

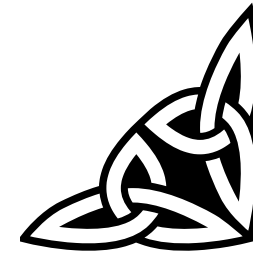
Deadline to submit articles for "The Epistle" is the 15th of each month.

March 13 • NO formation • Spring Break

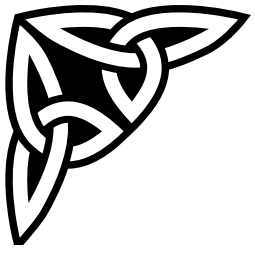
March 13 • Daylight Saving Time • Spring forward

March 16 • NO Wednesday Night Supper • Spring Break

March 22 • Vestry Meeting • 5:15 p.m.



"O Son of God, Perform a miracle; change my heart! You whose crimson blood redeems humankind, cleanse my heart. It is you who makes the sunshine bright and the ice sparkle; you who makes the river flow and the salmon leap. Your skilled hand makes the nut tree blossom and the corn turn golden; Your spirit composes the songs of the birds and the buzz of the bees. Your creation is a million wondrous miracles, beautiful to be hold. I ask of you just one more miracle; beautify my soul."



—Ancient Celtic Prayer

Give Lent Another Look

Recently, I've heard several different people asking some valid questions about Lent. Some of you admitted to me that you are not looking forward to the season, that the past few years have felt like a kind of extended Lent, a time without so many things (and people) we love. C.S. Lewis wrote in the *Narnia Chronicles* about a trying time that was "always winter and never Christmas."

As for me, I need Lent more than ever. Why? Because this ancient practice gives me a pilgrim's way, it reminds me that I cannot be a disciple of Jesus without discipline. Prayer, fasting and almsgiving (helping the poor) help me with my tendency to think of only myself and what the world, the church, and even what God can do for me. Those disciplines help turn my attention outward, to God and my neighbor, and they remind me of my need to repent, and to be grateful for all that God has given *me*.

This year, I find myself more and more drawn to the traditional — some would say old-fashioned — Lenten practices: adding more prayer into my routine, utilizing the rite of confession, doing something tangible to help the vulnerable and

keeping an actual fast from food (no meat especially on Fridays, no sweets except on Sundays and eating much less on certain days, particularly Ash Wednesday and Good Friday).

Throughout this pandemic, I've been encouraging everyone who asks my opinion to try to do whatever they need to do to deepen their capacity to carry out God's mission in the world. Do justice, love mercy. Walk humbly with our God. That certainly applies for Lent this year. God will love us, whatever we do or don't do for Lent, and we will arrive at Easter, and God's welcome promise of forgiveness and resurrection, hearts full.

Lenten practices bring a sturdy comfort. Self-emptying is the pre-requisite for God filling my heart up again, changing me to be a better disciple. It will make the great fifty days that much better.

As I try and say to those who have strayed away over the past few years, or over the past decades even, "Give St. Paul's another look." I also say about Lent, especially now. "Give Lent another look."

Give Up Something Together for Lent or Reach Out

Jesus fasted for 40 days. That is a very long time! It would be meaningful to teach your children about fasting by giving up something for the entire Lenten season or on Fridays during Lent. The key, of course, is that it has to be something you enjoy and want to do/eat/have. If you hate Brussels sprouts and decide to give them up during Lent, you may need to come up with something different.

Reach out in love to your friends or neighbors a few times during Lent.

- Make dinner for a friend
- Bring flowers to a friend
- Make an appreciation card for a teacher
- Roll the trash cans in for a neighbor after pick-up
- Organize some face-time with a grandparent or friend who lives far away
- Make a prayer chain

Write a person or situation on 40 strips of paper.

- Assemble them into a paper chain.
- Remove one link per day and pray for that thing with your children.

St. Paul's Well Represented in Diocese

Following the 195th Annual Council hosted by St. Andrew's Episcopal Cathedral, three from St. Paul's were elected to the following positions:

Diocesan Treasurer

Melissa Calcote

Disciplinary Board

Sally Gray

Executive Committee

The Rev. Austin McGehee

Deacon's Corner

The Sunday morning Boomers and Friends formation class continues to offer very interesting discussions on different stories from Friedman's Fables. Everyone is invited to join us at 9:20 on Sunday morning. No preparation is required and you are not "behind" if you haven't joined us before now.

I am also working on getting Pastoral Care Teams organized. If you are interested in joining a team, please email me at egraham0708@gmail.com or call me at 940.642.5195. The idea is that each team would be responsible for pastoral care needs once a month. This is a wonderful opportunity to get involved with your fellow parishioners.

