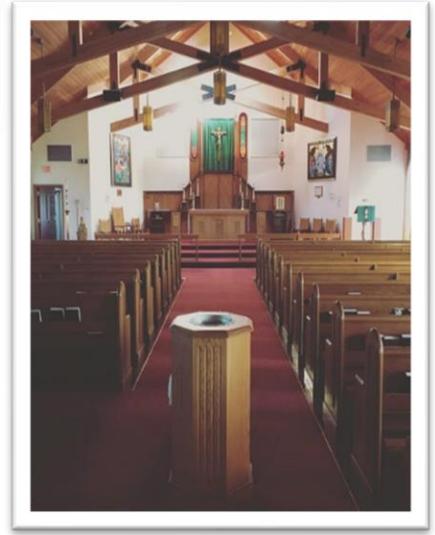


THE GOOD NEWS

March 2021

St. Ignatius of Antioch
Episcopal Church
Walking in love as Christ taught us



A LETTER FROM FR. BRIAN

Dear Ignatians ~

So how's Lent going for you? Not a silly question at all. As with most things in life, Lent means exactly what we allow it to mean to us – nothing more and nothing less. Although I consider Lent a serious time, I also consider it a joyful time as we're invited to take advantage of a forty day period of time to grow closer to God and to one another. Serious, but joyful.

Lent is part of every day of the month of March this year (Maundy Thursday, Good Friday, Holy Saturday and Easter Day are April 1st-4th). So whenever you read this I hope these thoughts will encourage you to dig ever deeper into the opportunities Lent provides.

(This is probably a good place to digress to point out that in actuality any of us could set aside a period of time anytime during the year to focus on growing closer to God, but what the Church Year offers us is an opportunity for all of us to do this at

the same time – to encourage one another not to slack off, but to truly work with the Lord and one another to make the most of Lent's holy forty days – as a time to grow spiritually together.

Traditionally Lent focuses on **Prayer, Fasting, and Works of Mercy**, and, if we are creative, we can each bring a personal freshness to these holy pursuits. As I mentioned in a recent sermon, "Even though Lent comes around every year, our Lent-keeping isn't meant to circle around to where we left off last year. Lent isn't a circle but a spiral – with each year spiraling us to a higher, richer relationship with God and God's people.



Prayer

- Keeping the main thing the main thing, our **Sunday Eucharist** is each week's main gathering for prayer. Please continue to join us each Sunday either in-person or via zoom.
- Additionally, **Evening Prayer** is offered every First Sunday evening at 6 – every month, year-round.
- The **Way of the Cross** – either in-person or zoom – is offered mid-week, every Wednesday evening during Lent at 6.
- Don't forget our **Day-by-Day Lenten Prayer List** through which as many as 80 of us will be praying for you by Name.
- And also, those who zoom will have the option of receiving **Drive-up Communion** every Sun. during Lent and on Easter Day after our 8 and 10 o'clock Eucharists. (Do phone me when you're on your way, so I can watch for you: 920/904-7025.)

Fasting

When I was a boy, fasting meant not eating meat on Fridays. But instead of eating an *inexpensive* meal at home, we often went to a restaurant for an *expensive* fish fry. Well, that's not the point of fasting.

Fasting is doing with *less* so others can have *more*:

- Fasting might mean eating more simply one day a week, and then sharing the savings with a food program or a favorite charity.
- Fasting might mean being less protective of our personal time and lending an ear or a helping hand to others in need of our time.
- Fasting might mean lowering our defenses and reaching out to heal a strained relationship.

- Fasting might mean less couch time and more exercise, or less negativity and more positivity.
- Fasting might certainly prompt us to participate in our "Parish Mission of the Month," not only during Lent but every month throughout the year as we reach beyond our church doors to assist programs and agencies whose work is to help others.
- The idea in fasting is to think less of self and more of others. The options and opportunities are endless. Fasting is what we choose to make of it . . . for the sake and benefit of others.

