

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

January, 2015

RECTOR'S RAMBLINGS



SUNDAY, JANUARY 25, 2015

(Immediately following the 9:30 a.m. Worship Service)

A potluck brunch will be included.

Please bring a dish to pass according to the first letter of your last name.

A-H Salad

I-P Main Dish

Q-Z Dessert

A Prayer for the Parish

Almighty and everliving God, ruler of all things in heaven and earth, hear our prayers for this parish family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church, through Jesus Christ our Lord. Amen.

—The Book of Common Prayer, p. 817



Happening This Month!

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, January 4 - Home Aloners CANCELLED

Saturday, January 10 - St. Andrew's Guild Breakfast, Perkins Restaurant, 8:30 a.m

Wednesday, January 14 - Episcopal Church Women's luncheon, Applebee's Restaurant, 1 p.m.

Sunday, January 18 - Vestry Meeting, following 9:30 a.m. service

Sunday, January 25 - Annual Parish Meeting and Potluck, following 9:30 a.m. service

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.



Clothing Closet



The clothing closet would like to thank the Home Aloners for the nice warm gloves. The kids really love them. We had lots of people getting nice things at the Clothing Closet and hope everyone that received them enjoyed them for Christmas.



As most of you are aware, during the ice storm on December 4th I broke my right femur. I have a rod on the side of my leg ,4 screws and 10 pins. I take physical therapy each day for an hour. It will take a lot of work to get me back to where I was before.

I was at Grandview for 10 days. Then the insurance company stopped that so I am at Benefits West, room 454. I liked it at the Grandview, and I received better care and treatment there.

Stop by and visit with me when you can. I hope I can get out of here soon, but it will be another few weeks before I go see my doctor and have x-rays. This time it won't be so painful.

- > Miss you guys.
- > Come see me when you can.
- > Love, Jenny



ECW Meeting & Luncheon

The Episcopal Church Women's luncheon meeting will be Wednesday, January 14, 1:00 p.m., at Applebee's. We will be asking for your suggestions as to where you would like the meetings held, and what you would like to see us accomplish for this year. Contact Jeanette Baird, 453-8114, to sign up for the meeting. We do need to know who is going to attend.

Time to start thinking about the Church Bazaar which will be March 28, 2015. We will have both Vendors and Craft Tables. We will need help in the kitchen for cooking, serving and cleanup.

WHO'S WHO

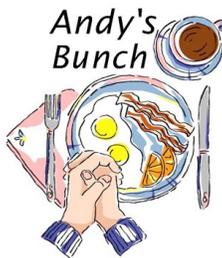
Bishop: The Rt. Rev. Dr. C. Franklin Brookhart
Assistant Bishop: The Rt. Rev. Carol J. Gallagher, Ph.D.
Rector: The Rev. Timothy M. Ljunggren
Deacon: The Rev. Marcia Lauzon
Verger: Kevin Williams

The Vestry

Senior Warden: Owen Robinson
Junior Warden: Richard Pate
Treasurer: Beth Baker
Richard Aspinwall
Cliff Baird
Jeanette Baird
Geraldine deRooy
Lana Furdell
Nona Munroe
Ed Neste
Kevin Williams

The Staff

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



Andy's Bunch Breakfast

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 January, 2015. Our breakfast for January will be held on January 10th at Perkins Restaurant located at the corner of 2nd Avenue North and 6th Street. We will meet for breakfast in the lobby of the restaurant at 8:30 AM. Hope you can make it.



"Whew...the three T's stand for 'Time, Treasure and Talents.' I thought you might ask me to give my Telephone, TV and Teddy."





FISH raised \$17,564 through the efforts of 14 churches from September 1st through November 30th. The Church of the Incarnation raised \$1,035 or about six percent of this amount. Please allow me and the FISH Board of Directors to express our appreciation; to all those who contributed during this fund raising season.

For the Herberger's Community Day fundraiser FISH raised \$2,190 by selling 438 coupon books. The Church of the Incarnation contributed \$260.

FISH Volunteers are Needed!!!

