



Grace Church of West Feliciana Parish

"A loving congregation seeking unity with God and each other in Christ"

Newsletter for
February 14 & 21,
2016

(225) 635-4065-Office
(225) 635-4410-Fax

Rector

Roman D. Roldan
rector@gracechurchwfp.org

Associate Rector

Rev. Dr. Peter Kang
associate@gracechurchwfp.org

Parish Administrator

Anne Klein
secretary@gracechurchwfp.org

Pre-School

(225) 635-4030
Diana Weller
preschool@gracechurchwfp.org

Stacy Loyacono
Emily Barrow
Crystal Rogers

Vestry

Dr. Landon Anderson
Christian DeJean
Dare Didier
Heather Howle
Richard Kendrick
Mickey Melancon
Thomas Olsen
Robert Singer
Dr. Adam Whatley

Glenn Thomas, Treasurer
treasurer@gracechurchwfp.org

Website

www.gracechurchwfp.org

If I Had a Little More Time...

Time has become our biggest commodity. There is just not enough of it to accomplish all that is demanded of us by jobs, families, friends, communities, and churches. We try our best to do it all, which at times requires a back-burner list of things to be accomplished another day. And the more that list grows, the more anxious we become, the more guilt we experience, and the more frantic and frazzled we feel. Of course, being creative and driven people, we are always checking the Internet for ways of doing things more expeditiously, cheaper, and better. And then, we use the extra time our research might get us to add additional items to our list. Kids are over scheduled, adults are stressed out, love life is on the fritz, few are eating right, no one is exercising enough, and we drink way too much alcohol. The end result is a frantic, crazy search for happiness, while feeling exhausted, bitter, empty, and used up.

Are you depressed yet? Wait, I forgot to remind you that all of us are going to die. Some sooner than others. So, there you have it. A happy thought to start Lent! Well, it may not be a happy thought, but it is an appropriate thought as we begin this season of pairing down, letting go, un-cluttering, and getting rid of stuff. Lent is that time when we remember the sober reality that we are ashes and to ashes we will return. But this realization does not need to lead us to depression and existential anxiety. This reminder of Lent could function as a stop sign in your life. A stop sign forces you to pause, at times when all you want to do is keep going. Lent is just like that. It is an invitation to pause and look back, to assess the quality of our life, and to think about our relationship with God and our brothers and sisters. Lent is a time to think about the consequences of actions we have taken and action we have failed to take. It is a time to ask for forgiveness from God and from those people we have hurt, either purposefully or through our neglect, apathy, or misguided good intentions. Lent is a time for taking in more of God and letting go of anything that is not of God.

If you are thinking about what to give up for Lent, I have a few good ideas. How about letting go of your tendency to beat yourself mercilessly in a fruitless attempt to be perfect? How about letting go of your need to be in control and to have all the answers to all life's questions and mysteries? How about giving up your unrealistic expectations of others, including spouses, children, and caregivers? How about giving up the addictive tendency to only see the bad in people and situations? How about your exhausting tendency to compare yourself with others who might be doing better, or who merely seem to be doing better?

Please know that giving up stuff only works if the giving up of the thing builds you spiritually, emotionally, or relationally. If by giving something up you are clearing some space in your heart for God and others to dwell, then that is a holy and honora-

ble thing to give up. But, please don't give up chocolate, while holding on to resentment, irrational jealousy, or self-hatred. God would be more impressed with your decision to forgive a brother or sister who has offended you, than with your decision to abstain from eating meats on Fridays. After all, he loves you greatly and wants you to be the happy and well-balanced individual he created you to be.

Now, giving up stuff does not work unless you also choose to add stuff to your Lenten disciplines. I know what you are thinking, "Here he goes, giving us more stuff to do!" Trust me, the stuff I want to add to your life will increase years to your life and life to your years. How about you give up one to two unnecessary things in your busy schedule and replace them with a romantic date with your spouse, or a movie and popcorn with your kids every week for the duration of Lent? Believe it when I tell you that this is as much a Lenten discipline as fasting. How about you visit a loved one you haven't seen in a while and make a decision to have a fun day with him or her? How about you take 20 minutes and come to daily Morning Prayer at Grace Church, not out of guilt or compulsion, but out of a desire to take a few minutes for yourself at the start of each day to be in communion with God, to practice a bit of mindfulness, and to prepare yourself mentally and spiritually for the busy day ahead. How about you knock five unnecessary things from your schedule and take a walk every day to clear your head and improve health outcomes. How about you read Holy Scripture every day for 20 to 30 minutes and discern what God wants from you each day. These are just a few ideas, but, the message is clear: You need to de-clutter your life, precisely because life is short and precious.

Blessings to you and yours. Call me if you need me, and pray that I may be able to follow my own advice, because I know well that I am preaching to myself. May you have a happy and blessed Lent. Fr. Roldan+



Many thanks to everyone who attended the Youth Group's Pancake Brunch on February 7th. There were many youth and adults helping in the kitchen and all their work is appreciated to make this a success. They raised over \$800 to donate to the West Feliciana Food Bank.

