



# The Compass

*... Pointing People toward Christ*



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LENT is usually understood as a season of simplicity, humility, and renewing our relationship with God. Lent is also a time to examine the nature of our relationships with our fellow human beings, with Creation, and with ourselves.

## *Unpacking for the Journey*

by the Rector

It is a journey that we have to start by *unpacking*—leaving behind one thing at a time, whatever gets in the way of our closeness to God and others, as we go along.

But leaving things behind involves loss, and this can put us in touch personal loss, spiritual loss, and the unimaginable holy loss that Christ suffered in dying for us on the Cross.

Sooner or later, each of us is called to return to the Lord, to be reconciled to God, even at the cost of unpacking and leaving behind the baggage we bring to our relationship with God.

The Rev. James Stockton writes, "This is that baggage you and I like to cling to and dip into, to pull up things with which to clothe God and cover Him over, so that He might seem to us more the God that suits us, and less the God who summons us to become more the people who befit Him.

It is a costly journey, this Lenten thing. Costly, for any real relationship with God, and any real relationship therefrom, ultimately is a personal thing between you and God, between God and me; and between the me I am and the me that God wants me to be.

It's also true that our relationships with God bear on those we have with one another. In his letters, the Apostle John reminds the early Christians that it isn't possible to truly love God without loving one another. In short, the Cross is both vertical and horizontal in its effect, or it's of no effect at all."



We soon meet the barriers that we've raised between God and ourselves and others, and the barriers we've put up internally that divide our own soul. To get past these, we have to unpack all the habits, work, tasks, commitments, entanglements, and even some friendships, that we've used to hide our alienation, isolation, and fear, and

to keep a comfortable distance between one another, and between ourselves and God.

And finally, at the end of the journey, we come to that which we can find in no other way but by making this hard trek ourselves. We discover, again, that although we think we manage to avoid God, whenever we make an effort to turn toward Him, to re-engage Him, we find *God* leaving everything behind, rushing towards us, fulfilling His journey in order to meet us in the midst of our own.

[Loosely adapted from J.V. Stockton, "The Heart of the Lenten Journey," *The Anglican Digest* (Vol. 59, No. 4: Winter 2018, pp. 52-54.)

One way to draw closer to God, our true self, and others, is through **gratitude**. Please see Suzanne Turpin's article on the next page about "**40 Days of Thankfulness**," and begin your collection of "Thank You's" to God. You'll be amazed at how much a grateful heart can lift your spirits, and make you feel more like reaching out to others in love.

May the Lord be with us on our Lenten journey, and keep us in His tender care.

*Yours in Christ's love  
and service,*

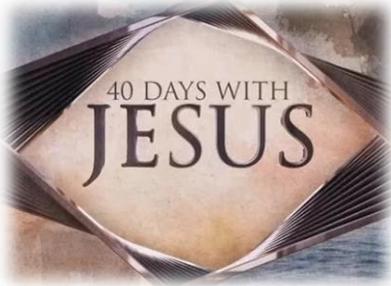
*Mother Nina<sup>+</sup>*



## 40 Days of Thankfulness

by Suzanne Turpin

Starting Ash Wednesday, February 14, 2018, we are inviting St. John's parishioners to observe **40 Days of Thankfulness**.

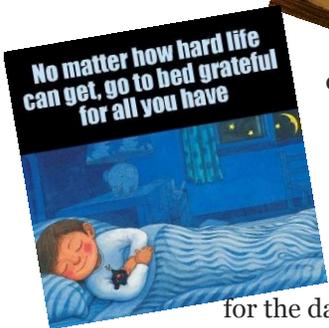


Each day when you awake, thank God for waking you and for giving you breakfast. As you go through the day, add more "Thank You's"—for Jesus, for sunshine, home, faith, friends, family, pets, health—anything and everything you can think of.

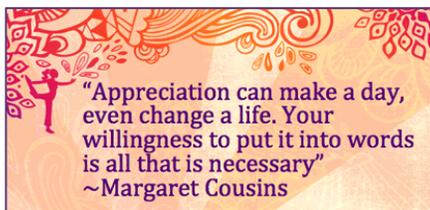
Either keep a list, or take an empty vase or jar, and put each "Thank You" on a small piece



of paper and drop it in. When you reach day's end, again thank God



for the day, for giving you a warm bed to sleep in, and for guiding your words, thoughts, and deeds. At the end of Lent (March 24), re-read all your "Thank-You's" and see if you feel closer to God!



