



**March
2016**

St. Timothy's Episcopal Church **Creve Coeur, MO**

From the Rector



Dear People of St. Timothy's,

I would like us to think about an important reason to do Lent. That reason is not to be sad or sorrowful or sorry. That reason is not to be poor and humble. That reason is not to become extremely righteous and pious. Can you guess what I think is the most important reason we do Lent?

I believe that we do Lent to get to Easter. We repent so that we can rejoice. We fast to make the feast more joyful. We give up something so that we can give more to enlarge the circle of joy.

I really hope that God does not rejoice in our deprivation, in our scarcity. I hope I am right in understanding God to be the great author of the feast of life.

From time to time I get questions about why we have a line item in the budget for fellowship. "How can we justify spending so much money to give ourselves parties?" It is one of those times when I was thankful for all those years of Baptist Sunday School. I reach into the memory banks and pull out these verses from Deuteronomy 14:

Bring this <offering> into the Presence of God, your God, at the place he designates for worship and there eat the tithe from your grain, wine, and oil and the firstborn from your herds and flocks. In this way you will learn to live in deep reverence before

God, your God, as long as you live. But if the place God, your God, designates for worship is too far away and you can't carry your tithe that far, God, your God, will still bless you: exchange your tithe for money and take the money to the place God, your God, has chosen to be worshiped. Use the money to buy anything you want: cattle, sheep, wine, or beer—anything that looks good to you. You and your family can then feast in the Presence of God, your God, and have a good time.¹

The heart of worship is celebration. All the great holy days of the calendar are feasts. They are occasions for joy. All the great fasts exist to bring us to the feast. And there is no real feast without a fast. This is not to say that we shouldn't make sacrifices for the sake of others, we should. Yes, we all have to pay attention to amending our lives and seeking forgiveness. However, every occasion that we can find for rejoicing in the goodness of life contributes to our capacity to live a life that demonstrates love and care to others.

So as we keep the fast of Lent, we also are moving into the party mode. Our anticipation is growing. We look forward with hope and joy and we extend the invitation far and wide. We will be having the Easter brunch again this year between the 8:30 and 10:30 a.m. Festival Eucharists. Bring your favorite traditional family dishes to share. Enjoy! "Come and celebrate the feast of victory of God! The darkness has been vanquished by our Almighty King."

Love,

Marvin +

The Message, a translation by Eugene Peterson

**What's
Happening at
St. Tim's
(p. 2 - 3)**

**Ongoing
Events
(p. 4 - 5)**

**Recaps
&
Reminders
(p. 6 - 8)**

Spotlight on Ministry: Hunger Outreach

Salt, Pepper, and Pop-Tops

By Florrie Kohn

While shopping at a big box store on St. Charles Road, I received a double-nudge of what it means to be intentional toward feeding the hungry.

Already, I had committed to whip up Cornbread Taco casserole for St. Timothy's ministry to Haven House where families stay while loved ones go through medical treatment. I picked up two cans of tomato sauce, one to make the Haven House casserole and one to make a second casserole for my own family. It connects me when I eat the same meal that I serve to others.

The pop-top on the tomato sauce can nudged me beyond Cornbread Taco casserole. It reminded me that Holly Wilson, on a recent Sunday, urged us to join the food ministry team. Donate one or two canned goods each week, ones with pop-tops are best, Holly said, not everyone has a can opener. I grabbed four more cans of pop-top tomato sauce and two pop-top cans of mandarin oranges.

Then I moved to check out, at the absolute slowest line. The woman behind me complained about WIC users slowing the line. WIC is the government program that helps feed pregnant women and young children. I said nothing, but it was my second nudge: When we connect with the hungry, we develop compassion and patience.

I don't know who will eat my Cornbread Taco casserole, tomato sauce and mandarin oranges. But underneath their worries, they are people. They like seasonings, choices and a clean table. Long ago, I helped St. Timothy's youth serve a meal to the homeless at Trinity. I dumped a big bag of generic salad mix in a bowl and thought I was done. A worker at Trinity asked me to salt and pepper the salad. People like that extra touch, he said.

Serving at a Saturday Peace Meal at St. John's Episcopal Church in Tower Grove, I learned about choices and clean tables. The Peace Meal serves a community hungry for the fellowship of a shared meal. At the Peace Meal, those who don't eat meat aren't forced to settle for salad—"with or without meat" is an important choice offered there. Top that with the simple pleasure of keeping tables clean and knowing that for an hour worries about where to sleep or wash, or fears of being alone, are put to rest.

