



The Messenger

The Church of the Incarnation

600 Third Avenue North

Great Falls, MT 59401

"The Word became flesh and dwelt among us." - John 1:14

March, 2015

RECTOR'S RAMBLINGS

I recently came across an amazing Lenten meditation, written by Malcolm Boyd (who is an author and an Episcopal priest):

The waste and agony of dying are all around us. Death has come to mean an impersonal body count. Horror stories fill TV screens and usurp press headlines. How can we simply go on as if this kind of tragedy were absent? There is also the aspect of danger for all of us. What if someone deranged decides to shoot innocent people in a movie theater? Or open fire in a school building? If we can't count on responsible behavior by so-called responsible people, what exactly can we count on?

The Nazi experience remains recent history. Holocaust victims still live among us. We are numbed by the shocking repetition of tales of horror. But instead of such incidents taking place only in distant places, now they seem to occur two blocks away or on the other side of town or on this side. Right here.

Our future: Is it written in guns and nuclear overkill? In the utter tragedy of rape? In racism that lingers and just won't go away? The season of Lent offers an opportunity to look inward toward conscience and outward to the human suffering that makes life a living hell for some people.

In Lent we have a chance to permit the liberation of people and living things. But sometimes we don't seem to permit even our own liberation, let alone that of others. Yet I want to celebrate life! Blood flows through my veins. Rain falls. Water surges through the earth. I know the sun is up there even when it's hidden by clouds. I know the air stirs even when the wind is still. A leaf trembles on that tree. I see yellows, reds, blues, greens, black and white. I have so many feelings and I don't quite know what to do with them, Lord. Can I tell you? Will you understand me?.

I feel like singing, looking, biting, laughing, crying, tasting, painting, walking, dancing, running, being.

Being human. Being alive. Being loving.



FAMILY PROMISE COMING SOON

Geraldine de Rooy has volunteered to be the representative from Incarnation on behalf of Family Promise, which will provide housing and meals for homeless families in Great Falls. Printed below are details about Family Promise. Volunteers, food, and other necessities are listed, and members of our congregation are asked to prayerfully consider what you may be able to contribute for this much needed service to our community.

TIME IS RUNNING SHORT AS INCARNATION WILL HOST ITS FIRST FAMILIES THE WEEK OF MARCH 22-29TH! Much needs to be done before then. After a walk-through of the rooms which will be available to our guests, it is apparent that a clean up and reorganization is in order. Geraldine is looking for volunteers to pick a morning and make an effort to create spaces that will look like home to our guests. Our dumpster will probably get a work out!

Please call Geraldine on her mobile phone (360-907-6987), which has voice mail, the ranch phone (406-736-5860), which does not have an answering machine, or by email at gbderooy@gmail.com and let her know how you can help in any way with this worthy cause.

FAMILY PROMISE DETAILS

1. Incarnation is scheduled to host families the week of March 22-29th; that is a Sunday evening through the following Saturday evening. We will be a host church 4 times a year.
2. Incarnation is supported in our endeavors by members of Union Bethel Church and the Friends Quaker Church. Neither of our denominations has an abundance of membership, and the individuals required to support this ministry is significant.
3. Our guests arrive at our church for the first time Sunday at 5 p.m.
4. We can expect the maximum number of individuals which is 14 people.
5. Each night of the week we are expected to serve a meal at 6 p.m. for our guests. Two hosts are required for this activity.
6. A Family Promise team of volunteers will have prepared 4 individual rooms for our guests downstairs. Preparations include individual beds, table lamps, alarm clocks, clean bedding, and two extra beds for the volunteer overnight supervisors. The beds will be transported to our church by a van provided by the administration of Family Promise. We have asked that the beds be delivered after our service Sunday so we can prepare the rooms well in advance.
7. Here is a list of the support required to handle our commitment to the individuals of Family Promise:
 - a. People to prepare meals. These can be made in advance. We are responsible for all 3 meals. Breakfast can consist simply of cereals, bread, milk etc. Both dinner and breakfast will be served at Incarnation. Lunch can consist of dinner left overs and will be transferred to the HUB (Central Christian Church, 1019 Central Ave.) which hosts the families during the day. Remember the number 14 plus enough for the two supervisors.
 - b. Two Evening volunteers: 5-8:30 p.m. Serve dinner and support guests. Make the initial orientations to the building.

