

A Lent Reflection in Times when the World is Suffering

Dear Christian Friends,

The daily news about the war in the Ukraine continues non stop on my cellphone news feed. The news about a post Covid cut in SNAP (*Food Stamps*) for the poor arrived today along with the wild news that it is snowing in Los Angeles, CA. It seems like the world is suffering in unusual ways and it is hard, even costly to follow Jesus in a world like this, so how do we cope, stay hopeful and faithful? Author Kate Bowler, offers compassionate encouragement for times when it taxes us to remain hopeful as a Christian. She writes:

There is a very American story about bootstrapping and hard work that paints a picture of the possibilities of a world without pain or disappointment that says: If you just work harder. Pray harder. Try this Elixir. Follow this 5 step plan. You'll have the life you always wanted!

But then there is the rest of us. Plagued by our humanity, by systems too large for us to shoulder alone, by cells that duplicate without our permission. By relationships that don't work out, church communities that disappoint us, mental health struggles that make getting out of bed hard. How do we stay faithful?

There is no clever or magic answer to this question. Yes, no matter how hard we work and pray, we will not be exempt from suffering. Jesus never promised his disciples a pain free life without suffering, just the opposite. So then, where do we find hope in all this struggle, how do we find a blessing when everything seems to cost too much? Kate Bowler says:

*If you are feeling the cost of all your loves and all your hopes, this may be a blessing for you: **Our suffering does not go unnoticed by God.***

Indeed, the Gospel of Saint Luke (12:4) says, God even notices the lives of small sparrows. His eye is on even the little sparrows of this world and their often harsh fate. The tragic popular singer, Whitney Houston made the old Gospel hymn, "*His Eye Is On The Sparrow*" a hit. I think the greatness of the song is its meaning that our suffering does not go unnoticed by God. And, that is where we can find hope and remain faithful. We can be infused with the courage to suffer and be sustained in a world of calamity, war, and injustice when we know God notices every creature's suffering, even ours. Its like the other Whitney Houston Hit, "*I Will Always Love You*".

His Eye Is On the Sparrow,

Fr. Kim

Holly Weaver

Healthing Corner

The mouth of the righteous speaketh wisdom, and his tongue talketh of judgment."
Ps 37:30

Monthly Awareness : National Kidney, National Nutrition, Developmental Disabilities,
and Save your Vision.

Weekly: March 12-18 National Pulmonary Rehabilitation, Patient Safety,
and National Sleep.
March 19-25 National Poison.
March 20-26 National Drug and Alcohol Facts.

Day: March 9th, World Kidney
March 17th, World Sleep,
March 20th World Oral Health.

Sleep: Serves as a call to action for the public to recognize sleep as a crucial part
of Health and Well-Being.

Poison: Prevention Nationwide @ 800-222-1222.

Hospitality

Fellowship:

All we can say is; Thank you for signing up...!.

Fellowship list if filled to the end of April. Thank you Chefs!

Our Hearts are warmed and our bellies are full.

Holly Weaver

Holly Weaver

ECW

A Very Successful Pancake Breakfast.

Pancakes and Sausage by Karl and Verna Emery and Bob Shingle,
Bacon by Laurie Finn,
Fruit and Fasnact's by Toni and Stewart McLauchlan,
Trifle by Brittney Urban.

Bingo on March 24th: We will need Bake Goods again.

Please and Thank you Holly Weaver



The Episcopal Church Women

Pierogie Palooza



Links

<https://www.facebook.com/STMARKSHB> or
YouTube

[St. Mark's Episcopal Church - Honey Brook -
YouTube](#)

Keep in touch via Facebook at

<https://www.facebook.com/groups/291213475198441>

Offerings can be made online at our website or mailed
to the parish house.

~ Visit our Website at stmarkshb.org ~



Happy Birthday

Tara Orlando 3/3

Kaye Lee 3/16

Bill Freeman 3/21

Bob Shingle 3/24

Kurtis Hartranft 3/29

Lois Schultz 3/29

Anniversaries

Howard & Nancy Benner 3/11

Joe & Karen Orlando 3/21

Bob & Jane Shingle 3/24



A Different Kind of Fast

Lent Retreat 2023

February 22 - April 8

*Fast from *multitasking and inattention*

Embrace full presence to the moment

*Fast from *anxiety over scarcity*

Embrace radical trust in abundance

*Fast from *speed and rushing*

Embrace slowness and pausing

*Fast from *strength and holding it all together*

Embrace tenderness and vulnerability

*Fast from *planning and deadlines*

Embrace unfolding and ripening

*Fast from *certainty*

Embrace mystery and waiting

March 2023	3/5	3/12	3/19	3/26	
GREETERS	Susan Weidener	Beth Snow	Sandy Shaffer	Brittney Urban	
USHER/GIFTS	Bill Freeman Sandy Shaffer	Bill Freeman Sandy Shaffer	Bill Freeman Sandy Shaffer	Bill Freeman Brittney Urban	
READERS	Macayla Symonds	Susan Weidener	Sandy Shaffer	Toni McLauchlan	
PRAYERS	Toni McLauchlan	Sandy Shaffer	Liz Hughes	Kathy Mraz	
ACOLYTE	TBD	TBD	TBD	TBD	
COUNTERS	Chris Roy Toni M	Sandy S Frank W	C Todd S Shaffer	T McLauchlan John Mraz	
EUCCHARISTIC MINISTER	Burt Todd	Bob Shingle	Mike Villano	Sandy Shaffer	
ALTAR GUILD	S. Shaffer S Macomber	S. Shaffer S Macomber	S Shaffer S Macomber	S Shaffer S Macomber	
NURSERY/ SUNDAY SCHOOL	Ivana Freeman	Ivana Freeman	Ivana Freeman	Ivana Freeman	
FELLOWSHIP APPETIZER	Symonds	Combs	Benner	Mraz	
FELLOWSHIP MAIN DISH	S Weidner P Refford	Fr Kim Dr Asha	L Finn	T McLauchlan B Urban	
FELLOWSHIP DESSERT	Erin Pasela	Sally Macomber	Bob & Jane Shingle	Fr Kim Dr Asha	