## GARDEN LUNCHEON BENEFIT

Good Samaritan Services / Bridge of Hope are hosting their **19<sup>th</sup> Annual Garden Luncheon on Saturday, March 17<sup>th</sup>** at the Desmond Great Valley Hotel in Malvern.



This luncheon will help support Bridge of Hope / Lancaster and Chester Counties.

Nancy Miller and Sharon Fremont will be attending this event and we hope you can join us! The cost of the luncheon is \$70. Matthew Ross from Longwood Gardens will be the speaker and there will be a silent auction. The silent auction begins at 10:30 am, followed by lunch and the speaker.

Anyone interested in attending, please go to [www.goodsamservices.org/events](http://www.goodsamservices.org/events) to RSVP.

Also, please let Sharon Fremont know if you are going, as she will inform Bridge of Hope so we may sit together. Plus, when you RSVP you can state you want to sit with Sharon Fremont. Call Sharon ASAP, if going: 717-799-9495 or email her at [sef101@verizon.net](mailto:sef101@verizon.net).

*Mark your calendar! Get out your hats and white gloves, find your pearls, and practice crooking your pinkie finger!*

*On Saturday, May 5<sup>th</sup>, we will celebrate Spring, women, and joy, with a Ladies' "High Tea" in St. John's Parish Hall.*

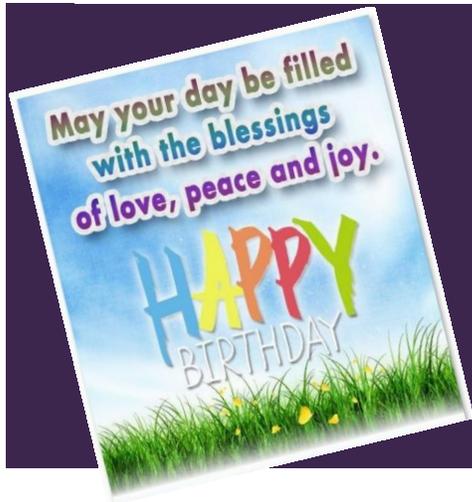
*The first organizing meeting will be on Sunday, February 11<sup>th</sup> during Coffee Hour—before the Outreach Committee Meeting that's after Coffee Hour.*



*Many hands (and ideas) make for light work, so please come and share in the planning.*

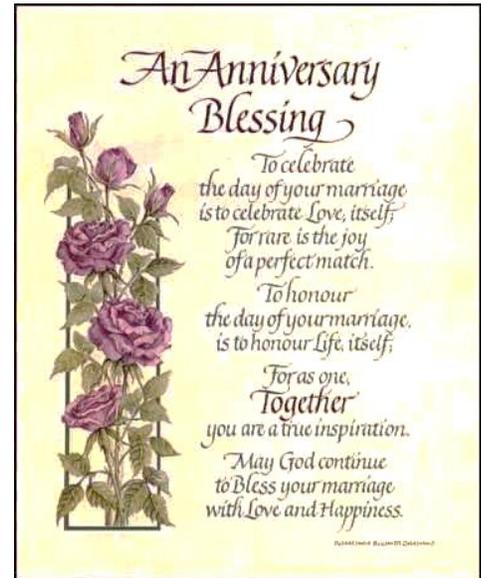
*For more information, contact Suzanne Turpin.*





## Birthdays & Anniversaries

Mary Lou Weaver	2/1
Faye Oberholser	2/2
Steven Armstrong	2/4
Corey Baldwin	2/7
Abbey Williams	2/7
Helen Esbshade	2/13
Glenn Martin	2/14
John Oberholser	2/21
Tracey Rohrer	2/23
Hank Fant	2/25
Shannon McLauchlan	2/27



Ned & Jennifer Baldwin  
February 26<sup>th</sup>



This year's one-day "pop-up" Vacation Bible School will be on **Saturday, July 14<sup>th</sup>**. The curriculum will be Group Publishing's program, "PandaMania!" and it's loads of fun!

