

THE MENTOR

St. Matthew's Episcopal Church

5900 7th Avenue

Kenosha, WI 53140

262-654-8642

The Rev. Gary P. Lambert,
Interim Rector

February 2012



Dear Brothers and Sisters in Christ:

The word Lent is a Teutonic word which the church uses to denote the forty day fast preceding Easter. The original meaning of Lent, however, stands for the 'spring season'. Nonetheless, for the use of the Christian community, Lent is the herald of the spring magnified through the resurrection of our Savior, Jesus Christ. Consequently, the season of Lent is a season of preparation for this experience. Indeed, in order to be prepared we need these forty days to put our spiritual houses in order. In other words, this season of fast is a gift for you and me to focus on the ways and means by which we seek to love God and live in his love. As Thomas Merton would say, the only purpose for our spiritual journey is to enter into the full love of God.

The 1979 Book of Common Prayer calls all Christians to the observance of a holy Lent. The liturgy of Ash Wednesday, beginning on page 264 of the prayer book, completes the church's call by defining the observance as "self-examination and repentance, by prayer, fasting and self-denial; and by reading and meditating on God's holy Word." One can read this call in the prayer book or hear it proclaimed on Ash Wednesday and wonder, "Why would I want to do any of these exercises? I don't have time. I'm too busy with trying to keep my head above water as it is. Besides, I don't know that I'd particularly care for some of these practices."

The truth of the matter is that the church does not call the faithful to one or two of these disciplines, but to all the disciplines; to self-examination and repentance; to prayer; to fasting; to self denial; and to reading and meditating on God's holy word. Yes, all of these disciplines! Although these disciplines can be life changing, the process is not as daunting as you might imagine. Let's quickly take a look at each of these disciplines:

Self-examination and repentance: The renowned Anglican mystic Evelyn Underhill calls self-examination a "spiritual stocktaking". Self-examination "is a long honored discipline of the Christian life, too often the average Christian not only doesn't know how to do it, he/she doesn't even know what it is", says one of the Bishops of our Episcopal Church. He continues on to say, "'12 Step groups like A.A. and N.A. make important use of this discipline. The Fourth Step of A.A. reads: "Made a searching and fearless moral inventory of ourselves." The Fifth Step follows up: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." Sixth Step: "Were entirely ready to have God remove these defects of character." Indeed, these three short suggested steps contain both an impetus for self-examination and for repentance (turning again to God, and away from separation from God). There are many tools for taking 'spiritual stock' of yourself and following this up with the making of a sacramental confession. Take some time to investigate this a little further and don't be afraid to ask for help in carrying this out.

Prayer: This seems like a no-brainer. Doesn't everyone know how to pray? Perhaps there is some truth to this claim. Nevertheless, if one is going to embark on a regular discipline of prayer it does require some planning. How will you pray? What will you pray? When will you pray and where will you do it? There are many different ways to pray: intercessory prayer, meditation, contemplation, silence, supplication; confessional to name just some. To what prayer is God calling you? Perhaps it is to liturgical prayer that is the prayer of the Book of Common Prayer such as the daily office of Morning and/or Evening Prayer or the prayer from the prayer book section of daily devotions, or even the weekday celebration of Holy Eucharist.

Fasting: Many Native American peoples have a spiritual practice called a "Vision Quest". It is an act of faith that a person is invited to submit to at least once in his/her life. A Vision Quest is an extended time of prayer and fasting until

God gives you a vision. Why is it necessary to fast? Well, when your body is not focusing on food or its digestion, you can more readily enter into prayer or the practice of the presence of God. There are many fast days during the period of Lent. Ash Wednesday is a fast day. Fridays are often designated as fast days. You might practice a partial fast, until the middle of the afternoon, for example. There are other kinds of fasts, too. For those who cannot fast from food or drink because of medical conditions, a fast from television or face-booking can be an opportunity to increase and improve your relationship with God through prayer. Another idea might be to regularly skip a lunch one day a week, take the money you would have spent on it, and make a donation in faith to some entity like the Haiti Project or Episcopal Relief and Development.

Self-Denial: If self-denial is giving up the same candy-bar you have surrendered for the past umpteen Lenten seasons, than you somehow have missed the whole point. Self-denial is really all about removing something unnecessary in your life and replacing it with God and the fulfillment of God's love in your life. This would be analogous to a parent who gives up a greater part of an afternoon to watch a son or daughter perform in a school concert or track meet. This act of self-denial is not a great chore filling one with a wish to be somewhere else. Nor does it decrease a parent's love for a child. Rather, it increases and deepens this love. In this sense, the action is no different when we give up a part of our day to follow Jesus a little more closely.

