

# ❖ ST. TIMOTHY'S PARCHMENT ❖

Volume 22 Issue 3

March 2024

Dear St. Timothy Folk,

We are now well into Lent. The forty days of Lent are patterned after Jesus' forty days in the wilderness following his baptism in the Jordan. The Book of Common Prayer in the liturgy for Ash Wednesday gives us an Invitation to a Holy Lent (spoken by Celebrant): "The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith."

"I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word." (BCP page 264)

The Sundays in Lent are not part of the forty days – even in Lent Sundays are feast days, celebrating the Resurrection. This year for the five Sundays between Ash Wednesday and Palm Sunday, we are using the traditional language and liturgy of Rite I from the Prayerbook, and the Healey Willan and Shubert musical settings for the service music.

The first Sunday in Lent we reflect-

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## Recording Sunday Service and Posting to Facebook

This has become a vital part of the ministry of St. Timothy's. Many of our members are not able to join us and many now have distant family and friends joining us via our weekly video posts. Our new equipment allows us to record and broadcast our service live from the back of the church. The equipment is in place but needs to be monitored. Jess Shirley is looking for interested members to train and join in the rotation of operating the recording and sound equipment. Anyone interested in being a part of our A/V production, please contact Jess Shirley.

## Links to Sunday Services

<https://www.facebook.com/sttimscalhoun>  
or <https://www.sttimothycalhoun.org/>  
You may have to scroll down when you get to Facebook.



## St. Timothy's Episcopal Church Vestry Minutes February 18, 2024

**In attendance:** Rev. Linda Pineo, Susan Skaggs, Jess Shirley, Beth Vaughn, Charlie Phelps, Lisa Dunbar, Michael Tomasello

### Call to Order with Prayer

1. Approval of previous January Minutes-
2. Treasurer's Report January reviewed; there was a question as to why the Diocesan pledge was doubled for January. J Vaughan reported via text that the tradition at St. Timothy's has been to pay one month in advance in January.
3. Action Items
  - a. Report from the Priest in Charge (Rev. Linda)--In-person Vestry retreat date choices determined. Protocols for operations are being developed, including updating Letter of Agreement for Kerry Nance.
  - b. Vestry training: personal emails sent to everyone with what they need. Training is conducted via Zoom.
  - c. VPOD duties revisited and fine-tuned
  - d. VPOD through March
    - March 3 Charlie Phelps
    - March 10 Kelli DeGuire
    - March 17 Beth Vaughn
    - March 24 Palm Sunday Jess Shirley
    - March 31 Easter Lisa Dunbar and Susan Skaggs
4. Committee reports and Updates
  - Communications--Reviewed Facebook, streaming and microphone(s) details.
  - Education--recommended special worship services, Art of Mindfulness 2/17 with 10

- Continued on page 2



attendees, Mindfulness Meander in March—both repeated in Advent. Planning more events for future.

**Facilities** – Discussed kitchen and lawn services. Jess will also work with his committee to collect, identify, and label all unidentified keys, replacing or copying keys as needed.

**Outreach**—meeting next week

**Parish Life**—A new schedule of events is posted downstairs. The March first Sunday Brunch is moved to March 10. We will honor Louise Purdy at this brunch before she moves to Utah. Game night (and coffee cup culling) is Friday, March 1.

**Worship**—Additional service music has been requested. We may do some instruction and practice before services if needed.

Easter processional may utilize all acolytes as we did for our semi-centennial.

#### 6.. Future Calendar

March Vestry meeting date: Sunday the 17th of March

FUTURE TENTATIVE VESTRY MEETING DATES:

Wednesday, April 17                      Wednesday, September 18

Sunday, May 19                              Sunday, October 20

June to be determined                  Sunday, November 17

July to be determined                    Sunday, December 15

Sunday August 18

We respectfully ask that committees refrain from scheduling meetings on these dates.