—Peace and joy, Elizabeth



Congratulations to Rebecca Schaffer and Stephen Wilson who were united in marriage on Valentine's Day, February 14, in the Chapel of our Lady and All Saints at St. Paul's.



We celebrated the baptism of Margaret Love Mason Feb. 6 at St. Paul's. Parents of the newest member of our congregation are Gordon and Sarah Mason; grandparents are Larry and Lisa Love.



Dawson Eason and Rosemary Stump are decorating our new Alleluia box that will be used to bury the alleluias on Shrove Tuesday. Join us Tuesday as we will have colored sheets for you to write your Alleluias on for this special event.



We welcome George Stokes Bussey to the world. Born January 30 in Jackson, George Stokes is the son of Anderson and Merry Grace Bussey, little brother to Anderson Jr.; grandson of Bob & Susan Coffin, and great-grandson of George & Nancy Arrington.



Calling all parishioners! St. Paul's and Church of The Mediator will have our second annual tie-dye tent at the Allie Cat Run Saturday, March 26. We need people throughout the day to assist children as we create these fabulous tie-dyes. Please contact Rainey Breaux (703.919.6986) to volunteer.

We Remember in our Prayers

For our Parish family: David Benson, Don Pringle, DJ Wells, Edgar Morrison, Elaine Sanders, Harriet Simmons, Holly Morgan, Jerry Greene, Jo Van Devender, Kay Dickson, Margaret Van Dyke, Mary Dunn, Peggy Carrico, Tadley and Wanda Blount.

In our senior living communities: Joyce Welsh, Lora Jone and Nita Neville.

Extended family and friends: Alan Tibbets, Alison Ulmer, Amanda Rainey, Andi Kushner, Bill Selman, Brooke, Brooks Moore, Chuck Fishburn, Clancy, Cory Gaylord, Davey Simmons, David, Diane Dunn, Donna Polizzi, Edesser "Dess" Reid Ward, Rob & Aislinn Ward, Emily Chancellor, Frances, Francois DuPlessis, Frank Baker, Frank Barrett, Freddie Bea Watson, Gayle White Nelson, George Farr, Jada Dooley, James, Jan, Jane Wacaster, Jeana Bennett, Jeff, Jim Thompson, Jo Nell Brown, John, Josh, Katie, Ken Fisher, Kylie Temple, Lauren McNichol and family, Leland Tew, Lisa Primeaux, Lou Dubose, Mac Thigpen, Martha Mazingo, Mary Halliwell, Michelle Nelson, Mike Covert, Norman, Pat Carver, Patsy Harris, Randy Moore, Rick, Roger, Rosemary Kahlmus, Sandy Carrier, Taylor & Trey, The Rev. David Elliott, The Rev. Greg Proctor, Tom Schram, Tony Sansone, Wanda Farr, Wanda Scott, Willie Spencer, Wilma Kangery, Wyatt Moore and parents, and Zack Martin.

We pray for those who have died, especially Larry Wood, brother and Mary Helen Maynor and sister to Gene Wood; Dolly Novosad, sister of Larry Nowak; Newell Graham, brother to Hardy P. Graham Sr.; Rick Farr; Mary Scott; Brandi Smith Schaefer; Patrick Swearingen; Billie Jean Drennan and Betty Lee Marshall.

We pray for those serving in the Armed Forces, for all who serve overseas and their families, especially Andrew Behm, Shum Benson, Connor Covert, Graham Ford, Nick Mullen and Zack Thomas.

We pray for our Bishop Brian and for our Rector Austin and Deacon Elizabeth.

Birthdays & Anniversaries

Mar. 1Rob Arline, Caroline Lewis

Mar. 8Nick Perry

Mar. 10 Anne Harris Crowe,
Tadley Hamilton

Mar. 11DJ Wells

Mar. 12Mary Lee Bowen

Mar. 13Graham Martin

Mar. 16Claire Calcote,
Robby & Sylvia Dreyfus

Mar. 17David Benson, John Compton,
Sara Mason, Shep Sanders

Mar. 18Linda Denney, Jerry Wayton

Mar. 19Arlyn Grace Sanders

Mar. 20Garry & Dana Lawyer

Mar. 21Judy Dohan

Mar. 23Bill & Harriet Simmons,
Jeffrey & Andrea Carver

Mar. 24Jo Benson, Ed Broome

Mar. 25Tom Greer

Mar. 27Lee & Peggy Carrico

Mar. 28Patty Vinson

Mar. 29Mackenzie Carver

Mar. 30Walker Rea, Justin & Jamie Smith