



Episcopal Church of the Good Shepherd *Cross and Staff Newsletter*

February-March 2023

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Coming Events

Sunday, February 19

10 AM: Holy Eucharist

Tuesday, February 21

11:30 AM – 1:00 PM: Delightful
Gatherings Lunch

6 PM: Shrove Tuesday Pancake
Supper

Wednesday, February 22

Noon: Ash Wednesday Service

Sunday, February 26

10 AM: Holy Eucharist & Christian
Education

Tuesday, February 28

11:30 AM – 1:00 PM: Delightful
Gatherings Lunch

Sunday, March 5

10 AM: Holy Eucharist
Reverse Offering

Tuesday, March 7

11:30 AM – 1:00 PM: Delightful
Gatherings Lunch

Sunday, March 12

10AM: Holy Eucharist & Christian
Education
Return Ingathering Food

11:30AM: Vestry Meeting

Tuesday, March 14

11:30 AM – 1:00 PM: Delightful
Gatherings

Sunday, March 19

10 AM: Holy Eucharist

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Updated Church Directories. If there are any corrections or additions, please let Carol know by February 28. Directories will be available by email or paper copies. Let Carol know which you prefer.

From the desk of Father Corwin...

Two “God moments” occurred the other day when Pat and I went to Schaendorf Brewing Co. for lunch. Over the meal I said to her, “I have such a fast mind that sometimes I say things before I even think about them.” I am sure that people who know me would readily agree. The second thing came when I was looking at an old sign from the Odd Fellow Lodge. Without giving away their secrets, one of the important gestures is for a member to first put his hand over his mouth and drop it before saying anything. It is a reminder to think before one speaks.

I grew up as a 4th generation Odd Fellow, and Father frequently reminded me of that tradition. All he had to do was catch my eye and move his right hand in the general direction of his mouth, and I understood to be quiet. But the problem is that most of us engage that fast mind and say things before we think about how they might hurt others.

We all do it from time to time, even in church. Now, no one expects the followers of Jesus to be absolutely perfect. Rather as a good friend pointed out, churches are really classrooms and laboratories for learning how we can better love others and love God. We make mistakes, doing things or saying things, and sometimes others get hurt. It happens. We apologize whenever we become aware of it and resolve to do better the next time.

+GC Stoppel

Office Hours: Monday, Wednesday, Friday
10 AM to 2 PM

Father Corwin: Fridays, 9 AM to 1 PM
Make appointments at 616-886-8007 or drop in.

Clothes Closet: Fridays 10 AM – 1 PM

Baby Closet: Call 269-330-7987 for layettes or diapers

VESTRY NOTES

Notes from the February 12, 2023 Vestry meeting.

Treasurer Report

Our general fund is about \$15,000 with no outstanding bills. Mike Buese gave some guidance to new vestry members regarding how to read the line items.

Senior Warden

Wendy shared that she is currently listening to suggestions, ideas, and concerns of all church members as she settles into her new role.

Rector's Report

Father Corwin thanked everyone for the work over Christmas for families and the Julie Hunter Party.

Looking forward, there are questions that will be presented during the Annual Meeting.

1. **Operating Procedures:** It would be a good opportunity to update a binder on Standard Operating Procedures (SOP) forms. This would assist in carrying forward activities that the church does from year to year.
2. **Shrove Tuesday:** Ray will be organizing the Shrove Pancake Super that will begin at 6PM on Tuesday, February 21, 2023.
3. **Ash Wednesday:** The imposition of ashes and eucharist will be on Wednesday, February 22, 2023 at NOON.
4. **Protecting God's People Training:** A reminder that Vestry members who did not complete the training with the Rev.

Heather Barta must do so. A report will be filed with the diocese to indicate those who have completed the training.

Committee Reports

Buildings & Grounds

Winchester Hall: The bids are in. There will be an adjustment to the windows so the split air conditioning unit will fit in the best location to cool the Hall, kitchen and hallway.

Kitchen, Office & Sacristy Windows: Randy Hiscock is ready to order and install these as soon as we are ready.

Step Railings: The wall handle has been purchased and is ready for installation.

Committee Reports:

1. **SOPs:** Ann offered to coordinate the collection of the documents from the different groups.
2. **Allegan County Fair:** A meeting of those handling the different tasks must be held. The fee needs to be sent to the Fair by March 15, 2023.
3. **Dismantling Racism Requirements:** Judy continues to work on providing books that can be read and shared during discussions.
4. **Lay Leader Training:** Sunday, February 19, 2023, Fr. Corwin will lead the training after Coffee Hour. Everyone can learn how to serve the chalice and take communion to the homebound.

