

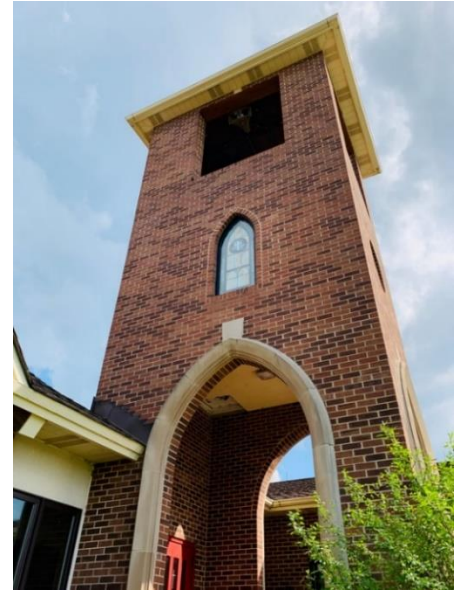
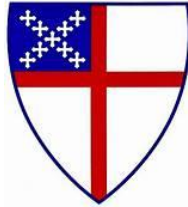
# THE GOOD NEWS

## March 2024



**St. Ignatius of Antioch**  
Episcopal Church

*Walking in love as Christ taught us*



### THE LAW

A few years ago, the abbreviation “SBNR” popped up in church and cultural circles, naming an emerging phenomenon showing up in countless national surveys. SBNR stands for Spiritual, But Not Religious. SBNRs are present in every cohort surveyed, but their prevalence increases with every new generation. Many church folk feel anxiety rise as they look at their beloved buildings, programs, and budgets in light of this turn away from organized religion.

But have you ever heard of someone who is religious, but not spiritual? RBNS? For those of us in the church world, it is easy to assume that if someone goes through the motions — attending church, serving on committees, making an annual pledge — that surely, they must also be spiritual. What is the difference anyway between being religious and being spiritual? Have you ever thought about it?

Many would suggest that being religious has more to

do with external things like institutional affiliation and assent to a set of beliefs, such as our Nicene Creed. Spirituality, on the other hand, is about experiences of self-transcendence, belonging, and connection: spirituality is about relationship.

Among all of our liturgical seasons, Lent may be the most focused on personal experiences. We aim to clear away debris that blocks loving connection with God and one another and open ourselves to encounters with the Divine through prayer and saturation in Scripture. Lenten “disciplines,” despite their stern-sounding name, are more about spirituality than religion. Self-examination and repentance (or “changing our hearts and minds” as the Common English Bible translates it); prayer, fasting, and self-denial; reading and meditating on God’s Word—all of these are pathways toward a relationship with the liberating, loving, and life-giving God and friendships with those on a similar pilgrimage.

But here in the middle of this 40-day spiritual pilgrimage, we are asked to wrestle with something that may conjure up images of religion at its worst: The Ten Commandments. Litigation about courthouse walls or monuments on public property; Roman Catholic kids scouring their consciences to have something to confess; neighbors' yard signs displaying the two tablets, which can feel like a litmus test for whether or not "some people" are welcome; and, of course, the kind of easy self-righteousness that accompanies the selective enforcement or shaming associated with any of "God's laws."

But today's reading from Exodus presents us with an invitation—an invitation to reclaim the Ten Commandments not as a tool for judgment and shame but instead as a set of teachings that guide us into a life-giving spirituality. The teachings figuratively construct a space for those experiences we are made to long for: self-transcendence, belonging, and connection.

The Ten Teachings, or the "Ten Words" as rabbinic tradition refers to them, lay a foundation for spirituality to blossom out of religion, for encounter to emerge from rules, for transcendence to arise from tradition. These teachings provide a foundation for spirituality in at least three ways.

First, we realize that we worship a God whose desire for our wellbeing transcends our small-mindedness, resistance, and selfishness.

The very first commandment is "You shall have no other gods before me." But those words have a preface: "I am the LORD your God, who brought you out of the land of Egypt." This preface isn't optional; it is a necessary prologue that frames the intention of all that follows.

The LORD who yearns for us to abide by the teachings is the same One who heard our cry in Egypt and is committed to liberating us from every kind of captivity.

And this LORD has demonstrated power in real-time by intervening to rescue the oppressed. The LORD is the One who went to the mat for us against Pharaoh and all the pharaohs since the first one, be they the Babylonians, or the Herodians, the Roman Empire, or any political or economic system that seeks its own well-being to the detriment of others.

The LORD is the One who provides for us, even when we resist that generosity, who made water spring from a rock, who provided manna and quail in the wilderness.

