

ST. ANDREW'S EPISCOPAL CHURCH



"Lent is not something
we do for God – Lent
is something we do
with God."

What is your Lenten Spiritual Practice?

Often we give up something for Lent. Sometimes we choose something that's really hard for us to live with out. This could be something that has become an integral part of our life or a habit of comfort or distraction or something we've grown to expect to be a regular part of our life. We make that choice with the hope/desire/intention that with the denial of something "worldly", our hearts will then focus on something "spiritual" and we will grow closer to God.

Sometimes we add something for Lent, with that same hope/desire/intention that our new spiritual practice or new perspective will draw us closer to God. I've gone this route this year, of adding something to my daily spiritual practices, well, actually, I've added several things. Among them is daily reading from the book, *To Bless the Space Between Us*, by John O'Donohue. I simply open the book and read whatever text appears before me, and spend time reflecting how that fits into my spiritual life right now.

Below is the text that spoke to me this week and seemed to be reflective of this season of Lent, which is an in-between time, or interim time, when it's hard to let go of what was, but necessary to do so, in order to allow the new to emerge. If you find the season of Lent to be challenging and long and hard, please know you are doing this spiritual work in community – and I and others are here to companion with you on the journey. I'm always here to meet with you, when that's helpful to

you.

I'd love to know how this poem speaks to you (or not).

To Bless the Space Between Us *For the Interim Time*

When near the end of day, life has drained
Out of light, and is too soon
For the mind of night to have darkened things,

No place looks like itself, loss of outline
Makes everything look strangely in between,
Unsure of what has been, or what might come.

In this wan light, even trees seems groundless.
In a while it will be night, but nothing
Here seems TO believe the relief of dark

You are in this time of the interim
Where everything seems withheld.

The path you took to get here has washed out;
The way forward is still concealed from you.

"The old is not old enough to have died away;
The new is still too young to be born."

You cannot lay claim to anything;
In this place of dusk,
Your eyes are blurred;
And there is no mirror.

Everyone else has lost sight of your heart
And you can see nowhere to put your trust
You know you have to make your own way through.

As far as you can, hold your confidence,
Do not allow your confusion to squander
This call which is loosening
Your roots in false ground,
That you might come free
From all you have outgrown.

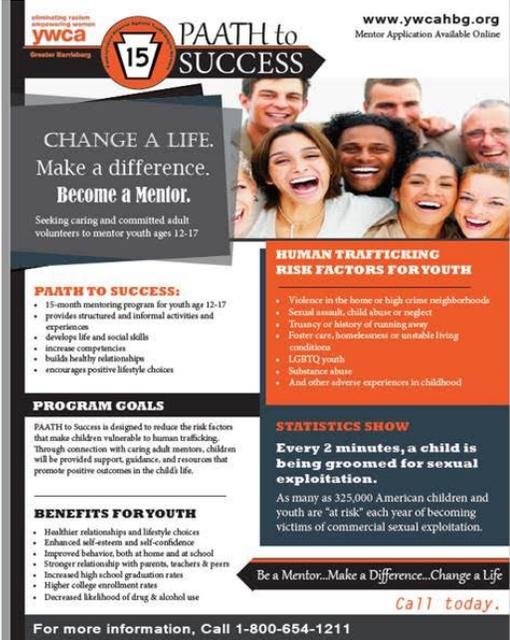
What is being transfigured here is your mind,
And it is difficult and slow to become new.
The more faithfully you can endure here,
The more refined your heart will become
For your arrival in the new dawn.

The Spiritual Practice of Giving

Sometimes we move into a deeper place of understanding and loving God by our willingness to give more of ourselves to those around us. This can be stretching

ourselves to give more of our resources of money, time, energy, presence, or creativity. It can be as simple as more intentional quality time with our loved ones each day or it can be as complicated as stepping out of our comfort zone and connecting with those in our community who are in need of a relationship with us. It's one of those odd paradoxes of Christian faith – the more we stretch to give, the more we find we have to give, for in our stretching we seem to open the space for God to enter into the picture– and that changes everything!