The task of a FISH volunteer is to help distribute emergency food to the needy people of our community. They work one (1) week every three (3) months. During the week that we support FISH, each volunteer is asked to work for about two hours on the day of their choosing.

Working as a FISH volunteer is said to be a spiritual and rewarding experience, because you will be helping some of your brothers and sisters in Christ. Additionally, you will likely be openly rewarded by the Lord. It is also a stimulating and enjoyable experience. Just ask any of the current volunteers.

For more information on volunteering and the FISH program please don't hesitate to call Bob Shanks at 454-9063 anytime.

FISH Data for November 2014

The chart below is a comparison of those serviced by FISH between November 2013 and November 2014. As you can see there have been some changes between the 2013 and 2014 figures. There was a decrease in the number of singles, adults, children, meals served, and pounds of food delivered; we were down 8.5%, 46.7%, 12.9%, 36.3%, and 23.2% respectively. There was an increase in the number of families served, we were up 35.9%. For the YTD there was a decrease in the number of adults, children, meals served, and pounds of food delivered; we were down 0.4%, 0.4%, 0.4%, and 7.1% respectively. There was an increase in the number of families and singles served; we were up 12.1% and 4.9% respectively. However, FISH still provided about 4.6 tons of emergency food to our community during the month of November 2014 and 48.3 tons (or 4.4 tons per month) YTD for January through November 2014.

	November 2013	2013 YTD`	November 2014	2014 YTD
Families	106	904	144	1,013
Singles	71	648	65	680
Adults	261	2,215	139	2,207
Children	116	1,274	101	1,269
Meals	4,524	41,868	2,880	41,712
Pounds of Food	11,963	103,079	9,192	96,633

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

Saint for the Month of January The Conversion of Saint Paul the Apostle

We celebrate the Conversion of Saint Paul the Apostle on January 25th. St. Paul is also referred to as Saul of Tarsus. He was a tent maker by trade. St. Paul was a zealous Pharisee who was active in the persecution of early Christians and became a follower of Jesus in the 33 – 36 AD time frame.

St. Paul was not one of the twelve apostles nor a follower of Jesus prior to Jesus' crucifixion. His conversion came after the crucifixion some time following the stoning and death of St. Stephen at which St. Paul was present. After the stoning death of St. Stephen "a witness laid down his clothes at a young man's feet, whose name was Saul."

Sometime after the death of St. Stephen Saul journeyed to Damascus. Not far from Damascus he suddenly experienced a light shining round about him from heaven. And he fell down to the ground and heard a voice saying to him, "Saul, Saul, why persecutest thou me?" And Saul said, "Who art thou Lord? And the Lord said, "I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks (ox goad)." Saul was trembling and astonished and said, "Lord, what wilt thou have me do?" And the Lord said to him, "Arise, and go into the city, and it shall be told thee what thou must do."

Well, Saul was blind from that time until he arrived at the "house of Judas which was on a street called Straight. And a man named Ananias came into the house and found Saul praying. Now, Saul hath seen in a vision a man named Ananias coming in, and putting his hand on him, that he might receive his sight." And the Lord said to Ananias, "Go thy way: for he is a chosen vessel unto me, to bear my name before the Gentiles, and kings, and the children of Israel: For I will show him how great things he must suffer for my name's sake."

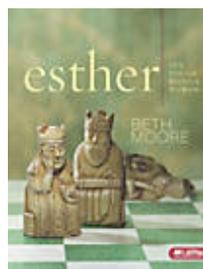
And Saul received his sight and was filled with the Holy Ghost (also referred to as the Holy Spirit) and subsequently he did do the bidding for and of Our Lord Jesus Christ.

A disciple of our Lord Jesus Christ,
Spero



Y'ALL COME!

Come gather with the Daughters of the King as they meet in the church library or guild room (not sure which one) following the 9:30 a.m. Sunday service on January 11. Bring a sack lunch or snack to enjoy as we have fellowship and learn of God's joy. Our bible study will be Session one of the Beth Moore Esther Bible Study.