So, we need to begin planning, assigning tasks, and organizing now! Our first VBS planning meeting will be **Sunday, February 4<sup>th</sup>**, after Coffee Hour. Everyone who assisted last summer is encouraged to attend, and new people and ideas are always welcome.



## Outreach

**Sunday, February 11<sup>th</sup>**, there will be an Outreach Committee Meeting after Coffee Hour. Please consider serving in this important ministry and attending this meeting. We need to plan what outreach programs we will be participating in for 2018. We always welcome new ideas.

Thank you,  
Sharon Fremont,  
Chair

## Parish Family Fun Day.

Anyone interested in attending the **Philadelphia Flower Show**



or a **Reading Royals Hockey Game**,



please see the sign-up sheets in the Parish Hall, or talk to Bob Yarnall.

## Why and when do we bow, during Mass?



Part III, of the  
“Why do we do what we do?” Series,

by Mother Nina +

In church, there are two kinds of bows: of the head, and of the body.

1) A bow of the head is made when the three divine Persons of the Trinity are named together, and at the Name of Jesus. This gesture of reverence also is traditionally given to the Cross, especially when it is carried in procession at the beginning or ending of the service, and to the Altar, when entering or leaving the church or moving towards or past the Altar. That’s because, for Christians, the ultimate ‘meeting place’ between God and humanity is Jesus Himself, so the Altar is the Church’s most important symbolic representation of Christ in a church. That’s why the Altar is always the focal point of the sanctuary—it is to Jesus that we look, and gather around, as His first disciples did.



2) A bow of the body, or profound reverence, is made toward the Tabernacle containing the Blessed Sacrament. In the Eucharistic Prayer, it is made when the Priest speaks Jesus’ words of

consecration, and says “Do this in memory of me.”

In the Anglican tradition, it is also customary for the priest and altar servers to bow toward one another, as a sign of respect.

The custom of bowing one’s head at the mention of Jesus’ Name was formally written into canon law at the Second Council of Lyons, convened by Pope Gregory X, in AD 1274. Those who assemble for worship are to extol with an act of special reverence that Name which is above every Name; that Name unlike any other under Heaven, by which believers are saved (see Acts 4:12).

Each of is to fulfil that which is written in **Philippians 2:5–11**. No other Scripture passage is as explicit and straightforward as to the significance of the Name of Jesus, and of our duty to pay it homage, piety, and reverence:

“Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. **Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth** and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.”

In the Old Testament, we see many instances of deep, reverent bowing or even prostration. In Numbers 20:6, Moses and Aaron, upon encountering the presence of God in the Tent of Meeting, fell on their faces in awe. The question is: **Do we truly believe that we are entering into the presence of God when we are in our church?** If not, think again! You might want to reevaluate how you enter the sanctuary, and whether

you choose to kneel before the Lord, quietly and prayerfully.

Joshua tells us in Joshua 7:6 that he prostrated himself before the Ark of the Covenant (where the ancient Hebrews believed God resided) all day until evening.

In Matthew 2:11, the Magi, upon seeing the Child with Mary His Mother, “fell down and worshipped Him.” This gave rise to the tradition of bowing deeply during the words of the Creed that mention Jesus’ incarnation—like the Magi, we, too, are worshipping God in the flesh.

We further see how the Name of Jesus is profound, full of authority, and sacred in Luke 2:21, where we learn how He was named, and in Revelation 3:8, where Christ describes a faithful church, saying:

“I know your works. ... I know that you have but little power, and yet **you have kept my word and have not denied my name.**”

Further, Saint Paul tells us in Romans 14:11:

“For it is written, ‘As I live, **says the Lord, every knee shall bow to me**, and every tongue shall confess to God.’”



If this reverential gesture has not been part of your tradition, I encourage you to give it a try—for Jesus’ sake.

Our Lord and Savior deserves our homage and reverence, whether at the mention of His Holy Name, the sight of His Cross, or when encountering His Altar.

In the words of Hymn #453: **“At the Name of Jesus, every knee shall bow, every tongue confess him King of glory now.”** Amen!

