



St. Timothy's Episcopal Church

NEWSLETTER

FEBRUARY 2012

The sign of Lent: The sign of the Cross

Hi there folks! I know that this is a reprint from last year's Tripod, but I think that it is something important that we should all be reminded of on a regular basis. So here you go!

As Lent approaches each year, we know that without fail we will spend forty days dwelling on the passion, suffering and death of our Lord Jesus Christ. More often than not this makes Lent a rather unpopular season for most. It is something which we think is to be endured, rather than celebrated. Yet, whether we realize it or not, there is a sign of Lent which we use and see over and over again throughout the year. Whether it be during Easter or Christmas we use the sign of the cross, to remind us that he who was born for us, died for us, and that he who rose that we might rise, died that we might never die. Some of us avail ourselves of this custom, out of habit never stopping to think what we are doing, yet there is something very deep and powerful going on when we sign ourselves with the cross (even if we don't realize it). I would like to offer you the following article taken from an issue of "The Anglican Digest" about this sometimes neglected and oft misunderstood, custom. I was really "wowed" by its explanation and I hope you will be too!

From the time that our Lord was crucified, the cross has been a "sign" of our faith in Him and His works, and we have put it to many uses. The cross distinguishes Christian buildings from all others – we see it on roof-tops, steeples, above door-ways; and in churches we see it on altars, at the head of processions, on Prayer Books and Bibles; we see it on chains hung about the neck, on coat lapels; we see it fashioned into grave markers; we see it used in church services and by individuals.

The Sign of the Cross is made at a baptism upon the forehead of the child, that he "may not be ashamed to confess the faith of Christ crucified and manfully to fight under his banner..." We "sign" ourselves upon entering a church, or kneeling down – by way of acknowledging our gratitude to our Lord, for whose

redemption of the world by His death on the cross we are about to praise God. We use it at the end of the Creeds by way of "setting our seal" to them - that is, "such is the statement of my belief and this (the Sign of the Cross which I make now) is the outward and visible sign that I mean exactly what I have now said. (A man who cannot write places a cross by his name as a sign of his faith in keeping the agreement just made.) We use it at the Absolution and Blessing as a token of acknowledgement that we receive these divine favors, not because of our own merits, but only by reason of the merits of Him who died upon the cross that He might win for us God's forgiveness and blessing. We use it before and after receiving the Body and Blood of Christ as a sign of our thankfulness for His precious Food of Immortality, which He won for us by dying - upon a cross.

*There is yet another way of thinking of the "Holy Sign." It consists of two strokes: (1) the downward or vertical one, which is really the letter "I", and (2) the horizontal one. When the two strokes are united they form the Cross, and we have the "I" (the ego) crossed out. Among other things, the Sign of the Cross stands for the obliteration of self - a self-sacrifice. Would-be followers of Christ must learn and practice the same lesson – the lesson of the Cross, the lesson of self-sacrifice. "If any man would come after me, let him deny himself" (Unknown.)**

My challenge to you all this Lent is to consider taking something up, as well as giving something up. Teach yourself and your children to take up the sign of the cross, celebrate what it means for us, and keep this little bit of Lent the whole year long.

In Christ Jesus,

Fr. Matt+

*Article The Sign of the Cross, taken from: The Anglican Digest. Winter 2009. Vol. 51. No. 5.

FEBRUARY ANOUNCEMENTS

ECW Women's program

Sunday, February 12 at 2:30 pm
Healthy Choices and Lifestyles

I will be presenting a program on healthy eating and exercises you can do at home -- no gym membership needed! I will give simple information on weight training, cardio, pilates and yoga. The program will help us all reinforce those new years resolutions and live strong and healthy. Come dressed comfortably, participation is optional.

