



The Dragon Scoop

March 2019

St. George Episcopal Church
1024 SE Cass Avenue Roseburg, OR 97470
541-673-4048

Mission Statement:
“Loving God, Loving Our
Neighbors”

The Episcopal Church Welcomes You



Welcome to Lent



The word Lent comes from the Anglo-Saxon word *lencton*—meaning “spring” or “lengthening,” from the time of year when the days grow long. The season begins this year on Ash Wednesday, March 6, 2019, and ends with the Easter Triduum (Maundy Thursday through Easter Day, covering 40 days (excluding Sundays, which are little feasts of the Resurrection).

Some believe that the word *Lent* may derive from the Latin *lentare*, which means *to bend*. This understanding reinforces a sense of Lent as a time of preparation for personal and collective transformation. Having nurtured ourselves through Advent, Christmas, and Epiphany, Lent becomes the time to look truthfully at ourselves and make changes.

In the early church Lent was the time of preparation for the Easter baptism of converts to the faith. Persons were to receive the sacrament of “new birth”

following a period of fasting, penitence, and preparation. Just as the children of Israel had been delivered from the bondage of Egyptian slavery, we are delivered from the bondage of sin.

The Bible readings appointed for the Sundays in Lent continue to offer us a short course on the meaning of baptism—our sacrament of initiation into the Body of Christ.

~ Gail M. Jackins,
St. Cuthbert, Houston, TX

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Rector's Letter

Dear brothers and sisters in Christ,

You will have noticed that there is a lot about Lent in this issue. You may have read it all before. Many times. Some will rejoice in another round of rich spiritual nourishment and joy. Some may sour at the penitential side of Lent, weary of noting and repenting sins. Some will think, "Been there, done that." It is a joy to celebrate Christmas and Easter, even All Saints and Pentecost. Lent...not so much.

Not so much, that is, for some. But for others, Lent continues, year after year, to be a satisfying opportunity for a tune up, to recall how we found faith, for take another step or two in following Jesus.

I have a friend, a long time faithful Episcopalian, who now does what might be called Lent Lite. He has done it all: fasted and prayed, attended mid-week services, cooked for Shrove Tuesday and Maundy Thursday, helped at soup lunches and suppers, never failed to get to Ash Wednesday services. He has abstained from desserts and meat, and fasted strictly on Good Fridays. A few times he fasted from all but water from after the Maundy Thursday Eucharist until after the Great Vigil of Easter, shortly after midnight. He's gone to Lenten Bible studies, soup suppers, lots of mid-week preaching series, three-hour services on Good Friday, ecumenical Lenten worship, and had personal disciplines for Lent.

I know him fairly well. He is not a saint. Now he is a senior citizen. He is dealing with the challenges of an aging body. He tells me it is time for him to take it easy with Lent. He figures that God loves him anyway. He would like to do what he used to do, but lacks the energy. He points out that the Roman Catholic Church makes Lenten fasting and abstinence optional for those over 59 years old, and for those whose health might be at some risk. (Our Book of Common Prayer makes no exceptions to

its call for special acts of "discipline and self-denial." We are expected to use common sense.) I fear he may just be lazy. Yet, I feel a little guilty for even entertaining the thought. "Judge not lest thou be judged." My friend says he misses what he used to do. I believe him. And I love him. And am sure God does also.

So what about you? Are you like my friend? Or do you wonder about the joys and insights he has found in Lent, and now remembers with gratitude? Would you like to take Lent more seriously? Or do you feel like my friend, ready to take Lent more easily than has been your habit?

We can all mull over such questions and choices. Here at St. George's our Lenten menu of church activities is limited. I do hope that many of you will take advantage of what is on offer: an Ash Wednesday liturgy at noon, special services in Holy Week. A Wednesday service led by lay people. Mite boxes. A library with lots of resources. A priest who will hear your confession and give you absolution. Always the Sunday liturgy. Books of Common Prayer and Bibles to loan. Opportunities to serve others, some sponsored by St. George's and far more available in Roseburg. Personal prayer and study time. Time for prayer and/or study with a few friends. Generosity with time and money. Writing notes and letters. Etc. Etc.

Do what you feel called to do, knowing that the Father loves you, Christ died for you, and the Holy Spirit stands by to guide and strengthen you. And there is Heaven yet to come.

By the way, my friend is really me.

God bless you all,
Fr. Jim+



Suggestions for Lent

from Fr. Jim +

Be kind to yourself.

Be kind to your family and friends.

Be kind to strangers.

Be kind to anyone you fear.

Pray daily.

Pray often.

Pray briefly.

Pray and listen, and slowly.

Pray for yourself.

Pray for others (no exceptions).

Read something that is good to read.

Read the Bible.

Read Christian stuff.

Pay attention.

