



**March**  
**2017**

**St. Timothy's Episcopal Church**

**Creve Coeur, MO**

## **OUR JOURNEY TO GOD**



### **WEDNESDAYS IN LENT**

### **FEATURING THE REV. DAVID FLY**

Please come for Dinner, Conversation, Prayer  
5:30 - 8:00 p.m.

### **Special Lenten Dinner Series**

St. Timothy's is thrilled to welcome The Rev. David Fly to our tables this Lent. He will lovingly and playfully get us all sharing stories of our faith, and our journeys with God. A professional clown before his ordination to the Episcopal priesthood in 1966, David has served in urban, rural, and campus ministries throughout the Midwest. His last position was rector of Grace Church, Kirkwood, MO. Since retiring, he has been in demand as a preacher, teacher, and conference leader. His memoir *Faces of Faith – Reflections in a Rearview Mirror* was published in 2004 by Church Publishing Incorporated, New York.

"David Fly is fluent in the language of the lighthearted. He knows, as far too few in his calling know, that you can be serious without being solemn. He connects with us in a rich, entertaining and humorous way that points as well to joy which lifts our hearts and spirits. David knows well, as Peter Berger said, about the 'comic relief of redemption' and he is fluent in its vocabulary," says the Rt. Rev. Hays H. Rockwell, Ninth Bishop of Missouri.

by Heidi Carter Clark

# Reflections on Lent

(From *The Loyola Press*)

People often don't look forward to Lent. Childhood memories of giving up candy or sitting through the Stations of the Cross come immediately to mind. Words like "sacrifice," "discipline," and "self-denial" are often used in ways that suggest that Lent is something to be endured rather than a time of grace and spiritual growth.

Have you ever thought of Lent as a yearly second chance? Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from God's path, Lent becomes that second chance, or do-over, to "return to God with our whole heart."

We're highlighting Lenten practices and memories of people who have shared their stories with us. Their experiences range from pious and traditional to creative and out-of-the-ordinary, but all of them represent attempts to make the season of Lent a meaningful time of prayer, fasting, and almsgiving for themselves, their loved ones, and their communities. Invite family members to share their thoughts, hopes, and desires for Lent. Decide to support one another in whatever you choose to do. As you journey through this annual second chance, remember that each step brings you closer to the welcoming arms of our loving God. Let the wisdom and spirit of these stories inspire you in your own Lenten journey.

## *Around the Breakfast Table*

One of my best Lenten practices was begun when my children were in elementary school and I was a working parent. It seemed as though we were struggling to find time to eat dinner as a family and this was greatly disturbing me. I decided that if we were unable to hold the dinner hour sacred due to work schedules and after school activities, I would instead hold the breakfast hour sacred. I made sure to get up each morning during Lent just a little earlier so that I could not only provide breakfast for my family but actually sit together, pray our meal prayer and begin each day on a happy note. It began in Lent and didn't end until my children went off to college many years later. I learned that Lenten habits could carry far off into the future with my family. The impact was dramatic in that each day was started with a prayer and

positive attitudes. Breakfast became and remains one of our favorite rituals of the day. *(Roberta, IL)*

## *My Lenten Jar*

I always have nice things that I'd like to do, but never seem to make time to get to: write a letter to a friend, visit a lonely person, call a distant friend. At the beginning of Lent, I write down 40+ tasks, one per little slip of paper, and toss them in a jar. Then, each morning of Lent, I pull one out and do the task written there. It teaches me that I like surprise and variety in my Lenten practices. For me, this is a simple way to concentrate on the disciplines of giving alms and doing good for others. *(Mark, KS)*

## *A Note a Day*

Each day of Lent, through prayer, a name surfaces of a person who has had an impact on my life in some way. I then take the time to write a handwritten note to that person. I have been amazed at the people that have surfaced: from my 3rd grade teacher; to a cousin; to a priest; to a high school student who had written me a note after a presentation I gave at her school. I send the notes without the expectation of a response. Yet, I have received several emails and notes stating how much it meant to the person.