Works of Mercy

The fasting of thinking less of self and more of others leads directly to Works of Mercy:

- Works of Mercy are about reaching out to others in need; it's going beyond ourselves; it's stepping beyond our comfort zone out of concern for others.
- Works of Mercy are about giving of ourselves and sharing ourselves more generously – with no strings attached.
- And although our Works of Mercy will primarily benefit others, they will also benefit us: We won't be *here* forever, so we just might want to do some good in preparation for where we *will be* forever.

So there it is. If you're reading this during the month of March, it's Lent. And Lent is opportunity knocking at the door of our heart. It's an invitation and a challenge. It calls for creativity and a willingness to think differently and act differently.

And Lent isn't about wanting it to be over. Lent is a time to work on and cultivate new behaviors. After forty days of Lent-keeping, we just might find some

new behaviors and attitudes making us the better people we're meant to be. And that's not only a way to prepare for Easter, but it's a way to move forward beyond Easter Day by living as a "new and improved" Easter People!

Wishing you a happy Lent – a holy Lent, a growthful Lent!

~Fr. Brian

PS: Did I mention, the word *Lent* comes from the medieval (Old English) word *lengten*, from which we get our word *lengthen*. *Lent* is the season with daily *lengthening* minutes of light and warmth. *Lent's lengthening* means spring is on the way! And these *lengthening* days usher in our annual time to begin clearing away winter's debris and to begin the work of our interior spring cleaning and spring planting – allowing the Lord to clear away unhelpful habits and to plant some new behaviors in our lives, so we can bring forth an eventual harvest of goodness to God's greater honor and glory.

GUEST EDITORIAL

One of my favorite blogs is by Fr. Jay Sidebotham. Below Fr. Jay ties together thoughts on March, Lent, Covid, our journey through life, and growing closer to God.

– Fr. Brian

This date reminds us: March comes in like a lion, out like a lamb. The point is that as we go through this month, we don't end up in the same place we began.

That is also true of the season of Lent, overlapping this lion-to-lamb month. The expectation of the season is that we will change. When we arrive at Easter, we will be different than when we polished off those pancakes on Shrove Tuesday. It's a season of transformation.

The image used for the season of Lent is a journey through the wilderness, specifically the story of the children of Israel wandering in the wilderness. They began as slaves escaping Egypt. They wandered circuitously for forty years but ended up in a new place. They ended up a new people.

That image of wilderness only has power because we all know something about wilderness. One of my favorite cartoons shows a woman dressed in business attire standing in the great wilderness all alone. Above the drawing this title: A voice crying in the wilderness. The woman is yelling: Get me the hell out of the wilderness! Another cartoon illustrates Moses' wife stopping the procession of the wandering tribes. She pokes her head in the convenience store and asks for directions. Clearly, her husband needed to know which way to go. Mythology has it that men aren't good at asking for directions.

All of which is to say that Lent is a season marked by challenge, by testing. It's why we always start the season reading about Jesus' temptation in the desert. But it's also a season of formation and discovery. Though it takes a while, the children of Israel end up in a different place than where they began.

Lent 2021 has its own feel this year. As we began the season, I've heard again and again that people feel like they've been in Lent for over a year, thank you very much. Since everything shut down last March, they don't feel quite the same urgency about giving something up. Been there. Done that. The past year has been a wilderness experience, filled with wildest of beasts. A mind-boggling death toll indicates such. If the past year has been a Lent writ large, we may wonder how we will come out different than where we began when we all get back together. Some of that will be hard. Some of that will be a new creation. But we will come to a new place.

So as we move through the month of March, as we move through the 40 days of Lent, as we move through Covid-tide, what will be the things that help us come out as a new creation?