Forgive yourself.

Forgive everyone.

Forgive God.

Show up for Eucharist.

Show up for your friends.

Show up to help.

Show up with hope.

Show up with kindness.

Choose wisely.

Choose kindness.

Choose with hope.

Choose love.

Manage yourself.

Try not to manage others.

Be generous with your time

Be generous with your talents.

Be generous with money.

Think.

Think about God.

Think with hope.

Think wisely.

Think realistically.

Live frugally.

Live well.

Enjoy life.

Talk about God.

Talk about your blessings.

Talk about your failings.

Talk kindly.

Talk with hope.

Talk with love.

Listen more than you talk.

Listen fully.

Listen kindly.

Listen with hope.

Listen with God.

Listen to God.

Limit worrying.

Be wise.

Be kind.



Annual Parish Meeting

The Annual Parish Meeting was held after worship on February 3. Call the Office if you would like to see the whole report, but here are some highlights.

Father Jim wrote, “On February 1 I completed three full years as your Interim rector. I have been privileged to journey with you. You have welcomed Pam and me in ways that have enriched our lives. It has been a joy to celebrate the Eucharist with you, to preach, to visit the sick, bury the dead, teach the Bible, and take counsel with the Vestry and other parish leaders.”

He went on to say, “St. George’s is engaged with our community in many ways. They include the Food Bank, Christmas gifts for a local school and for children in the welfare system, the Rescue Mission, and the home for young mothers. We support our diocese both by staying current in our financial obligation, being engaged with the Southern Convocation, the Diocesan ECW, and Diocesan Convention.”

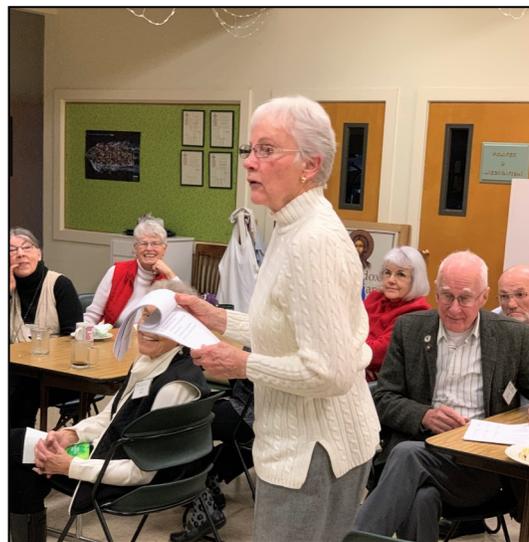
From the 2018 Year-End Fiscal Report:

“All in all we had a very good year. Our income exceeded our expenditures by \$30,000. Our pledges exceeded our budgeted amount by almost \$6,000. Our identified non-pledge giving was almost twice what we budgeted.”

New Vestry members were elected at the meeting. Kathy Glockner and Doug Holloway will replace outgoing Bill Riley and Bob Spielman. They, with incumbent Jean Bowden, will be the Class of 2021.

Lots happened in 2018:

- We completed a Parish Profile and are advertising for a new Rector.
- Organist Hilary Hall accepted the additional responsibility of Choir Director.
- The major expense of the year was replacing two HVAC units. The church is now comfortable both summer and winter and our gas bills are significantly reduced.
- When the City upgraded nearby streets, we removed a tree and replaced the hazardous section of the sidewalk.
- There has been a renewed interest in serving at the altar, and two new acolytes have joined. There is also a new Altar Guild member.



Above: Jean Bowden presents the Stewardship report.

Episcopal Church Women

by Betty Jo Hoffman

We had a very interesting program after enjoying a good meal and doing a few pieces of business.

Thelma started with a thought: prayer is not a third wheel to hold us up, it is a steering wheel to keep us in the right direction. Sue has started organizing the Shrove Tuesday Pancake Supper for March 5. Check in with her if you would like to help. We welcomed Fr. Jim and Pam and Margo Wilkens—we have not had them at our meetings for a while.

Fr. Jim encouraged us to pray for a new priest; that God loves us and will send us who he wants for us in His time. He asked us to look for opportunities to talk with people and encourage them to join us. He said our church is a branch of the body of Christ and we are agents of His.

Tim Edmondson, the director of the Dream Center, was our speaker. He told us how he came to be the director and how it ended up in the basement of Foundation Fellowship, which is at the former Baptist church next to First Presbyterian.

The Dream Center is open four days a week, 10:00-2:00: two days for giving out clothing and two as a food pantry. They are also a drop-in facility for those in need of a place to rest. There is a difference between this and the warming center, which they also offer when the temperatures drop. The people coming to the warming center come in at certain time on those evenings and must leave the next morning.