That is the One before whom we should have no other gods. The LORD is eager to encounter us and put our finitude and weakness in the eternal context of liberating love.

The second through fifth teachings, about

not making or worshipping Gods other than the LORD,

revering God's name and not using it in vain or in attempts to control God,

resting with our creaturely and human neighbors on the Sabbath, just like God did after creating us, and honoring our parents, so that our days may be long in the land,

are all about connection. You can almost think of these teachings like an umbilical cord, tethering us to what nourishes us, energizing us so that we can discern and accomplish God's good purposes for our lives.

Our culture doesn't talk much about idols, but if we're honest, all of us can name things that compete for our ultimate allegiance, demand our attention, and suck up our resources: professional sports, alcohol, social media, our investment accounts.

These things aren't bad in and of themselves, but they easily take up more space in our lives than they ought, squeezing out our availability for caring for ourselves (souls and bodies) and our communities. It is as though we have a limited number of portals for connection, and if each of these takes up a port, where do we plug into that nourishing, life-giving flow of God's love?

The teaching about sabbath rest is an astounding gift for us if we can slow down enough to receive it. When we rest, we practice being in the Promised Land. We put our worries, fears, and anxieties in the metaphorical parking lot and are invited to trust that God will attend to them while we are simply "being," rather than fretting about. Can you imagine how friendships in your parish would deepen if you all "rested" together once a week? If you just spent time playing together, enjoying each other's company, telling stories, sharing food? The command to rest, at its best, is a command to enjoy, to focus on the enough-ness of what God has given you, the space to breathe, to receive that nourishment that God has prepared.

And thirdly, the final five teachings are all about belonging. Wouldn't it be impossible to feel a sense of belonging if you were always worried about staying physically safe, or someone stealing your cattle, or your car, or your social security number; seducing your spouse; lying about you; or viewing all your property with an acquisitive eye? Trust is the foundation for any sense of belonging. Brené Brown, the psychological researcher, talks about belonging as the ability to show up as your authentic self. If we don't experience a basic level of trust in a community, there is no way we'll ever feel safe enough to show up as we actually are, much less learn that we are worthy of belonging...as we actually are.

During Lent, many Episcopalians begin Sunday liturgies with the Litany of Penitence. The officiant recites each commandment, to which the people respond with a prayer for God's mercy, implying rightly that they have failed to abide perfectly by these commandments. But maybe the next time you hear them, you'll remember their deepest purpose isn't to induce guilt or serve as a litmus test for the true Christians; rather, they guide us into a genuine spirituality that God wants for us and with us: self-transcendence, connection, and belonging.

But maybe the Psalmist puts it better: the law of the LORD is more to be desired than much fine gold, more than much fine gold, sweeter far than honey, than honey in the comb."

Who doesn't want to taste that sweetness?

-The Rev. Joslyn Ogden Schaefer



## Letter from your Wardens

Dear Family of St. Ignatius,

On February 28<sup>th</sup> St. Ignatius of Antioch submitted their 2023 Parochial Report. This report includes membership, attendance, stewardship, financials, and outreach. The report is available to you in the office.

The Office Coordinator's contract is being reviewed and updated for approval at our next Vestry meeting.

We have been blessed to receive 2 significant truck loads of items for God's Will Resale Shop from our partners at Green Out Clean Out. Thank you to all who volunteered for your continued support in this community outreach!

Fr. Jim continues to guide and lead us in the study of The Book of Common Prayer. This Formation takes place between the 8am & 10am services.



Peace to all,

-Jack & Renee



### Search Committee Prayer

Let us pray.

**Almighty and ever living God, you sent us the gift of Jesus Christ, your Son and our Savior, to show us the true path to you. It is with deep faith we ask in the name of your Son, Jesus, to fulfill our search for a spiritual leader to guide St. Ignatius in a godly manner. Heavenly Father, we place this plea before you with thankful hearts, and the certainty that with your help, a new rector will find the path to us. This we ask through Christ our Lord, Amen.**

**Your RSC Committee:** Linda Mizwicki and Warren Cinnick (co-chairs); Ernie Kraak, Roger Van Patten, Kathy Fields, and Jim Hallwas (members)



Borrowing from Henri Nouwen...

*'Around the table we discover each other. It's the place where we pray. It's the place where we ask: "How was your day?" It's the place where we eat and drink together and say: "Come on, take some more!" It is the place of old and new stories. It is the place of smiles and tears. Around the table, we know whether there is friendship and community or hatred and division.'*

Although Henri was speaking specifically to family of origin tables, it certainly applies to us as well. Personally, I love hearing the stories of old high school friends being invited to the Fish Boil (as well as the Pinochle group) and the old traditions experienced by the more 'senior' members of the family. If you haven't already, please join us any Sunday for coffee & conversation.