(continued on page 3)

- c. Two Overnight volunteers: 8:30 p.m.-7 a.m. Van returns to the church at 7 to transport individuals to the HUB where there are shower facilities. Children will be bused from that location to their respective schools.
 - d. Breakfast volunteers if different from Overnight: 6-7:30 a.m. 1-2 individuals. Supervise breakfast and the transition of guests to their day time activities.
8. Staff the HUB on the weekend: Saturday from 9-5, Sunday from 7-5. Individual shifts can be set up to cover these time periods.
9. Here is the list of items we still need:
- a. 5 more sets of twin bedding
 - b. 7 more washable blankets
 - c. 32 wash cloths and hand towels. (Allows time to wash these when participants change during the week.) Bath towels are not necessary. It does not matter if these are matching sets. Just looking for items in good shape.
 - d. 4 laundry drying racks for each room where families can hang their wash cloths and hand towels.

We encourage you to think about what you can contribute to families who find themselves in difficult circumstances. As a representative of Incarnation I am pleased that our church will be able to physically house guests and become useful spaces. I look forward to partnering with our sister churches in this endeavor as we fulfill "A Promise to Families."

On behalf of Family Promise,
Geraldine de Rooy Key



Holy Eucharist is celebrated each week:

Sunday at 7:45 a.m.

Sunday at 9:30 a.m.

Wednesday at noon

Recovery Service each Saturday at 6:00 p.m.

Clothing Closet is open Thursday and Saturday, 10 a.m-1 p.m.

Sunday, March 1 - Home Aloners at Cambridge Place, 11:30 a.m.

Wednesday, March 4 - Lenten Worship, Soup & Bread Supper, Study Series, 6 p.m.

Wednesday, March 11 - Episcopal Church Women's Luncheon, Mackenzie River Pizza, 1 p.m.

Saturday, March 14 - St. Andrew's Guild Breakfast, Perkins Restaurant, 8:30 a.m.

Sunday, March 15 - Vestry Meeting, following 9:30 a.m. worship service

Sunday, March 15 - The Wearin' o' the Green Party, 5-8 p.m.

Saturday, March 21 - Soup Luncheon and Lenten Quiet Day, Noon-2:30 p.m.

Sunday, March 22 - The first Family Promise families arrive, 5 p.m.

Monday, March 23 - Altar Guild Dinner Meeting, 6 p.m.

Twelve-Step organizations meet in Gilliam Hall each week:

GA - Monday and Friday, 7 p.m. and Saturday, 1 p.m.

GA and Gamanon - Wednesday, 7 p.m.

AA - Wednesday and Saturday, 7:30 p.m.

Men's CODA - Tuesday, noon

CODA - Thursday, noon

Alanon - Friday, 12:15 p.m.

Holy Day

The Annunciation of the Blessed Virgin Mary

We celebrate the Annunciation of the Blessed Virgin Mary on March 25th. This is the Christian celebration of the announcement by the angel Gabriel to the Virgin Mary that she would conceive and become the mother of Jesus, the Son of God, marking his Incarnation. The Annunciation is called Euangelismos (Evangelism) in Greek, literally meaning, "Spreading the Good News". Incarnation means, "The union of God and man in the person of Christ".

The angel Gabriel came in unto Mary and said, "Hail, thou that art highly favoured, the Lord is with thee: blessed art thou among women". And when she saw him, she was troubled at his saying, and cast in her mind what manner of salutation this should be. And the angel said unto her, "Fear not, Mary: for thou hast found favour with God. And behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name JESUS." He shall be great, and shall be called the Son of the Highest: and the Lord God shall give unto him the throne of his father David. And he shall reign over the house of Jacob for ever; and of his kingdom there shall be no end.

Then said Mary unto the angel, "How shall this be, seeing I know not a man?" And the angel answered and said unto her, "The Holy Ghost (some of us refer to the Holy Ghost as the Holy Spirit) shall come unto thee, and the power of the Highest shall overshadow thee: therefore also that holy thing which shall be born of thee shall be called the Son of God. And behold, thy cousin Elizabeth, she hath also conceived a son in her old age: and this is the sixth month with her, who was called barren. For with God nothing shall be impossible". And Mary said, "Behold the handmaid of the Lord; be it unto me according to thy word." And the angel departed from her.

