

# The Preparer

Episcopal Church St. John the Baptist  
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[www.stjohnsaz.org](http://www.stjohnsaz.org)

March 2011



## LENTEN SEASON



### ASH WEDNESDAY (March 9)

- 10:00 AM Holy Eucharist and Imposition of Ashes
- 12 noon Holy Eucharist and Imposition of Ashes
- 6:30 PM Holy Eucharist and Imposition of Ashes  
Choir will sing at this service

### WEDNESDAYS DURING LENT

- 10:00 AM Holy Eucharist
- 6:30 PM Holy Eucharist with Lenten Study led by Canon Clark, following the service
  - March 23 Let Your Fingers Do the Walking through the Prayer Book
  - March 30 The Sacrament of Holy Baptism
  - April 6 The Sacrament of the Holy Eucharist
  - April 13 An Overview of Holy Week and Easter Eve

### FRIDAYS DURING LENT

- March 11 & 17, April 1, 8, & 15:
    - 6:30 PM Stations of the Cross followed by Soup & Bread Supper and Lenten Study: Episcopal 101 by Canon Clark
  - March 25
    - 6:30 PM Holy Eucharist, followed by a meal – details to be announced  
Lenten Study: Episcopal 101 by Canon Clark
- THE FEAST OF THE ANNUNCIATION

### LENTEN OFFERINGS

Habitat for Humanity - Offering boxes will be distributed before the beginning of Lent and received at the Eucharist on Maundy Thursday

Episcopal Relief and Development - Devotional Materials will be available and an offering received during Lent.

Dear Brothers and Sisters in Christ,

The Season of Lent gives us a wonderful time for renewal during this interim period at St. John's. It is a time to renew ourselves individually, which leads to renewal as a parish community.

From early days in the Church, the celebration of Christ's Passover in the Great Vigil of Easter was the primary time for bringing new members into the community through Holy Baptism. Following the baptism of the new converts to the faith, the whole assembly celebrated the First Eucharist of Easter, usually as the sun was just rising.

The early converts had a lengthy period of instruction that intensified as the days approached Easter. Everyone became involved in this intensity as a means of preparing to renew their own Baptismal Vows. So it was that the days before Easter became a time of preparation for the baptism of converts and the renewal of Baptism for those already baptized.

The traditional practices of preparation are familiar to us. They include study, particularly Bible study, self-examination and repentance, prayer, fasting and self-denial, and alms giving.

All of this is done for the purpose of listening to God's direction in our lives, and also in our case, the life of St. John's parish. It is an opportunity to check our bearings and make course corrections, keeping God as the ministry of Jesus Christ as our focus.

On another subject, I am amazed at the responsiveness of the people of St. John's. Early on I commented to someone that the color of the candle marking the presence of the Blessed Sacrament should really be white. When I came back from a weekend away at the end of January, I discovered that someone had made the change. That means that I need to explain it.

Candles are a long part of our Christian tradition. Initially, they we needed to provide light for the services. There is also a tradition of a lamp burning in the Temple. Christians have seen lights from oil lamps or candles as symbols of the Light of Christ.

It is not uncommon to light candles (votive lights) in memory of someone, or in honor of someone, or as a symbol of our prayers. Just look how quickly candles were lit outside the University Hospital in Tucson a few weeks ago after the tragic shooting.

In churches there is often some color coding. Red is often used for saints, or for the Holy Spirit, amber for the departed, blue for Mary, and green for St Joseph in some traditions. In our tradition, a clear or white light is used specifically to indicate the presence of the Reserved Sacrament.

So what is the Reserved Sacrament? At our celebrations of the Holy Eucharist, we reserve a portion of the consecrated bread and wine after those present have received Holy Communion. This consecrated bread and wine is sent out with our Eucharistic Visitors to the home bound who are not able to be present with us. An additional amount is reserved in the cabinet, called an ambry, so that the Sacrament is available to the clergy to take to parishioners in the event of an emergency.

