



SAINT TIMOTHY'S
EPISCOPAL CHURCH
CREVE COEUR, MO



**February -
March
2024**

St. Timothy's Episcopal Church

Creve Coeur, MO

Jesus answered, "It is written:
'Man does not live on bread alone,
but on every word that comes from
the mouth of God.' "

- Matthew 4:4

Christ in the Wilderness, 1898
by Briton Rivière

From the Rector



Are we done with winter? Has spring come at last? After a long and cold winter, we seem to be experiencing a bit of a February spring. I say “a bit” because who knows if it will last! There’s no predicting how winter comes in or out of our lives here in Missouri. We just know that when it’s hot, we’re ready for it to cool down. And when it’s cold, we’re ready for it to warm up.

Lent is that opportunity to anticipate a much needed change. After a busy season of Christmas and Epiphany, Lent comes. Sometimes it comes upon us quite suddenly and sometimes we can see it approaching from miles away. Either way, we know we’re ready for the change it brings. I hope this season of Lent brings you an opportunity to look inward, as the season encourages penitence and reconciliation. The season affords us the opportunity to look at our spiritual lives and double down on what is good and healthy and ditch what is weighing us down.

We begin our Lenten journey on Ash Wednesday, a day of invitation. The invitation to a Holy Lent

offers us the opportunity to observe the changing of the season, to mark the moment that everything changes. We rarely get such an opportunity between winter and spring. There’s never a day, a moment that we can observe the shift and plan accordingly. Most of the time, we just live in a state of confusion for weeks! (“Do I bring a jacket?” “Do I turn off my heat?” “What about a hat? Will I need a hat?”) Lent begins and we are given the gift of six weeks of prayer, contemplation, and introspection.

And just when we think that Lent will go on forever and we’ll never be done with it and we’re so ready for a change—*bam!* Easter arrives. A new season to celebrate growth, renewal, and resurrection. It is a season that parallels spring (real spring, not February spring!) and reminds us to see where God has planted the seeds of something new.

Once again, we get to witness the shift in real time at the Easter Vigil service. We start in the dark, recounting the stories of light overcoming dark, life overcoming death. We remember our baptism and imagine going into the darkness of that water. And when we arise, it is Easter morning. The tomb is empty and Christ has risen! Once again we are *there* to watch the season change. There is no doubt, no state of confusion. Easter has come for us once again, as it always will. New things grow from earth that was once frozen.

Meghan +



Lent, Holy Week, and Easter Services



Ash Wednesday, February 14

- 7 - 9 a.m.
- Noon
- 5:30 p.m.

Ashes to Go (in the church parking lot)

Holy Eucharist with the Imposition of Ashes (spoken)

Holy Eucharist with the Imposition of Ashes (sung)

Holy Week

- **Palm Sunday, March 24** at 9 and 10:45 a.m. (Services begin in Prayer Garden)
- **Holy Wednesday, March 27** at Noon, Stations of the Cross
- **Maundy Thursday, March 28** at 7 p.m., Agape Meal - 5:30 pm in Fleming Hall (see article, p. 4)
- **Good Friday, March 29** at Noon and 5:30 p.m.
- **Easter Vigil, Saturday, March 30** at 7:30 pm (Begins in Prayer Garden)

Easter Sunday, March 31

- **Family Service** at 9 a.m.
- **Easter Egg Hunt** at 10 a.m.
- **Traditional Service** at 10:45 a.m.



Did You Know that the Episcopal Church Does Confession?

By The Rev. Garron Daniels

You heard that right! The Episcopal Church *does* hear confessions! Most people are familiar with the confession present in the liturgy on Sundays, but we typically refer to that as the “general confession.” It’s a general confession of the Christian community coming together to confess the wrong they have done as a whole. On the other hand, the Book of Common Prayer includes *The Reconciliation of a Penitent* (BCP, p. 447) which is the liturgy that we use for private confession.