They have financial needs and have recently started a campaign to encourage 1000 donors to commit to \$10 a month. This helps them have a monthly base they can count on in addition to large one-time donations and grants. I encourage

you to make that commitment to \$10 a month. There is a flyer on the bulletin board with notes in a baggie that give the address to send it to. If you want to also donate to the warming center operation, just write that in the memo section of your check.

Jesus is central in the Dream Center—serving and loving like Jesus.

ECW sent Tim Edmondson home with lots of supplies for the Dream Center, including paper plates, plastic cutlery, blankets, and warm clothes as seen below in the picture of the meeting.



Photo by Mik Carlson

Our next meeting will be on Thursday, March 21, at 11:00 a.m.

“The Episcopal Church Women, currently led by Thelma Sayers, is one of the strongest ECWs in our diocese and does many good works.”

~Fr. Jim in the Annual Report

FISH Report

From the February newsletter of The FISH of Roseburg:

“It is also because of donors like you that we are able to serve our clients with dignity. The Roseburg Food Project (RFP) has helped us to create an environment even more welcoming to individuals using the FISH Pantry. By donating foods that you and I use every day in our own homes, we create a pantry where individuals are able to choose items that are similar to their families’ needs and diets. And it is because of you that we continue to receive record-breaking amounts of food donations during the RFP. We collected 11,927 pounds of food during the February RFP food collection, with the help of 72 neighborhood coordinators and 694 food donors. This is the most amount of food ever collected in any month of February since the RFP started in August 2012!”

And from Facebook on February 28:

“We are thrilled to be a recipient of one of Pacific Power’s Blue Sky 2018 funding awards. Thank you to Pacific Power’s Blue Sky participants! Their support provided to us \$44,589 for a 17.5 kilowatt solar power installation. We are one of a dozen community-based renewable energy projects that are going to become a reality this year thanks to Pacific Power’s Blue Sky participants. This funding makes up more than 70% of the project’s costs.”



Notable Days & Practices in Lent

Ash Wednesday takes its name from the ashes used as early as the 3rd century to publicly signify contrition. With roots in the ancient Jewish festival of Yom Kippur, the Day of Atonement, it is a day to honestly face one’s self—to be one with God, our neighbor, all of creation, and ourselves. It began to be observed in the 7th century as a time for disciplining penitents. By the 11th century, Christians had come to recognize the universal need for self-examination and repentance. Believers began to be blessed with ashes on their foreheads as they began their Lenten fast as a reminder that we are from dust, and to dust we return.

Retreats are a common practice during Lent: a time set aside for teaching and learning, fasting and self-denial, meditation, quiet, and spiritual growth in our relationship with God.

Study and preparation are also customary for Christians during Lent. Many churches plan special programs in which prayer practices, Bible study, or service to others are offered. It is a time for those who will be baptized at the Easter Vigil (or to be Confirmed in the spring) to study and reflect on the Christian faith and their relationship with Jesus Christ.

~ Gail M. Jackins, St. Cuthbert, Houston, TX

The Secret to Living Well Is Gratitude

The following *Forward Day by Day* reading for February 19, Isaiah 63:7, and the written meditation remind us again of an attitude of gratitude:

Isaiah 63:7

I will recount the gracious deeds of the Lord, the praiseworthy acts of the Lord, because of all that the Lord has done for us, and the great favor to the house of Israel that he has shown them according to his mercy, according to the abundance of his steadfast love.

“Following the terror attacks of September 11, 2001, many of us were introduced to a new safety mantra: If you see something, say something. There is another way to use this phrase, one that humans of all backgrounds have affirmed throughout the centuries.

“When you see something good, say thank you.

“The secret to living well is gratitude. That means we are seeing something in our lives for which to be thankful, and saying so. A habit of gratitude has been shown to lower stress levels, increase happiness, and even extend life expectancy. Perhaps no single practice is more effective to helping us move past discontentment than keeping a log of things for which we are grateful.”

This was the theme for United Thank Offering last fall and, although we should always consider this, Lent is a good time to bring it up again. If you are looking for something to do, get out your little blue boxes and start filling them with coins according to your blessings. There are more boxes available in case you can't find yours. We will gather them in after Easter.

~ BJ

Traditions of Lent in Many Churches

Symbols:

- Ashes (prepared from the previous year's palms), symbolize our mortality and sorrow for our sins. Job (Job 42:6) and the king of Ninevah (Jonah 3:6) put ashes on their foreheads as a sign of repentance, while also wearing sackcloth.
- Responses and music follow a more contemplative stance. Joyful canticles, Alleluias, and the *Gloria in Excelsis* are omitted from worship. Altar flowers may also be absent.

Liturgical Colors:

- Purple is used in vestments and altar hangings to represent penitence and royalty.
- Rough linen or unbleached fabric can also reflect the mood of Old Testament mourning (wearing sackcloth).