The white light is an indication to all who enter that the consecrated bread and wine is present. There are many ways that our Lord is present with us, and this is one way.

May you have a blessed Lenten preparation for a joyful Easter celebration!

*Frank H. Clark*

The **Parish Profile** is available for viewing...

The nominating committee has completed work on the St. John's parish profile. It was presented to the Vestry at their February 8th meeting.

Completion of the profile is an essential component of the process of searching for our new rector. The completed profile will be posted on the St. John's web site in the near future. Reading the profile is one way that candidates for rector will learn more about St. John the Baptist. In order to view the parish profile, go to [www.stjohnsaz.org](http://www.stjohnsaz.org) and click on the "parish profile" link on the home page. Members of the nominating committee welcome your feedback.



### **DUET - We're your partner in health and aging.**



#### **You're Invited to Jazz Cabaret**

Duet, presents Jazz Cabaret on Sunday, April 10 at 1:30 pm at the AZ Biltmore.

This not-to-be-missed event features **Blaise Lantana and The Dmitri Matheny Group**. Lantana – the voice behind the Valley's local jazz scene on KJZZ-- will reveal her own soulful vocals with Gershwin favorites such as "Someone to Watch Over Me." The Dmitri Matheny Group features some of the most accomplished jazz artists in the Western states.

Also enjoy sumptuous food and a fabulous silent and live auction. Proceeds will support Duet's free-of-charge health and aging services. Make your reservations (\$85) by April 1 at [www.duetaz.org](http://www.duetaz.org) or 602-274-5022. Let's support our shared cause!

#### **Plus Help for Seniors - and Ways to Help**

Given up driving? Call Duet for free-of-charge rides to the doctor or grocery store. Or, you may wish for a visitor, or need minor home repairs, help with paperwork, respite, or computer training. Duet pairs volunteers from local congregations with people in need. Request or offer help at 602-274-5022 or [www.duetaz.org](http://www.duetaz.org). Duet is also offering a seminar to combat vision loss at Foundation for Blind Children, 1235 E. Harmont Drive in Phoenix on March 3 from 1:30 – 3:00 p.m. Learn about tools and technology to help people of all ages. RSVP to Duet at 602-274-5022 by March 1.

#### **Picnic and Services for "Grand" Families**

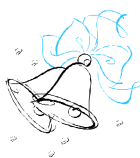
Join in a festive picnic on Saturday, March 5, noon – 3 p.m. at Sahuaro Ranch Park, 9802 N 59<sup>th</sup> Avenue in Glendale, 85302. Your grandchild will have fun while meeting other kids raised by grandparents – and you'll enjoy the camaraderie too. RSVP to Duet at 602-274-5022 and ask about their many services for grandparents raising grandchildren.

## March Birthdays



- 1 Paula Sutton
- 2 Sue Gruenberg
- 3 Ryan Cantrill
- 4 Shirley Thake
- 5 Deborah Seely, Glenna Wheat
- 6 Gordon Bubel
- 8 Melissa Bisaner, Norma McSheffrey
- 9 Mary Kate Lusson, Colin Smith
- 10 Lucille Wood
- 11 Mary Pitt-Hart
- 12 Jimmy Diaz, Norma Edwards, Jan Krug
- 13 April Rideout
- 14 Pat Way
- 16 James Baker
- 17 Eliza Burke
- 18 Pat Meeks
- 19 Bob Held, Mike Werner
- 20 Shelli Romero
- 22 Joe Gutierrez
- 25 Frederica Agins, Dee Quinn
- 26 Kay Trevino
- 27 Ginger McIntyre
- 28 Brandon Betts, Aiden Beyries, Sean Buser, Susan Gaba,  
Mandy Gardner, Sarah Henley
- 29 Joe Bisaner, Jessica Seely
- 30 Taliyah Herrera, Dick Kline

## March Anniversaries



- 4 Neil & Jeanne Waterman
- 6 Gordon & Louise Bubel
- 20 Joe & Melissa Bisaner

**Many folk ask the question 'Why is the Shamrock a Symbol of Ireland?'** The reason is that St. Patrick used it to explain the Holy Trinity to the pagans. Saint Patrick is believed to have been born in the late fourth century, and is often confused with Palladius, a bishop who was sent by Pope Celestine in 431 to be the first bishop to the Irish believers in Christ.



