps campuses to gain educational and vocational skills. This group of students from the Job

Corps near Nemo volunteered their labor for painting our sanctuary and garden room.

They did a beautiful job! - Jane O’Leary, Senior Warden



REFLECTIONS FROM MY "RETREAT" – Fr Hal

ABBEY OF THE HILLS, MARTIN, SD



Introduction—As you recall from my sermons on February 16th and 17th, a "retreat" is where I endure uncomfortable beds, bland food with tiny portions, the pace of life slowing down and I'm able to spend time with and listening to God.

Instead—I had a spacious single room with a soft bed, with the food served buffet-style—so I determined my portion size. Bishop Ed Little, retired bishop of Northern Indiana, led us through the book of

2 Timothy and its exhorting all servants of Jesus to disciple others.

Background—As biblical scholars have been saying for years, its likely Paul didn't write second Timothy. Instead, it's likely a person who wanted to continue Paul's mission wrote the letters near the end of the first century C.E.

The Basics of Fulfilling Our Ministry (2 Tim 4:5)—The writer of second Timothy has divided it into sections to help us carryout our ministries.

They are:

Remember Our Roots (vv. 1:1-7);
Be Strong (vv. 1:8-2:13);
Shepherd the Flock (vv. 2:14-3:13);
Stick to the Basics (vv. 3:14-4:5)
and *Famous Last Words: Present, Past, Future; Mourning and Celebrating* (vv. 4:6-22)

A Special Learning: Remember your call (vv. 1:8-9; 2:1)

The Charge to Timothy and all Disciples of Christ...(vv. 3:1-8)...
But, as for you, continue in what you have learned...(vv. 3:14-15)
...I have fought the good fight... (3:7)

Final Thoughts and Thanksgivings: Even though a pinched nerve in my back made it painful and difficult to stand, sleep or sit throughout the retreat, I had many fruitful conversations and am so grateful for a safe road trip back to Rapid City!

Thank you, St Andrew's families and friends for allowing me to "retreat."

Grace and peace,
Father Hal

The View from a Pew—Shelli Vallis



Ecclesiastes 4:9-10 - "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!"

I have a number of plants in my house that mostly depend on their own inherent stamina to survive from day to day. One is a philodendron—a gift of a tiny leaf in a cute cup from 47 years ago (that's a

whole 'nother story)—and one a Norwegian pine tree, which has grown from a tiny sprig to the height of 3 feet!

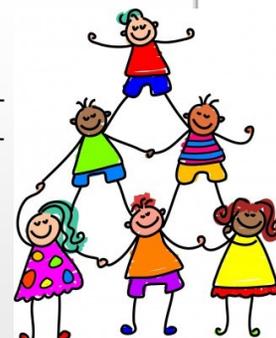
At any rate, they have done "OK" through the years by themselves, but it was

shortly before Christmas when I moved them together that they have gained in glossy good looks. I can't explain it; they just look "happy" and stronger together!

I think that we, as humans and spiritual beings, can do "OK" by ourselves, but I see so much more growth when

we gather to lift each other up---as we do here at St. Andrew's.

Separately, we can do only so much, but together—lifting each other up--we will not just prevail, but be healthier and glossier too!





March Birthdays!

- 1 Constance Jelkin
- 4 Joyce Wolber
- 3 Duane Jelkin
- 7 Keeley Farrar
- 10 Kathy Waggoner
- 12 Linda Baysinger
- 23 Bea Pitsor
- 28 Eddie Crandall



An important reminder:

Canned goods, paper products and toiletry items are always needed for our collection baskets for those in need in our local community. Please place them in the basket located near the guest register in the narthex. Thanks! - Shelli Vallis, editor

Lenten Services and Soup Suppers—Fr Hal

3/13- St Matthew's Episcopal Church - 620 Haines Ave.—342-6199

3/20- Emmanuel Episcopal Church—717 Quincy St. —342-0909

3/27- Woyatan Lutheran Church—522 Anamosa St.—348-0247

4/3- St Andrew's Episcopal Church—910 Soo San Dr.—343-4210

All beginning with a worship service at 5:30pm & followed immediately by a soup supper.—Grace and peace, Hal+

All articles for "The Good Word" must be submitted to Shelli Vallis (shellimv@rushmore.com) by the 20th of the month preceding publication. Articles will be edited for length and may be rejected for content. If you need to add your name to the birthday list, please contact Leni in the parish office at 343-4210 or e-mail: soosan910@yahoo.com



St Andrew's is an inclusive, Sacramental, grace-filled family, rooted in the Episcopal tradition, experiencing and sharing God's transformative love through Jesus Christ in Rapid City.

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