-Angela Cook

Fr. Frick's Installation

A great big thanks to all who helped make the reception so special! Betty Hathorn, Cynthia Delaney, Loulie Middleton, Tad Hunter, Ann Calvit, Mamie Jo Cheneval, Janis Frugé, Sheryl Anderson, Jody Nance, Dorene Fox, Ashley Rothermel, Marge Leggett, Judy Bordelon, Joan Jeffries, Linda Culpepper, Brian Duke, Gary & Carolyn Barbee, Gail Little, and many other kitchen angels who did not sign up in advance but brought food and helped with setup and serving. A special thanks to Angela Cook for the beautiful cake and Suzonne Hunter for the advance planning! St. Timothy's is blessed with a generous and willing church family.

Meet and Greet

There are still a few dates for a meet and greet with Father Frick. The sign up sheet is on the bulletin board in the parish hall.

The Bishop's Ball

The 8th Annual Bishop's Ball
Saturday February 11th at 6:00 p.m.

For all high school and college-age youth in the Diocese of Western Louisiana.

For more information email:
thrans@bellsouth.net

Nursery Remodel

We are in the early stages of giving our nursery a much needed face lift. If you would like to help us renew the nursery, a gift registry has been set up at Target. You can access the registry online or at the store kiosk. The registry is listed under a baby registry with Angela Cook as the parent. The items range from bedding and toys to large electronics like a TV and small fridge. The items can be purchased in the store and brought to the church, or ordered online and mailed to the church. Any item off this wish list, small or large, would be greatly appreciated by the children and parents of St. Timothy's. Look for more updates as we make progress on this very important project.

New Directory

It is time to print a new directory. There is a copy of the last directory and birthday list on the table in the parish hall. Please make any changes or corrections on these sheets or give Loulie a call to change any info. You may add email addresses and cell phone numbers if you would like. Also, please check the birthday list.

Sunday School

We are currently looking for volunteers to teach our one Sunday School class for **one month** at a time, until a permanent Sunday School teacher can be found. If you would like to help out please contact Cynthia Delaney at 443-8111.

Annual Parish Meeting

On Sunday, January 22 St. Timothy's held its Annual Parish Meeting. Elected to the vestry: Brian Duke, Sheryl Anderson, Michael Bordelon, Bobby Burke.

The Convention Delegates are Lyn Anderson, Carolyn Ledet, Judy Bordelon, alternate Janis Frugé along with Cynthia Delaney as senior warden. Dwain West, Suzie Butler and Courtney Delaney have resigned from the vestry.

Fr. Frick appointed Cynthia Delaney to be Senior Warden for the upcoming year. Ed Frugé was elected by the vestry as Junior Warden.

Reminders

With the cost of postage constantly going up, after this week Loulie will no longer be mailing out reminders for Altar Servers and Altar Guild unless there is a reading involved. She will be sending emails instead. Contact the office if you want the card as a reminder.

**Deadline for
Submissions
February 26**

February 2012 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 DOK 5:00 pm Holy Eucharist 6:00 pm Potluck Supper 6:30 pm Church Studies 7:00 pm	2	3	4
5 Holy Eucharist 8:00 & 10:00	6 Bible Study 6:00 pm	7 Bible Study 1:30 pm	8 Holy Eucharist 6:00 pm Potluck Supper 6:30 pm Church Studies 7:00 pm	9	10	11 Bishop's Ball 6:00 pm
12 Holy Eucharist 8:00 & 10:00 ECW Program 2:30 pm	13 Bible Study 6:00 pm	14 Bible Study 1:30 pm	15 Holy Eucharist 6:00 pm Potluck Supper 6:30 pm Church Studies 7:00 pm	16	17	18 DOK Spring Assembly
19 Holy Eucharist 8:00 & 10:00	20 Bible Study 6:00 pm	21 Bible Study 1:30 pm Vestry Meeting 5:00 pm Pancake Supper 6:00 pm	22 Holy Eucharist 6:00 pm Potluck Supper 6:30 pm Church Studies 7:00 pm	23	24	25
26 Holy Eucharist 8:00 & 10:00	27 Bible Study 6:00 pm	28 Bible Study 1:30 pm	29 Holy Eucharist 6:00 pm Potluck Supper 6:30 pm Church Studies 7:00 pm			