Anyone who desires the rite may use it and confessions can be heard anytime and anywhere, though typically done in the setting of the Church. We don’t require that people confess their sins privately, but many (including me) find the use of confession to be liberating. It’s an opportunity to take all my pain, my sorrow, and my sins and give it over to God. It’s the opportunity to say, “God, I’m sorry and I can’t hold this anymore, will you hold it



for me? Will you forgive me?” Which, of course, is exactly what God does! Confession is also an opportunity to seek spiritual and pastoral guidance from the confessor (your priest) to help you in your life and faith to live more closely to Christ!

If you are interested in learning more about confession or desire to partake in confession, please contact me via email: garron@saint-tims.org. I’ll be happy to talk more about it and find a time to meet with you!

What is an Agape Meal?

And what does it have to do with Maundy Thursday?

St. Tim's Maundy Thursday service this year will be an Agape Meal. It will consist of a simple meal, including prayers and Scripture, followed by foot washing, then stripping the altar in the sanctuary. The following description of an Agape meal is taken from the website of Trinity Episcopal Church, New Orleans, LA:

The word "agape" is the Greek word used in the New Testament for the highest and broadest kind of self-giving Love, the kind of Love that is our source, our true life in this life and our eternal reality. We have no word capable of describing the God who is Love in any language, but agape calls attention to the limitless and overflowing fullness of Divine Love—Love Incarnate, who suffered death on a cross.

An Agape Meal, or "Love Feast" as it is also called, is an ancient tradition of table fellowship. The practice of holy hospitality precedes the Church, going back to the hospitality Abraham showed to his three unknown visitors (Genesis 18). In the early Church, agape meals were a time of fellowship for "People of the Way," as the early Christians were called. The Eucharist, our Christian sacramental celebration instituted by Jesus at the Last Supper, was often a part of these meals, but they are *not* the same thing. Probably between the late 1st century and the mid-3rd century AD, the two feasts became separate. Its use has waxed and waned over the centuries, but "Love Feasts" enjoyed a revival in the 18th century in the Methodist Church with the Wesley brothers, particularly in America, and partly because of a lack of ordained ministers to celebrate Holy Communion in the New World.



An Agape Meal is a ritual meal that does not require an ordained person and yet acknowledges our "koinonia," which in Greek refers to the fellowship of Christ's Body. Such meals seek to strengthen communal bonds and foster a spirit of harmony, goodwill and congeniality. The meal is another way of living out Jesus' mandatum (as in Maundy Thursday) or commandment that we love one another with the same self emptying love, mercy and forgiveness with which he has loved and still loves us. <https://trinitynola.com/article/two-liturgies-for-an-agape-meal/>



Mother Meghan will be putting together an online sign up soon for the elements of the meal (wine, cheese, bread, meatless soup, dried fruit, nuts.) Stay tuned for more details.

Please join us on March 28:

- The Agape Meal at 5:30 p.m. in Fleming Hall
- Maundy Thursday service at 7 p.m. in sanctuary

It's Lent. Again.

By The Rev. James H. Purdy, Retired Clergy Associate

Every year Lent begins with the same story, the peculiar story of Jesus and his forty days and nights in the wilderness, the appearance of Satan, and the three tests, or temptations, as they are traditionally called.

We are told by the Gospel writers that Jesus is thirty years old, just about the time when many people begin to have second thoughts about career, life direction, meaning and vocation. He has a powerful experience of self-awareness when his cousin, John, baptizes him in the Jordan River. In that baptism moment, standing waist deep in the water, Jesus experiences God's claim on his life. He hears a voice proclaim that he is God's beloved. Suddenly he knows that the road ahead is different---and that he needs to be different. He must decide what to do, how to live out his new sense of God's affirmation.

The story tells us that (Mark writes "immediately") Jesus is led by the Spirit of God into the wilderness to be tempted. It's not his idea to go on an outward bound trek to find himself. The Spirit leads him into a time of testing, of refining, of prayer, a time to reflect on who he is and on what his life will be. These days and nights are part of whatever it is that God has in mind. They are an important part of the whole process.

The wilderness---endless stretches of arid, dry, rocky terrain, as far as the eye can see, no green, no contrast, not the tiniest sign of life, and the deafening quiet of absolute silence, all under a merciless, baking sun and a howling night wind. And there are no paths in the wilderness.