I encourage you to find your place in this ministry. Pick up a pop-top can. Run your fingers around the lid and imagine it to be the first can ever made that way. Then consider the joy of handing it to someone who doesn't own a can-opener. Prepare a casserole for Haven House. Participate in the Peace Meal. Sample these opportunities to figure out which one fits. And learn to season what needs seasoning, whether or not it is salad.

For more information about how to participate in this or any of the Outreach Ministries, please see the Outreach section of the bulletin board in the Gathering Space, or contact any of the following people:

Garden - Nancy Setzer (featured in **March**)
 Episcopal City Mission - Rick Sharp
 (featured in **April**)
 Sigel School - Leslie Corey (featured in **May**)
 Peace Meal - Judy Maloney (featured in **June**)

Rice Bagging & Trinity Food Pantry - Steve Crock
 (featured in **July**)
 Kiva & Magdalene House - Kathy Dyer
 Refugees - Jan O'Neil
 Pot Luck Pals, Circle of Concern - Holly Wilson

MUSIC NOTES

January's Evensong celebration of the Feast of Sts. Timothy, Titus, and Silas, was a marvelous success. Almost 150 parishioners and friends of St. Tim's filled the Church with music and took part in one the most unique, beloved, and oft copied services of the Anglican tradition. My heartfelt thanks to our Choir and Lectors, the good folk from Ladue Chapel Presbyterian Church, and everyone at St. Tim's who helped with the splendid reception. It was a memorable afternoon!

A festive time, too, was had by everyone at the 10.45 service on 7 February (the Last Sunday after the Epiphany). Karen and Rick Sharp's Dixieland band had many folk swinging and

dancing in the aisles. What a way to usher in the penitential season of Lent! Thank you, Karen and Rick.

Evensong for the Fifth Sunday in Lent will be sung by the Choir of St. Timothy Sunday afternoon, 13 March at 5.00. The canticles will be sung to plainsong, and Healey Willan's beautiful anthem *Fairest Lord Jesus* will be offered. Please consider joining with us for this beautiful conclusion to the Sabbath.

Pax,

Mark

Mark R. Scholtz
Director of Music

Lenten Special Event March 13

Pretzel Bake & Sale 9:30 - 10:45 a.m.
4th & 5th Grade Sunday School class will sell pretzels in the Gathering Space to raise money for Build-a-Bear service project

Holy Week Service Times

Palm Sunday	Regular Schedule
Maundy Thursday	7:00 p.m.
Good Friday	Noon & 7:00 p.m.
Easter Vigil	8:00 p.m.
Easter Day	8:30 & 10:30 a.m.

Third Annual Easter Day Breakfast!

Come be a part of the joy of Easter by sharing Breakfast between services. All are invited to a Potluck Breakfast between services starting at 9:30 a.m. (Please drop off your food in kitchen by 9:15 a.m.)

There will be a long table in the center of the Parish Hall for all the food. Juices, coffee, and tea will be provided. Sign up on the sheet in the Gathering Space, and if you can, sign up to help, too!

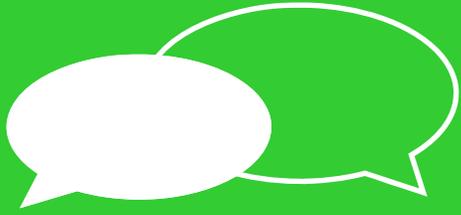
Daytimers Trip on April 1

(No joke, it will be in the daytime and not night, like the schedule says!)

We are headed to Old North St. Louis for lunch at Crown Candy Kitchen and then nearby to Deaconess Anne House for a program with the Episcopal Service Corps. These are college graduates who spend a year in community striving for justice and peace among all people. They each work at a local not-for-profit organization, while taking part in a program of spiritual formation, education, and community engagement.

Please join us to learn more about the Corps members here in St. Louis. We'll carpool from church at 10:30 a.m. for an early lunch and plan to be at Deaconess Anne House by 1 p.m. Sign up will be on the bulletin board soon. (Did you know that a group of St. Tim's parishioners cleaned, painted, furnished, and decorated one of the bedrooms in the house?)

If you have any questions, contact Nancy Setzer.



FIRST WEDNESDAY

Monthly Dinner & Discussion at St. Timothy's

The first Wednesday of each month we gather for dinner and discussion, focusing on a specific area of our common life together. The topic for our gathering in March is **Caring for our Community**: expanding the meaning of Pastoral Care.