~ Gail M. Jackins, St. Cuthbert, Houston, TX



Upcoming

Vicar of Dibley Film Festival

Sunday, March 3 and March 24,
11:30 a.m.— 2 p.m.
Holy Spirit Episcopal Church, Sutherlin



Shrove Tuesday Pancake Dinner

Tuesday, March 5, in the Parish Hall, 4–6 p.m.

Ash Wednesday Imposition of Ashes

Wednesday, March 6, at noon.



Shrove Tuesday

Shrove Tuesday and Lent

What does “shrove” mean? Shrove is the past tense of shrive. Shrive means to obtain absolution for one’s sins by confessing. Traditionally this was done before the beginning of Lent so one’s season of penitence got off to a nice, clean start. In the *Anglo-Saxon Ecclesiastical Institutes* it says, “In the week immediately before Lent, everyone shall go to his confessor and confess his deeds and the confessor shall so shrive him.” Being shriven is a good thing.

Why pancakes?

Pancakes were just an easy way for people to use up the eggs and fat that were in their larder

before the season Lent started. Once Ash Wednesday arrived, meals were supposed to be simple, and no one was supposed to be eating goodies. Eggs weren’t allowed again until Easter.

Are there other names for Shrove Tuesday?

Shrove Tues is known by several names. Here are two:

- *Mardi Gras*, meaning literally *the Tuesday* (Mardi) of *fat* (Gras) or Fat Tuesday.
- *Carnival*, meaning *the meat* (carne) is *removed* (levare).

~ Gail M. Jackins, St. Cuthbert, Houston, TX

Pete's Pretzel Dessert

Pete Benham brought this dish to the February ECW meeting. So many people asked for the recipe that he is sharing it here.

3/4 cup melted butter

2 cups crushed pretzels

1 tablespoon sugar



Mix the above and spread on the bottom of a 9" by 13" baking dish.
Bake at 400 degrees for 8 minutes and let cool.

8 ounces of cream cheese (we use fruit-flavored cream cheese)

1 cup sugar

8 ounces of whipped topping

Mix the above and spread it over the pretzel crust. Chill for 15 to 20 minutes.

6 ounces Raspberry Jell-O

2 cups boiling water

after dissolving the Jell-O in the water add 20 ounces of thawed frozen raspberries.

Stir the above until thick and spread it evenly over the mixture in the baking dish.
Put in the refrigerator and it will set up as it cools.



(Note: our original recipe calls for Strawberry Jell-O and frozen strawberries, but we like using raspberries.)

Blessings



February 3 was a day of multiple blessings, so many that everyone couldn't fit in one picture. Left to right on the top row, Fr. Jim blessing Betty Jo Hoffman on her wedding anniversary, with Birthday Blessing recipients David Jones and Faye Benham (photo on left) and Roger Helliwell and Jill Hammerle (photo on right)



*February 10 —
Birthday Blessing for
Betty Jo Hoffman*



*February 17 —
25th Anniversary Blessings for
Charles and Leigh Van Sickle*

Parish News



Bill Riley and his crew have been hard at work solving a flooding problem in the southeast corner of the Parish Hall that has involved both the outside of the building and the classroom inside. Various remedies are being tried, and of course the snow brings its own problems.

The photo at left was taken by Bill on February 19 during the early stages of the work.



You may not be able to tell when it happens. The signs may be too subtle since they are occurring deep within the many layers of your life. On the surface things may seem the same, as if your problems were still frozen in place, but at the core, at the heart of your need, something has begun to crack, to change, to move. The power of the Spirit is an inevitable pressure, a force that will never be denied. Over time it will open up your life, even in the places where you never believed it would be possible. In fact, it may already be happening even as you pray.

~ Bishop Steven Charleston,
Facebook, January 25, 2019



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1024 S.E. Cass Avenue
Roseburg, OR. 97470

541-673-4048

stgeorge@stgeorgeepiscopal.com
www.saintgeorgesepiscopal.com
www.facebook.com/episcopalroseburg



SAINT PATRICK
DRIVING THE SNAKES OUT OF IRELAND

St. George Episcopal Church publishes THE DRAGON SCOOP monthly. If you would like something to be considered for the newsletter please talk to Leigh Van Sickle. E-mailed articles and photographs can be sent to saintgeorgepix@gmail.com.

Leigh Van Sickle, Editor
541-391-0814

Interim Rector: The Rev. James Boston
Senior Warden: Pete Benham
Junior Warden: Steve Thomas
Treasurer: Kathy Glockner

OFFICE HOURS
10:00 am—2:00 pm
Monday through Friday

ST. GEORGE WORSHIP

Sunday
10:00 am

Holy Eucharist
or Morning Prayer