Saint Patrick was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland. Most of what is known about him comes from his two works, the Confession, a spiritual autobiography, and his Epistola, a denunciation of British mistreatment of Irish Christians. Saint Patrick described himself as a "most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped idols and unclean things had become the people of God."

## **PRAY FOR OUR Military Personnel**



1st Lt. Claudia Alday;  
PFC Charles Barker, Sgt.  
Lisa Beckett, Sgt. Stephen  
Beckett, Cpl. Jeffrey  
Bolland, Paul Brezinski, Lt. Col. Stephen Brown, SSgt.  
John Burgess, Sgt. Terrence Carpenter; Spc. Adam Chase,  
Sgt. Sean Cook, PFC Andrew C. Diaz, Grant Donnally;  
A1C Mary Ellen Ellis; Sgt. Daniel Franklin, 2nd Lt.  
Nathan Franklin, LCPL Ryan Gardner; PFC Christopher  
Gates; MA1 Bernadette M. Gaul, Dr. Tim Goodrich,  
Nicholas Harris, SSgt. Bryan Highham, Cpt. Festina  
Hume-Dawson, Cpl. Michael Jacobs, Lt. Col. G. R. Lay,  
Matthew Lees; LCPL Michael Matter; 1st Steve Maxton,  
SPC Brett McGillen, Lt. Col. Laurence W.G. McSheffrey,  
Lt. Col. Marion Moxley, Lt. Col. William Moxley, 2nd  
Lt. Evan Munson, Maj. Kim Nail, SSgt. Benjamin  
Nelson, LCpl. Nicholas Drew Michael Nobel; Lt. Col.  
Fred Prochaska, Sgt. Erwin Rendon, Brian Ragsdale,  
Chris Ragsdale, Nicholas Ragsdale, Cpt. Steven Santa  
Maria, SrA Martha Stone, Sgt. Tim Stoner, Sgt. Jon  
Michael Stresing, Sgt. Tyler Tellez, Peter John  
Trompeter, P3 D. J. Tussing, Sgt. Gerad Voltmer, Josh.

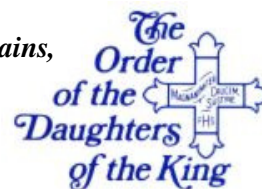
SPC E4 Bowe Robert Bergdahl

captured June 2009

## **Daughters of the King**

*Spring Retreat . . .  
Shrine of St Joseph of the Mountains,  
Yarnell, Arizona*

*March 19, 2011  
8:00AM - 3:00PM*



All women of St Johns are invited to join the members of the Daughters of King for their spring 2011 retreat.

We will be making a trip to Yarnell, Arizona, to visit the Shrine of St Joseph of the Mountains. The retreat is in the planning stages but we will be probably be leaving from St John's about 8 am and will caravan to Yarnell.

Ladies will pack their own lunches and DOK will provide water. If you would like to bring your own soda, tea, etc., we will have coolers for that purpose. We will need some vehicles and persons available to drive. More information will be coming. We would love to have a large group going up to see this wonderful Shrine with its Stations of the Cross.

If you have questions please call: Stacy Milhoan, Nancy Young or Glenna Wheat.