FEBRUARY 2012 Ministry Schedule

MINISTRIES	February 5	February 12	February 19	February 22 Ash Wednesday	February 26
Worship Time	8:00 A.M.	8:00 A.M.	8:00 A.M.	12:00 P.M.	8:00 A.M.
LECTORS	Sheryl Anderson	Dara Antee	Margaret Grimes	Linda Culpepper	Michael Bordelon
PRAYERS & CHALICE	Vickie Burke	Dara Antee	Michael Bordelon	Loulie Middleton	Trudy Nelson
PSALM & CHALICE	Brian Duke	Denise Rox	Kevin Bordelon	Jenifer Matthews	Joan Jeffries
USHERS	Neil Klock	John Rox	Bobby Burke		Kevin Bordelon
OBLATIONERS	Sarah Klock	Celeste Robair	Vickie Burke		Judy Bordelon
Worship Time	10:00 A.M.	10:00 A.M.	10:00 A.M.	6:00 P.M.	10:00 A.M.
LECTORS	Michael Bordelon	Coan Knight	Carolyn Ledet	Nancy Stich	Alan Rothermel
PRAYERS & CHALICE	Loulie Middleton	Georgia West	Matt Matthews	Michael Bordelon	Lyn Anderson
PSALM & CHALICE	Michael Bordelon	Phil Carter	Jenifer Matthews	Ashley Rothermel	Ashley Rothermel
USHERS	Walter Hunter Eben Cook	Dwain West Gary Barbee	Francis Middleton Loulie Middleton		Ed Frugé Janis Frugé
OBLATIONERS	Gail Little Ann Calvit	Carolyn Barbee Cynthia Delaney	Suzanne Crouch Katelin Wehunt		Ed Frugé Janis Frugé
ALTAR GUILD	Sheryl Anderson Loulie Middleton Celeste Robair Suzanne Crouch	Denise Rox Sheri Knight Dara Antee Cynthia Delaney	Jenifer Matthews Carolyn Barbee Jimmie & Anita Haise		Janis Frugé John Robert Carolyn Ledet Betty Hathorn
FLOWER GUILD	Suzonne Hunter	Amy Henderson	Gail Little		Lent
FLOWER MINISTRY	Gail/Ann	Cytnhia/Betty	Marge/Fran		Lent

**If you are unable to serve on the day indicated, please notify the office.
Schedules are also posted on the website - www.sainttims.com**

BURYING THE ALLELUIA

SCRIPTURE

On the last Sunday after the Epiphany (this year it will be February 19) at the late Service we will "Bury the Alleluia." Here is a little bit about Alleluia and the custom of burying it:

In the language of worship, there are words and phrases that are not translated, words that seem to need no translation. Amen is such a word, a Hebrew word that indicates assent, "so be it," and the word by which a congregation expresses its participation in a prayer said by the officiant. Kyrie eleison, Greek for "Lord, have mercy", is a phrase that continued in use long after Latin became the official language of liturgy of the West. Alleluia is a word that is heard throughout the Christian world, whether the language of the local liturgy is Latin or Greek, Slavonic or Armenian, French or English. It is a word that has occasionally been translated but, more often than not, has been left untranslated. It is the Greek and Latin form of the Hebrew word Hallelujah, a word which means "praise the Lord." In the West, alleluia came to have a particular association with the celebration of the most important feast of the Church year, Easter, and this led to some unique, beautiful, interesting customs.

The association of alleluia with Easter led to the custom of intentionally omitting it from the liturgy during the season of Lent, a kind of verbal fast which has the effect, not of depressing the mood of the liturgy, but of creating a sense of anticipation and even greater joy when the familiar word of praise returns. Indeed, when the alleluia does return, it is with an incredible flourish. Before the proclamation of the Gospel at the Great Vigil of Easter, alleluia is sung to an exceptionally elaborate tone. It is a moment of unrestrained fervor as a singer intones the elaborate alleluia, and the congregation sings it back. The cantor raises the pitch and sings the alleluia a second time, and again the congregation echoes it back. Once more, the cantor raises the pitch, and the congregation responds. And then the good news is proclaimed that Christ is risen from the dead. The dramatic effect of the return of the alleluia is heightened considerably by the fact that no alleluias have been heard since Lent began.