Life is too short—we see that with Jesus—but we have the opportunity to share our thoughts with those who have made an impact (some don't even know it, until they receive the note). This embodies the idea of Lent: prayer—for a specific person each day; fasting—from negative thoughts; and almsgiving—sending a note with affirmations is a great gift to give. *(Suzanne, NY)*

## *Dialing into God*

Instead of listening to music or talk radio in my car, I decided to take that time for prayer and to listen to God. At first, it was a difficult transition; the silence was deafening. But soon, I began to enjoy the quiet time. I prayed for people who I knew needed my prayers. I prayed for my family and myself. I also thanked God for my many blessings. I found that I became much more calm and peaceful during this time. This reflective time grounded and centered me to do my best. *(Donna, NC)*

<http://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/articles/reflecting-on-the-lent-season#>.



# “Healing a House Divided”

## Episcopal Presiding Bishop to Speak at John C. Danforth Center April 4

**(From the Episcopal Diocese of Missouri’s website:)**

The Most Rev. Michael Curry, 27<sup>th</sup> Presiding Bishop and Primate of The Episcopal Church, will present a public lecture titled *Healing a House Divided* hosted by the Danforth Center for Religion and Politics on the Washington University Campus. April 4, 2017, beginning at 5:30 PM. **After this rancorous election season and administration change, could a topic be more timely?**

The Danforth Center's mission is "fostering rigorous scholarship and informing broad academic and public communities about the intersections of religion and U.S. politics." And one of their great gifts to the community is a lecture series.

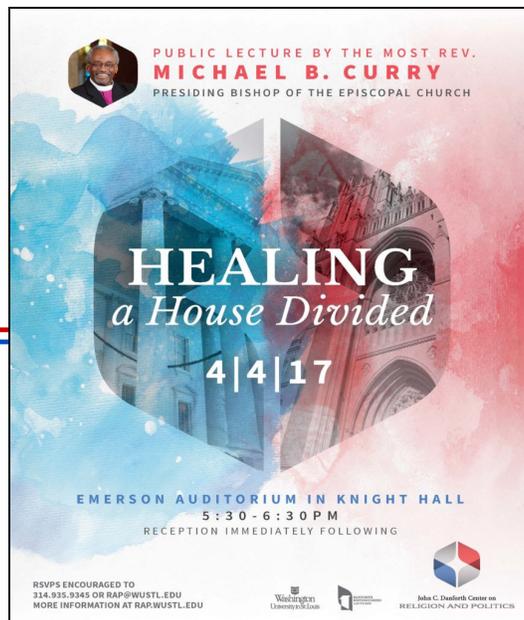
This lecture will be held in the Emerson Auditorium in Knight Hall on the Washington University campus. Center founder, former Sen. John

Danforth, will introduce Presiding Bishop Curry. After the lecture there will be time for questions, and after that hour, there will be a reception for everyone who attends.

We're looking forward to many Episcopalians supporting this event and to that end, the Center is arranging shuttle buses to help transport attendees to the Washington University campus. You don't even have to worry about driving to Wash U or trying to find a parking spot! (St. Timothy's is one of the pick-up points for the shuttles located around the city .)

There will be general admission seating in Emerson Auditorium. Doors will open at 4:30 p.m. For more information or to sign up to attend, please call St. Tim's office at (314) 434-5906.

<https://www.diocesemo.org/news/2017/02/21/presiding-bishop-speak-st-louis-april-4>



## About Presiding Bishop Curry

Presiding Bishop Michael Curry laid the groundwork for this lecture with statements he made just after the November 2016 election:

“Last week I shared what I pray was a reconciling post election message to our church, reminding us that 'we will all live together as fellow Americans, as citizens.' Today I want to remind us that during moments of transition, during moments of tension, it is important to affirm our core identity and values as followers of Jesus in the Episcopal Anglican way.

...As the Episcopal branch of the Jesus Movement today, we Episcopalians are committed, as our Prayer Book teaches to honor the covenant and promises we made in Holy Baptism: *To proclaim by word and example the Good News of God in Christ; To seek and serve Christ in all persons, loving our neighbor as ourselves; to strive for justice and peace among all people, and to respect the dignity of every human being.*

As Christians, we believe that all humans are created in God's image and equal before God – those who may be rejoicing as well as those who may be in sorrow.”