Do you think Pastoral Care is just for pastors? You really *don't* have to be a priest, lay clergy or Eucharistic minister to care for the people in your church or community. Come and help us discover all the ways, large & small, in which we already minister to each other, and how we can expand our definition of Pastoral Care to include "Caring for our Community."

We will discuss these questions:

- How have you felt cared for at St. Timothy's?
- How can we best minister to each other?
- What are ways people can become involved and support each other?

No matter how long you have been attending St. Timothy's, we need to hear from you! Please join us **Wednesday, March 2, 2016 at 6:00 p.m.** in the Parish Hall. This month we will have a **Potluck**, so please bring something to share if you are able. Potluck Dinner will start at 6 pm and our discussion will end by 8 p.m. Childcare is available if needed. Please sign up on the bulletin board or on the St. Tim's website: <http://www.saint-tims.org/first-wednesdays.html> or call the office at (314) 434-5906.



Future Topics for Dinner & Discussion Evenings:

- April: Worship
- May: Outreach/Service
- June: Adult Formation/Spirituality



Why Do You Live Where You Live?

On February 6, St. Timothy's hosted the Episcopal Diocese of Missouri's annual commemoration of Absalom Jones Day. About 100 gathered to address the theme: "Living Apart: Race, Residency and Reality." We learned that statistics show housing in the St. Louis metropolitan area is notably divided by race, and has become more so with time. Both laws and social norms, such as how real estate is marketed, have encouraged racial separation in residential areas. The unfortunate outcome: white families move to the suburbs and black families stay put, leading areas to develop as all-white or to transition to all-black.

The Absalom Jones group explored this reality by discussing how individuals make housing choices. Regardless of race, and within the confines of our finances, it turns out we all want the same thing: to live in a place where the schools are good and our children can play safely outside. We acknowledge that this challenge and others surrounding institutional racism are long-lived and complex. The Dismantling Racism Commission,



sponsor of the event, hopes that the discussion will lead to more exploration of race issues within individual parishes.

The Absalom Jones Day commemoration also honored the memory of two leaders in dismantling racism: St. Timothy's own Mike McDowell and the late Rev. Emery Washington, Sr., former pastor of All Saints Episcopal Church. Scholarships have been established in memory of each of them to help high school youth participate in Anytown, the National Conference for Community and Justice's youth program. Anytown, a nationally recognized program, is a one-week summer camp which empowers youth to become community leaders who view individual differences as positive tools to bring people together.

by Florrie Kohn

And Then There Was Cod

Forty to 60 pounds of cod loin, five gallons of peanut oil, four cast-iron Dutch ovens, and a congregation of willing diners. One Friday evening every Lenten season, the Episcopalians of St. Timothy's rejoice that on the eighth day (we guess), God created the Fish Fry—or as we know it, "Cod for God."

Jennifer Barnes is St. Timothy's Queen of Cod for God. She and her husband, Brad, the Cod Fryer King, initiated the once yearly event as a service project for the Boy Scouts. They raised two—Adam and Elliott—all the way to Scouting's highest honor: the Eagle Scout Award. While son Elliott has moved on the military, and Adam will soon follow, daughter Emma, 15, is following in their zeal for Cod for God. While others may cook the cod, Jennifer says, Emma has her own way of plating it. (We're guessing it's so you'll come back for seconds.)

Cod for God is fun, says Jennifer—who has never lost a night's sleep wondering if the folks at St. Timothy's will or won't fancy the fried fish. "It always works out," she says. The secret, she believes, is using a dry breading instead of a wet batter. Well, that, and leaving the frying to Brad!

Jennifer admits that not everything she makes turns out well. For example, spaghetti: Jennifer can't get the sauce to stick to the noodles.

But who cares about spaghetti, when there's cod! For the past six years, the Barnes family and helpers have dished up plates of fried cod, cole slaw and fancy fixings donated by St. Timothy's foodies. "This service project has brought us closer as a family," says Jennifer. "We remember our adventures from year to year and always want to do it again."

Cod for God is a fundraiser, notes Jennifer. Its proceeds fill in where needed, providing coat racks for the parish hall one year, dried flower arrangements for the sanctuary during Lent another year, and even a new Episcopal Church sign for Olive Blvd. several years ago.

While Brad leaves it to Jennifer, and her able assistant Karen Sharp, to publicize Cod for God, Jennifer emphasizes that Brad came up with the moniker "Cod for God," and that they're hoping to add Cod for God t-shirts to the mix next year. Hearing that, we can breathe a sigh of relief: Jennifer said the magic words "next year." Cod for God will be back.

by Florrie Kohn

Financial Snapshot, January 2016

For 1 month of 2016:

Target revenues and expenses (Budget %)	8%
Actual plate receipts	6%
Actual pledge receipts	9%
Actual expenses	9%



We started 2016 with an \$8,100 surplus! Thank you for your commitment to our ministries with your timely pledges already. The Finance Committee is looking forward to an exciting 2016.