#### Adjourn with Prayer

### MEDITATION WALK

For thousands of years, people have taken journeys to enhance their spirituality. Whether it be to Canterbury, Mecca, Lourdes, or countless other destinations, humans have used walking as great physical exercise, but also as a way to embark upon a journey of self-discovery and spiritual connection. St. Timothy's invites you to begin this journey with us. Led by Judy Peterson and Walter Mason, we will meet on **March 16th\*** at 2pm at the Calhoun Recreation Center for a short walk that incorporates both the physical and the spiritual in what we hope will be the first of many outings. We encourage you to bring a friend. **\*Rain date is March 23rd**



## Health Benefits of VOLUNTEERING



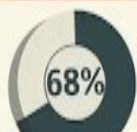
Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)\*

95% of individuals feel good after volunteering\*

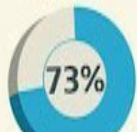
Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer\*



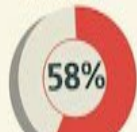
said volunteering makes them feel happier\*\*



said volunteering makes them feel healthier\*\*



said volunteering makes them feel less stress\*\*



said volunteering helps them sleep better\*\*

\*Based on Dr. Allan Luks' research

\*\*Based on Dr. Stephen Post's research in a survey about helping (an average of 100 hours/year)

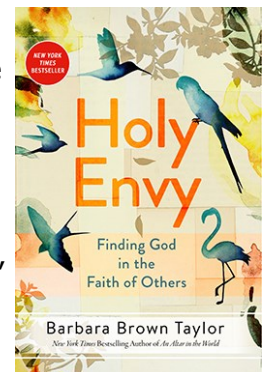


The Outreach Committee met on Sunday, February 25. Terry Overlander will continue as chairperson and Roberta Charbonneau as Co-Chair. The 2024 budget was discussed, adjustments were made, and the budget was approved. The Little Red Wagon monthly food donation list was compiled for the year as well as meeting dates for 2024 were set. Next meeting: May 26 during coffee hour. Thank you for your ongoing support of our church and community.

**The Education Committee** announces the continuation of the weekly Sunday morning book study group. The book is *Holy Envy* by Barbara Brown Taylor.

"Part of my ongoing priesthood is to find the bridge between my faith and the faiths of other people, so that those of us who draw water from wells on different sides of the river can still get together from time to time, making the whole area safer for our children," says Taylor, an acclaimed pastor, educator, and author. While comparative religion's founding educator, Huston Smith, taught by conveying his world travels, Taylor, who approaches world religion as both teacher and explorer, reaches her students with experiential field trips to places of worship closer to home. She nudges them away from spiritual appropriation and comparison, moving them instead toward challenging discernment of their faith and the faith of others."

This group will meet before church in the Parish House beginning at 10AM with coffee and muffins provided. Books can be purchased online for as low as \$3.00. See Charlie or Linda Phelps or Kelli DeGuire if you have questions.





ed on the various experiences of wilderness we might have. The second Sunday in Lent, with Peter's challenge to Jesus and Jesus' challenge to the disciples (and us) we reflected on expectations and letting go. "Letting go" is the theme of Bp. Wright's 2024 Lenten meditations [<https://episcopalatlanta.org/lent24/>]

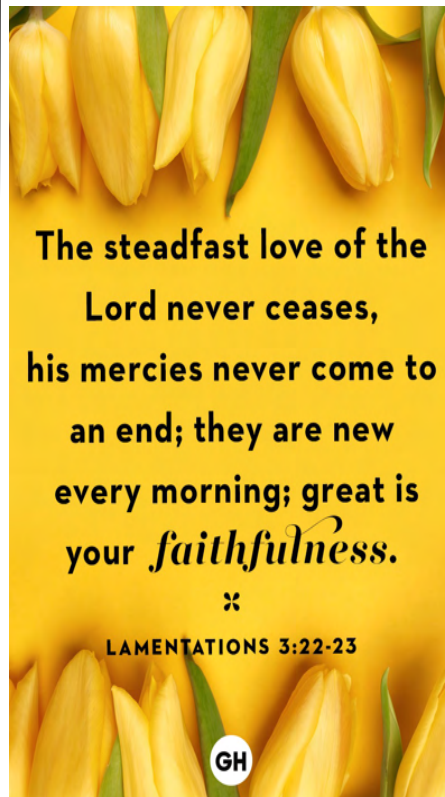
Other resources are available for focusing on our spiritual lives during Lent. Sunday, March 3<sup>rd</sup>, a new book study will begin on Barbara Brown Taylor's recent book, *Holy Envy*, led by Charlie Phelps and Kelli De Guire. Some will choose to read through one of the Gospels during Lent or choose one of the daily meditation series. A more light-hearted option to add to your Lenten days is Lent Madness, offered by Forward Movement, publishers of *Forward Day by Day*. Each weekday two "saints", drawn from groups of both ancient and contemporary examples, go head to head, voted on by those who read their stories online. The "winners" go forward in brackets (which look like the collegiate basketball brackets) until one emerges victorious for the year, being awarded the "Golden Halo". It's a fun way to learn about folk who have left a lasting effect on the Christian faith. Check out <https://lentmadness.org>.

