

# THE LION

Volume 4

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Issue 3

## *Message from the Rector*

***“Repent ye: for the kingdom of heaven is at hand.” St. Matthew 3:2***

Repent: to turn away, to be converted. That is the crux of the message proclaimed by both John the Baptist and by our Lord Jesus Christ himself. Repent: turn away, be converted.

About a year ago I received an advertising email from TAN Books and Publishers, and attached to it was an article entitled “Pious Practices for Lent.” In this article were outlined various Lenten disciplines and a few brief examples of each. For instance, under the heading “Abstinence” was a list of things people often give up during Lent: meat, sweets, dessert, gum, coffee, alcohol, eating between meals, smoking(!), and so forth. Of course, we twenty-first century Christians can add our own unique things to that list: television, the internet, movies, video games, and a host of other technological distractions.

Another “pious practice” reviewed was the practice of prayer. We can (and should!) increase the time we spend in prayer during the forty days of Lent. Those who pray some form of the Rosary can increase its use. We can be more conscious of assisting at the Holy Eucharist on Sundays and during the Holy Days that fall during Lent. We can engage in a “Holy Hour” where we do nothing but rest in silence before our Lord and contemplate him. And, of course, we can also increase the intercessions we make for our families, our friends, our neighbors, and for the world as a whole, especially those suffering in the world.

And finally, there are the disciplines of engagement that should take up a bit more of our time during the forty days of Lent. We should be more conscious about performing certain works of mercy: visiting the sick, the lonely, and our shut-ins. We should increase our giving of alms. We should become more involved in evangelism. And finally, we should engage in good spiritual reading, the kind of reading that leads to the nurture and growth of our spiritual lives.

The result of all these things is repentance or our ongoing conversion; a life of deeper dedication and devotion, more fully consecrated to God. The goal, of course, is to become more and more like Jesus in our everyday walk of life.

But this life of deeper dedication and consecration does not occur without a bit of effort on our part. We must combine our efforts with God’s grace to assist him in bringing this conversion about. It is often a slow and difficult process, but one that is essential to our growth in grace and in Christ-likeness.

Repent: turn away, be converted. Become like Jesus: we were born (again!) for nothing less.

I wish each and every one of you a blessed and fruitful Lent.

*N.B.*

Once again this year, our Ash Wednesday service will be held at 7:00 p.m. at the church. If, for some reason, you cannot attend our service, please try to attend one of the services scattered throughout the

community. Ash Wednesday is February 17.

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## ***Annual Meeting***

The annual meeting of the parish was held on Sunday, January 24. Several encouraging reports were given, all showing that our parish is alive, healthy, and moving forward in doing the work of our Lord in our community. Our financial position is solid, and although we fell a little short in our 2009 budgeted income, our budgeted expenditures also came in below expectation, and we are looking forward to a productive year.

Melvin (Mel) Knott was elected to fill the one Vestry vacancy, and many thanks were expressed to Charles Garrett for his faithful service to the parish over the past six years. Charlie not only served on the Vestry, but was also a very valuable People's Warden, bringing his years of expertise as a General Contractor to the church. While we will miss having Charlie on the Vestry, we look forward to having Mel with us. He too brings a much-needed set of skills to the Vestry.

Delegates elected to the diocesan synod, to be held in Orlando in June, were Cal Brown and David Deverell. Alternates elected were Joyce Smith and Janice Johnston. Should the delegates not be able to attend, our alternates will step in to do the work of the church.

## ***Music Notes***

Kathleen Knott, Music Director

Our *1940 Hymnal* provides the foundation for much of our music. If you look at the hymnal you will note that the first part of the book is organized according to the Church year. Hymns for Advent, Epiphany, Lent, Passiontide, and Easter make up the first 100 hymns in our repertoire. This rich heritage of Christian hymnody ranges from plainsong to four part harmony. The hymn tunes range in age from Medieval times to examples by 20<sup>th</sup> century composers. The tune origins are both sacred and secular. Our most beloved passion hymn (#75, *O Sacred Head Sore Wounded*) is an example of a tune taken from a secular love song. While joining in the singing of our great heritage of hymns, please take a moment to notice the source of the tune and the text.

As the liturgical year moves from Epiphany through Lent to the season of Easter, St Mark's Choir will be busy preparing music for Sundays and special services. Each choir member is dedicated to his or her ministry at St Mark's. We practice every Wednesday evening and Sunday morning. If you like to sing, please consider joining in this ministry in which we seek to enhance worship through music.