## Another Successful Annual Meeting



At St. John's Annual Meeting on January 14, 2018, we had 31 in attendance. Those present adopted the 2018 budget and elected **3 new Vestry Members, Class of 2021: Hank Fant, Sharon Fremont, and Pat Owens.** In addition, we elected as lay deputies to the **2018 Diocesan Convention: Cynthia Boyd, Steve Boyd, and Thomas Rohrer.**

Vestry members stepping down (Class of 2018) were **Robin Baldwin, Jen Hoskins, and Glenn Martin**—thanks were expressed for their years of service to our parish.

The Rector reported that we now have 91 members, 72 baptized communicants in good standing (68 adults and 4 children under 16). Our Easter 2017 attendance was 88, but our average Sunday attendance is 46. Although 50 or below is the average of most U.S. parishes of any denomination, we hope to do better in 2018.



Reid Heeren acknowledged Mother Nina's efforts in spurring many positive changes in the past year—such as renovations of the Conference Room and offices—and new programs, including the Taizé services and “pop-up” Vacation Bible School. Rick Hacker was commended for his ongoing efforts at leadership in providing music for the parish, and for his continuing search for a new organ.

At the January 23 Vestry meeting, Reid Heeren was reinstated as Rector's Warden, and Hank Fant was elected as People's Warden. Kaye Lee continues as Clerk of the Vestry, and Jenny Landis remains our parish Treasurer.



Also at that meeting, so that you may know whom to contact for various ministries, these Vestry members have assumed responsibility as liaisons or leaders for the following ministries:

- Audit - Steve Boyd
- CEC Representative - Pat Owens
- Christian Education & Youth - Nancy Miller
- Evangelism & New Members - Hank Fant & Bob Yarnall
- Finance & Stewardship - Jenny Landis
- Lay Pastoral Care - Kaye Lee
- Outreach - Sharon Fremont
- Property & Cemetery - Steve Boyd (working with Tom Rohrer)
- Rectory Rental - Pat Owens (as contact for Compass Property Management)
- Social Events - Bob Yarnall



With sadness we report that our former Parish Administrator, **Dan Markgraf** (who served from June 2018 through August 2018) died suddenly on January 5, 2018 of a massive heart attack. He was only 64, and leaves behind his wife, Jen, and four adult sons, Brandon, Evan, Doug, and Zachary. Prayers as asked for the family at this time. *May God have mercy on his soul, and may he rest in peace.*



## ST. JOHN'S EPISCOPAL CHURCH

### Service Calendar for February 2018



Date	First Lesson, Psalms & Prayers	Second Lesson & Eucharistic Minister	Acolyte	Crucifer	Greeters	Coffee Hour Hosts
<b>February 4</b> (Epiphany 5)	Kurt Gansauer	Robin Baldwin	Hank Fant	Glenn Martin	Joanne Cipollini  Helen Esbenshade	<i>Souper-Bowl [of Caring] Sunday – bring soup to share and to donate</i>
<b>February 11</b> (Epiphany Last / Youth Sunday)	Tina Zurcher  (and/or Youth)	Cynthia Boyd	Tom Rohrer	Bob Yarnall	Fran Gilfillan  Ron Zynn	<i>Valentine's Day-themed breakfast, games, etc.</i>
<b>February 14</b> <b>ASH</b> <b>WEDNESDAY</b>	Susan Gansauer	Tom Rohrer	Hank Fant	Glenn Martin	Steve Boyd	
<b>February 18</b> (Lent 1)	Sharon Fremont	Robin Baldwin	Tom Rohrer	Bob Yarnall	Ron & Joyce Kelly	
<b>February 25</b> (Lent 2)	Mary Lou Weaver	Cynthia Boyd	Hank Fant	Glenn Martin	Paul Weaver Ron Zynn	
<b>THANK YOU FOR YOUR SUPPORT THIS MONTH</b>	<b>Altar Guild</b> Nancy Miller Debra Martin	<b>Offering</b> Hank Fant Sharon Fremont Steve Boyd Bob Yarnall		<b>Card Ministry</b>  Suzanne Turpin		<b>LUNCH BUNCH</b>  NO Meeting in February