(To read the entire statement, go to

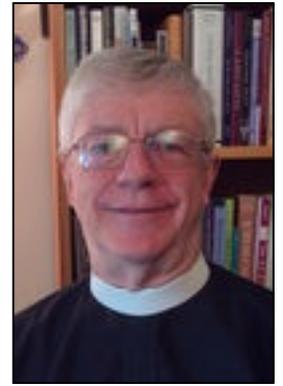
<http://www.episcopalchurch.org/posts/publicaffairs/statement-presiding-bishop-michael-curry> )

The Most Reverend Michael Bruce Curry was installed as the 27th Presiding Bishop and Primate of The Episcopal Church on November 1, 2015. Born in Chicago, IL, on March 13, 1953, Presiding Bishop Curry attended public schools in Buffalo, NY, and graduated with high honors from Hobart College in Geneva, NY, in 1975. He received a Master of Divinity degree in 1978 from Yale University Divinity School in New Haven, CT. After being ordained to the diaconate in June 1978, and to the priesthood in December 1978, Curry served as rector in Winston-Salem, NC, Shaker Heights, OH and Baltimore, MD, where he served until his election as the 11th Bishop of the Episcopal Diocese of North Carolina in February 2000.

## Faith and Family with Fr. Paul

By Florrie Kohn

For nearly two years, The Reverend Dr. Paul Metzler, 72, has served St. Tim's as Associate Priest. Before coming to St. Tim's, Father Paul retired from a long career in pastoral ministry and spiritual care mostly in the Northeast. He is married to the Reverend Martie Metzler. They returned to St. Louis—where they met and married nearly 40 years ago—when Martie accepted a position as associate priest of Emanuel Episcopal Church in Webster Groves and to be closer to Martie's family. The Metzlers have two young adult children; Benjamin, 31, works in finance in Toronto, and Elizabeth, 30, is completing a Master's program in applied linguistics at San Diego State University in California.



**The Angler:** Prior to retirement—which you freely admit ‘failing at,’ you followed an untraditional path that never involved leading a congregation. As a spiritual educator and psychotherapist, you served pastoral counseling centers, hospice organizations, and other religious communities. Often times, you provided support to individuals profoundly affected by grief, conflicted in faith or absent of faith. Give us some insight into your faith.

**Fr. Paul:** I always feel like the center of my life is the Church. The weekly round of Holy Eucharist and daily prayer grounds me. I was ordained to be a priest—to serve Christ in the Church and I've done that while wearing many different hats. In hospice, I was so fully stepping on holy ground. As a priest and as pastor, I have been witness to the consolation that can be brought to people of faith as well as to people not of faith. In hospice, a chaplain seeks to meet people where they are and tries to offer presence and spiritual support. If that support involves religious teaching and resources, fine. It may also simply mean providing a sense of humanity and connection to family and future generations at the end of life.

**The Angler:** How do you begin your day?

**Fr. Paul:** I read Morning Prayer on my smart phone. There is a website that publishes daily Morning and Evening Prayer (<https://dailyoffice.wordpress.com>). It is wonderful to open the email each morning, click it, and there are the scriptures and prayers interspersed with photographs and art. I also follow the writings of Barbara Crafton, a priest in the Diocese of New York ([www.geraniumfarm.org](http://www.geraniumfarm.org)). She also sends a daily email with reflections and art related to the lessons of the day. She ends each email with “Let us bless the Lord” and I reply back “Thanks be to God.” She gets hundreds—if not thousands—of replies every day from people who read Morning Prayer alone, but know that others are doing it at the same time. To me, it has been a great sense of community.

**The Angler:** Being a parent is one of the greatest responsibilities many of us will ever take on. You and your wife Martie raised two “preacher's kids”—children with many eyes upon them and with parents who were pulled in many different directions. What do you hope your children absorbed from the experience?