This year the last eight days of March are Holy Week, beginning with **Palm Sunday/ Sunday of the Passion** on March 24th. We will begin by celebrating Christ's triumphant entry into Jerusalem with lessons, psalm, hymn, and waving palms. Then we will transition during the service to the more solemn recitation of the Passion story. **Maundy Thursday** is the remembrance of the institution of the Eucharist. **Good Friday** we will hear again of Jesus' betrayal, trial, and crucifixion from the Gospel of John. Walking through these stories prepares us for the wonderful good news of Easter: Christ has conquered death, and we share in his Resurrection.

May you continue to find wisdom and blessings in your Lenten journey, and joy in celebrating the Resurrection.

Blessings,

Rev. Linda +



**1 Corinthians 15:3-8** – He Died, Was Buried and Raised On the Third Day

*For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, and then to the Twelve.*

*After that, he appeared to more than five hundred of the brothers and sisters at the same time, most of whom are still living, though some have fallen asleep. Then he appeared to James, then to all the apostles, and last of all he appeared to me also, as to one abnormally born.*

### CONTACTS

Office: 706-629-1056 or [timothyschurch@gmail.com](mailto:timothyschurch@gmail.com)

Follow us on Facebook at St. Timothy's Episcopal Church, Calhoun, GA or our webpage [www.sttimothycalhoun.org/](http://www.sttimothycalhoun.org/)

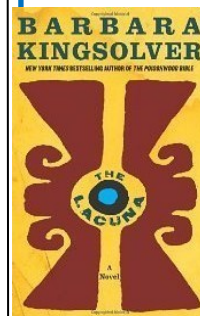


March 2	Jane	Haigler
March 6	Cailin	Branning
March 7	Richard	Caward
March 7	Patti	Garner
March 15	Chris	Ensley
March 15	Harrison	Hughes
March 17	Suzanne	Wilson
March 18	Jim	Haigler
March 19	Victoria	Hughes
March 20	Gladys	Lampe
March 20	Kathleen	Shirley
March 23	Will	Camp
March 29	Colleen	Currier



### COVER TO COVER Book Club

All are welcome to join our Church Book Club. We meet at the Parish House starting at 6:30 PM with discussion beginning at 7:00. On Monday, Mar 18, we'll discuss *The Lacuna* by Barbara Kingsolver. The author "takes us on an epic journey from the Mexico City of artists Diego Rivera and Frida Kahlo to the America of Pearl Harbor, FDR, and J. Edgar Hoover. *The Lacuna* is a poignant story of a man pulled between two nations as they invent their modern identities. All are invited to join us for great reads and good conversation! Contact Roberta, 678-773-5655, with any questions.



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A monthly calendar is posted on the bulletin board in the Parish Hall for sign up to offer flowers for the altar. Post your name, "in honor of ...", and submit your payment to the indicated flower guild person listed for the month. Remember checks for \$30 are not made to the church.

The Outreach Committee thanks you for your help in filling the *Little Red Wagon*. For March VAC requests that we provide instant dinners/mac & cheese. These are the items they are needing to refill their pantry. April donations will be boxed/bagged cereals.



Together we emulate Christ!



**2024 Committee Chairs recognized** - From left: Allen Dutch, Evangelism; Kelli DeGuire, Youth; Chris Lonvick, Facilities; Kathleen Shirley, Altar Guild; Charry Chaapel, Flower Guild; Terry Overlander, Outreach; Roberta Charbonneau, Communications; Teresa Bailey, Chorus; Deb Trudell (and Janet Lonvick, not pictured), Parish Life; and George Trudell, Facilities.



# HOLY WEEK

- Palm Sunday - Sunday, March 24 at 11:00
- Maundy Thursday - March 28 at Calhoun First Presbyterian Church on Red Bud Road at 7:00 pm
- Good Friday - March 29 at noon
- Easter Sunday - March 31 at 11:00

Remember to bring spring flower for the celebration cross

## Alleluia!

ST.  
TIMOTHY'S  
Episcopal CHURCH  
Calhoun, GA

50  
1974  
2024  
YEARS

### Last Chance to Order

Please contact Linda Phelps or Susan Skaggs to order a semicentennial short sleeve heather gray t-shirt. Deadline is Sunday, March 10.

MISSION: To emulate Christ; being a loving and caring family to the community and ourselves.



SPRING FORWARD  
**Daylight Saving Time**  
MARCH 10, 2024