March Fellowship will be busy with Holy Week worship at the end of the month. We will gather prior to the Maundy Thursday service for an Agape Supper, mainly soup & salad, and have appetizer snacks following the Easter Vigil on Saturday evening. Sign-up sheets for both events will be in the Narthex soon.

There are several opportunities to sponsor Sunday Fellowship since we are offering it weekly now. Please see the sign-up sheet to share in the fun.

## Parish Development



**Love. Grow. Serve.**

Our newest commission is focusing on promoting the Fish Boils in an effort to make our presence more evident in the community. As part of that campaign, informational cards are given to each attendee which thanks them for their support and provides information on our weekly services, Holy Week events, and our contact information. Table tents contain a variety of informational items such as our worship times, God's Will Resale Shop, and our Development motto, 'Come and See'. We are also working on increased social & print media presence.

If you have any ideas to share, please contact me!

-DianeCinnick

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## Outreach Summary

Thank you to everyone who donated for the months of **January & February** on our Mission **PADS of Lake Country**.

Our Mission for **March & April** is for an organization out of Lake Villa called **Shining Abilities**. They serve families in Lake and McHenry counties with individuals with disabilities through recreational programming.

Some items on their wish list include: plant watering globes, miracle plant food stakes, indoor/outdoor watering can, small watering can is a long spout, Morton salt shakers, vegetable & soybean oil,

medium blend ground coffee, paper plates, KitchenAid multi-purpose can/ bottle opener, all purpose scissors, word/puzzle books, all sizes of batteries, Clorox wipes, gift cards.

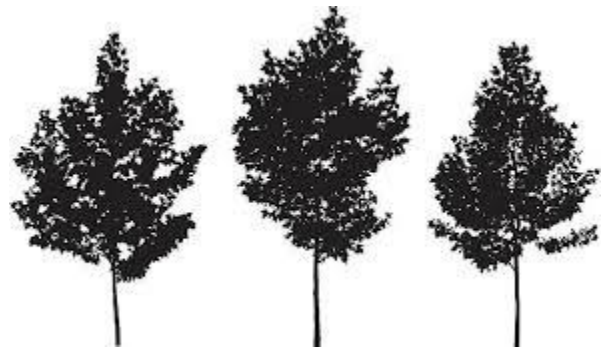
See their Amazon wish list on their website at [shiningabilities.org](http://shiningabilities.org).

Thank you in advance for your generosity!

-Cathy Ehlers

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## Parable of the Three Trees



Once upon a mountain top, three little trees stood and dreamed of what they wanted to become when they grew up.

The first little tree looked up at the stars and said: "I want to hold treasure. I want to be covered with gold and filled with precious stones. I'll be the most beautiful treasure chest in the world!"

The second little tree looked out at the small stream trickling by on its way to the ocean. "I want to be traveling mighty waters and carrying powerful kings. I'll be the strongest ship in the world!"

The third little tree looked down into the valley below where busy men and women worked in a busy town. "I don't want to leave the mountain top at all.

I want to grow so tall that when people stop to look at me, they'll raise their eyes to heaven and think of God. I will be the tallest tree in the world."

Years passed. The rain came, the sun shone, and the little trees grew tall.

One day three woodcutters climbed the mountain.

The first woodcutter looked at the first tree and said, "This tree is beautiful. It is perfect for me." With a swoop of his shining axe, the first tree fell.

"Now I shall be made into a beautiful chest, I shall hold wonderful treasure!" The first tree said.

The second woodcutter looked at the second tree and said, "This tree is strong. It is perfect for me." With a swoop of his shining axe, the second tree fell.

"Now I shall sail mighty waters!" thought the second tree. "I shall be a strong ship for mighty kings!"

The third tree felt her heart sink when the last woodcutter looked her way. She stood straight and tall and pointed bravely to heaven. But the woodcutter never even looked up. "Any kind of tree will do for me." He muttered. With a swoop of his shining axe, the third tree fell.

The first tree rejoiced when the woodcutter brought her to a carpenter's shop. But the carpenter fashioned the tree into a feed box for animals. The once beautiful tree was not covered with gold, with treasure. She was coated with saw dust and filled with hay for hungry farm animals.

The second tree smiled when the woodcutter took her to a shipyard, but no mighty sailing ship was made that day. Instead, the once strong tree was hammered and sawed into a simple fishing boat. She was too small and too weak to sail to an ocean, or

even a river; instead, she was taken to a little lake.

