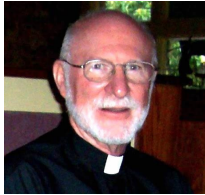


All Saints' Herald

Newsletter of
All Saints Anglican Parish
Aiken, South Carolina

A Parish of the
Anglican Catholic Church
Diocese of the South

From Fr. George's notebook....**Lent:*****Not All Sackcloth
And Ashes***

There is so much going on in our small Parish right now that it is difficult to turn my attention to the "somber" period of Lent.

We are moving forward with the promise of growth and all the anticipation of good things to come.

Now, we are approaching Lent and what so often is thought of as a dour season.

Yet, it doesn't have to be that way.

Remember what our Lord had to say about fasting in Matthew (6: 16-18):

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Through my own experience, I have come to feel strongly that Lent is the perfect time to be reflective about our spirituality. Granted, we should always be introspective and concerned about our spirituality; but Lent somehow makes it easier to be so. Perhaps, it's because that is what is expected of Catholic Christians along with eating a lot of fish!

The idea, though, is that our Lenten discipline should not be obvious to those around us, not that it should be invisible,

but that whatever we do should not resemble a self-gratifying sacrifice rather a true giving over of ourselves to God in love through a discipline that enhances our spirituality and brings us into a closer relationship with our Saviour.

I'm not so good at giving up things for Lent, though I always try. For me, what works best is taking on something along with my best effort at abstention.

But more importantly, I find this a time when I am drawn to meditate, to contemplate, and to attempt to take myself back in time as an observer of all that was happening during our Lord's final days and hours leading up to His death on the Cross.

During this Lenten Season, I hope you will discover the positive aspects of Lent and embark on a journey through the streets of Jerusalem along with our Saviour and find at the end a Risen Lord and a spiritual renewal.

Throughout Lent, as a Parish Family, we will have the opportunity to share that journey through our Lenten Suppers. We will first receive the Bread of Heaven and then join together to enjoy a simple meal and fellowship.

As part of our Lenten program, we have selected a series of videos to help us in our journey through this Penitential Season and provide us with some food for thought as well.

For our first program on March 16th, we will view the ***Apostle Paul and the Earliest Churches***; this will be followed on the 23rd with ***Herod's Temple***, on the 30th with ***The Making of the King James Bible***, on April 6th with the ***Passion of Saint Perpetua***, and on April 13th with ***Prophecies of the Passion***.

For the most part, these simple programs can be a source of inspiration. Please join us in our journey through Lent.

Coming Up in March....

Lent begins this month, preceded by our **Shrove Tuesday Spaghetti Supper** on March 8th. As usual, the pasta will be supplied, awaiting the various sauces that always appear, an opportunity to share a favorite pasta topper. Rounding out the meal is bread and salad and, of course, dessert.

The customary **Imposition of Ashes** will take place during the **5:30 p.m.** service on **Ash Wednesday** (March 9th).

As last year, we will have the **Stations of the Cross** on **Friday's** at **5:30 p.m.**, with the exception of **Friday, March 25th**, when, instead, we will celebrate the **Annunciation of the Blessed Virgin Mary**.

Additional services during **March** include the **Feast of St. Benedict** on the **21st** and the **Feast of St. Gabriel, Archangel**, on the **24th**, both with Holy Communion at 5:30 p.m. and on the **19th** at 10:30 a.m., we celebrate the **Feast of St. Joseph, Spouse of the Blessed Virgin Mary** with Holy Communion.

Looking ahead....

Over the next several months, we will be quite busy at All Saints', especially during Holy Week when we will have services Monday thru Thursday at 5:30 pm and on **Good Friday** from noon to 3:30.

There will be only one service on **Easter Day** at our regular time of 10:30.

In **May**, the **bishop** will make his annual visitation on the **22nd**. While he's here, we hope the bishop will be able to confirm or receive those who are ready.

Also, in **May**, the **Diocesan Synod** meets from the **4th thru the 6th**.

February News in Review....

As usual, we had an active month in the

Parish with the **ACW** meeting on the 1st, **Parish Night Out** on the 9th, the **Men's** meeting on the 15th, and the **ACW luncheon** also on the 15th.

Highlighting the **ACW** monthly meeting was a presentation of **Wildlife Photography** by **Forrest Roberts**.



Forrest and Carol Sue have traveled extensively, pursuing their hobby of **Wildlife Photography**. The presentation centered on their trips to **Africa** and **South America**.



We were entertained

not only by the beautiful photos but also by stories of their experiences in pursuit of wildlife with their cameras.

