



# THE FOURTH EPISTLE

## SAINT JOHN'S EPISCOPAL CHURCH

### MOBILE, ALABAMA

The Reverend Thomas Heard, Rector  
The Protestant Episcopal Diocese of the Central Gulf Coast  
The Right Reverend James Russell Kendrick, Bishop

Vol. XXX, Issue 2

February 2020

## FROM THE RECTOR:

Dear Ones,

We're nearly at the midpoint of the Season of Epiphany. Yes, I know: here in Mobile (and some other select places), it is more commonly known as the Season of Mardi Gras. The parades are about begin in earnest. The partying will follow apace.

Of course, we all know what follows, right? The Season of Lent. The beginning of Lent is Ash Wednesday. I'll talk a bit more about that later. In more recent years, we've seen a growth of Christians being called to "give up" something for Lent. It is interesting that this custom has grown up in the face of the more traditional program of fasting and abstinence.

Fasting doesn't necessarily mean to go without eating. In fact, the Traditional Saint Augustine's Prayer Book defines fasting as: "usually meaning not more than a light breakfast, one full meal, and one half meal, on the forty days of Lent." It goes on to define abstinence as "refraining from flesh meat on all Fridays of the Church Year, except for those during Christmastide." The tradition is that all days of Lent are designated as fast days, with only Fridays as days of abstinence.

In fact, our prayer book calls out Ash Wednesday and Good Friday as Fast days. The following is found on page 17:

### 4. Days of Special Devotion

The following days are observed by special acts of discipline and self-denial:

Ash Wednesday and the other weekdays of Lent and of Holy Week, except the feast of the Annunciation.

Good Friday and all other Fridays of the year, in commemoration of the Lord's crucifixion, except for Fridays in the Christmas and Easter seasons, and any Feasts of our Lord which occur on a Friday.

I'm sure you noticed that there is no "give something up for Lent" in this section.

Instead of thinking of fasting or abstinence as "giving something up", perhaps we should think about it as simplifying our life for a time. I suspect most of us could stand to lose a few pounds; Fasting is, if nothing else, a calorie reduction that just might help us to that goal that we'd like to see. Observing Abstinence on Fridays would probably make our doctors happier, not to mention being kinder to the environment.

If you feel like abiding by the Prayer Book's instructions isn't doing enough or isn't healthy for you, consider an alternative: Adding something on.

You might consider reading Morning and Evening Prayer through Lent. There are some great online resources to make it easy:

[www.missionstclare.com](http://www.missionstclare.com)

[breviary.stbedeproductions.com](http://breviary.stbedeproductions.com)

You might consider using the Episcopal Relief and Development [2020 Lenten Meditations](#) booklet as a daily practice. You could start your own course of reading the Bible from front to back. (It's really fascinating!)

On to Ash Wednesday. Did you know that in the days that women always covered their heads in church, ashes were sprinkled on top of the heads of men, but crosses were marked on the women's foreheads? (Probably so their head coverings wouldn't be soiled!) This practice is rooted in ancient rites for mourning and repentance. These days, within our tradition, everyone gets crosses on foreheads. The words said at imposition, "Remember that you are dust, and to dust you shall return" are echoes of Genesis 3:19: "In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; you are dust, and to dust you shall return."

Whatever path you choose to take in this holy season of Lent, I hope that you will find it to be meaningful and bring you closer to God.

-- Thomas

## HIGHLIGHTS OF THE FEBRUARY LITURGICAL CALENDAR

### The Presentation of Our Lord Jesus Christ in the Temple

We will celebrate the feast of the Presentation on Sunday, 2 February 2020 at a 10:00AM Solemn Mass. "Presentation" is a new name for what's previously been known as "The Purification of the Blessed Virgin Mary" and "Candlemas." In the Eastern tradition, this feast is called "the meeting of Christ with Simeon." In Jewish tradition, first born sons were to be dedicated to God in remembrance of the sparing of the first born of Israel and the exodus from Egypt. In Christian tradition, this marks the recognition by Simeon and Anna that the Messiah, long promised by God, has appeared.

### The Martyrs of Japan

Gaining a foothold in Japan for Christianity was a costly enterprise. Francis Xavier and his Jesuit cohorts introduced it in the sixteenth century, baptizing close to 300,000 by the 1597. That year, however, was the beginning of 250 years of persecution. On 5 February 1597, six Franciscans and 20 converts were crucified at Nagasaki. In spite of this, Christianity survived. Today the Nippon Sei Ko Kai, established in 1859, is the Anglican-Episcopal church in Japan. We will commemorate The Martyrs of Japan at our Wednesday Said Mass on 5 February.