A disciple of our Lord Jesus Christ,

Spero

News from the Memorial Foundation

The Trustees of the Memorial Foundation held its quarterly meeting on Feb. 12, 2015. Out-going President, Gregg Holt, conducted the meeting.

Heartfelt thanks were offered to Gregg for his many years of service to the Memorial Foundation and the Church. A warm welcome was extended to newly elected members Ann Bartell and Neil Swift, and thanks given to Chuck Jennings and Ted Cogswell for their willingness to serve another term on the Foundation.

Treasurer, Ardelle Watkins, announced the Memorial Foundation received a very generous donation from former parishioners, Gene and Caroline Hufford. It was agreed to use this money to pay for repairs to the Church's boilers/heating system.

The Foundation issued a check to the Church for \$25,475.10 to pay the 2014 Diocesan Assessment through November 2014. Ardelle stated the 2015 annual distribution from the Foundation's Endowment Fund to the Church will be \$10,125.57, and is available anytime the Vestry requests it.

The following individuals were elected to serve as officers of the Memorial Foundation for 2015: President: Wayne Linnell; Vice President: Mary Ann Cosgrove; Secretary: Gayle Gallik Archey; and Treasurer: Ardelle Watkins.

Sr. Warden, Richard Pate, gave a recap of his goals for 2015 as Sr. Warden and also the Church maintenance projects for the coming year. Several members of the Foundation offered to attend the next Vestry meeting to suggest a joint meeting be scheduled with the Vestry to discuss ways to move forward as a group for the betterment of our Church. The Foundation's next quarterly meeting will be held in May.

- *Gayle Gallik Archey*, Secretary.



Lenten Worship, Soup & Bread Supper, Study Series

(Wednesdays: March 4, March 11, March 18, and March 25):

Holy Eucharist (Chapel): 6:00 p.m.

Soup & Bread Supper: 6:30 p.m.

Study Series: 7:00 p.m..

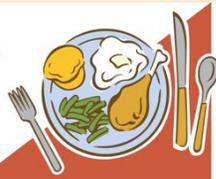


Dear Home-Aloners,

Thank you for your on-going support of The Closet. When we get your wonderful gift items to give away, it truly reminds me of seeing the first bright Spring flowers in the flower beds. Your generous gifts of hats, mittens, socks, etc. make the day for clients "shopping" with us. Their eyes light up when we show them a *brand new* pair of mittens or colorful socks never worn by anyone else. Remarkable how many children we are seeing that get so few items *brand new*, be it clothing, books or toys. In an economy driven by conspicuous consumption, not everyone gets first pick. We're fortunate to be on the providing end of this process. Home-Aloners, you make many lives brighter with your support of The Closet.

Mary Ann Cosgrove for The Closet

*Altar Guild
Dinner
Meeting*



The Altar Guild will meet for dinner on Monday, March 23, at 6 p.m. in the fellowship hall. Come.....share a yummy dinner and explore if Altar Guild is something YOU would like to do.



Lenten Quiet Day
& Soup Luncheon
Saturday, March 21, noon-2:30 p.m.

Come ... gather together!

Have a delicious luncheon prepared by The Daughters of the King; then, step aside into the quiet. Fr. Tim will lead the meditations in the church sanctuary, the gentle stillness ending with Holy Eucharist.

Sacred Vessel

Sacred vessel, helpless infant ... container of all light, all life.

So tiny, fragile infant ...yet holding Power, Glory, All.

Sacred vessel, strong man ... container of all light, all life.

Yielded, submitted, battered, slain ... yet holding our salvation.

Sacred vessel, you and I ... containers of amazing gifts.

Love, Light, Jesus! Sacred vessels, we, Thee ... mystery

Vessel in vessel in vessel in vessel in vessel

Cheryl Quintero



Episcopal Church Women will meet Wednesday, March 11, at 1 p.m., at Mackenzie River Pizza, 500 River Drive South, for their monthly luncheon meeting. Please call Eddie Wilson at 452-7366 to reserve your spot at the table.

Remember....all women of the church are members of ECW. Have lunch and get acquainted with your fellow church women.