The **Parish Night Out** crowd swelled in numbers and inundated **Café Rio Blanco** where we enjoyed an excellent sampling of Cuban food.



This was the best turn-out for **Parish Night Out** in quite some time. We had 18 seated at the long table.



As you can see from the photos, it was a fun evening.

Those attending were: **Dn. Christopher & Cecelia Davies, Ken & Diane Gordon, Chris Roberts, Dr. Tony & Sandy Harris, Danielle & Chuck Falk, Nancy Whitacre, Lainey Keller, Forrest & Carol Sue Roberts, Jan Jenkins, Phoebe & Allen Marshall, Betty & Fr. Alexander.**

Since we will be in the midst of the **Lenten Season**, the next **Parish Night Out** is not scheduled until the second Wednesday in May.

The **ACW** met at **Travinia's** for their monthly luncheon. The promise of good Italian cuisine made for a good attendance. Present were: **Susan Thomas, Jo Cunningham, Pat Miller, Onesta Carswell, Betty Christensen, Mardena Boyko, Shelby Ruddy, Cecelia Davies,**



Betty Alexander, and a surprise guest, **Ruth Clanton.**



The next **ACW luncheon** will be on **March 15th.**

The **Men of All Saints'** met also on the 15th for an evening social at the **Bowery**. The conversation was illuminating ,perhaps enhanced by the spirits con-



sumed as well as the affable atmosphere.

All present and accounted for at the meeting were: **Ken Gordon, Jack Miller, Chris Roberts, Allen Marshall, Stephen Boyko, Willard Rappleye, Fred Christensen, Chuck Falk, Fr. Alexander,** and a surprise visit from **Fr. Clanton.**

Parish Website....

If you haven't done so, take a look at the **Parish Website**. It has a lot of current information and is updated nearly everyday. You can see more photos of happenings in the Parish, check the calendar, or peruse a recent sermon.

The address is: **www.allsaintsaiken.org**.

ACW

By Susan Thomas, President

Many thanks to **Forrest Roberts** for his wonderful presentation at our February meeting. Forrest and Carol Sue have traveled all over the world to take pictures of

wildlife in their natural habitats. We were treated to photos taken on trips to the South American and African continents. There were photographs of hippos, lions and other big cats, exotic birds, gorillas, and crocodiles. The quality and composition of the photographs were absolutely breath-taking. **Forrest** and **Carol Sue** are off on another adventure this spring. They are going to India to track tigers! We wish them a safe and successful journey.

We had a big crowd for our February lunch at Travinia's including a surprise guest, **Ruth Clanton**. We all enjoyed the good food and good company.

The **ACW** has two activities on the calendar for March. Our meeting will be Tuesday, March 1st at 2:00 in the Parish House. Our **lunch out** will be held Tuesday, **March 15th** at the **Red Pepper Cafe** at 11:30. Call Susan Thomas at 648-4431 to reserve a spot.

Men of All Saints'

By Ken Gordon, Chairman

The Men of All Saints met for dinner at The West Side Bowery in February. There were twelve attendees, including Fr. Clanton who took a break from packing to socialize. Everyone seemed to like the new format. We will therefore plan to continue next month with more of the same. The

meeting date will be March 15th. We'll meet at



6PM at a place TBD. Watch for updates in the Sunday Bulletins. I urge those of you who have not attended one of our get-togethers to set aside March 15th and join us for a little R and R (Refreshments and Repast). You won't find better company to spend an evening with - I promise.

See you in March!!

From the Deacon's Bench:

Prayer and Fasting

By Dn. Davies

Fasting is the greatest spiritual discipline for seeking God's intervention. Combined with prayer they together make up the most critical weapons of spiritual warfare and deliverance in our lives. While we cannot manipulate God to fulfill our desires exactly as laid out to him, fasting always (when done the biblical way) moves God to fulfill his intended will over the matters.

Our Lord Jesus said fasting would be necessary for his disciples after he ascended. "The time will come when the bridegroom will be taken from them; then they will fast," (Matthew 9:15)

The ministry of Paul started after a period of praying and fasting. "While they were worshipping and **fasting**, the Holy Spirit said, 'Set a part for me Barnabas and Saul for the work to which I have called them.' So after they fasted and prayed, they placed their hands on them and sent them off," Acts 13:2-3

Just not to be misunderstood, it is not a must to fast, as in making it a sin if one does not. Jesus said "When you fast..." implying that it's an essential Christian discipline. Believers are not obligated to fast even if we're expected to obey that we ought to fast. However Believers who opt never to fast could be limited in experiencing matters that can be realized in their Christian lives only through both prayer and fasting.