In order to inaugurate the alleluia fast, the custom arose of "burying the alleluia" before Lent begins as a reminder that we do not use it at all during the forty days of Lent. We do not use it at church. We do not use it at home. We let it rest, as it were, during Lent, so that when it reappears on Easter, we may hear it afresh. In fact, once it returns on Easter, we give it no rest at all, repeating it again and again, in celebration of the Resurrection of Jesus.

From the website: <http://fullhomelydivinity.org/>

Want to know more about all kinds of neat stuff? Take a little time to parouse the above mentioned website, it has all kinds of information and activites for adults and for kids, and remember not to say "A-----a" after we bury it!

February 5

Fifth Sunday of Epiphany
Isaiah 40:21-31
Psalm 147: 1-12, 21c
1 Corinthians 9:16 -23
Mark 1:29-39

February 12

Sixth Sunday of Epiphany
2 Kings 5:1-14
Psalm 30
1 Corinthians 9:16-23
Mark 1:40-45

February 19

Last Sunday of Epiphany
2 Kings 2:1-12
Psalm 50:1-6
2 Corinthians 4:3-6
Mark 9:2-9

February 22

Ash Wednesday
Joel 2:1-2, 12-17
Psalm 103
2 Corinthians 5:20b-6:10
Matthew 6:1-6, 16-21

February 26

First Sunday of Lent
Genesis 9:8-17
Psalm 25:1-9
1 Peter 3:18-22
Mark 1:9-15

Weekly Events

Bible Studies

Mondays 6:00 PM
Tuesdays 1:30 PM
Wednesdays 7:00 PM

Holy Eucharist

Wednesdays 6:00 PM
Sundays 8:00 & 10:00 AM

OFFICE HOURS

Tuesday- Friday
8:00 a.m. - 12:00 noon

St. Timothy's Episcopal Church
2627 Horseshoe Drive
Alexandria, LA 71301

(318) 487-0875
www.sainttims.com
sttims@suddenlinkmail.com

Address Service Requested

February

BIRTHDAYS

- 1 C. A. Thomas
- 2 JoAnn Sterkx
- 5 Neil Klock
Kristin Duke
- 7 Bradford Calvit
- 8 Nancy Frank
- 9 Ann Nason
- 11 Catherine Bordelon
Coleen Bordelon
- 13 Richard Rhea
- 14 Lance Carter
- 15 Dwain West
Georgia West
- 16 Linda Thompson
- 20 Ann Calvit
- 21 Sara Guinn
- 26 Jenifer Matthews
- 28 Geneva Roper

PRAYER LIST

St. Timothy's Family, Lorena, Andrea, Gene, Nimrod, George, Iris, Joy, Jon, Connie, Helen, Andrew, Lee, Geneva, Gloria, Barbara, Merriam, Bobby, Michelle, Ronnie, Janis, Judy, Vernon, Darrell, Fran, David, Suzie, Richard, Fallon, Carolyn, Beverly, Matt, Karen, Pietry, Vivian, Catherine

Friends and Family of St. Timothy's Family, Steve, Sarah, Carlos, Sue, Randy, Diane, Jason, Dana, Barbara, Ansley, Shirley, Cila, Sidney, Robert

Thoses serving in the Armed Forces, Erskine Cook Jr., Donovan Lachney, Tracy Dorssett, Eugene Housler, Courtney Harris, Eric Doyle, Paul Shofer

**The Right Reverend
D. Bruce MacPherson,
Bishop**

Bishop of Western Louisiana

The Rev. Matthew Frick
Priest

Vestry
Cynthia Delaney, Sr. Warden
Ed Fruge, Jr. Warden
Coan Knight, Treasurer
Erskine Cook, Don Eastwood,
Gail Little, Brian Duke, Sheryl
Anderson, Michael Bordelon,
Bobby Burke