### Saint Matthias

After Judas' death, the disciples met and decided that they must replace him. They met, prayed and finally chose Matthias as the new twelfth disciple. We know nothing more of Matthias, where his mission field was, what he was like, or where he came from. We commemorate his life on Monday, 24 February at a Said Mass at 12:10PM.

### Ash Wednesday

Ash Wednesday marks the beginning of the Season of Lent and is a fast day. It gets its name from the practice of the imposition of ashes, made from the palm branches from the previous year. We hold the ashes to be sacramental (not a Sacrament), which serve as reminders of our repentance or turning from old ways to the Lord. In ancient times, dusting with ashes was one way for a penitent to express sorrow and regret for sins and faults.

We will hold the Ash Wednesday liturgy twice on 26 February. The first will be a Said service at 10:00 AM and the second a Sung service at 6:00 PM. Throughout the day, the church will be open for prayer and imposition of ashes.

### Ash Wednesday

Remember that you are dust,  
and to dust you shall return.



SHINING OUR LIGHT

### 2020 PLEDGE SUMMARY

As this newsletter goes to print, we have received financial commitments from 35 pledge units for 2020 totaling \$171,666. In 2019, we received 42 pledges totaling \$139,334. There are 8 families who pledged last year who haven't turned in a pledge card for this year.

If you plan to pledge to the 2020 operating budget, please turn in a pledge card as soon as possible.



### FEBRUARY SCRIP ORDERS

Orders will be taken on Sunday, February 9. The cards will be available the following Sunday. Try a gift card at your favorite grocery store or gas pump and see how easy they are to use. They also make great gifts. Ask Bootsie Cieutat for a retailer list and see just how many options you have with the St. John's scrip program!

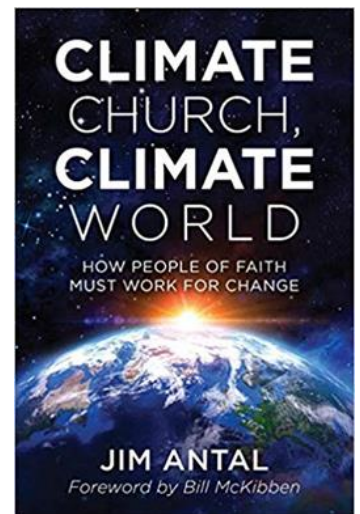


Our Sunday school class has been taking on the difficult topic of climate change. We are reading *Climate Church, Climate World* by Jim Antal.

Changing the direction the earth is going towards irreversible climate change is a huge undertaking and involves changes in attitude as well as application.

We can start however, as individuals, with small steps. Here are some suggestions from the World Wide Fund for Nature (formerly World Wildlife Fund) to reduce our ecological impact:

- ⇒ Completely turn off equipment like televisions and stereos when you're not using them.
- ⇒ Choose energy-efficient appliances and light bulbs.
- ⇒ Save water: some simple steps can go a long way in saving water like, like turning off the tap when you are brushing your teeth or shaving. Try to collect the water used to wash vegetables and salad to water your houseplants.
- ⇒ Lower your shades or close your curtains on hot days, to keep the house cool and reduce the use of electric fans or air-conditioning.
- ⇒ Let clothes dry naturally.
- ⇒ Keep lids on pans when cooking to conserve energy.
- ⇒ Use rechargeable batteries.
- ⇒ Take glass, plastics, and paper to the recycling center.
- ⇒ Don't use "throw away" products like paper plates and napkins, or plastic knives, forks and cups.
- ⇒ Send electronic greetings over email, instead of paper cards.



Please join us on Sundays at 9AM. See Fr. Thomas for a book.



## FEBRUARY'S FOURTH SUNDAY POTLUCK WILL BE A MARDI GRAS THEME

Our fourth Sunday potluck dinner will be held on February 23, 2020. We will have a Mardi Gras theme since Mardi Gras season will be in full swing!

Wear your Mardi Gras colors and we will celebrate Mardi Gras Saint John's style: food and fellowship!

Cajun food and King Cakes!! Yummy!