Reading and Meditating on God's holy Word: In other words, studying the bible, but doing so in a prayerful and reflective manner. For centuries, Benedictine monks have followed the practice of Lectio Devina, a meditative practice of deliberately reading scripture and meditating on those words or verses where it seems God has something to say to you. This is not a speed-reading effort; it is a slow, meticulous and reflective process of reading the text of scripture so that one might savor every word of God. Done with the only desire being to know Christ, one will usually come to a point in this type of reading where it is only important to quietly sit in the embrace of God (contemplation).

My wish for you is a Holy Lent. Having teased you a bit with the call of the church, I will be glad to assist you in your planning for this Lenten-tide. I pray you use the intervening time as a time to prepare for this season of preparation. May God's love and grace greatly upset your heart and soul during this Lenten season, to the end that you are born anew in His glorious Resurrection.

Your brother in Christ,

Gary Lambert +



SAVE THESE DATES!

Your help is needed to celebrate the past, embrace the present, and plan for the future of St. Matthew's. We need everyone who can come to the following meetings to share memories, gifts, and ideas for the future as we move forward to find a new rector and to continue our ministry as a community of faith.

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The Stories of St. Matthew's Sunday, March 4

There will only be one service at 9:00am this Sunday. It will be followed by an all-parish breakfast potluck at 10:00am in the Guild Hall. We will share food and stories about the rich history of our church. Bring memories and stories that we can write down and save for the upcoming generations.

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St. Matthew's Today Sunday, April 22

Who are we and what gifts do we have right here at St. Matthew's? Join us for a "Spiritual Gifts Inventory" in the Guild Hall. This will be held between services at 8:30am in the Guild Hall. You will meet others who care about our church and you may also learn a little about yourself. All are welcome!

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Our Vision for St. Matthew's Sunday, May 20

Please come to the 7:30 or 10:30 service that day, whichever works for you. During the usual time for the sermon, you will be asked to fill out a questionnaire telling the search committee what characteristics you are looking for in a new leader and what you would like to see in St. Matthew's future. Your help with this step is crucial to our forward movement as a church community.

Questions? Contact one of the Transition Team Members; Father Gary Lambert, Rachel Lochtefeld, Jenny Cobb, Bob DuMez, Linda Bogdala, David McGrath, or Pamela Spoto

BAPTISMS

“We receive you into the household of God. Confess the faith of Christ crucified, proclaim his resurrection, and share with us in his eternal priesthood.”

In January we celebrated two baptisms. Sean Thomas Farrell and Braden Eleazar Macey were welcomed into God’s family.

2012 VESTRY

At the Annual Meeting, held on January 22nd, the following were elected to the 2012 Vestry: Senior Warden, Karen Dubiel; Junior Warden, Jamie Cairo; and Vestry Members Walter Breach, Guida Brown, Robert DuMez, Eva Hoey, Casey Kalicki, Steve Krzyzanowski, Jan Merkt, Cary Pallin, Debi Rengers, Elisabeth Westphal.

At the meeting Fr. Gary presented the Women’s Service Cross to Kay Sutton, our organist and choir director. Kay has been working with the Adult Choir and also our young adults for over 16 years. She has provided us with beautiful music on Sundays and arranged many musical programs for our enjoyment. The Men’s Service Cross was awarded to John Heller. John has used his many skills to enhance our surroundings. He built the kiosk at the back of the church and has been an enormous help to our Parish Nurse, Lynn Heller.

A NOTE FROM BARBARA DUTTON

Barbara is responsible for the flowers that grace our Altar each Sunday. She coordinates with the Flower Chart and Flowers by Joseph, our local florist. Barbara has been convalescing at home from a fall in the Chapel while doing Altar Guild work.

In a note sent to the office she writes: “Many thanks for thinking of me during my ‘down time’. I appreciate the cards, telephone calls, visits, gifts, and treats! And thank you for your prayers.”

We are happy to report that Barbara is doing well and is once again attending the 7:30 AM service with her husband, Orren.

BOOK CLUB

St. Matthew’s Women’s Book Club will meet at on Sunday, March 11, at 7:00 p.m. at Guida Brown’s home at 6201 39th Avenue to discuss Roaring Lambs: A Gentle Plan to Radically Change Your World by Bob Briner. (Guida’s email address is guida315@gmail.com)

From the back of the book: “Do Christian values belong in our culture? Bob Briner would have told you, ‘Absolutely!’ *Roaring Lambs* is Briner’s manifesto of our proper stance regarding the ‘culture-shaping arena.’ Christians can and ought to be the movers and shakers of social change – ‘roaring lambs’ who infiltrate and make an impact on their workplaces and world with their faith.

“*Roaring Lambs*...[provides] culture-shaping strategies anyone can use. There’s also a useful discussion guide that will help you and your friends put shoe leather to your faith.”

Please read the book and join the discussion on March 11.