**Fr. Paul:** Church was central in our day-to-day life. I hope that our children Ben and Elizabeth will remember that even through the stress and strain, their parents were committed to serve others through the church. I hope that they, too, have a real sense of commitment, passion and care for the people in their lives and for people in need.

**The Angler:** You grew up in a family committed to law enforcement in New York City, one of our nation's greatest melting pots. For many, in this moment, law enforcement, race and immigration are churning up deep emotions about which lives matter most. Where can we find common ground?

**Fr. Paul:** My father was a cop. My brother was a cop. My uncle was a cop and my cousin was a cop. All lives matter. That is the message of the gospel. That is what Jesus taught in the Sermon on the Mount and throughout his ministry. It is unfortunate if a discussion of “who matters” gets polarized into opposition to others. All lives matter, and I hope that in my sermons and in my life I contribute to helping people avoid either/or statements. To God, everyone matters.

## Faith and Family with Fr. Paul, cont.

**The Angler:** Turn on the evening news, and it is quickly apparent that people are unsettled in their expectations of how the world should be. How do you stay centered in chaotic times?

**Fr. Paul:** My sense of Daily Prayer really helps. I know those prayers have been said for centuries; those scriptures have been read for centuries. I am part of a long train of faithful people that came before me and will continue after me. In their own day, and in their own time, these people also faced enormous stresses and challenges. God's love and the grace of God will keep me and hold me going forward.

**The Angler:** What do you see in St. Tim's?

**Fr. Paul:** There is a great spirit in this parish about building the future and wanting to engage in ministries all along the spectrum. If you list the many ways the people of St. Tim's are out and about trying to live the Kingdom of God—to live out the message of Jesus in their own place of work or school or family life—I find that very moving and contagious.

**The Angler:** One last question—an easy one. As the primary cook for you and Martie, what's your 'go-to' meal?

**Fr. Paul:** Chicken quesadillas. We always have some cooked chicken. Chop the chicken into bite-size pieces, chop some cilantro, and add cheese and La Victoria green taco sauce. Start with a store-bought roasted chicken, and it's easy.

## LETTUCE Feed the Hungry!

The Food Pantry Garden is gearing up for its 11th growing season, and we need your help with this important ministry! All the food we harvest is taken to Circle of Concern Food Pantry in Valley Park where it is a welcome bonus to the canned and boxed goods families receive.

Our fenced-in garden is located out the back doors of the Fellowship Hall. We have three large raised beds, two compost areas, and numerous pots that are filled with vegetables and herbs. It takes many dedicated people for the garden to grow but you don't need gardening skills to help out. There are numerous "jobs" available for beginners through master gardeners. We'll be spreading mulch soon and turning the ground over. Plants need to be set out and there is always weeding to be done. Watering is a big job when the weather turns hot, but we have a drip irrigation system now that makes it easier. Of course, harvesting the produce is the most rewarding of all and then we need help driving all of the produce to the Circle of Concern. Dates for all of these activities will be published in Worthy of Note. **See you in the garden!!!**

Please contact the following people with questions or to volunteer: Nancy Setzer [nsetzer@sbcglobal.net](mailto:nsetzer@sbcglobal.net), J. Andreson [ajandreson839@gmail.com](mailto:ajandreson839@gmail.com), Holly Wilson [handhwilson@hotmail.com](mailto:handhwilson@hotmail.com) by Nancy Setzer



## St. Timothy's Adult Forums: Spring 2017

### March 5 "Suffering and Loss"

Dr. Hal Bush, SLU Assoc. Professor in the College of Arts and Sciences will speak about suffering, loss and recovery.

### March 12 "Journey to become an Episcopal Priest"

Laurie Anzilotti will share her journey as well as her thoughts on the future of the church.

### March 19 Review of the book, *The Field of Fight*

Dr. Ann Wainscott, SLU Political Science Asst. Professor,

will review the book written by Retired Lt. Gen. Michael Flynn, President Trump's recently resigned National Security Advisor, discussing radical Islam.

### March 26 (April 2 and 9) "St. Paul and the Corinthians"

These sessions will focus on the thoughts of St. Paul as expressed in First Corinthians, including wisdom by human standards, problems of factionalism and the gifts of the Spirit.