Intercessory prayers are asked for Grace Church members who are ill:

Mark Armstrong, Landon Anderson, David Barnes, George Black, Wayne Blake, Russell Daniel, Cecil May Dwyer, Rob Fisher, Robert Mitchell, Tom Morris, Sara Nelson, Emile Pourciau, Margie Sheets, Anne Timmons, Wendell Wade, Madeline Wright.

Birthdays

David Opperman, Paula Finley-Feb. 14; Logan Reinhardt, Thomas Kendrick-Feb. 15; Chris Betz, Lucile Lawrason-Feb. 17; James Kane, Melissa Dowd-Feb. 18; Bill McClendon, Stewart Maunsell-Feb. 19; Tyler Ferris-Feb. 20; Libby Dart, John McGehee-Feb. 21; Lauri Benton-Feb. 23; Rosalie Reymond, Stephanie Ferguson, Ruby Woods, Merrick Lambert-Feb. 24; James Boucher, Emma Olsen, Stacy Loyacono-Feb. 25; Roman Roldan, Lisa McGehee, Rucker Leake-Feb. 26; James LeBlanc, Kay Graves, Ellen Klein-Feb. 27.

Wedding

Anniversaries

Lin and Carlin Kendrick-Feb. 23

Other persons prayers are asked for:

Sadie Aitken, Charles Barham, Mercer Barney, Jolie Berry, MiMi Bornman, Ben Brown, Steve Brown, Willie Bryant, Randy Bryant, Debbie Bunch, John Caruthers, Jenny Clark, Bodo & Kitty Claus, Troy Cothorn, Kathleen Davis, Debbie Desmar, Helen Desselles, Molly Douglas, Mark Ellison, Gretchen Eppling, Jennifer Erickson, Louise Ewin, Mark Feltner, Dennis Flynn, Matthew Gill, Myron Hamey, Roy Hardin, Parke Henderson, Elmo Hegwood, Wayne Hudson, Joel James, Lindsey Johnson, Jill Joffrion, Mary Jo Kaly, Cecil Kelly, Jody Lemoine, Bob Lewis, Jessica Liddle, Max, Paul McGuff, Ralph McKenzie, Laine Martrain, Mary Anne McCrory, Ruby McKee, Robin Michel, Dorothy Anne Millikin, Jim Mire, Jimmy Mitchell, Rusty Melton, Alice Mier, Mike Morris, Randall Nachman, Emily Neumann, Ashley Palmer, Barton Platte, Susanna Prescott, Holly Price, Peter Purpera, Carol Ratcliff, Tammy Riggs, Gwin Shanks, Kaizlyn Shockley, Cade Stapleton, Gary Thomas, Glenn Thomas III, Denham Turner, Darold Whitmer, John Woodward.

Those serving in the armed forces: Parker Blanche, Amanda Browning, James Boucher, Jay Christopher, Ryan Coacher, Ben Colia, John Davis, Joseph Dooley, Bryan Geltz, Edward Jenkins, Laura Latson, Shawn Lemons, Terry Palmer, James Powers, Jeff Ragusa, Christopher Willis, Matthew Young, 745th & 746th Exped Squads, 379th & 926th Exped. Support Squads.

“Hat Ministry”: Due to the generosity of Will Gordon Plettinger, it was my privilege to wear Deacon Lucy's hats during my recent chemo treatment. Since then, we have shared Lucy's and my hats with others undergoing cancer treatment, and thus the idea of a "Hat Ministry". We will store these hats in Jackson Hall. Will Gordon and Kathy P. Kane have agreed to serve on the committee with me. Soft, washable hats are the most comfortable and the easiest to disinfect. If you have hats you would like to contribute to our collection or if you know of someone in need of hats; please contact Susan Leake at 635-6115. Thank you.

Welcome Robert and Elizabeth Finley, and their children, Jessica and Paula, who transferred to Grace Church recently from Christ Church Cathedral in New Orleans. Also to **Charlotte Gammill Peno** who transferred from St. James, in Baton Rouge.

St. Francisville Symphony Association of the Baton Rouge Symphony presents its third concert of the season this Friday, February 12 in Grace Church at 7pm. Willis Delony offers a fascinating glimpse into the connections between the worlds of Classical and Jazz music in his original production, *Willis Delony: Intersections*. Join us to see Willis Delony on the piano; tickets are available at Bank of St. Francisville, 225 635-6397.

Vacation Bible School will be the week of July 11-15, 2016. Mark your calendars now, and if you would like to help during that week, give Christie Reinhardt a call, 938-8504.

Congratulations to Rebecca Kastl who recently married Michael (Mickey) Millsap Jr, in December. Rebecca has relocated to Birmingham, Alabama where they will live.