# FEBRUARY 2020 AT SAINT JOHN'S

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Omitted: 02/02 – The Third Sunday after the Epiphany 02/23 – Polycarp, Bishop and Martyr of Smyrna, 156						
<b>2 Presentation</b> 9A Formation 10A Mass 1130A Outreach, Spread the word	3 Anskar 830A MP	4 Cornelius the Centurion 830A MP	<b>5 Martyrs of Japan</b> 830A MP 10A Mass 7P Choir	6 830A MP	7 830A MP	8
<b>9 Epiphany 5</b> 9A Formation 10A Mass 1130A ECW	10 830A MP	11 830A MP	12 830A MP 10A Mass 7P Choir	<b>13 Absalom Jones</b> 830A MP	14 Cyril & Methodius 830A MP	15 Thomas Bray
<b>16 Epiphany 6</b> 9A Formation 10A Mass 1130A VESTRY	17 Janani Luwum 830A MP	18 Martin Luther 830A MP	19 10A Mass 7P Choir	20 830A MP	21 830A MP	22
<b>23 Epiphany Last</b> 9A Formation 10A Mass 1130A 4 <sup>th</sup> Sunday Potluck	24 Saint Mathias 830A MP 12P Noonday 1210P Mass	25	<b>26 Ash Wednesday</b> 830A MP 10A Mass 6P Mass 7P Choir	27 George Herbert 830A MP	28 Anna Julia Haywood Cooper 830A MP	29

# LECTIONARY AND ROTA FOR FEBRUARY 2020

Date Lectionary Day Color	Greeter	Lectors	Lay Eucharistic Ministers	Altar Guild	Vestry Teller
2 February The Presentation of Our Lord ABC Presentation RCL White	Connie & Bob Anderson	Paula Ross Nikki Shaw Mary Sheffield	Connie Anderson Ron Waites	Irene Yeager Kristen Turner	Mary Sheffield Kristen Turner
9 February 5 <sup>th</sup> Sunday after Epiphany A Epiphany 5 Green	Melissa Brown	Ron Waites Connie Anderson Janet Buckley	Paula Ross Burch Yeager	Irene Yeager Kristen Turner	Kristen Turner James Christiansen
16 February 6 <sup>th</sup> Sunday after Epiphany A Epiphany 6 Green	Connie & Budd McLean	David Thompson Cheryl Winters- Heard Jan Joseph	Mary Sheffield Geri Moulton	Connie Anderson Bootsie Cieutat	James Christiansen Geri Moulton
23 February Last Sunday after Epiphany A Epiphany Last Green	Paula & Bob Ross	Budd McLean Geri Moulton Paula Ross	David Thompson Connie McLean	Connie Anderson Bootsie Cieutat	Geri Moulton Nikki Shaw



## 2020 LENTEN MEDITATIONS FROM EPISCOPAL RELIEF & DEVELOPMENT

Episcopal Relief & Development celebrates the spiritual lives of children and how they inspire the spiritual lives of adults in the organization's 2020 Lenten Meditations, now available. In September 2019, the organization embarked on a three-year fundraising campaign, ONE THOUSAND DAYS OF LOVE, in order to expand its global work with children.

The 2020 Lenten Meditations focus on the gifts of children in the poignant and joyous recollections and reflections of educators, caregivers, parents and grandparents from around The Episcopal Church. "As we save children, we save ourselves, we save our world," said the Most Rev. Michael B. Curry, Presiding Bishop of The Episcopal Church. "This Lent, I invite supporters to join Episcopal Relief & Development in focusing on the spiritual lessons we can learn from the children in our lives and around the world."

Globally, 155 million children under the age of six are not able to reach their full potential because of inadequate nutrition,

health care and other critical essentials. The first three years of life are critical to form a foundation for future learning, good health and well-being. Episcopal Relief & Development partners with communities to ensure children have access to food, clean water and quality health care. The 2020 Lenten Meditations support ONE THOUSAND DAYS OF LOVE to expand the organization's programs that focus on children.

"Subscribers to our email meditations have been asking for podcasts for the past few years," said Sean McConnell, Senior Director of Engagement for Episcopal Relief & Development. "We are excited this year that we will be able to provide the option of listening to the meditations through podcasts available on Apple Podcasts, Google Play and SoundCloud."



Lenten Meditations books will be available at the church and if you have more questions please contact Eugene Johnston at 251-591-4328.

## EPISCOPAL DIOCESE of the CENTRAL GULF COAST



### The theme for February is called *Our History*.

Taking time to remember the beginnings of our diocese provides insights into the innovative work and leadership involved in bringing together two groups of churches located in two different states. Using a historical perspective enables us to identify and consider major events and social changes reciprocally impacting our churches, our diocese and The Episcopal Church across five decades.

To preserve our histories it is crucial to have written accounts, documents and photos safely secured so that they are not lost to future congregations. The diocese has resources available to assist those churches that wish to establish an archive. The materials in the History section of the toolbox on the diocesan website provide information on how to get started.