Here's an opportunity that popped into my inbox this week that I thought I'd invite you to ponder –



CHANGING LIVES
ywca
Greater Harrisburg

PAATH to SUCCESS

CHANGE A LIFE. Make a difference. Become a Mentor.

Seeking caring and committed adult volunteers to mentor youth ages 12-17

PAATH TO SUCCESS:

- 15-month mentoring program for youth age 12-17
- provides structured and informal activities and experiences
- develops life and social skills
- increase competencies
- builds healthy relationships
- encourages positive lifestyle choices

PROGRAM GOALS

PAATH to Success is designed to reduce the risk factors that make children vulnerable to human trafficking. Through connections with caring adult mentors, children will be provided support, guidance, and resources that promote positive outcomes in the child's life.

BENEFITS FOR YOUTH

- Healthier relationships and lifestyle choices
- Enhanced self-esteem and self-confidence
- Improved behavior, both at home and at school
- Stronger relationship with parents, teachers & peers
- Increased high school graduation rates
- Higher college enrollment rates
- Decreased likelihood of drug & alcohol use

HUMAN TRAFFICKING RISK FACTORS FOR YOUTH

- Violence in the home or high crime neighborhoods
- Sexual assault, child abuse or neglect
- Truancy or history of running away
- Foster care, homelessness or unstable living conditions
- LGBTQ youth
- Substance abuse
- And other adverse experiences in childhood

STATISTICS SHOW

Every 2 minutes, a child is being groomed for sexual exploitation.

As many as 325,000 American children and youth are "at risk" each year of becoming victims of commercial sexual exploitation.

Be a Mentor...Make a Difference...Change a Life

Call today.

For more information, Call 1-800-654-1211

YWCA MENTOR PROGRAM

The YWCA Greater Harrisburg is pleased to announce a new trauma-informed mentoring program for child victims of human trafficking and at-risk youth. Adult mentors and mentees (ages 12-17 – male and female) are now being accepted for the program. Adults and youth from the following counties may apply: Perry, Dauphin, Cumberland, and York. PAATH to Success will also be extending the mentoring program to Franklin/Adams Counties and Lycoming County.

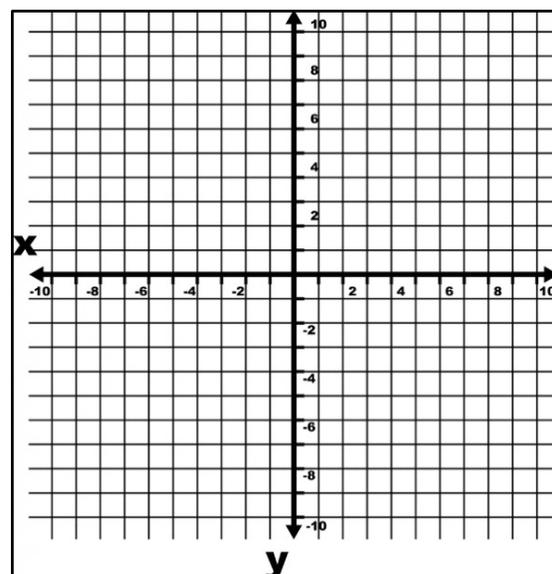
If you are interested in being a mentor or would like to refer a youth for the program, please contact the YWCA at [800-654-1211](tel:800-654-1211) or email mentoring@ywcahbg.org.

Preparing for Sunday

Reading our Bishop's Blog

"And the cross is more than two lines. It is more than relationships with each other, or with a heavenly deity... it is life."

To read our bishop's insightful blog for this week, please [click here](#).





Pre-confirmation Classes Ages 9-12 February 25th

We are forming our young people in their faith through our Pre-Confirmation Classes. We meet the last Sunday of each month from 11:15 am-12:15 pm.

Most importantly, during the classes we're exploring any and all questions they bring forward – and we are working our way through our Book of Common Prayer, starting with the sections of the Sunday Holy Eucharist service. This is an amazing group of young people and it's a joy to help them explore and learn.