## MUSIC NOTES

Sunday afternoon, 26 March, at 5.00, the Choir of St. Timothy's will sing Evensong for the Fourth Sunday in Lent (*Laetare* Sunday). The evening's canticles will be sung to Anglican chants by Henry Walford Davies and Charles Hylton Stewart. Herbert Howells' anthem *My eyes for beauty pine*, poetry by Robert Bridges, will also be sung. A lovely reception will follow in the Gathering Place.

So, what is *Laetare* Sunday? The word *Laetare* (rejoice) opens the traditional introit for the Fourth Sunday in Lent: "*Laetare Jerusalem*," "Rejoice, O Jerusalem." The church is called to joyful anticipation of the victory to be won at Easter, an opportunity to lighten the penitential emphasis of Lent, if only for a day. Also known as

mid-Lent and Rose Sunday, flowers, customarily not used during the season in many parishes, may appear at the altar, and Priests are given the option to wear rose-colored vestments in place of the violet vestments normally worn during Lent. *Laetare's* counterpart, *Gaudete*, the Third Sunday of Advent, is represented by a rose-colored candle in the Advent Wreath. Only a very few parishes use rose-colored vestments for two rather practical reasons: 1. They are only used twice a year (Lent IV and Advent III), and 2. Though very beautiful, they are very expensive.

Pax,

Mark

Mark R. Scholtz  
Director of Music



## This Loan is Special

Kiva allows lenders loan money to people in more than 80 countries, so they can start a business, go to school, or otherwise improve their lives. The mission of this non-profit organization is to connect people through lending to alleviate poverty. Kiva works with microfinance institutions on five continents to provide loans to people without access to traditional banking systems. Leveraging the internet and a worldwide network of microfinance institutions, Kiva lets individuals lend as little as \$25 to help create opportunity around the world. Since Kiva was founded in 2005, over 1.6 million lenders have loaned \$930.7 million to 2.3 million borrowers across 82 different countries, with a repayment rate of 97.1%. A new feature on the Kiva website highlights what makes each loan special. Learn more about St. Timothy's Kiva loans on our lender page <http://www.kiva.org/lender/saint3913>

These are some of the comments written by Kiva staff members about the 19 loans St. Timothy's Kiva Team funded in January 2017. **THIS LOAN IS SPECIAL BECAUSE IT...**

- Empowers low-income women living in remote rural communities to increase income.
- Is one of few affordable credit options for low-income borrowers in São Paulo, Brazil.
- Helps women access affordable funding with targeted business training.
- Allows borrower to access a loan, plus other family-oriented services.
- Helps vulnerable women start new businesses.
- Targets low-income borrowers who can't access typical microfinance loans.
- Supports the well-being of women and their families.
- Reaches rural populations with less access to opportunity.
- Serves entrepreneurs in conflict-affected areas with few opportunities.
- Supports informal business owners that have fewer opportunities.
- Provides financial opportunities to riskier Rwandan entrepreneurs who rely on social collateral.



by  
Kathy  
Dyer

# Report from the Treasurer, January 2017



St. Timothy's finished January with a small \$1,101 surplus. January represents 8.3% of the year, and income was 8.26% of the budget and expenses were 7.33%. Pledge income was slightly above budget at 8.66% as was facility income at 8.57%.

Expenses were low in several large categories, including building maintenance (6.69%) and utilities (5.52%). Payroll expense was low because we were not fully staffed as of the beginning of the month (6.38%).

Our monthly financials are posted in the hallway near the office and we encourage everyone to examine them at any time. Questions are always welcome!