BIRTHDAY & ANNIVERSARY BLESSING

Sunday, February 5th, is the first Sunday of the month. Fr. Gary will give birthday blessings to all who celebrate a birthday in the month of February. Also, any couples who are celebrating a February anniversary are welcome to come forward for a blessing.



The Health Corner—by Lynn Heller, RN.

Information obtained from Internet Search on Heart & General Health.

How to Promote Heart Health and Health in General

February is National Heart Month. Heart disease is the number one killer of adults in the U.S.

Adopting healthy habits can improve the quality & length of your life. A lifestyle that features a sedentary job, a diet based on processed foods & self-medicating techniques such as smoking & drinking can increase your risk of gaining weight & developing diseases. Healthy living involves adopting specific dietary, activity & lifestyle strategies.

Disease & congenital defects cause heart disease in some people, but poor lifestyle choices contribute to most instances of heart disease. Making the right lifestyle choices can help you keep your heart healthy.

Eat Right! Eat a diet rich in fruits, vegetables & whole grains. These all contain fiber, which can help lower cholesterol. The American Heart Association also recommends you eat fish twice a week. Fatty fish such as trout & salmon contain omega-3 fatty acids, which can help keep cholesterol in check. Avoid saturated fats & trans fats, & eat less than 1,500 mg of sodium (salt) a day.

Exercise regularly The American Heart Association recommends you exercise moderately at least 150 minutes a week, or vigorously for at least 75 minutes weekly. Any activity that involves moving your body & getting your heart rate up qualifies as long as you do it *regularly*.

Stop Smoking! **It's one of the best things you can do for your heart—not to mention the rest of your body.** According to the Mayo Clinic, nicotine in tobacco constricts blood vessels, while carbon monoxide in cigarettes limits oxygen in the blood—both of which raise your risk of heart attack or stroke. If you don't do it for you, think of others & your second hand smoke.

Manage Stress. Life's too short to worry about everything Work & social pressures put a constant drain on our health by elevating heart rate & blood pressure level, affecting digestion & spiking blood sugar levels. It affects all body systems. Stress is a challenge, but learning to delegate, avoiding overscheduling, exercising, practicing yoga & seeking counseling are all potential management methods.

Check your Blood Pressure Regularly Optimal blood pressure is 120/80 or lower. Exercise, a low sodium (salt) diet & not smoking can help you keep your blood pressure in check.

Get a Cholesterol level check yearly Keep your Cholesterol at 200 mg/dL or lower. Diet & exercise may be enough to control your cholesterol, but if not, ask your doctor about medication to control your cholesterol.

Achieve a Healthy Weight By eating right, you reduce your chance of becoming obese &, thus, your risk of developing heart disease, diabetes & some cancers. Maintaining a healthy weight also helps you sleep better, diminishes your chance of developing arthritis, prevents gallstones & infertility & reduces your chances of being diagnosed with asthma & cataracts, notes the Harvard School of Public Health. Talk to your doctor about what constitutes a healthy body mass index, or BMI, for you, & take steps to reach that weight.

Consult your doctor for specific recommendations on heart health, and before beginning any new diet or exercise regime.



INQUIRER'S CLASS

If you are ready to explore The Episcopal Church in general and St. Matthew's in particular, you are invited to come to the Inquirer's Class taught by Fr. Gary. This class will begin the week of February 5th. A sign up sheet is at the back of the church.

You can list the day and time most convenient for you to meet. Fr. Gary will coordinate the responses and let all know the starting time and date.

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| | <p>On February 22nd services will be held at 9:00 AM in the Chapel, and at 7:00 PM in the Church.</p> <p>There will be imposition of ashes at both services.</p> |
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St. Matthew's Episcopal Church
 5900 Seventh Avenue
 Kenosha, Wisconsin 53140
 stmatthewskenosha.org
 1-262-654-8642

The Rt. Rev. Steven A. Miller, Bishop of Milwaukee
 The Rev. Gary P. Lambert, Interim Rector
 Kay Sutton, Organist - Choir Director
 Lynn Heller, RN, Parish Nurse; Mary Weiser, Parish Secretary
 Jon Cushman, Treasurer

WARDENS AND VESTRY

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| Sr. Warden | Karen Dubiel | |
| Jr. Warden | Jamie Cairo | |
| Walter Breach | Eva Hoey | Jan Merkt |
| Guida Brown | Casey Kalicki | Cary Pallin |
| Robert DuMez | Steve Krzyzanowski | Debi Rengers |
| | Elisabeth Westphal | |

WORSHIP SCHEDULE

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| Sunday | 7:30 AM | Holy Eucharist |
| | 10:30 AM | Holy Eucharist |
| Wednesday | 9:00 AM | Holy Eucharist & Holy Unction |
| | 10:00 AM | Bible Study |
| Saturday | 9:00 AM | Morning Prayer |