The prayer book gives suggestions in the invitation to Lent we read on Ash Wednesday. Think of these suggestions as traveling instructions, leading us to a

place we've not been before. These suggestions include the following:

- *Self-examination:* A rigorous look in the mirror at where we are, what we have done and what we have left undone.
- *Repentance:* It's about the direction we're headed, with consideration of whether it's the direction we want for our lives, the direction we feel called to follow.
- *Prayer:* In its varied forms, it's the recognition that we rely on help beyond ourselves as we give thanks for ways that help has come.
- *Fasting:* Traveling light, getting clarity about what we actually need for the journey.
- *Self-denial:* Again, figuring out what we can do without.
- *Reading and meditating on God's word:* Hearing what the Spirit is saying to us.

We're still early in Lent, definitely early in March. Apparently, we are not done with Covid-tide. So there's time to take these suggestions to heart. Take this moment, maybe especially this week, to invite God to make something new out of your life, perhaps putting these several traveling suggestions to work.

-Jay Sidebotham



Fun Facts!

- St. Patrick was not Irish...although he did make his mark by introducing Christianity to Ireland, he was born to Roman parents in Scotland or Wales late in the 4th century.
- Shamrocks became part of the holiday, (according to Irish legend), when St. Patrick used the 3-leaf plant to represent the Holy Trinity as a metaphor when introducing Christianity to the Irish. Of however, this is not to be confused with the “lucky” 4-leaf clover.

February Outreach Summary



We collected 59 items and \$60 for The Open Arms Mission. For March we are collecting

Sidewalk chalk, bubbles, and foam or plastic balls to support the kids and staff at Camp Crayon in Antioch.

-Outreach Committee



GOD'S WILL RESALE SHOP

We would like to THANK all of the local business sponsors and patrons for all of your support from previous years to present. We continue to accept donations and are receiving new inventory daily!



IRISH SODA BREAD



Ingredients

- 1 and 3/4 cups (420ml) **buttermilk***
- 1 large **egg** (optional, see note)
- 4 and 1/4 cups (515g) **all-purpose flour** ([spoon & leveled](#)), plus more for your hands and counter
- 3 Tablespoons (38g) **granulated sugar**
- 1 teaspoon **baking soda**
- 1 teaspoon **salt**
- 5 Tablespoons (70g) **unsalted butter**, cold and cubed*
- **optional:** 1 cup (150g) raisins

Instructions

1. Preheat oven to 400°F (204°C). There are options for the baking pan. Line a baking sheet with parchment paper or a silicone baking mat, use a seasoned 10-12 inch [cast iron skillet](#), or grease a 9-10 inch cake pan or pie dish. Set aside.
2. Whisk the buttermilk and egg together. Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a [pastry cutter](#), a fork, or your fingers. Work the dough until into coarse crumbs, then stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife, score an X into the top. Bake until the bread is golden brown and center appears cooked through, about 45 minutes. Loosely cover the bread with aluminum foil if you notice heavy browning on top. I usually place foil on top halfway through bake time.
4. Remove from the oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
5. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week.



Look to the Cross

This Lent we have the Icon of the San Damiano Cross on loan to us between our similar Icons of the Lord's Nativity and Resurrection in our sacunary-honoring three principle teachings found within the Creeds: Jesus was born of the virgin Mary; was crucified, died and buried; and rose again on the third day.

While we focus in a special way on the meaning of the Cross in our lives, consider these thoughts by Bryan Owen:

- ❖ Nailed to the Cross, Jesus reveals the lengths God is willing to go to save us from ourselves.
- ❖ Nailed to the Cross, Jesus gives everything that he has, including every drop of his blood and his very life, for every single person who has walked or ever will walk the face of this earth even and especially those who mock, scorn, and reject him.
- ❖ Nailed to the Cross, Jesus takes all of our fears, sins, hatred, and violence upon himself.
- ❖ Nailed to the Cross, Jesus transforms violence into peace, hatred into love, degradation into dignity, despair into hope, and death into life.
- ❖ Nailed to the Cross, Jesus becomes the center of history, the place where human suffering and evil collide head-on with God's determination to bring justice and healing to our broken world.
- ❖ Jesus' death was not a messy, tragic accident, but the surprising victory of God over all the forces of evil.