WHO'S WHO

Bishop: The Rt. Rev. Dr. C. Franklin Brookhart
Assistant Bishop: The Rt. Rev. Carol J. Gallagher, Ph.D.
Rector: The Rev. Timothy M. Ljunggren
Deacon: The Rev. Marcia Lauzon
Verger: Kevin Williams

The Vestry

Senior Warden: Richard Pate
Junior Warden: Gretchen Swift
Treasurer: Beth Baker
 Jeff Brainard
 Jack Corcino
 Geraldine deRooy
 Lana Furdell
 Nona Munroe
 Ed Neste
 Andrew Sloan
 Kevin Williams

The Staff

Organist/Choir Director: Lana Furdell
 Secretary: Becky Workman
 Sexton: Doug Pate
The Messenger Editor: Vi Stahlecker



Andy's Bunch for the men and boys of the Church of the Incarnation will meet for breakfast on the second Saturday for the month of March. Our breakfast will be held on March 14th at Perkins Restaurant, located at the corner of Second Avenue North and Sixth Street. We will meet in the lobby of the restaurant at 8:30 a.m. Hope you can make it.



Home Aloners will meet for brunch at Cambridge Place, 1104 6th Avenue North, on Sunday, March 1. We will meet our hostess, Loraine Roberts, in the dining room at 11:30 a.m.



Daylight Saving Time begins at 2 a.m. on Sunday, March 8. Be sure to set your clocks ahead one hour before you go to bed Saturday night or you'll be late for church Sunday morning.



Loaves and Fishes Dinner

On the 27th of March FISH will be hosting their annual Loaves and Fishes Dinner in celebration of Jesus Christ’s feeding of the 5,000. It will be held at Our Savior’s Lutheran Church located at 1326 1st Avenue North.

It is a fundraiser to support the FISH program. All proceeds from this dinner will go directly to FISH to support their program of providing emergency food for the poor and needy of Great Falls. There will be two seating times; the first seating is at 4:30 PM and the second one is at 6:00 PM. There will also be a silent auction, a raffle, and door prizes. If you would like to donate items for these events please take them to Our Savior’s Lutheran Church by Wednesday March 25th.

You may also make a free-will offering at the dinner. If you have questions feel free to contact Bob Shanks at 454-9063.

FISH Data for January 2015

The chart below is a comparison of those serviced by FISH between January 2014 and January 2015. As you can see there have been some changes between the 2014 and 2015 figures. There was a decrease in the number of families, adults, children, singles, meals served, and pounds of food delivered; we were down 14.0%, 7.3%, 17.4%, 11.6%, 11.0%, and 12.7% respectively. For the year-to-date (YTD) numbers there was also a decrease in the number of families, adults, children, singles, meals served, and pounds of food delivered; we were up; 14.0%, 7.3%, 17.4%, 11.6%, 11.0%, and 12.7% respectively. However, FISH still provided about 5.2 tons of emergency food to our community during the month of January 2015.

	January, 2014	2014 YTD`	January, 2015	2015 YTD
Families	114	114	98	98
Singles	286	286	265	265
Adults	161	161	133	133
Children	95	95	84	84
Meals	5,364	5,364	4,776	4,776
Pounds of Food	11,921	11,921	10,409	10,409

Clearly, there is still a demand (in our community) for the emergency food we distribute through FISH. Amen!

Bob Shanks
 Member of the FISH Board of Directors
 Representing the Church of the Incarnation

Clothing Closet



We've had a busy month processing clothes: taking in the generous donations, sorting and laundering, storing what we cannot use immediately, and getting good clothes out onto the racks and shelves for the hundreds of people who come in each month. Despite the weather, our traffic has been steady and we've encouraged folks to take plenty so we won't have so much to swap out for the lighter, brighter Spring and Summer Closet. Our plan is to have the Spring/Summer clothing on the racks mid-March, two or three weeks before Easter. Optimistically, we'd be ready by Thursday, March 12. Realistically, by Thursday, March 19.

We're hoping to go through all the stock (a huge endeavor!) and be practical about what we're keeping and offering to folks shopping with us. Our thinking is that if we wouldn't wear an item ourselves or put it on our children and grandchildren, it's not good enough to offer people in need.