Forty days Jesus is there---fasting. When he is famished, the tempter comes. Not as the monstrous, foul, terrifying being depicted in Medieval Art. Not as the Father of Lies, the essence of evil, presented in Ancient Literature. The devil appears, without horns, tail and pitchfork. In the wilderness, Satan is crafty, not loathsome, but clever, smooth.

Three tests. The three temptations themselves are not to commit terrible acts---rob, cheat, steal, do public violence to innocent people. Satan attempts to shake Jesus' trust in God and his dependence on God's grace-filled, generous caring by coming at the three most basic human needs---survival, power, and identity:

IF you are the Son of God, turn these stones into bread; jump off the Temple, take power. Don't rely on God. You can do better. You can do more on your own.

Jesus is tempted to take the easy way out, to take shortcuts, to persuade by novelty rather than content, by sensation rather than the substance of his teaching and his life. Jesus' temptation is a familiar one: to be less than God created him to be and wanted him to be; to compromise his own integrity and his authenticity. To be less than God created him to be.

That sounds familiar. Life feels like that sometimes, a dry wilderness of ambiguity and uncertainty, a lonely, frightening time. Wilderness is not predictable. It is something we do not control. We want things to be simple, black and white, good and evil, right and wrong. And sometimes, in our need for certainty, we make poor choices. Sometimes, we choose to be less than the people God is creating us to be.

In the wilderness, Jesus had to live with ambiguity. At the end, he had to make choices, choices based not on proof or guarantees or calculated outcomes but based on his best instincts, his integrity, and his trust in God. So do we, every day.

My favorite part in the story about Jesus' hunger and hard decisions and the uncertainty and doubt that enveloped him is the last verse: "The devil left him, and suddenly angels came and ministered to him." That is God's promise to us.



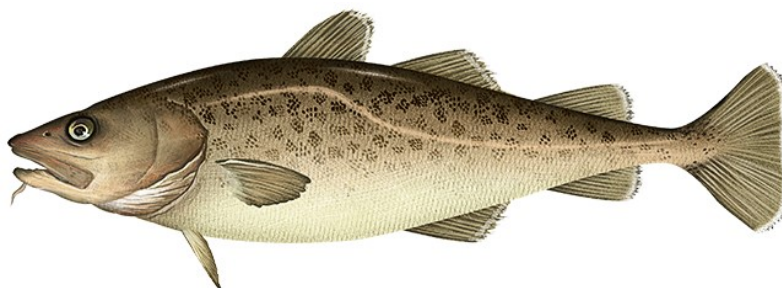
In the mystery of God's love, the Spirit leads us into the wilderness. After our struggle, as angels came and ministered to Jesus, so God comes to us at the end of the day, at the end of the wilderness.

Lead us into the wilderness, dear God; and there, startle us with your truth, with your love, and with your promise to be with us always in Jesus Christ, our Lord. Amen.

Cod for God

Friday, March 8 in Fleming Hall

Doors Open at 6:00 p.m., Serving Begins at 6:30 p.m.



**Bring your family and friends to
[Cod for God](#), St. Timothy's annual Lenten fish fry!**

Tickets for this reservations-only event include cod fish filets, hush puppies, assorted side dishes, desserts, and beverages, including soda, juice, beer, and wine. Choose one (\$11), two (\$13), or three (\$15) pieces of fish when you sign up online or on the bulletin board.

[You can also reserve a table for your family or group!](#)

You can help with this popular church event by bringing a dish to share or signing up to help on the big day.



Contact Jennifer Barnes or Karen Sharp with questions.

Join Episcopal Relief and Development on a Lenten Journey



From the Episcopal Relief and Development website, <https://www.episcopalrelief.org/church-in-action/lent/>

In 2009, Episcopal Relief & Development published our first Lenten Meditations. Over these 14 years, we have been blessed by the opportunity to join readers on their spiritual journeys with thought-provoking meditations.

Our 2024 meditations follow the schedule of readings from the [lectionarypage.net](https://www.lectionarypage.net), which includes both the Revised Common Lectionary for Sundays and feast days and the daily eucharistic readings. During Lent, we pray, "Create and make in us new and contrite hearts." The meditations focus on embracing this new heart, this new life in Christ, and looking deep within ourselves and acting in ways that seek and serve Christ in others.