As we pray on Good Friday: "We adore you, O Christ, and we bless you, because by your holy Cross you have redeemed the world." (BCP 281)

Vaccinations & Christian Charity

Many of us either have or are in the process of receiving our first or second vaccination against Covid. Meanwhile, some of us have been vigilant in observing the 3 W's (Wearing our mask, Watching our social distance, and Washing our hands) and others have chosen to disregard these precautions.

At St. Ignatius I've tried to emphasize that we might observe the 3 W's as an "act of religion," an act of Christian charity in which we do what we do for the sake of others-even if we don't feel it necessary for self.

Below is some social information which might be helpful to us in our Lenten behavior. The author, Michelle Crouch, is a contributing writer who has covered health and personal finance for Prevention, The Washington Post and The New York Times.

Full immunity is not immediate

It takes two weeks after your second dose for your body to build full prevention to the virus. After that, you should have almost zero chance of developing severe disease if you are exposed to someone with COVID-19. The CDC also says you no longer have to quarantine if you're exposed to someone with COVID_19- as long as you meet these criteria: you don't have symptoms and it hasn't been more than three months since your second vaccine dose.

One possible exception is the immunocompromised people. They will get some level of immunity, but they may not reach 95 percent because their immune system is already somewhat compromised, no matter how strong these vaccines are.



We still need to wear a mask

Experts are divided about whether it's OK to hug our grandchild or gather socially with other vaccinated people after we're fully immunized.

But experts agree that we should continue to wear a mask and practice social distancing in public.

For one thing, there's a small chance we could get sick even after we've been vaccinated.

In addition, it's possible that we could still carry the virus and silently transmit it to others who haven't been vaccinated, even if we don't develop symptoms.

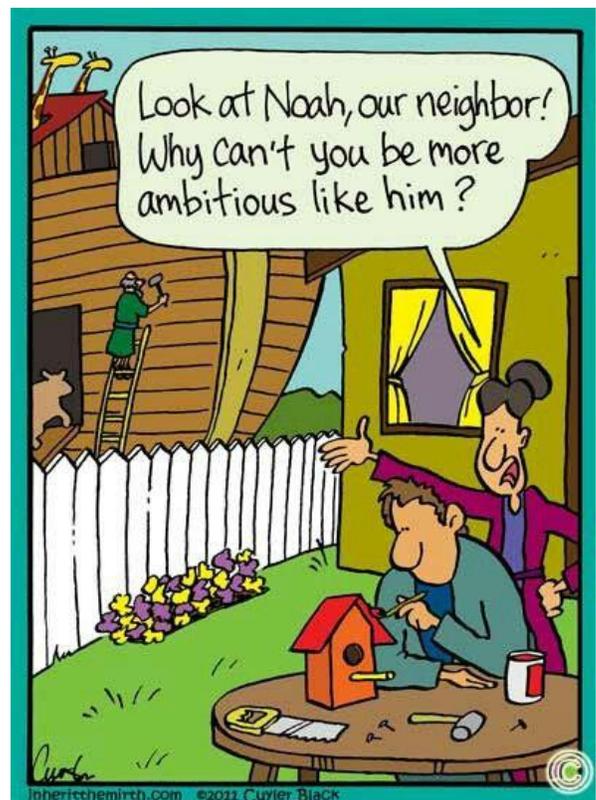
And there's one more reason. Until the country reaches herd immunity-the point when a significant portion of the population becomes immune to a disease-it's important for everyone to wear a mask to stop the spread of the virus. If we have some people walking around maskless and others not, people left and right are just going to discard their masks. We are not ready yet for that for society. Let's all stick to masks a little longer until we get the all clear.

In other words, Lent presents opportunity to practice Christian charity and responsible behavior for the sake of others. Is that too much to ask?



Anyone who donated to last year's Easter flowers, we still have those monies which we will be using. If anyone is interested in contributing this year, please let us know. You can put a check or cash in the collection plate at church or mail it to us. Please mark that it's for Easter flowers and if it is in memory or thanksgiving for someone or something. Thank you for your continued support of St. Ignatius.