The third tree was confused when the woodcutter cut her into strong beams and left her in a lumberyard. "What happened?" The once tall tree wondered. "All I ever wanted was to stay on the mountain top and point to God..."

Many many days and night passed. The three trees nearly forgot their dreams.

But one-night, golden starlight poured over the first tree as a young woman placed her newborn baby in the feed box. "I wish I could make a cradle for him." her husband whispered. The mother squeezed his hand and smiled as the starlight shone on the smooth and the sturdy wood. "This manger is beautiful." she said.

And suddenly the first tree knew he was holding the greatest treasure in the world.

One evening a tired traveler and his friends crowded into the old fishing boat. The traveler fell asleep as the second tree quietly sailed out into the lake. Soon a thundering and thrashing storm arose. The little tree shuddered. She knew she did not have the strength to carry so many passengers safely through with the wind and the rain.

The tired man awakened. He stood up, stretched out his hand, and said, "Peace." The storm stopped as quickly as it had begun.

And suddenly the second tree knew he was carrying the king of heaven and earth.

One Friday morning, the third tree was startled when her beams were yanked from the forgotten woodpile. She flinched as she was carried through an angry

jeering crowd. She shuddered when soldiers nailed a man's hands to her.

She felt ugly and harsh and cruel. But on Sunday morning, when the sun rose and the earth trembled with joy beneath her, the third tree knew that God's love had changed everything. It had made the third tree strong.

And every time people thought of the third tree, they would think of God.

That was better than being the tallest tree in the world.

Author Unknown

-submitted by Roger Van Patten



Last week as I was in the office, I saw a mother and young son walk up to the doors under the bell tower and I redirected them (through the window) to the office door. Moments later I walked out to see the son at the water fountain that was unplugged. Mom asked me if I could plug it in as her son was thirsty.

I grabbed a bottle of water from the refrigerator and handed it to him with his response "Thank you." I responded, "Blessing to you." Mom asked if I was a priest? I informed her that our church was going through a transition and that we are patiently waiting for our new Shepherd. She asked if I would mind if we "prayed together for our new Shepherd" and I said -no. She lead a beautiful prayer "from her heart" in asking Gods help and "for us" to keep the faith and patience with God. Her son stood by patiently as we all prayed.

When we ended, I thanked her for her prayers and before anything else was said she turned, and she and her son walked out the door. No names were exchanged, nothing else was said, and at that moment I didn't know why they were even here. What I do know is there was Thirst, Faith, Patience, & the Love of Christ. For me it was a "Jesus Moment" ...you can decide what it means to you.

-Peace, Jack

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## THE WAY OF THE CROSS



Also know are the Stations of the Cross, this service is a reminder of the days when Christians went on Pilgrimages to the Holy Land to honor the places associated with Our Lord's Passion. Later when Pilgrimages could no longer be safely made, Pictures were hung in the Churches and devotions were made before them.

From this arose the service, "The Way of the Cross", the object of which is, by picturing the Passion, to deepen our faith, love, and repentance, make us realize Our Lord's Sufferings and arouse our devotion to the Savior.

**Join us on Wednesday evenings at 7pm** through Lent, for this soul-searching journey as we walk the pathway that Jesus took during his last earthly hours. This journey with Christ will pierce your soul, though all the while knowing he loved you so much

that that upon the cross, he became the Propitiation for our sins.

Zooming into the service will be available at:  
<https://us02web.zoom.us/j/81934521269?pwd=UUROWmxyNmN4YkFkUkM2T3pzckxudz09>

-Roger Van Patten

## Lenten Fish Boils!

Our first Fish Boil was a success. Thank you to all that helped with it!



Our next boil will be on March 8<sup>th</sup> and the last on March 22<sup>nd</sup>. Any help you can provide will be greatly appreciated.

Fish Boils are a great way to get the community into our worship space. We provide great food and a space for social gatherings. Please help spread the word about upcoming the boils.



If you have any questions, please call me at 262-308-5448.

Again, thanks for all your help!

-Kathy & Ernie Kraak

## Were You There? Will You Be There?



Lent is upon us! We will be getting our choir together to celebrate EASTER VIGIL and EASTER DAY masses with our congregation.

### **2 Rehearsals – 2 Masses**

1<sup>st</sup> Rehearsal 3/24 PALM SUNDAY at 11:15am  
(after healing blessings)

2<sup>nd</sup> Rehearsal 3/30 at 4:15pm (before the 5pm Mass)

**CHOIR:** 3/30 Easter Vigil Mass at 5pm

3/31 Easter Sunday Mass at 10am

Please plan to “spend time with Jesus” sharing your gift of music. We are blessed to have musicians and voices to lead our congregation so beautifully as you have in the past.