--The Finance Committee

March Dates to Remember

March Birthdays

	11	Lexi Dressel
1	12	Stu Thompson
2		Lynn Whittington
3	14	J. Andreson
4	15	Mike Bacon
5		Mary Gaffney
	16	Zach Cameron
7	17	Pat Evans
8	19	Nolan Wischnowsky
	20	Bill Buhro
		Joy Rouse
9	23	Mark Nauman
10	24	Bill Crowell
		Claire Warhover
		Mike Teymouri

25	Marvin Foltz
	Rob Uyemura
26	Claudia Uccello
27	Karen Hafeli
	Luke Nauman

March Anniversaries

21	Ron and Pat Batty
----	-------------------

We are deeply saddened to announce that our retired Associate Pastor, The Reverend Roy Moore, died February 19 at Mercy Hospital. Roy served St. Timothy's for over 13 years in retirement after a long and effective career as a Lutheran pastor in Illinois and Missouri. He was a kind and wise pastor and a true and dear friend.

Our deepest sympathy to Jane Gordon and her family on the death of our dear parishioner, Tommy Gordon, on February 21. Tommy had been under hospice care at the Health Care Center at Friendship Village, Chesterfield, Missouri.

May they rest in peace and rise in glory.

Senior Warden's Report



There are plenty of activities going on with the Vestry:

- There was a Vestry retreat on Saturday, February 13 where we spent time getting to know each other. We also reviewed responsibilities of the Vestry, the parish by-laws, and what is in our church catechism, which instructs Christians to worship God, proclaim the Gospel, and love and serve the world.
- At our February Vestry meeting, we elected our new Junior Warden: Congratulations and thanks to Willard Moseley for stepping into this important role. We also updated the Vestry liaisons, in which each Vestry member is assigned to one of the many ministries we have at St. Timothy's. These liaisons will present quarterly reports to keep everyone in the loop about what the different groups are doing.

Now for my pitch for the First Wednesdays events. We have had two well-attended evenings so far. January's Mission and Vision discussion gave us several working versions of possible Mission and Vision statements. This was an ice breaker to get us in the thought mode of who we are and why we are here at St. Timothy's. The second session in February was a discussion on Fellowship within our church. Fresh ideas were exchanged and several attendees agreed to start a steering committee that would look at assisting in reshaping how we do fellowship. (We did not discuss fellowship with our community. That will be an interesting and challenging future topic!) Next up in March is Pastoral Care. With the recent loss of several of our long-time parishioners, this could be an emotional evening. We need to strengthen the Pastoral Care effort, not just for how we treat the end of life events, but how we help each other through all of our life events.

See you at church!
Michael Wyland

Events in March	March 2	March 13	March 25
	<ul style="list-style-type: none"> • First Wednesdays Dinner & Discussion, "Caring for our Community," 6 - 8 p.m. 	<ul style="list-style-type: none"> • 4th & 5th Gr SS Class Pretzel Sale 9:30 a.m. • Evensong, 5 p.m. 	<ul style="list-style-type: none"> • Good Friday, Noon & 7 p.m.
	March 11	March 20	March 26
	<ul style="list-style-type: none"> • Bev Buder's memorial service, 11 a.m. 	<ul style="list-style-type: none"> • Palm Sunday 	<ul style="list-style-type: none"> • Easter Vigil, 8 p.m.
		March 24	March 27
		<ul style="list-style-type: none"> • Maundy Thursday 7pm 	<ul style="list-style-type: none"> • Easter Day, 8:30 a.m. & 10:30 a.m.

Saint Timothy's Episcopal Church
808 North Mason Road
Creve Coeur, Mo 63141-6306

Address Service Requested

The Rev. Marvin Lee Foltz, Rector
Church Office: (314) 434-5906
Fax: (314) 434-4103
Web Site: <http://www.saint-tims.org>

The Rev. Dr. Paul A. Metzler, *Clergy Associate*
Heidi Clark, *Lay Associate for Ministry*
Mark R. Scholtz, *Director of Music*
Alice McLaughlin, *Parish Administrator*
Mitzi Uyemura, *Angler Editor*

**Dated Church Material
Prompt Delivery Appreciated**