Miguel Escobar authored this year's meditations. Miguel is an Episcopal Relief & Development Board member and the Director of Strategy & Operations at the Episcopal Divinity School in New York City. Throughout his studies and professional life, he has helped many discern and strengthen their call to ministry. He is a thoughtful person who cares that the most vulnerable among us are treated justly. You will get a taste of Miguel's life experiences and personal convictions in this year's meditations.

We are grateful you have chosen to walk your Lenten journey with Episcopal Relief & Development. As you engage with the meditations, please also visit our website, [episcopalrelief.org/Lent/](https://www.episcopalrelief.org/Lent/), to access additional Lenten resources.

We are praying for you, and we ask that you pray for Episcopal Relief & Development as well. Please pray for our board and staff, and our partners and program participants. Prayer is powerful, and when we pray for each other, we truly are working together for lasting change.

May you have a blessed and holy Lent.

Sean McConnell Senior Director, Faith & Community Engagement

To read the Daily Lenten Meditations: <https://www.episcopalrelief.org/church-in-action/lent/#read>

To subscribe to the Daily Meditation E-mails: <https://www.episcopalrelief.org/church-in-action/lent/#subscribe>

Almighty and everlasting God, you have made and forgiven the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

– BCP, p. 232

Annual Report of St. Timothy's Endowment Fund

By Julia Amies

The Endowment Fund of St. Timothy's Episcopal Church is a fund dedicated to the support of the church's mission. It is composed of money contributed by parishioners either during life or after death, to ensure that St. Timothy's ministries remain strong far into the future. The Funds are overseen by an elected Board of Trustees, who engage professional investment counselors to assist them in protecting and (hopefully) growing the funds. Current serving Board members include two CPAs, a professional fundraiser, a Certified Estate Planner and a retired Senior Vice President of the St. Louis Federal Reserve Bank.

The last few years have been difficult ones financially for the Church as it continued to serve parishioners through the Covid lockdown. During that time, the Endowment Board has been working hard at protecting the principal of the Funds while continuing to contribute to the operations of St. Timothy's Episcopal Church.

In the last three years, the Endowment Fund has contributed \$63,462 toward St. Timothy's General Fund expenses and \$10,500 toward St. Timothy's landscaping expenses, for a total of \$73,962. You can see that the Endowment Fund is a significant supporter of your St. Timothy's Parish. During that same three-year period, the Fund received only \$4,523.49 in new contributions.

You can make a gift of any amount during your lifetime to the Endowment Fund. Even small contributions,

when added to others, make a difference, and we always welcome those gifts. However, most of our contributions come through bequests after death. The good thing about a bequest is that it doesn't change your income during your lifetime—it contributes to the Endowment Fund after you're already done with your money. And it leaves a lasting legacy here at St. Timothy's.

So please consider a during-life gift or after-death bequest to the Endowment Fund. Plant a seed and create a legacy that will live far into the future.



Your Endowment Board:

Julia Amies, Chairperson
Cletus Coughlin, Secretary
Diane Gannon
Ashley Schneider
Alyssa Cornell

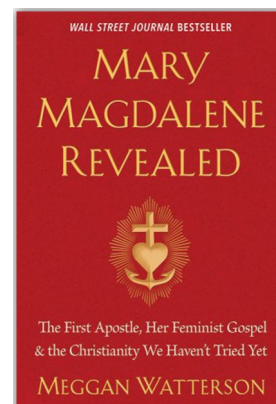
St. Tim's Women's Book Discussion

The next St. Tim's Women's book discussion will be held on **Tuesday, April 16 at 6 p.m.** We will be discussing *Mary Magdalene Revealed, The First Apostle, her Feminist Gospel and the Christianity We Haven't Tried Yet*, by Meggan Watterson.

According to goodreads.com, "A gospel, as ancient and authentic as any of the gospels that the Christian bible contains, was buried deep in the Egyptian desert after an edict was sent out in the 4th century to have all copies of it destroyed. Fortunately, some rebel monks were wise enough to refuse-and thanks to their disobedience and spiritual bravery, we have several manuscripts of the only gospel that was written in the name of a woman: The Gospel of Mary Magdalene."