## ***Parish Needs***

Occasionally we are asked about parish needs and about how one might give certain appointments as memorial gifts. One need that we never seem to notice until we change the Altar and clergy vestments to the color of the season are the purple set we use during Lent and the green set we use during the Trinity season. Both sets are very old and are wearing very, very thin. As a matter of fact, the church has only Altar vestments in purple. The priests Vestments belong to Fr. Mike. It is customary, however, for a parish church to have its own full set in each of the seasonal colors.

If you would like to consider giving a full set of either the purple or green, please contact either Michelle

Cook or Melvena Grice of the Altar Guild. A full set (Altar frontal, burse, veil, lectern fall, pulpit fall, priest's chasuble, maniple, and stole) costs about \$3,500 and may have a memorial inscription placed inside.

## ***ACW News***

Linda Philpott, President

Happy New Year from the ACW. We are looking forward to a busy spring with some great speakers at the monthly meetings and some special events in the community. Our members and guests were very blessed with a presentation on Healing from Lucy Marine and her daughter-in-law at the January meeting. Lucy spoke about the importance of prayer, and on how calling on Jesus is so important to all kinds of healing.

Looking ahead to February, the monthly meeting will be held on Thursday, February 18. The guest speaker will be Sonya Rae Fronsoe, cardiac nurse practitioner. Sonya will be speak on women's cardiac health. Plans are also being made to take a historical walking tour of Old Vero with Ruth Stanbridge, County Historian, on Thursday, March 4. We have not set a time yet, but following the tour we will try to have lunch somewhere in downtown old Vero. The regular March meeting of the ACW will be held on March 18. The Election of new ACW officers for 2010-2011 will take place then. Our guest speakers will be Carol Breining and Pam Proctor from the Military Moms Prayer Group.

Please remember we welcome any and all to these events and remember to invite other friends and guests from outside the parish. If you have any questions concerning anything about the ACW, please feel free to contact Linda Philpott (794-3750) or Bobbie Winger (231-0580).

## ***St. Mark's Men***

Cal Brown and John Burton have put together the second retreat for the men of St. Mark's. Once again it will be held at Cal Brown's hunting camp, just outside Fellsmere. The date is Saturday, February 6. Once again this year there will be fishing, skeet shooting, card games, and, of course, great food and drink. A good time will be had by all!

## ***Confirmations and Episcopal Visit***

The Most Rev. Walter H. Grundorf, Presiding Bishop of the Anglican Province of America and Diocesan Bishop of the Diocese of the Eastern U.S., was here on Sunday, December 13 for his Episcopal visit and confirmations. Bishop Grundorf preached at both the 8:00 a.m. and 10:00 a.m. services, and administered the Sacrament of Confirmation to ten confirmands. Those Confirmed were June Avery Barnes, Ronnie and Lissete Cathcart, Karen Dodson, Connie Garrity, Charles and Linda Koeniguer, Susan Viviano, Bobbie Winger, and Walter Wright. A reception followed for Bishop Grundorf, his wife, Mary, and our confirmands. Congratulations!

## ***Upcoming Holy Days***

February/March/Early April Holy Days

February 2 (12:00 p.m.) – Feast of the Purification of the Blessed Virgin Mary  
February 17 (7:00 p.m.) – Ash Wednesday  
February 24 (12:00 p.m.) – Feast of St Matthias the Apostle  
March 25 (12:00 p.m.) – Feast of the Annunciation of the Blessed Virgin Mary  
March 29 – 31 (12:00 p.m.) – Holy Week  
April 1 (7:00 p.m.) – Maundy Thursday  
April 2 (12:00 p.m.) – Good Friday  
April 3 (4:00 p.m.) – Sacramental Confessions

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**St. Mark's Anglican Church**  
**Rev. Michael L. Ward, SSA**  
**Rector**

**1795 – 45<sup>th</sup> Street**  
**Vero Beach, Florida**  
**772-563-0450**

**[www.stmarksvero.org](http://www.stmarksvero.org)**

**Mailing Address**  
**P.O. Box 6994**  
**Vero Beach, FL 32961-6994**

**Schedule of Services**

**Sunday**

**8:00 a.m. – Holy Communion (said)**  
**9:00 a.m. – Sunday School (all ages)**  
**10:00 a.m. – Holy Communion (sung)**

**Wednesday**

**5:30 p.m. – Evening Prayer and Discipleship Forum**

**Holy Days**  
**as announced**

**Important Phone Numbers:**

**Fr. Ward**

**(o) 772-234-8400 (h) 772-569-6506**

**(c) 772-538-1319**

**Calvin Brown (Sr. W.)**  
**Melvin Knott**

**(o) 772-231-4343 (h) 772-794-7719**  
**(h) 772-340-3248**

**(c) 772-532-0475**  
**(c) 410-456-2574**