--The Finance Committee

(Steve Cameron, Ginni Campbell, The Rev. Marvin Foltz, Alice Fritsch, Norm Moenkhaus, John O'Bryan, Rick Sharp, Mike Wyland, Kurt Zwickelmaier)



## March Dates to Remember

### March Birthdays

1	Brent Pannel	11	Lexi Dressel	24	Claire Warhover
2	Nancy Sinise	12	Lynn Whittington	25	Marvin Foltz
3	John O'Bryan	14	J. Andreson		Chris Hayes
4	Beverly Rhea		Doug Detloff		Rob Uyemura
5	Adrianna Hotra	15	Mike Bacon	26	Claudia Uccello
	Tom Morgan		Mary Gaffey	27	Karen Hafeli
7	Gerald Amies	16	Zach Cameron		Luke Nauman
8	Dorothy Bacon		Gail Jones		
	Caitlin Schuerman	17	Pat Evans		
	Leland Schuerman	19	Nolan Wischnowsky		
9	Anne Teymouri	20	Bill Buhro		
10	Cindy Foltz		Joy Rouse		
	Jacob Mitchell	22	Avery Collins	21	Pat and Ron Batty
	Mike Teymouri	23	Mark Nauman		

### March Anniversary

We are saddened to recognize the recent deaths of several longtime St. Timothy's Parishioners :

Andy Arras, on December 19  
Mary "Bitsy" Williams Hastings, on January 28  
Carol Rogler, on February 19

*Eternal rest grant unto them, O Lord, and let light perpetual shine upon them.*



## Did You Know?

You can help plan a **New Member Brunch** to welcome new members to St. Timothy's. We would love your help so we can give all of our new members and families a special treat. Please contact Don Dewey at [dondeweyjr@gmail.com](mailto:dondeweyjr@gmail.com) if you would like to help.

**You can provide the altar flowers each Sunday?** You can give them in thanksgiving of something in your life or in memory of a loved one. It's easy: just write your name on the flower list on the bulletin board along with the reason for giving them, and write a check to St. Timothy's for \$45 with "flowers" written on the memo line.

**Grace Hill Women's Business Center** will celebrate its 18th Annual Wall of Fame event on March 29? It honors 3 or 4 women who have participated in at least one of the WBC services and have gone on to grow their business, achieve financial success and promote excellence among women entrepreneurs. It will be held at Rose of the Hill, 2300 Edwards, with Cocktail Hour from 5:30 - 6:30 p.m. and the Award Presentation from 6:30-8:00 p.m. St. Tim's has long supported WBC.

## St. Timothy's Discipleship Bible Study Winter/Spring 2017



Please join us for **Discipleship Bible Study** in the South Parish Hall during the Christian Formation Hour starting at 9:40 a.m. on Sundays. This is a discussion-based study open to everyone and is led by Rev. Sue Eastes, Chuck Agne, Linda Lawless, and Agnes Bolwell.

This spring, we'll be studying the New Testament. Everyone is welcome to these stimulating discussions. Please join us for compelling Sunday morning Bible Study!

### March's Schedule:

- 5** Power to Bear Fruit (*readings in John*)
- 12** Where No One Else Can Go (*readings in John, Leviticus, Hebrews*)
- 19** Weeping Turned to Witness (*readings in John, Mark, Matthew*)
- 26** Our Life Together (*readings in 1John, 2John, Jude*)

## Events in March

### Wednesday, March 8

- Lenten Dinner Series, 5:30 - 8pm, "Magical Mystery Tour"

### Wednesday, March 12

- Lenten Dinner Series, 5:30 - 8pm, "Great Cloud of Witnesses"

### Tuesday, Mar. 21,

- Daytimers: Trip to Univ. City's Early Childhood Center, 9:15 am

### Wednesday, March 22

- Lenten Dinner Series, 5:30 - 8pm, "Sharing the News"

### Sunday, March 26

- Evensong, 5:00 pm
- Wednesday, March 29
- Lenten Dinner Series, "Challenges Along the Way"
- Friday, March 31
- Cod for God Fish Fry, 6 pm in Parish Hall

Saint Timothy's Episcopal Church  
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Web Site: <http://www.saint-tims.org>

The Rev. Dr. Paul A. Metzler, *Clergy Associate*  
Heidi Carter Clark, *Lay Associate for Ministry*  
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David Coulter, *Youth Minister*  
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Mitzi Uyemura, *Angler Editor*

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Prompt Delivery Appreciated**