The Gospel of Mary Magdalene reveals a very different love story from the one we've come to refer to as Christianity. Harvard-trained theologian Meggan Watterson leads us verse by verse through Mary's gospel to illuminate the powerful teachings it contains.

Please contact Leslie Corey with any questions at (314) 223-7459.



"For I was hungry and you gave me something to eat..."

St. John's Peace Meal



In 2006, St. John's Episcopal Church in Tower Grove began serving a free fellowship meal for all, which they call Peace Meal. They serve every Saturday from 4:00 – 5:30 p.m. in their Parish Hall. The guests, many of them low income and food insecure, show up for Peace Meal. Some of them are mentally ill, homeless and/or lonely; many of them would go hungry if not for this ministry of presence without judgment.

St. Louis area Episcopal churches take turns preparing and serving this meal throughout the year. A set-up crew begins cooking about 2 p.m. and a clean-up crew comes in later for the meal and is finished with their work by 6:30 p.m.

St. Timothy's is forming teams of volunteers to do this good work. We have been one

of the churches helping with Peace Meal since the program began. Previous and current volunteers all say it is incredibly rewarding work, and is fun, too!

Volunteers are needed on **March 2**, July 6, and December 7 this year. If you are interested in volunteering, please contact Judy Maloney at jamaloney330@gmail.com. Sign up sheets will go up on the bulletin board a month before each event.



St. Tim's Ongoing Food Pantry Donations

St. Timothy's Food Ministries collects food for the Trinity Food Ministry and Circle of Concern and food pantries year round. As you are doing your own shopping, please check these lists and get some items for those in need.

Trinity Food Pantry request list: (Collecting for February)

Cereal
Ravioli with meat
Pasta Sauce
Spaghetti
Chicken Noodle Soup
Chili with or without beans

Ramen Noodles
Vienna Sausages
Toothpaste
Toothbrushes (singles, doubles, up to 4 packs)
Bar Soap (esp. Irish Spring, Dial, and Dove)

Circle of Concern request list: (Collecting for March)

Peanut Butter
Jelly
Dinner Helpers
Ketchup
BBQ sauce
Pasta sauce
Salad dressing
Salsa

Healthy snacks:
Granola bars
Microwave popcorn
Nuts
Crackers



Circle of Concern's food pantry serves approximately 2,000 individuals monthly and more than 1,200 households annually. For more information, go to:

Make a donation to the Trinity Food Pantry: <https://www.trinitycwe.org/donate>

<https://www.circleofconcern.org/>

Report from the Treasurer

January 2024



We have started off the year well with a good month of January financially. Pledge income came in at \$55,200. However, \$27,800 of that was actually received late in 2023 as some people paid their 2024 pledges in advance to provide additional charitable contributions for their 2023 tax returns. This money was set aside in 2023 and then recognized as 2024 income in January. We also received the quarterly distribution from the Endowment Fund in January, which added \$5,600 to our income. Total income was \$62,600 which was slightly ahead of budget for the month.

Most expenses were right around or below budget. Total expenses came in at \$57,200 which gave us a surplus for the month of \$5,400.

Our cash on hand to support ongoing operations now stands at \$292,200. We will see this number fluctuate throughout the year especially as we address some of the larger long-term maintenance projects. The capital campaign will certainly help to offset some of those costs as it begins to roll out in the next few months.

Thank you all for your continued faithful support that keeps St. Tim's vibrant and strong. If you would like to view the detailed financial statements for January 2024, please click the links below.

[Jan. 2024 Profit & Loss Statement](#)

[Jan. 2024 Balance Sheet](#)

If you have any questions, please do not hesitate to contact the treasurers at treasurer.at.saint.tims@gmail.com

- Kurt Zwickelmaier, Treasurer



Death can be uncomfortable to talk about and even harder to plan. Yet, we all desire the same thing: A Good and Faithful Death. But what does that look like and how do we plan for it? Join us at St. Timothy's Episcopal Church for a four week discussion on End of Life planning with presentations by special guests. **Discussions will be in Fleming Hall on Thursdays at 6 pm.**

Week 1, February 22: Advance Directives

The Rev. Deacon Justin Martin will lead this session. He is a vocational deacon serving at Christ Church Cathedral in the Diocese of Missouri. Deacon Justin is the Director of Spiritual Care Innovation and Transformation with Mercy and provides strategic leadership to more than 100 chaplains across four states and 14 spiritual care departments/hospitals.