We had an "awakening" this month when we ran out of hangers. Nearly panicked, we calmed down when we realized we had nowhere to hang more of anything! That's the beauty of our place. It's just the right size and when we're out of room, that's that. We've learned that there are places we can "move" the raggedy, worn-out items we're given. We've learned that there's a market for bulk transport of clothing to Seattle and from there to China by container shipment. China has the man/woman power to take apart the fibers and

to recycle them into "new" products. Our "rags" don't make up much of that shipment, even so it's far better to recycle than sending them to our landfill where they take space while they slowly decompose.

At the Annual Meeting, we were encouraged by the Memorial Foundation to request funding for a washer/dryer, a supportive purchase for this mission. It's not as easy as one might think! We've decided on a good location for a laundry facility, and have drawn a plan for City Planning. Now we need to seek bids for both plumbers and electricians, and finally seek permission from the Vestry; not a simple project. We would also be able to use this facility for laundry services needed for our share of Family Promise. It's been suggested that we make an hour available (9:00 – 10:00) for our Family Promise guests to shop The Closet before we open at 10:00 on the Saturdays they are with us. This is a great idea and would be another excellent service we could provide.

Our thoughts continue to be with Jenny as she rehabilitates her leg. This has been a difficult process for her because she has given her best to The Closet for eight years and suddenly she was able to give no more. Not a week goes by when she isn't remembered by both the members of the church and outside volunteers who miss her big smile and the nurturing way she's guided and built up the staff and clientele of The Closet. She has a good following on Facebook and consistently brings new people to this ministry. Thank you, Jenny.

Mary Ann Cosgrove

A NOTE FROM JENNY.....

This was a hard decision to make after my fall on December 4, 2014. Not being able to move my leg for 10 weeks, it was hard to think about working at the Closet. I should be able to go home the first week in March, but I can't work at the Clothing Closet any more. I have two bad legs now, my polio leg and my femur leg. It just isn't possible. I get scared of a little bump. It is sad leaving as I have met some nice people. I might do the lunches, but I have to quit the Clothing Closet for now. Whoever takes over will have lots of fun with the nice customers. I started working there 8 years ago. I didn't know what I was doing at first but after a while I figured things out that work. I'm so sad to have to leave the Clothing Closet since I put my heart and soul into it, and I loved working at the Closet. I will find something at the church that I might like to try, and when I get stronger I might do the Clothing Closet lunches. I will miss the Clothing Closet.

Thanks for letting me run the Clothing Closet for the kids and the low income people.
Love, *Jenny*



Easter Flowers

EASTER IS SUNDAY, APRIL 5

If you would like to help beautify our church for Easter while remembering loved ones or expressing thanksgiving, please prayerfully consider sending a contribution soon to provide floral decorations for the church during Easter. Please send your check with this form to the church office, attention Beth Baker, treasurer, (Episcopal Church of the Incarnation, P. O. Box 3046, Great Falls, MT 59403) or place it in the offering plate on Sunday. The deadline for the Easter bulletin insert is March 31.

Your Name _____

Contribution \$ _____

Your Memorial or Thanksgiving _____

The Messenger is published monthly by the
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The Rev. Tim Ljunggren, Rector
Vi Stahlecker, Editor



The deadline for the April *Messenger* is Monday, March 27. Please submit articles to Vi Stahlecker, Editor, by e-mail at vstahlecker@bresnan.net, by phone at 452-4209, or by mail at 3304 Arbor Way, Great Falls, MT 59405.



St. Patrick's Day Celebration

THE WEARIN' O' THE GREEN PARTY

Sunday, March 15 - 5:00-8:00 p.m.

Corned Beef and Cabbage

Live Irish Music

Adults - \$10

Children under 7 free

THE MEMORIAL FOUNDATION

The Episcopal Church Memorial Foundation serves as a thoughtful way to honor loved ones and friends by receiving memorials, thanksgivings, honors and bequests. For information about the Foundation, contact Wayne Linnell (788-9834), Ardelle Watkins (788-5676), or Gayle Archey (452-9632).

To: Episcopal Church Memorial Foundation
P. O. Box 3046
Great Falls, MT 59403-3046

The enclosed gift in the amount of \$_____ is given

_____ in Memory of _____ in Thanksgiving for _____ in Honor of (check one)

by _____

(Address) _____ City _____ State _____ Zip _____

Please send gift notification to:

