



The Dragon Scoop

February 2023

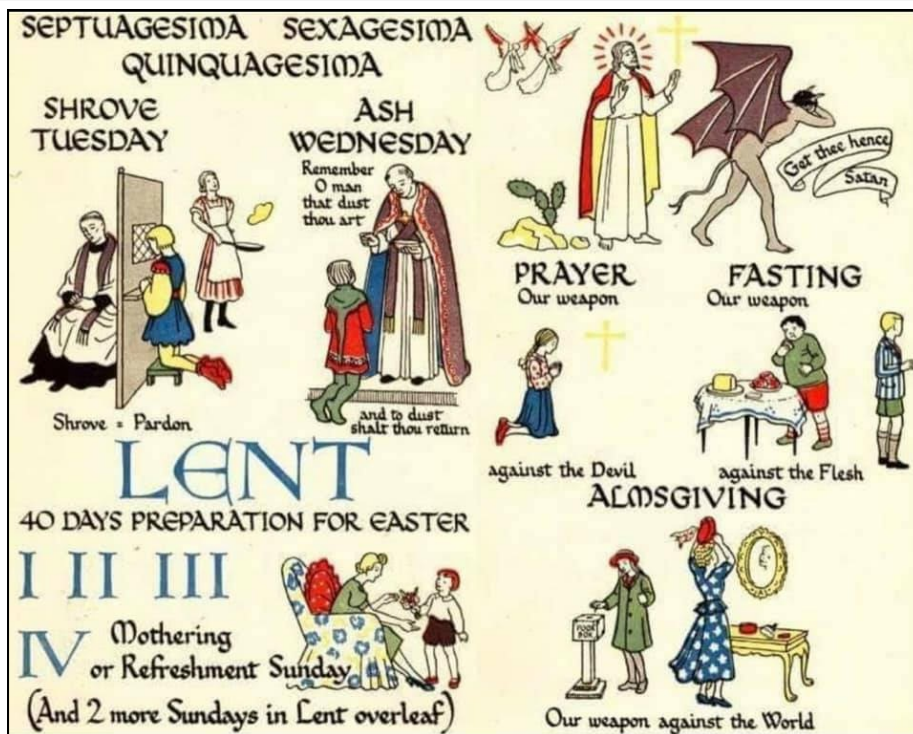
St. George Episcopal Church
1024 SE Cass Avenue Roseburg, OR 97470
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Mission Statement:
“Loving God, Loving Our
Neighbors”

The Episcopal Church Welcomes You



“Pre-Lent”



This charming illustration is from My Book of the Church's Year by Enid M. Chadwick, originally published in 1948. Fr. Tommy Thompson of Washington Memorial Chapel in Valley Forge, PA, writes:

Did you know that if we were still using the 1928 Book of Common Prayer, we would be in a season known as “pre-Lent?” Some of you who are fond of the old prayer book probably remember well the “Gesima” Sundays. These were the three Sundays that preceded Lent: Septuagesima, Sexagesima, and Quinquagesima. Other than the Episcopal, Anglican, and Roman parishes who still use more traditional calendars, the Eastern Orthodox Church is the only

church that keeps an intentional pre-lent season.

I find it unfortunate that the 1979 calendar did not include these days in its revised calendar, as it is a way of signaling to the church that Lent is on the way. So, I invite you, in the midst of the old “pre-Lent” to prayerfully discern what God is calling you to fast from and what works of mercy God may be asking you to take on this Lent.

I also thought it might be helpful to provide a little direction concerning fasting and abstinence during the Lenten season.

Fasting and Abstinence is outlined on page 17 of the Book of Common Prayer. The two major fast days per our calendar are Ash Wednesday and Good

Friday. Beyond this, it is noted, “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.”

<https://wmchapel.org/2021/02/pre-lent-a-time-for-introspection-and-reflection-in-preparation-for-lent/>

Pastor Gail's Ponderings

During the month of February we close the season of Epiphany with its emphasis on sharing our Lord's light with others. The last 3rd Sunday in February is the day of the Transfiguration. On the Mount of Transfiguration, Jesus took the disciples Peter, James and John up to pray with him. Matthew describes the Transfiguration this way:

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone. As they were coming down the mountain, Jesus ordered them, "Tell no one about the vision until after the Son of Man has been raised from the dead."

That day on a mountaintop the disciples saw Jesus "in a new light." We use that expression to describe an experience where all that we knew about a person was suddenly changed by a glance or insight that challenged us to rethink our former perceptions. Peter, James, and John had been following Jesus with fierce loyalty but not yet with complete understanding. When they saw him "in a new light" they were both astonished and terrified. God's voice from the cloud said, "This is my Son, listen to him!"

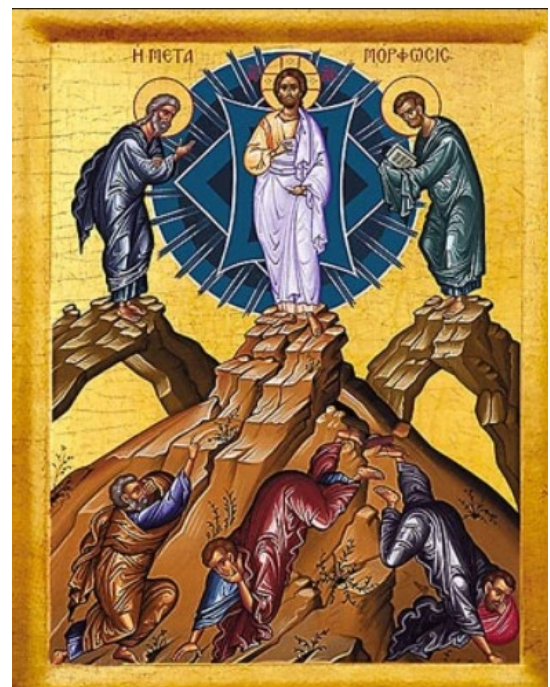
Sometimes we are terrified by glimpses of new light that challenge our understanding of Jesus and the way that we are called to serve him. How can we tell the difference between the light that blinds us to truth and a light that reveals more about Jesus? It is tempting to close our eyes to any change or even to go running back down the

mountain to the safety of the plains. But God's grace gives us the courage to step fully into the new light that Jesus brings into the world. And even if we don't want change we can trust that God will guide us to make wise decisions.

How do we lead by new light? God gives the answer in the story of the transfiguration. The words of Jesus are our directional signals. We keep the Bible nearby at meetings because we need to refer to it regularly to let the words of Jesus guide us. We are called to guide the church up to the mountaintop to peer into the dazzling light of Christ and then to travel by that light for the rest of our journey. February 22, Ash Wednesday, is the beginning of Lent. Lent is an invitation to rediscover the desire of God's heart. Lent invites us to uncover again God's treasure and to discover God's heart beating in us. Our Ash Wednesday service is at 11:30 a.m.

Gracious God, you give us both comfort and challenge in the words and presence of Jesus. Teach us to engrave his words so deeply on our hearts and to live so fully in his light that we can lead God's people through changes and challenges in our world. Amen.

**God's peace be with you,
Pastor Gail**



Episcopal Church Women

by Betty Jo Hoffman

(Due to no heat in the parish hall, the Jan. 19 meeting was cancelled.)

thank you

to all who care for our church building and family:

Those who care for the garden in the rain, those on and off ladders making repairs, those who decorate and undecorate for the different seasons, those who bake and cook and clean and teach, and those who serve our community and our congregation with rides, visits, and rummage sale donations.

A special thank you to the AA group members who help us with heavy lifting, car repairs, and security.

We are truly blessed.

Happy 90th Birthday, Lise!



Left to right: Myana Clark, Pastor Gail Duba, and Lise Clark

Blessings



Birthday Blessings for
Pastor Gail Duba



Birthday Blessings for
Marcia and David Jackson



Birthday Blessings for
Zeb Goodlet



Birthday Blessings for
Lise Clark

40 Things to Give Up for Lent

1. Fear of Failure — You don't succeed without experiencing failure. Just make sure you fail forward.
2. Your Comfort Zone — It's outside our comfort zones where new discoveries are made.
3. Feelings of Unworthiness — You are fearfully and wonderfully made by your creator. (Psalm 139:14)
4. Impatience — God's timing is the perfect timing.
5. Retirement — As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. Our work is not always tied to a paycheck.
6. People Pleasing — I can't please everyone anyway. There is only one I need to strive to please.
7. Comparison — I have my own unique contribution to make and there is no one else like me.
8. Blame — I am not going to pass the buck. I will take responsibility for my actions.
9. Guilt — I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.
10. Over commitment — Do less better and accomplish more.
11. Lack of Counsel — Wise decisions are rarely made in a vacuum.
12. Impurity — Live lives pure and without blemish.
13. Entitlement — The world does not owe me anything. God does not owe me anything. I live in humility and grace.
14. Apathy — Life is too short not to care.
15. Hatred — Do not be overcome by evil, but overcome evil with good (Romans 12:21).
16. Negativity — I will put the best construction on everything when it comes to other people. I will also minimize my contact with people who are negative and toxic.
17. The Spirit of Poverty — Believe that with God there is always more than enough and never a lack.
18. Going Through the Motions — The more you invest yourself, the more you will get back.
19. Complaint — Instead of contributing to the problem, be the solution.
20. The Pursuit of Happiness — God wants something greater and more lasting than happiness. It is called joy.
21. Bitterness — The only person I am hurting by holding on to this is myself.
22. Distraction — Life is filled with distractions that will take our eyes off the prize.
23. Giving up — God never gives up on us.
24. Mediocrity — If you are going to do something, then give it all you've got.
25. Destructive Speech — Encourage one another and all the more as you see the day approaching (Hebrews 10:25).
26. Busyness — It is a badge of honor to be busy. But that does not always translate to abundance.
27. Loneliness — With Jesus I am never alone. He is with me wherever I go.
28. Disunity — If two of you agree on earth about anything, it will be done for them by the Heavenly Father (Matthew 18:19)
29. The Quick Fix — Rarely does true transformation happen overnight.
30. Worry — God is in control and worrying will not help.
31. Idolizing — Don't assign anyone a standard they cannot live up to.
32. Resistance to Change — Change is certain. It is not *if* we will change, but *how* we will change.
33. Pride — Blessed are the humble.
34. Small View of God — Don't tell God how big your problem is, tell your problem how big your God is.
35. Envy — I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
36. Ungratefulness — You have been blessed in a way greater than you realize.
37. Selfish Ambition — God has a mission for me that is bigger than me.
38. Self-Sufficiency — Jesus is my strength. I can do all things through him (Philippians 4:13)
39. Sorrow — Weeping may tarry for the night, but joy comes in the morning (Psalm 30:5b)
40. My Life — Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life (John 12:25).

~ Father Phillip Ressler
St. Alban's Episcopal Church,
Los Angeles, CA

I Go to Sing

I might be exhausted and the children might be
cranky,
but I will be going to church on Sunday.
Don't know who is preaching, doesn't matter –
the sermon may be helpful or not, holds my
attention or doesn't –
it's the singing.
I go to sing.

I get up,
get clean,
get dressed,
possibly get mad (at not-ready kids, at empty
coffee pot, at traffic)
get going,
get there,
get seated,
get comfortable,
get focused

and when the music starts,

get saved.

It's the singing.
I go to sing.

It's the willingness to *stand if you are able*,
the common agreement on page number,
the voluntary sharing of songbooks with people
on your row,
even ones you rode there with –

but most of all,
it's the collective in-breath before the first sound
is made,
the collective drawing upon the grace of God,
the collective, if inadvertent, admission
that we are all human,
all fragile,
all in need of the sustaining air, freely dispensed,
all in need of each other to get the key right and
not sound discordant --

it's the hidden life-celebration
in the act of making a joyful noise,
all together.

We don't even have to sound that good.
Singing together still brings home
the *we*-ness of worship,
the *not-alone*-ness of life in God,
the best of all we have to offer each other.

When we are singing, I think that I might
actually be able to forgive you
for being so terribly human,
and you might be able to forgive me
for being so terribly not there yet,
and we might be able to find peace *now*,
not postpone it for some heavenly hereafter
but live and breathe it today,
drawing in the grace of God,
voicing out our need and hope and gratitude
and longing.

When we are singing, I can feel the better
world coming,
and if I get to be a part of it, you do too . . .

so sing with me,
and we'll make our way down that blessed
road together,
collectively better
than we ever thought
possible.

~ Lindy Thompson
Jan. 4, 2019. Reprinted with permission.

lindythompson.com
[I Go to Sing](#)



FISH

Alpha Heating & Air has a contest for your favorite charity.

The choices are **FISH**, Saving Grace, and Friendly Kitchen/Meals on Wheels.

This is what they say on their website:

We are grateful for the support you and your neighbors show us on a daily basis. But support is a two-way street. That's why we've decided to give back to the community. "Alpha Gives Back" is a way for you to help your favorite organization. And, best of all, all you need to do is vote. Alpha Heating & Air will **donate** to each organization based on what place they come in at the end of **Friday, March 10, 2023**.

Donations:

1st: \$1000
2nd: \$500
3rd: \$250

Rules:

Contestants requires a minimum of 50 votes to qualify.
One vote per day per person.
Votes tied to unverified emails or phone numbers will be disregarded.
Voting for more than one charity is prohibited.

<https://roseburg.alphaheatac.com/vote>

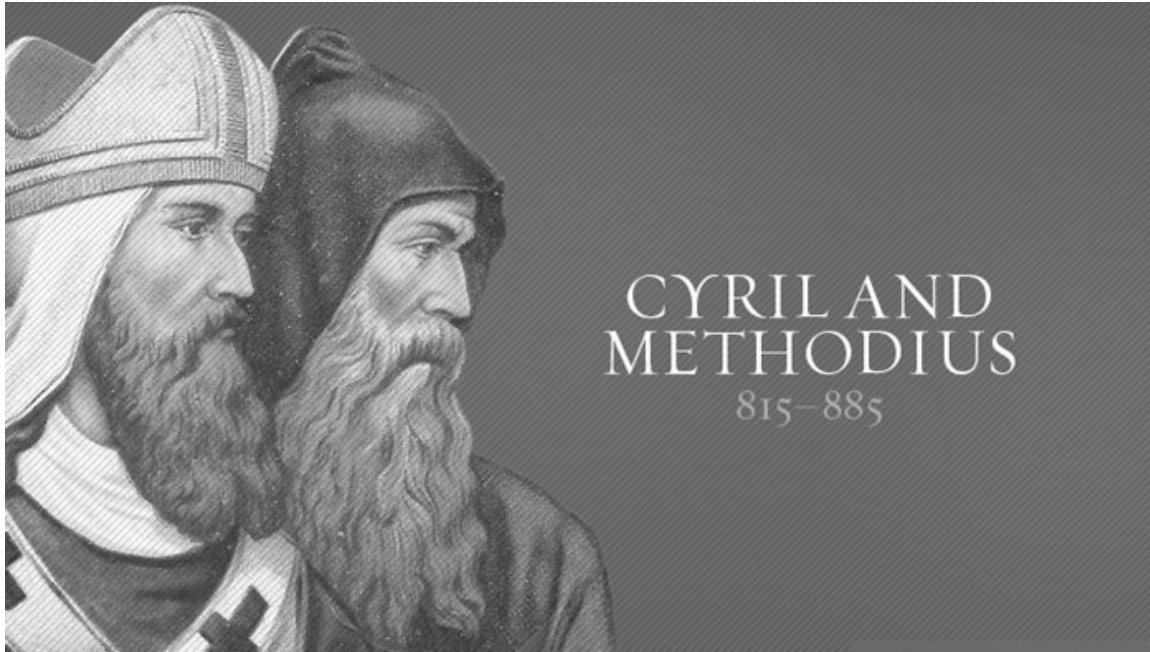
So many January donations to FISH!

- ♥ A wonderful donation from Roseburg's Fred Meyer and their corporate parent Kroger - \$2,500 of gift cards for FISH's purchase of needed foods.
- ♥ IBEW Local 659 - our local Electrical Workers Union - sent FISH a grant for \$3,500.00. These funds are earmarked to help in a new shed project due for construction this year.
- ♥ A generous contribution to the building project—a check for \$5,000.00 from First Interstate Bank. These funds, as with the Electrical Union donation, will go to helping reach the expected \$50,000 needed to build the storage unit.
- ♥ Aviva Health employees donated and delivered more than 860 lbs of food and supplies to its campus neighbor The FISH of Roseburg yesterday.
- ♥ Our very own Faith Lutheran Church delivered over 1,200 pounds of food to The FISH of Roseburg through their "Meals at the Manger" Holiday drive.



Not Valentine's Day

This will be the least romantic St. Valentine's Day essay you will ever read. That's because Feb. 14 is not St. Valentine's Day.



Check your liturgical calendar: The patron saint of lovers, people with epilepsy, and beekeepers was removed from the Roman Catholic calendar of saints in 1969. He does not appear in the Episcopal Church's calendar either. February 14 is reserved throughout the Catholic and Episcopal world not for the commemoration of St. Valentine, but to honor the blessed memories of Saints Cyril and Methodius, ninth century missionary bishops to the Slavs whose story should still inspire us today.

Like the great saints and martyrs before them, Cyril and Methodius had no interest in picking low-hanging fruit. Most of the Slavs had never heard the Gospel, so Cyril and Methodius preached it to them. The Slavs had no written language into which the scriptures could be translated, so Cyril and Methodius created one for them. (Modern Russians still use Cyril's alphabet and it still bears his name—Cyrillic.) Cyril and Methodius set about doing something hard—something very hard!—because they believed that is what God wanted them to do.

I once heard a story about a conversation between a young professor and one of his more senior colleagues. "I don't know how I'll ever collect and analyze enough data to answer these questions," the new scholar groaned. "Then it shall become your life's work," his mentor replied.

Cyril and Methodius found their life's work. And, we have found ours.

The life's work of the twenty-first century church is figuring out the

special blend of words and witness that will inspire faithfulness and devotion in a cultural context that sometimes seems to lack even the vocabulary to hear the Good News of Jesus Christ. Cyril and Methodius know something of this post-Babel experience, and they would encourage us to press on.

While you may not be able to buy a Saints Cyril and Methodius Day greeting card in your local supermarket anytime soon, I hope that you can find a moment on their feast day to be encouraged by their example and to be re-dedicated to the important work that God has given us to do.

~ Sandy Webb
Episcopal Church Foundation Vital Practices,
Feb. 14, 2022

<https://www.ecfvp.org/blogs/3938/today-is-not-valentines-day>

Stamp Club News

Umpqua Valley Stamp Club presents
the February Stamp of the Month



February is Library Lover's Month

Library Lovers' Month is an unofficial month-long celebration of school, public, and private libraries of all types. Started by the Wisconsin Library Association Advocates in 2009, the celebration is gaining nation wide recognition.



Scott catalog #2015 was first
issued in Philadelphia, PA
on July 13, 1982

The Umpqua Valley Stamp Club meets monthly every 3rd Monday except for June and December.
Here in the Parish Hall at 7:15. Visitors welcome.

Poster by Clarence Adams, Umpqua Valley Stamp Club

Upcoming

Souper Bowl Sunday—Feb. 12
Bring a can of soup for FISH.



Kathy Glockner's 40-minute presentation of her safari in Kenya and Tanzania—
Sun., Feb. 26, after the service.

New Members' Reception at coffee hour—
Feb. 19



Ash Wednesday Service—Wed., Feb. 22, 11:30



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St. George Episcopal Church publishes **THE DRAGON SCOOP** monthly
except for a combined July-August issue.
If you would like something to be considered for the newsletter please talk to
Leigh Van Sickle, Editor—541-391-0814
E-mailed articles and photographs can be sent to saintgeorgepix@gmail.com

Priest-in-Charge: The Rev. Gail Duba
Senior Warden: Pete Benham
Co-Junior Wardens:
Bob Spielman and Sue Phelps
Treasurer: Kathy Glockner

OFFICE HOURS
10 am—2 pm
Monday through Friday

ST. GEORGE WORSHIP
10 am
Sundays
and
Wednesdays