Week 2, February 22: Charitable Bequests

Robert Horton is Senior Wealth Advisor for Mariner Wealth Advisors, and will lead this session. Robert provides high net worth individuals and families with comprehensive wealth advice that includes investment management, retirement plan consulting, charitable gifting strategies, business succession, and tax and estate planning to help them reach their goals.

Week 3, March 7: Funeralary Options,

Jennifer Oliver, Funeral Director at Schrader Funeral Home, will co-lead this session. She started her career at the oldest funeral home in Washington, MO in 1994, but has been with Schrader since 2010. Schrader Funeral Home & Crematory has a large and experienced staff in all phases of funeral service. Mandi Barret from Belerive Gardens Cemetery will also be joining the presentation to discuss their cemetery options.

Week 4, March 14: Burial Office Liturgy

The Rev. Garron C. Daniels is the Curate at St. Timothy's Episcopal Church. He will make the presentation on the many facets of our Episcopal burial office liturgy.

Please join us for any or all of the sessions.

Dates to Remember

February Birthdays

2	Emma Barnes
	Thomas Loew
	Luc Wiggins
6	Mitzi Uyemura
8	Wayne Birch
	JoAnn Graziano
9	Lindsey Short
10	Kirk Fritsch
11	Elizabeth Fogt
	Andrew Schuerman
12	Robert Coots
	Judy DeMarco
	Norm Moenkhaus

13	Ellen Lindsey
16	Jennifer Barnes
18	Michelle Ridlen
20	Hongxia Wang
21	Paul Robinson
	Pat Wootton
22	Nathan Linneman
24	Dan Hagrman
27	Clay Kaufman
	Joseph Shirley

February Anniversaries

6	Bev & Paul Robinson
19	Karen & Rick Sharp
26	Leslie & Tony Corey
27	Charlotte Bukowski & Thomas Loew

March Birthdays

1	Leann Schuering
2	Sophia Mazhou
	Nancy Sinise
4	Beverly Rhea
7	Gerald Amies
	Ruth Birch
8	Leland Schuerman
	Caitlin Schuerman
9	Anne Teymouri
10	Mike Teymouri
11	Joanna Nassif
12	Lynn Whittington

13	Emmett Schuering
14	J. Andreson
	Doug Detloff
16	Zach Cameron
	Pat Dressel
17	Larry Johnson
19	Nolan Wischnowsky
20	Joy Rouse
	Natalie Schuh
22	Avery Collins

March Anniversary

21	Pat & Ron Batty
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O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen



Sign up NOW for Fall Family Camp!

Enjoy a beautiful fall weekend with other St. Tim's families
at Pere Marquette Lodge near scenic Grafton, IL.



On Oct. 12 & 13, we'll relax and have fun together in a
gorgeous setting, enjoying many activities, such as hiking,
horseback riding, biking, visiting a wildlife sanctuary,
making s'mores over a campfire, and much more.



Learn more about this well-loved St. Tim's tradition at
an informational Zoom meeting on Wednesday, Feb. 28
at 7 p.m. [https://us02web.zoom.us/j/86570605536?](https://us02web.zoom.us/j/86570605536?pwd=Y1pSMFMvZnhQNVZSbHhxd080dDhNQQT09)
[pwd=Y1pSMFMvZnhQNVZSbHhxd080dDhNQQT09](https://us02web.zoom.us/j/86570605536?pwd=Y1pSMFMvZnhQNVZSbHhxd080dDhNQQT09)

Contact [Louise Pooley](#) or [Jennifer Sidor](#)
for more information.

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The Rev. Garron C. Daniels, *Curate*
The Rev. Dayna Jewson, *Deacon*
Mark R. Scholtz, *Director of Music & Organist*
Mitzi Uyemura, *Angler Editor*

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