Nature, Role and Purpose of Fasting

Fasting, that of abstaining from food, can become legalistic and ritual oriented when taken out of context. It can become a religious activity performed in order to influence God. Fasting, is not a tool to win God's audience. God is always ready to speak to us and to help us. It is for our sake to tune ourselves to his wavelength in order to hear from him and effectively walk with him.

(Continued on Page 8)

All Saints' Parish Calendar

March 2011

Abt.	Abbot	K.	King
Ap.	Apostle	M.	Martyr
B(b).	Bishop(s)	Q.	Queen
C(c).	Confessor	Pr.	Priest
(s)		S.	Saint
D.	Doctor	V.	Virgin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>S. David, B.C.</i> ACW meets at 2 pm	2 S. Chad, B.C. H.C. 5:30 pm Anglican Studies	3 <i>Feria</i>	4 <i>Feria</i>	5 <i>Feria</i>
6 Quinquagesima MP & HC 8:30 Bible Study 9:30 HC 10:30 Healing Service 11:40	7 <i>S. Thomas Aquinas, C.D.</i>	8 S. John of God, C. Vestry meets at 2 pm H.C. 5:30 pm Shrove Tuesday Spaghetti Supper 6 pm	9 Ash Wednesday Imposition of Ashes H.C. 5:30 pm Anglican Studies	10 <i>Forty Holy Martyrs</i>	11 Feria Stations of the Cross 5:30 pm	12 <i>S. Gregory the Great, B.C.D.</i>
13 Lent 1 MP & HC 8:30 Bible Study 9:30 Litany & HC 10:30	14 <i>Lenten Feria</i>	15 <i>Lenten Feria</i> ACW Luncheon 11:30	16 Ember Wednesday in Lent H.C. 5:30 pm Lenten Supper 6:15	17 <i>S. Patrick, B.C.</i>	18 S. Cyril of Jerusalem, B.C.D. Stations of the Cross 5:30 pm	19 S. Joseph, Spouse of the B.V.M. H.C. 10:30 am
20 Lent 2 MP & HC 8:30 Bible Study 9:30 Litany & HC 10:30	21 S. Benedict, Abt. H.C. 5:30 pm	22 <i>Lenten Feria</i>	23 Lenten Feria H.C. 5:30 pm Lenten Supper 6:15	24 S. Gabriel, Archangel H.C. 5:30 pm	25 Annunciation of the B.V.M. H.C. 5:30 pm	26 <i>Lenten Feria</i>
27 Lent 3 MP & HC 8:30 Bible Study 9:30 Litany & HC 10:30	28 <i>Lenten Feria</i>	29 <i>Bl. John Keble, C.</i>	30 Lenten Feria H.C. 5:30 pm Lenten Supper 6:15	31 <i>Lenten Feria</i>		

Fasting has always been considered standard operating procedure for Christians.

Fasting has been a common practice by God's faithful throughout history. The Old Testament includes a multitude of examples of the Israelites fasting when seeking the Lord's blessing or direction. The New Testament records that Jesus himself fasted, as did leaders of the early Christian church.

Jesus didn't talk too much about fasting during his ministry, but the one time when he provided specific instructions on fasting, in Matthew 6, he started by saying "when you fast," not "if you fast." So it seems logical to conclude that Jesus expected his followers to incorporate fasting into their lives.

Although Jesus assumes that his followers will fast, he *never* instructs people on the frequency or duration of fasts. Some Christians believe that he left those specifics up to the Church to decide, while others believe he left it up to individuals as prompted by the Holy Spirit.

Fasting provides self-discipline in an undisciplined age.

The age in which we live despises discipline.

Fasting offers a way to impose self-control in your life; it gives you a "splash in the face" to awaken you to the need for the personal strength of will that you need to grow spiritually. When you restrain yourself physically, you'll find it easier to apply this same self-discipline in your spiritual life.

The benefits of fasting "rub off" in your relationship with God.

Normal exercise and a good, balanced diet go hand in hand in my life. Although fasting is a physical activity, the practice affects you deeply on the spiritual plane of your life as well. In other words, the amount of restraint and will power you practice physically has a tangible relation-

ship to your willingness to submit to God's will.

Fasting fosters concentration on God and his will.

Fasting means "concentration," because when you're fasting, you have a heightened sense of attentiveness. Food or any physical sensation can satisfy, fill you up, and dull your senses and spiritual ears. In contrast, a hungry stomach makes you more aware and alert to what God is trying to say to you.

Fasting provides a real-life illustration of dependency.

Although modern man thrives on the idea of being independent, beholden to no one, fasting helps you put the facts in the proper perspective. It's easy to believe in your independence with a full stomach, but when you start to feel hunger pains in your belly after missing a meal or two, you awaken to your body's dependency on food to survive. Fasting reveals a physical reliance on food that points to the ultimate dependency — the fact that you're dependent on God for things far more important than food.

Fasting prepares you for a big decision or an important event.

Time after time in the Bible, God's faithful spend time in fasting and prayer before a major decision or event in their lives. For example, just after getting baptized, Jesus undertook a 40-day fast in the desert as a preparation to starting his ministry

Fasting brings you in line with God to seek his will and to simultaneously show your devotion to him before the big event or decision occurs.

Fasting empowers.

Fasting can also give you newfound strength in your spiritual life because of the intimacy you gain with God as a result.

May The Lord guide and direct you during this Lenten Season.

Lent, Love, & Christian Duty

By Fr. Alexander

The Penitential Season of Lent officially begins Wednesday, March 9th. Customarily, we observe this season of the Christian Year with fasting and abstinence. We also are accustomed to ritually giving up something we enjoy in a symbolic gesture of penitence.

Our corporate worship, our actions, our lives, depending on our spiritual commitment to the customs of the Church, all take on a sort of gloom. Without a doubt, we can hardly wait for that joyous Easter Morning to break forth and dispel the Lenten gloom.

Must Lent be such a negative period in the life of the Church? Can it be anything else without diminishing the intentions of the season?

For me, the answer is clear---Lent can and should be a positive period in the life of the Church, in our own lives.

Now, I don't mean that we should not observe fasting and abstinence; nor do I mean in any way to lessen this season as a time for self-examination and spiritual preparation.

Significant in our contemplation should be the love and Self-Sacrifice of our Lord Jesus Christ which, through His Death and Passion, removed the barrier sin had built between man and God.

What I do mean is that Lent should be a time of positive spiritual action in our lives. To give up something is a perfectly good thing to do; the physical discipline can serve as a spiritual reminder of the intent of the season.

At the same time, however, I would propose that each of us commit ourselves to taking on something, whether or not we decide to give up something. It could be something as simple a commitment to say the Daily Offices of Morning and Evening Prayer, everyday, without fail; or attending weekday services, or other Lenten activities. Or, it could be something very personal, such as helping someone in physical or spiritual need, sharing Christian

love, practicing Christian charity.

There is much in a positive direction we could do during Lent; but, whatever we do, it should be done out of love: love of God and love of our fellow human beings.

There is no greater emphasis on this aspect of our Christian Duty than in the 13th Chapter of St. Paul's First Epistle to the Corinthians is both popular and beautiful. It sets before us the ultimate ideal of the Christian life to which every spiritual exercise and discipline should draw us ever closer. It unveils for us that unfeigned love which should motivate and sustain all our thoughts and actions.

The King James version of The Bible uses the word "charity" in translating the Greek; however, in the Revised Versions, we find the Greek word more appropriately translated as love. Indeed, the meaning becomes more clear when we replace "charity" with "love."

What we are talking about is more than almsgiving or kindly judgment. Thus, if we substitute "love" for "charity", we find St. Paul to be in line with St. John in attaching the highest value to love, as we see explicitly in the "Commandments" given by our Lord:

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and Great Commandment; the second is like unto it; thou shalt love thy neighbor as thyself. On these two Commandments hang all the Law and the Prophets."

This is love unlike any popular notion. We see from St. Paul that love is not self-seeking; it is not concerned with its own good, but the good of others, and sacrifices itself for others.

St. Paul starts out by saying, in simple terms, that great gifts and even good deeds are of no avail without love. What a person is is more important than what he has. While Paul was addressing some specific gifts, such as speaking with tongues, or prophesying, the intention is all the gifts God has given each of us.

Whether you have the greatest gifts, the greatest faith, or make the greatest sacrifices, they are nothing without love.

Love is eternal. Other gifts serve temporary purposes. They are a means to an end, while love remains the completion and perfection of our humanity.

While we are on earth in this human life, our knowledge of the Divine is imperfect. So much is not revealed, while, at the same time, so much is only partially revealed. We are left to use that with which we are familiar, the earthly and human figures and language, to express eternal truths.

The time will come when the spiritual will become clear. But for now, we have faith, hope, and love; these three are eternal and will continue into the next life. Faith, confidence in God; Hope, the expectation of future good; and Love, the mainspring of Faith and Hope. Without a doubt, as St. Paul asserts, the greatest is Love, for, indeed, God is Love.