Many are called but few sign-up...**St. Mark's worship team calendar**

The life of the church is its people. Our participation in worship and fellowship is but one way we demonstrate our willingness to serve. - Bob Schultz

WE ESPECIALLY PRAY FOR: **The Jim & Anna Engler Family, Pat Huerta, Howard Lee, Jenna Price, Tiffany Montgomery, Frank & Mary Ann Gallagher, Piper Hatfield, Peyton Lazlo, Flora Profeto, Robert Duguay, Steve Albany, Wanda Bullock, Kenneth & Kristine Miller, Julie Combs, Marge Darby, Ray Wood, Linda Duquay-Wood, Diane Spath, Claudia Petrus, Taran Miller, Sheri Monti, Greg Shores, Jane Shingle, Dominic Haley, Galen Miller, Julie (Nass) Immel, Ed & Vicky Morris, Tori Edwards, Vicki Weller, Sam Dienno, Jerry Price, Ed Kasian, Jim Hudak, Jensyn Moyer, Bella Maria, Joy Liapis, Gretchen Streuli, Wanda Kosempel, Beverly Karlson, The Nicolas & Bonita Urban Family**



BULLETIN BOARD

City Gate Men's Mission:

St. Mark's continues to supply dinners to City Gate in Coatesville. If you would like to help with cooking, contact Frank Weaver or Fr. Kim before the second Saturday of each month. The next dinner is on Mar 11, 2023

Let us know what you would like to see in our newsletter!

The Feb. vestry meeting will be zoom 7:00 PM Mar 20, 2023

Please submit pictures for the Newsletter. All pictures are welcome, pets, children, seniors .

Please remember the Saint Mark's "Little Food Cupboard" outside the undercroft by bringing canned or dry food items for the hungry in our community.

Outreach Ivanna Freeman

February Outreach

To Mychal's Message- 12 hats and 8 gloves

To Honey Brook Sewing Circle- 5 baby hats

To Steeple to People -
1 bag of 2nd hand clothes and other items.

To Honey Brook Food Pantry -
2 bags of groceries

"Soup"er Bowl Sunday- 73 cans
3 packets of soup

To celebrate National Cereal Day, March 7, 2023 we will be collecting boxes of cereal (any size) all month for our Little Food Pantry.



UPCOMING EVENTS

March-24 - Let's get ready to BINGO!! Bingo will start again on Friday night, March 24th, doors open at 5:00pm and Bingo starts at 6:00. Bring food for the Little Free Pantry to get a free card! We're not advertising to the public because it will get too crowded but please invite your family and friends. As always, we'll ask for sweets for the bake sale. Please see Julie Combs or Laurie Finn if you would like to help with the event, make or donate food or have any questions.

**FAMILY
BINGO
NIGHT!**



Easter Events

April 2 - Palm Sunday 10:30 AM Eucharist with Sunday School/Nursery

April 6 - Holy Thursday 7:00 PM Mass of Last Supper & Foot Washing

April 7 - 7:00 PM Good Friday Vigil 6:00— 7:00 PM followed by Mass of the Priest Sanctified

April 9 - 10:30 AM Easter Eucharist with Sunday School/Nursery

Forget giving up the booze or chocolates this lent. Unless it helps someone more than yourself, it's pointless. "No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great."

By Pope Francis

LENT
Pray + Fast + Give

Good Friday Tenebrae

The service of Tenebrae, meaning “darkness” or “shadows,” has been practiced by the church since medieval times. It is a service that can be seen as an introduction to the Sacred Triduum (Holy Thursday, Good Friday and Holy Saturday). In a candle-lit sanctuary Christ’s suffering is commemorated through Scripture and song. Candles are extinguished one by one as the congregation listens to the account of Christ’s suffering and death.

Originally Tenebrae was held in the monasteries on Thursday, Friday, and Saturday of Holy Week. A 3 day service! It was part of the matins and lauds (daily Scripture-reading and prayer services) which began at two o’clock in the morning. Later, to allow town folk to participate in these services, the monasteries scheduled the Tenebrae during the afternoon or evening before each of these holy days.

Thursday’s Tenebrae centered on the Last Supper and the betrayal; Friday’s on Christ’s judgment, crucifixion, and death; and Saturday’s on his burial and the hope of his resurrection. During these services fifteen candles (fourteen dark-colored and one white) were arranged on a triangular candelabra. Fourteen psalms were read during the matins and lauds, each followed by a choir response. After each reading one candle was extinguished until only the white candle, often called the Christ candle, remained burning. The Christ candle was removed ("hidden"), then later brought back to symbolize the anticipated resurrection of Christ. The services were concluded with the noise of a "clapper," said to symbolize the forces of evil and darkness, or the earthquake at Christ’s death.

The Tenebrae service always has a somber tone, reflected in the darkness, in the accounts of Christ’s suffering, in the music, and in the silence of the people as they leave the sanctuary. But underlying the somber feeling is the anticipation of the resurrection, mirrored in the Christ candle.