Service Animals: The Vestry will continue to support service animals in church following ADA guidelines.

Birthdays

February Birthdays

17 – Vicki Barber
23 – Angie Sinden
26 – Katie Lange
27 – Michelle Cook
29 – Kate Adams-Namanche

March Birthdays

4 – Ryan Krickow
11 – Nathan Tibbitts
13 – Janis Emery
14 – Pam Sinden
14 – Judy Buchanan



There are no anniversaries in March.

ANNOUNCEMENTS

SHROVE TUESDAY PANCAKE SUPPER, Tuesday, February 21, 2023, 6pm: Ray Lewis and his team will inaugurate the griddle on the oven with our first Pancake Supper since before COVID. This is an opportunity to get rid of “rich” foods before Lent begins on Ash Wednesday. Come and enjoy a wonderful dinner and conversations with friends.

ASH WEDNESDAY, February 22, 2023, NOON: All are welcome to receive the imposition of ashes and participate in the eucharist.

LAY LEADER TRAINING, Sunday, February 19, 2023, after Coffee Hour: All those wishing to serve the chalice during communion and/or take communion to the homebound are welcome to participate.

FOOD PANTRY IN-GATHERING: On the 1st Sunday of each month, the ushers offer a basket of slips naming a food item or an envelope in which to place money. On the 2nd Sunday of each month, the food items and envelopes are presented during the offering. These will go to the Allegan County Food Pantry that is now lodged in the First Church of God on Lincoln Road.

DELIGHTFUL GATHERINGS: Lunches are served on Tuesdays from 11:30 AM to 1:00 PM. Everyone is welcome.

Praying for Others

Commended recently to our prayers include: **Mary Ann; Mark and Family; Jan M. Marvin; Tom and Katie; Family and Friends of Brent Perkins; the family and friends of Tony C.; Jean Gail; Carrie P.; Terry F; Jim F.: Chuck; the family and friends of Jana (Wendt) Tibbitts, the Quigly family, Eckhard.**

[illegible]

Lenten Retreat for High Schoolers



STOP RACISM

Using youth-focused curriculum by the Absalom Jones Center for Racial Healing in the Diocese of Atlanta, participants will be invited to have candid conversations about race, advocacy, and addressing systematic racism and white supremacy in our communities. We'll develop the skills and confidence to be antiracist accomplices, grounding our work in the example of Jesus, who refused to be quiet in the face of injustice.

Participants will arrive at 4 PM on Friday, March 10, and will depart on Sunday, March 12, after closing Eucharist. For more information, please contact McKenzie Knill at mknill@edwm.org, or call 810-434-5982



Ash Wednesday Imposition of Ashes

Wednesday, February 22, at Noon

Everyone is invited to attend.

Five Things To Do During Lent

Excerpts from David McMannes

Do you love Lent? I do, but a lot of folk don't have all that much affection for the season. Many Christians have come to think of it in negative terms; however, Lent is not about hair shirts, solemn countenances, and the like. Rather, it is a positive, strengthening, lovely spiritual experience, and if you want to grow in your love of God and your neighbor, then Lent is for you! Here are five things to do with single-mindedness this Lent which, if you do them, will give you a clearer vision of the Risen Christ come Easter.

FASTING & ABSTINENCE

Therefore, the rule is "keep it smaller and keep it simpler." Smaller portions of food, and simpler menus. Don't eat so much during Lent. Not because you necessarily must lose weight, but because the practice will give you strength in your spiritual life by weakening the attractions of the sensate pleasures. Fasting makes the waistline shrink and the heart get larger, and abstinence makes the heart grow fonder.

PRAYING

Read Morning and Evening Prayer. Dust off that old grace you used to say before eating - spend some table time in quiet reflection and prayer instead of chattering and chomping. Pray daily, making sure you indulge in all the qualities of Christian prayer - adoration, thanksgiving, petition, penitence, and invocation.

BIBLE READING

Do this daily, also, and if you haven't availed yourself of reading the Daily Office of morning and evening prayer, you are missing out on the opportunity the Church has given you for daily study and reading of Holy Writ. There's solace, insight, encouragement, grace and a whole lot more in scripture, and that can't be said about any other book in your library. The Good Book is precisely that, and those who read it daily learn how to be good - godly - themselves.