COMEDY CORNER



Well we are trying this again. With the new camera we have, we can see a wider view on Zoom and we are also able to return to in-person church services, we will be collecting monies for Easter flowers.

Revised Day-by-Day Lenten Parish Prayer List

Please clip, save, post, and pray!

Week beginning with Ash Wednesday

Wed, Feb 17 Fr. Brian Beno & Terry Hansen-Beno
 Thu, Feb 18 Brian & *Jennifer Bodden, and
 Ryan, Leona & Abigail
 (*Jenn is our Office Coordinator)
 Fri, Feb 19 Jim & Patty Bletsch
 Sat, Feb 20 Mike & Chris Brown, and Nick

First Week of Lent

Sun, Feb. 21 Clare Coleman
 Mon, Feb 22 Warren & Diane Cinnick
 Tue, Feb 23 Felix & *Kathleen Cizewski
 (*Kathleen is our Organist)
 Wed, Feb 24 Mike & Jan Culat
 Thu, Feb 25 Merv & Mary Ann Daehler
 Fri, Feb 26 Tim & Karen Donhue
 Sat, Feb 27 Bonnie Ebler

Second Week of Lent

Sun, Feb 28 Mike & Cathy Ehlers
 Mon, Mar 1 +Gail Fields, RIP
 Tue, Mar 2 Jack & Kathy Fields
 Wed, Mar 3 Keith & Renee Garrett
 Thu, Mar 4 Jim & Heidi George, and
 Meg, Robyn & Chris
 Fri, Mar 5 Lillian Golonka
 Sat, Mar 6 Jim & Sue Hallwas

Third Week of Lent

Sun, Mar 7 Mildred Hamlin
 Mon, Mar 8 Carol Hawkins
 Tue, Mar 9 Brian & Jillian Henley, and Hunter
 Wed, Mar 10 Ernie & Kathy Kraak
 Thu, Mar 11 Gary & JoAnne Kriens, and Gary
 Fri, Mar 12 Dean Kuhlmeier
 Sat, Mar 13 Joan Larson

Fourth Week of Lent

Sun, Mar 14 Bill & Linda Malinow
 Mon, Mar 15 David & Tami McCollough
 Tue, Mar 16 Doug & Nancy McConnell, and Chris
 Wed, Mar 17 Bill & Dona McElligott, and Jennifer
 Thu, Mar 18 Brian Mielke
 Fri, Mar 19 Mike & Linda Mizwicki, and
 Mandi, Katelynn & Johnny
 Sat, Mar 20 Greg & Jennifer Nelson, and
 Adain & Abby

Fifth Week of Lent

Sun, Mar 21 Clay & Paula Neville
 Mon, Mar 22 Liza Simon Roper
 Tue, Mar 23 Fr. Bob & Carol Seay
 Bob & Lois Severson, & Jean & +Patty
 Wed, Mar 24 Roger & Carolyn Van Patten
 Thu, Mar 25 Mike & Dawn Walker
 Fri, Mar 26 Ken & Carol Ward
 Sat, Mar 27 Larry & Diane Ward

Holy Week

Sun, Mar 28 Paula Clark (to be our 13th Bishop),
 and the clergy and members of the
 Diocese of Chicago
 Mon., Mar. 29 Michael Curry (27th Presiding Bishop),
 and the Episcopal Church U.S.A.
 Tue., Mar. 30 Justin Welby (105th Archbishop of
 Canterbury), and the Worldwide
 Anglican Communion
 Wed., Mar. 31 Joe Biden (46th President), the
 Congress and the Courts
 Thu, Apr 1 First responders and front line workers
 Fri, Apr 2 Covid patients, families and friends
 Sat, Apr 3 All of our departed loved ones

Easter

Sun, Apr 4 In Thanksgiving for the Death and
 Resurrection of our Lord, Jesus Christ