House Docents Needed for the 2016 Audubon Pilgrimage: If you would like to volunteer as a docent at one of the homes on tour, please contact Susie Tully at 278-5120.

Grace Church Volunteers Needed for 2016 Audubon Pilgrimage: Our beautiful church and cemetery are a favorite stop for pilgrimage visitors. Volunteers are needed as hosts at Grace during the pilgrimage weekend. Please contact Stacy Loyacono at 235-2213 if you would like to volunteer for a shift. There is also a sign-up sheet in the lobby at Jackson Hall.

C. S. Lewis lunches: Grace Church will be partnering with St. Alban's Chapel on LSU to sponsor a lunch on March 2nd during their C. S. Lewis' studies. The lunch starts at 11:30, but the volunteers will need to leave our church parking lot around 9:30am. If you would like to volunteer to help serve the lunch, please call Kelly Ward at 721-2253. Dare Didier said they participated last year and it was great fun. So join them!

Lenten Bible Studies: Join us from Wednesday, February 17 to March 23 at 9am in Jackson Hall for a study facilitated by Louise Jenkins, Kathryn Ward, Dixie Blue, Nicole Pinson, Dare Didier and Maria Gerry on the book *The Breath of the Soul: Reflections on Prayer* by Joan Chittister. Copies of this book are available at Conundrum Books and Puzzles on Ferdinand St. here in St. Francisville. Please sign up in the narthex if you plan to attend. Please try to read Chapters 1-7 for the first session, which will be facilitated by Kathryn Ward. The evening study will be *Prayer Book Survey* with Dr. Peter Kang, will run to March 16. Episcopalians have been called a “Prayer Book People” - a people whose individual and corporate lives are shaped by the Book of Common Prayer. We'll have a closer look at the contents of the prayer book and discuss how it shapes us as a pilgrim and prayerful people.

Donations for Easter lilies for Easter Sunday may be given by putting a check in the offering plate on Sundays or by mailing a check with a list of who is to be memorialized, who it is in honor of or what it is in thanksgiving for. Donations need to be received by March 18th.

Grace Church
of West Feliciana Parish
P.O. Box 28
St. Francisville LA 70775

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Sunday Ministry Assistants & Calendar

Sunday, February 14, 2016

Acolytes: Mary Willis, Mathilde Fox-Smith,
Charles Fox-Smith, Logan Reinhardt
Chalice bearers: 7:30am: Sharon Gauthier
10:00am: Rucker Leake, George Newton
Ushers: Will Plettinger, Rob Reinhardt
Lectors: George Newton, Rachel Howell
Vestry Rep: Dare Didier
Altar Guild Team 2
Altar Greenery: Bill & Genie McClendon
Sanctuary Candle: Molly McGraw
Coffee Hour: Cheryl and Robert Singer
Babysitters: Natasha Kirschling, Lorna Klein

Sunday, February 21, 2016

Acolytes: Natasha Kirschling, Karina Mulkey,
Clara Jane Hughes, Mary Jane Opperman
Chalice bearer: 7:30am: Bryan McClendon
10am: David Bunch, Landon Anderson
Ushers: Joe Savell, Dwight Singer
Lectors: Missy Higgins, David Bunch
Vestry Rep: TBA
Altar Guild Team 3
Altar Greenery: Connie & Landon Anderson
Sanctuary Candle: Penny and Don Reinhardt
Coffee Hour: Martha and Dwight Singer
Babysitters: Mary Willis, Claudia Tully

Lent 1

February 14, 2016

7:30am - Eucharist
8:45-9:45 - Bible Study
10:00am - Eucharist
Coffee Hour
4-6 pm - Youth Group

Lent 2

February 21, 2016

7:30am - Eucharist
(Grace & St. John's)
8:45-9:45 - Bible Study
10:00am - Eucharist
Coffee Hour
4-6 pm - Youth Group

Wednesday, February 17, 2016

9:00am - Women's Bible Study
5:15pm - Holy Eucharist
6:00pm - Supper and Prayer Book Study

Thursday, February 18, 2016

9:15am - Morning Prayer
10:00am - Worship at SF Country Manor

Friday, February 19, 2016

7:00am - Eucharist
8:30am - Lectionary Bible Study

Sunday, February 21, 2016

7:30am - Eucharist
8:45-9:45 - Bible Study

10:00am - Eucharist

Coffee Hour

4-6:00pm - EYC meetings and supper

Tuesday, February 23, 2016

9:30am - Over 50's outing to Middendorf's

Wednesday, February 24, 2016

9:00am - Women's Bible Study
5:15pm - Holy Eucharist
6:00pm - Supper and Prayer Book Survey

Thursday, February 25, 2016

9:15am - Morning Prayer
10:00am - Worship at SF Country Manor

Friday, February 26, 2016

7:00am - Eucharist
8:30am - Lectionary Bible Study