CORPORATE WORSHIP

Corporate worship is a basic Christian duty. Our prayer book puts it succinctly, telling us that part of our bounden duty is to worship God every Sunday in his Church. Doing so brings us understanding, strengthens our faith, gives us hope, fills us with encouragement, and gives us the first-hand experience of being loved by God - and that gives us the ability to love others more fully. There is nothing we can do on Sunday morning that is more important than being in God's House and being fed by His grace-filled presence in the Blessed Sacrament.

Make a commitment not to miss one single Sunday in God's House this Lenten season. Jesus told us to do this, (**Luke 22:19; 1Cor 11:24-25**) so let's do it together, every single Sunday.

WORKS OF MERCY

The final step is to, as the prayer says, **do all such good works as ... [God]...has prepared for us to walk in.** There are fourteen 'works' which enable us to put our faith in Christ into action in our life. They are both spiritual and temporal: including converting the sinner, instructing the ignorant, counseling the doubtful, comforting the sorrowful, bearing wrongs patiently, forgiving injuries, praying for the living and the dead, feeding the hungry, giving drink to the thirsty, clothing the naked, harboring the stranger, visiting the sick, ministering to prisoners, and burying the dead.

Finally, and no doubt most importantly, let your Lenten lapses and failures - whatever they may be, serve only to increase your dependence upon God. None of us will do all we want to do during Lent. That's the human condition. The point is not to get a good grade; the point is to increase your capacity to love God and your neighbor.

After all, Lent is a time to learn how to love God's way - once again. That's the whole point of the season!



DELIGHTFUL GATHERINGS LUNCH

Every Tuesday, 10:30 AM to 1:00 PM

Everyone Welcome

The program has progressed from five meals the first week to over 75 currently.

We strive to serve a balanced healthy warm meal each week, and we have received lots of compliments. We are always blessed by people stopping by and helping to get the meals out to our guests. All are welcome to come and have lunch with us.

Our New Vestry



Below is the list of our current vestry members. Many thanks to those retiring this year – Ray Lewis, Gari Voss, and Lynne Winters.

Senior Warden – Wendy Simmons (2023-2026) Phone: 269-716-8619

Email: wesimmo@gmail.com

Junior Warden – Chuck Pullen (2021-2024)

Phone: 269-650-6581

Email: c.pullen.tablet@gmail.com

Treasurer – Gari Voss

Phone: 269 -303-0451

Email: gari749@gmail.com

Ardy Ballard (2023-2026)

Arthur Frederick (2022-2025)

Ann Stough (2023-2026)

Evelyn Grigg (2022-2025)

Judy Buchanan (2021-2024)

A Day to Remember Those in Need



Episcopal
Relief & Development

Healing a hurting world

Congregations are invited to observe Episcopal Relief & Development Sunday on the first Sunday in Lent or another convenient Sunday. This year Episcopal Relief & Development Sunday officially falls on February 26, 2023.

At the 2009 General Convention, Lent was officially designated as a time to encourage dioceses, congregations and individuals to remember and support the life-saving work of Episcopal Relief & Development. We invite all Episcopalians to join on Episcopal Relief & Development Sunday, and throughout the Lenten season, to pray for those living in need. Prayerful resources are available for your use at: www.episcopalrelief.org/Sunday.



Holy Hikes will happen again this year. The first walk will be on April 22. Further details to follow in the March-April Cross and Staff.

Church of the Good Shepherd
101 N. Walnut Street
Allengan, MI 49010

GOOD SHEPHERD'S PANCAKE SUPPER: Tues., Feb. 21, 2023, 6pm

Shrove Tuesday
Pancake Supper

Pancake Day by Ellen Castelow

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – is traditionally a time of fasting, and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins).



Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast, and pancakes are the perfect way of using up these ingredients.

The ingredients for pancakes can be seen to symbolize four points of significance at this time of year: Eggs ~ Creation; Flour ~ The staff of life; Salt ~ Wholesomeness; Milk ~ Purity

The pancake has a very long history and has been featured in cookery books as far back as 1439. The tradition of tossing or flipping them is almost as old.

A traditional English pancake is very thin and is served immediately. Golden syrup or lemon juice and caster (powdered) sugar are the usual toppings.

In the UK, pancake races form an important part of the Shrove Tuesday celebrations – a large numbers of people, often in fancy dress, race down streets tossing pancakes. The object - get to the finish line first, carrying a frying pan with a cooked pancake and flipping the pancake as you run.

ASH WEDNESDAY: Wed., Feb. 22, 2023, NOON – imposition of ashes & Eucharist