Preparing your heart

To read the scriptures in advance, please [click here.](#)

To engage in lectio divina on the scriptures, please [click here.](#)

To read the sermon from last week, please [click here.](#)



Worship Ministers

8 a.m.

Vergers: Mike Stitt

Crucifer: Bill Gawors

Lector: Ivy Kraker

Eucharistic Minister: Bill Gawors

10 a.m.

Altar Guild: Christina Luo, Bill Gawors, Sue Davis, Samantha Davis

Greeters: Mary Beth Williams, Thomas Williams

Vergers: Mike Stitt

Acolytes: Julianna Swab, Jonathan Luo, Alexander Smeltz

Lectors: Lisa Turchi, Mary Beth Williams

Eucharistic Ministers: Jeanine Goodwin, Laurel White

Counter: Melisa Dotson

Coffee Hour: Sunday School Classes

What's coming up this week?

A Lenten Devotional: Meeting Jesus in the Gospel of John

Lenten Devotional
There's still time to get started! Pick up a book near the church entrance.

Most of us are most familiar with the synoptic gospels (Matthew, Mark, and Luke) because in our three-year lectionary cycle (the lessons we read on Sunday) we concentrate on one of these gospels each year.

The Gospel of John is unlike the other gospels in many ways—specifically in the stories told and in the image presented of Jesus.

The Society of St. John the Evangelist (SSJE) which is an Episcopal Religious Order for Men located in Cambridge MA has worked with Virginia Theological Seminary to create a Lenten Devotional Program designed to open up this gospel to us.



There are daily prayer videos sent directly to you in your inbox, a prayer devotional booklet to help guide your path, and the opportunity to meet anew this particular Jesus and to ponder how he is speaking to you this day. You can access this devotional program at this website: <http://meetingjesusinjohn.org/>

Wednesday Evening Exploration - 2/28

Celtic Spirituality Sessions **February 28th & March 7th**

We continue our exploration of Celtic Spirituality by reading and discussing John Philip Newell's book, *Christ of the Celts*, and to read together during our dinner time Joan Maloof's book, *Nature's Temples: Old Growth Forests*.

We continue our walk more deeply into how God is revealed to us and continues to speak to us through God's primary or first revelation, our earth. Our sessions are on Wednesday evenings at Mother Barbara's home.



What's coming up soon?

Discovery Day - 3/3

Discovery and Inquirer's Day

All are welcome to come and meet with Bishop Scanlan, members of the Commission on Ministry and Stevenson School for Ministry faculty. Open for all inquirers, for all who seek to serve God more deeply in their Baptismal ministry, and especially as a way for those who are experiencing a call to ordained and/or specific lay ministry (worship leader, catechist, parish administration). For more information or to register, click [here](#).



Biblical Study - 3/4



Approaching the Gospels March 4th

Each month we gather to look at one story in Jesus' life in the 3 synoptic gospels (Matthew, Mark, and Luke) to see what is similar and what is different. We use a contemplative dialogue technique of facilitated conversation so as to allow the insights and revelations of everyone in the group to be shared and pondered by all. No biblical experience is required. We meet from 11:30 am - 12:30 pm in the parish library.

Diocesan Youth Retreat 3/16-3/18



New Beginnings

For grades 6-8 this retreat is designed for middle school-aged youth of today. Throughout the

retreat weekend there will be opportunities for music, worship, prayer and speakers as well as fun activities. Come and invite a friend! For more information, click [here](#).

In this, the church's holy spring, we ask you, O God to renew us. With a gentle breath, blow from our lives the dust of sin, and make us your people again. Lift us from guilt, and shame, and regret, to repair all we've broken, and give us the gift of repentance. With the lengthening days, stretch our hearts, too, to be ready for your risen life; through Christ our Lord. Amen.

Holy Week Schedule

3/25 - Palm Sunday 8 & 10 a.m.
3/29 - Bible Foods Dinner 5:30 p.m. & Maundy Thursday Service 7 p.m.
3/30 - Good Friday Stations of the Cross 6:30 p.m.
3/31 - Easter Eve Vigil - 6:30 p.m.

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[Visit our website](#)