## Healthy Eating ...



### **What's Shakin'? Beany Bacon Soup**

**PER SERVING (1/8th of recipe, about 1 cup): 146 calories, 2.5g fat, 929mg sodium, 21g carbs, 6g fiber, 3.5g sugars, 10g protein -- *PointsPlus*™ value 3\***

*This is like a big bowl of comfort. The beans, the bacon... Mmmmmmmmm!!! (Sorry. We just really like this soup.)*

#### **Ingredients:**

6 slices center-cut bacon  
2 cups chopped onion (about 1 large onion)  
1 tsp. chopped garlic  
4 cups reduced-sodium fat-free chicken broth

Two 15-oz. cans cannellini (white kidney) beans, drained and rinsed  
2 cups chopped carrots (about 3 carrots)  
1 cup chopped celery (about 3 stalks)  
1/4 tsp. ground thyme  
1 bay leaf  
4 cups roughly chopped spinach  
2 tbsp. reduced-fat Parmesan-style grated topping

#### **Directions:**

Spray the bottom of a large pot with nonstick spray and bring to medium heat on the stove. Add bacon and cook until crispy, about 4 minutes per side, working in batches if needed. Once cool enough to handle, break into pieces or roughly chop. Set aside.

Remove pot from heat. If needed, clean and dry. Re-spray with nonstick spray and bring to medium-high heat. Add onion and garlic and, stirring often, cook until fragrant, about 4 minutes.

Add all ingredients *except* spinach, Parm-style topping, and cooked bacon. Stir well and bring to a boil.

Reduce to a simmer and cook until veggies are tender, about 20 minutes. Remove pot from heat and allow to cool slightly.

Remove and discard bay leaf. Transfer 1/4th of the mixture (about 2 cups) to a blender. Blend until smooth, and then return to the pot.

Add spinach, Parm-style topping, and cooked bacon. Mix well. Set stove to medium heat and cook until spinach has wilted and soup is hot, about 5 minutes.

Serve it up!

MAKES 8 SERVINGS

## **Leprechaun Pudding**



#### **Ingredients:**

Instant Vanilla Pudding  
Green Food Coloring

#### **Procedure:**

-Prepare pudding according to package instructions  
-Tint prepared pudding with food coloring until desired hue is reached  
-Mix well

## Today's health: Women and men Uncover a secret to healthier, younger looking skin



By Tanise Edwards, M.D.

Creases, crinkles and crow's feet — yes, you can look at them as signs of a life well lived. But, maybe you'd rather see less of them. You probably can't make them vanish. Still, here's something to note: Wrinkles and lines can be more noticeable when skin is dry.

Are you making the most of your moisturizing routine? Try these easy steps to quench a thirsty complexion — and help keep skin looking and feeling its best.\*

### **More power to the shower**

You'll get the most from a bath or shower if it's:

- **Short:** Keep it to 5 to 10 minutes. Spend longer and skin starts to dry out.
- **Warm:** Hot water removes natural moisture from the skin more quickly.
- **Enclosed:** Shut the bathroom door to keep in humidity.

### **The cream of the crop**

Lotion-lovers take note: Thicker products, such as ointments and creams, tend to relieve dry skin more effectively. Plus, they're less likely to irritate sensitive skin. Apply them:

- **Regularly.** Doing so helps keep dry skin from returning.
- **Within a few minutes of bathing.** This traps water from your bath or shower in your skin.
- **As needed.** If skin is uncomfortably dry, you can help it heal by moisturizing throughout the day.

### **An ageless solution**

Sun exposure speeds up the skin's aging process — and the dryness and wrinkles that can go with it.

Keep sun-induced aging in check by wearing sunscreen every day — even when it's cloudy. Choose one with a sun protection factor (SPF) of 15 or higher. Some experts recommend SPF 30 or higher.

\*If you have a skin condition, follow your doctor's specific treatment advice. Also, talk with your doctor about excessively dry skin. It can be a sign of an underlying medical condition, such as eczema.

**Watch for upcoming information on our  
Annual Shrove Tuesday  
Pancake Supper!!**

**Newsletter articles for the April issue of The Preparer  
must be submitted no later than 12 Noon Sunday, March 13th!**

**[newsletter@stjohnsaz.org](mailto:newsletter@stjohnsaz.org)**

**HAPPY ST. PATRICK'S DAY**