The CHOIR SIGN-UP SHEET will be on the table by the main entrance. A CHOIR MUSIC PACKET will be available for your preparation before rehearsal. Choir members are invited to sing on Maundy Thursday leading the congregation also for the 7pm mass.

Blessings for LENT and the Celebration of our Lord’s Resurrection!!

-Kathleen Cizewski  
Organist, Pianist, Director



## GOD'S WILL RESALE SHOP

### March Special:

**50% off all GREEN sticker items!**  
 Accepting all donations during business ho



**3/8-** St. Ignatius Community Fish Boil from 4:30pm-7pm

**3/20-** Vestry Meeting at 5:30pm- ALL Welcome!

**3/22-** St. Ignatius Community Fish Boil (last of three) from 4:30pm-7pm

**3/23-** LEM practice for Holy Week from 9am-12

## St. Ignatius Campus Hours:

- **Worship Services:**  
Sunday's at 8am & 10am
- **Office Coordinator Hours:**  
Mon.-Thurs. 8:30am – 12:30pm
- **God's Will Resale Shop:**  
Wed.- Fri. 9am-5pm, Sat. 9am-2pm
- **Midlothian Counseling Services hours at the church:** Mon. & Wed. 1-8pm & Fri. 1-6pm



## HOLY WEEK



## WORSHIP SCHEDULE

**HOLY WEEK CALENDAR**

**Sunday, March 24<sup>th</sup>: 8am and 10am**  
**PALM SUNDAY**, the first day of Holy Week commemorating Jesus Christ's triumphal entry into Jerusalem. It is associated with the blessing and procession of palms.

**Thursday, March 28<sup>th</sup>: 7pm**  
**MAUNDY THURSDAY**, observed in commemoration of Jesus Christ's institution of the Eucharist during the Last Supper. This evening will begin with an **Agape feast at 5:30pm**, followed by service that will include a ceremony of the washing of feet and stripping of the altar, including removal of all crosses from the church. The Altar of repose will be set up, the watch will be available up until Midnight.

**Friday, March 29<sup>th</sup>: 7pm**  
**GOOD FRIDAY**, the Friday before Easter, the day on which we observe the commemoration of the Crucifixion of Jesus Christ. Reserved sacrament will be offered.

**Saturday, March 30<sup>th</sup>: 5pm**  
**EASTER VIGIL**, celebrating the resurrection of Jesus... with bells and incense and "Alleluias". A small celebration will be held after the service.

**Sunday, March 31<sup>st</sup>: 10am**  
**EASTER DAY**, the celebration of the resurrection of Jesus from the tomb on the third day after his crucifixion. Easter is the fulfilled prophecy of the Messiah who would be persecuted, die for our sins, and rose on the third day. Remembering the resurrection of Jesus is a way to renew daily hope that we have victory over sin.



Ernie Kraak- Kathy Kraak  
 Felix Cizewski- Elizabeth Johnston  
 Zach Green- Margaret Slamar  
 Jim & Pat Bletsch- Clare Coleman  
 Jennifer McElligott - Mike Culat  
 Mildred Hamlin- Kathy Burns- Pam Anas  
 Lillian Golonka- Jim Hallwas  
 Mike Donahue- Boli McNab  
 Chris Szafranski- Valerie Rithamel  
 Mike Yip- Ann McConnell- Dawn Bain  
 Jim George - The Bechelli Family



It's that time of year to start thinking about decorating our church for Easter. Every year we purchase Easter lilies and also spring flowers. The spring

flowers are used in our version of the Garden of Gethsemane where we do "The Watch" on Maundy Thursday and at the altar for the Easter Vigil and Easter season.

The lilies are also used at the altar and around the church space. The cost will be \$20.00 per flower. Flowers can be donated in memory of or thanksgiving for someone or something. Please use the envelopes provided on the table in the social hall for your donation and put them in the collection plate. Feel free to donate more than one flower.

Thank you for your generous donation.

-Kathy Kraak

## COMEDY CORNER



### March Birthdays

3/6- Sue Hallwas  
 3/8- Robyn George  
 3/12- Kathy Kraak  
 3/14- Felix Cizewski  
 3/19- JoAnne Kriens  
 3/28- Jim Bletsch  
 3/29- Carol Hawkins

### March Anniversaries

3/28 -Bill & Linda Malinow