Geri Moulton	02/01
Bob Sheffield	02/05
Mary Sheffield	02/08
LaNeisha Anderson	02/10
Alison Chestang	02/12
Lee Dorsey	02/15
Thomas Heard	02/15
Debbie Ollhoft	02/15
Lisa Chestang	02/17
David Thompson	02/23
Amelia Broach	02/26

## January Birthdays



Celebrating January birthdays at St. John's with Mary Jones, Bob Ross, Irene Yeager and Janet Buckley. (Photo by Irene Yeager)



### **For healing grace and continued strength, we pray for our members:**

Mary Gieseler, Jean Brown, Ashley Garris, Jerry Fulford, Mary Bonner, Bootsie Cieutat, James Christiansen, Bill Duke, Audrey Garner, Joyce Lee, Marian Boykin, Ron Brown, Jayson Chestang, Budd McLean.

### **For our Homebound:**

Joan-Marie Elam, LaVerne Foster, Mary Catherine Warren.

### **For our Family and Friends:**

Leo Camenzind, Ouida McNider, Peggy Sheffield, Jeanette Nash & Family, Eddie Hun, David Clothier, Donnie Chestang, Georgia Morrison, Katelynn Tillman, Solomon Thompson, Karen Twilley, Lucas Hembree, J.E. Ryland, Nancy Payne, Lewis Johnston, William Dorsey, Donna Pigg, Fred Lloyd, Robert & Dorothy Johnson, Sue Sheffield, David Shippee, Robert Levy, Connor, David Green, Tiffany Matthews, Betty Williams, Latecia Cushion Knight, Evia Daniel, Charles Geck, Mary Jo Vinson, Bonnie Jernigan, Britney Butler, Neal Tourné, Sandy & Ray Michel, Connor Crist, Paul Nelson, Krystal Hiatt.

### **For victims of war and their families, and members of our Armed Forces and their families:**

Ryan Hurt, Alicia Logan, Jacob Hester-Heard, Marcus Rich, Ross Hussmann, Ellis Garner, Eric Mattoon.

## Contact Us

### Staff:

The Reverend Thomas Heard, *rector*  
[rector@stjohnsmobile.org](mailto:rector@stjohnsmobile.org)

Louis Daniel  
 Organist & Choir Director  
[music@stjohnsmobile.org](mailto:music@stjohnsmobile.org)

Lella Lowe  
 Financial Secretary  
[finance@stjohnsmobile.org](mailto:finance@stjohnsmobile.org)

Jack Ruppe  
 Sexton

### Vestry:

Janet Buckley

James Christiansen, *junior warden*

Bootsie Cieutat, *treasurer*

Jan Joseph

Gerie Moulton

Nikki Shaw, *clerk*

Mary Sheffield

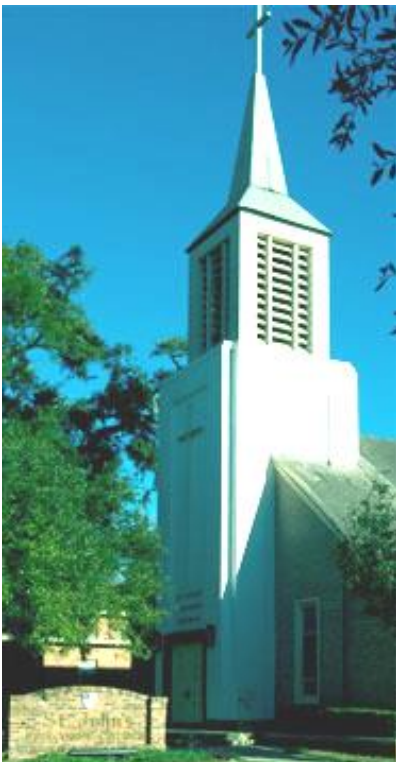
Kristen Turner

Ron Waites, *senior warden*

Saint John's Episcopal Church  
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 Mobile, Alabama 36604

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RETURN SERVICE REQUESTED



**Come Worship With Us!**

Monday—Friday:

8:30AM Morning Prayer

Sunday:

9:00AM Adult and Youth Christian  
 Formation

10:00AM Holy Eucharist

Wednesday:

10:00AM Holy Eucharist;  
 Healing on the 1<sup>st</sup>  
 Wednesday of the month.

Other Feasts and Holy Days are  
 observed throughout the year; please  
 see our website for the latest schedule.

**Parish Office**

Monday-Thursday  
 9:00 a.m.-2:00 p.m.

Telephone: 251-479-5474

Fax: 251-473-1230

[www.stjohnsmobile.org](http://www.stjohnsmobile.org)

SAINT JOHN'S: THE EPISCOPAL CHURCH IN MIDTOWN MOBILE  
 Grounded in shared sacramental life and moving into the world  
 to be the hands of Our Lord.