If there is anything we can attain in this life that will endure forever, it is love.

We may have faith and hope, but we will not have love in the fullest until we accept ourselves for what we are and who we are. We have to first be honest with ourselves; then, we can turn our lives over to God by opening our souls, our hearts, and our minds to His Love through the indwelling strength of the Holy Spirit.

As Anglicans, as Catholic Christians, we are indeed fortunate for we can draw freely upon the strength that God gives us through the Holy Spirit, the Comforter, when we receive the Sacrament of the Body and Blood of Christ in the Lord's Supper and which we experience in the corporate worship of the Church.

Sacramental, corporate worship of God, which extends to the fellowship we enjoy as a parish and family in Christ, spiritually enlightens and spiritually prepares us for the victory won by Christ through love on that first Easter Morning.

Let's go back to the words of St. Paul's Epistle and for the "charity" let us substitute the word "love," bearing in mind that

the Greek word which has been translated for charity does not exist in the classical Greek but was first found in the Septuagint and, according to Dummelow's Bible Commentary is "appropriately applied to the spirit which seeks not its own but other's good, and sacrifices itself for others."

Just a portion of the passage:

"Though I speak with the tongues of men and of angels, and have not 'love,' I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not 'love,' I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not love,' it profiteth me nothing. 'Love suffereth long, and is kind' 'love' envieth not; 'love' vaunteth not itself, is not puffed up doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth; beareth all things, believeth all things, hopeth all things, endureth all things. 'Love' never faileth...."

What more beautiful way to begin the Lenten Season than with this reminder from St. Paul: that whatever we do during this Penitential Season, it is of no avail if it is done without love. We can fast, we can abstain, we can undertake any kind of spiritual or physical discipline, but the bottom line is still "love."

The highest spiritual powers or heroic acts of devotion are without any value unless motivated by selfless concern for the good of others.

And that is our challenge, indeed, the challenge of all Christians, to attain to that perfect, eternal love which passes all understanding, to which we cannot attain except through the Grace of God.

March Birthdays

- 1 Betty Christensen
- 5 Lynda Wingard
- 13 Chris Rodriques
- 20 Jean Tupper
- 23 David Beveridge
- 27 Susan Thomas

March Anniversaries

- 4 Dieter & Desiree Voegelé
- 19 Fr. Alexander (ordained deacon)
- 26 Michael & Pat Hardwick

Saint of the Month:

St. Cyril of Jerusalem

Born in 315 in Jerusalem, or the surrounding area, of parents who were most likely Christian and afforded him with an excellent education, Cyril was well-versed in the Scriptures and used them extensively in his instructions.

He was ordained priest by St. Maximus, bishop of Jerusalem, who thought quite highly of him and put him in charge of instructing the catechumens, considered an important duty.

Some 19 of his catechetical discourses that were written down have survived and are most valuable as containing an exposition of the teaching and ritual of the Church in the fourth century and stress the Real Presence. They are said to be "the earliest example extant of anything in the shape of a formal system of theology."

Cyril succeeded St. Maximus under obscure circumstances but nonetheless was properly consecrated.

His tenure as Bishop of Jerusalem was not without controversy and on at least three occasions, Cyril was exiled, mostly because of his opposition to the Arian bishop of Caesarea who claimed ecclesiastical jurisdiction over Jerusalem and who plotted against Cyril.

Still, he served the See for 35 years before his death at the age of 70 in 386.

Cyril was later extolled as a champion of orthodox truth against the Arians. He was

present at the Council of Constantinople, the second oecumenical council, when the Nicene Creed was promulgated and to which he subscribed. It was at this council that the term "Homoousios" (of one substance, defining the relationship of the Father and the Son in the God-head) was accepted and which became the test word of orthodoxy.

Cyril was accepted as a Doctor of the Church in 1882.

Church Humor :)

Motivation....

A little girl became restless as the preacher's sermon dragged on and on. Finally she leaned over and whispered, "Mommy, if we give him money now, will he let us go?"

Walking Out....

"I hope you don't take it personally, Reverend," an embarrassed woman said after church service, "when my husband walked out during your sermon."

"I find it rather disconcerting," the preacher replied.

"It's not a reflection on you, sir," insisted the churchgoer. "Ralph has been walking in his sleep ever since he was a child."

Sermon Aid....

The reverend got up and strode to his pulpit with a patch on his chin: "I'm sorry about the bandage, but I cut my chin shaving thinking about my sermon."

A voice rang out, "Next time, why not think about your chin and cut the sermon."

Finally....

"He was a great preacher — at the close of every sermon there was a great awakening."

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