Esther is a 9-part in-depth women's Bible study of the book Esther - a profile in courage. Join Beth in a very personal examination of this great story of threat and deliverance as she peels back the layers of history and shows how very contemporary and applicable the story

of Esther is to our lives today. Just as it was tough being a woman in Esther's day, it's tough today. This portion of God's Word contains treasures to aid us in our hurried, harried, and pressured lives.

Notes from Sister Barbara Jean's talk

Saturday, October 11, 2014

GENERAL CONVENTION, DIOCESE OF MONTANA

Sister Barbara Jean shared this little story:

While visiting a small farming community one fall I saw huge heaps, mountains, of grain on the ground as the grain elevators were literally filled to overflowing. I exclaimed to a local farmer, "What an amazingly abundant harvest! The weather and growing conditions must have been perfect. You must be very happy."

The farmer replied, "Yes, I and my neighbors have harvested a huge amount of grain, but it is of very poor quality. You see, with the perfect weather and the abundance of rain, the grain was not stressed."

May we, as we enter a new year 2015, embrace its challenges and stresses, recognizing that these, combined with God's grace, firm and strengthen the 'good grain' of our soul.

In Jesus' name, Amen, Amen.

Cheryl Quintero

2014 MEDITATIONS FROM ADVENT QUIET DAY
The Rev. Tim Ljunggren

MEDITATION I

A reading from the Gospel of Mark

(Jesus said:) *“And what I say to you I say to all: Keep awake.”*

The season of Advent is all about waiting, watching and wondering; but, mostly, it’s about keeping awake.

It’s so difficult to keep awake in a society such as our own. We are lulled to sleep by Black Friday sales, Christmas parties and the elusive search for the perfect Hallmark Christmas card. We allow ourselves to slumber in the midst of something wonderful coming into the world (again). We miss the true meaning of this season, simply because we’re too tired to take notice.

“And what I say to you I say to all: Keep awake.”

How can we rouse ourselves from our perpetual slumber? How can we awaken ourselves to God’s constant call to us? How on earth can we shake the sleep from our eyes to notice God’s eternal presence in our lives?

To “keep awake” is to keep Christ close to us every waking moment of our lives. We do this inwardly through prayer and meditation with the Divine, and we do this outwardly by offering up ourselves to the service that God asks of all of us.

We are called to be God’s loving heart, hands and feet in this world. We are called to imitate Christ by reaching out to the poor and the oppressed, by walking with those who desperately need a loving presence beside them, by opening our hearts to the indwelling Holy Spirit and to those whose hearts are shattered.

“And what I say to you I say to all: Keep awake.”

Let us pray: “Most merciful God, we simply ask you that during this season of Advent, you gently wipe the sleep from our eyes to allow us to see your love and compassion among us. Walk with us and we walk with others, allowing them to see your wonderful presence and steadfast grace that never ends. Amen.”

MEDITATION II

A reading from the Gospel of Mark

The beginning of the good news of Jesus Christ, the Son of God.

As it is written in the prophet Isaiah,

“See, I am sending my messenger ahead of you, who will prepare your way; the voice of one crying out in the wilderness: ‘Prepare the way of the Lord, make his paths straight...’”

Our job during this season of Advent is to get our paths straight with the Lord. To do that, we must teach ourselves to listen.

There’s a great story that I once heard about Mother Theresa of Calcutta. She was once asked by a reporter what she said to God when she was in prayer. She paused for a moment, and then said, “I don’t say a thing to God when I’m praying, I just listen.”

The reporter was taken aback by her response, but quickly recovered. Like any good reporter, he had a follow up question, “Okay, if that’s true, what does God say to *you* when you pray?”

Mother Theresa paused again, then smiled and said, "Oh, God doesn't say a thing to me. God just listens."

Let us pray: *Dearest God – Creator, Sustainer and Redeemer of us all – during this season of Advent, help us to quiet ourselves to hear You as You listen to us; instill in us a deep place of reflection so that we can discern the voiceless wonder of Your Holy Word; allow us to become mindful of the Holy Silence within us so that we can allow You to work through us. Amen.*

MEDITATION III

A reading from the Gospel of John:

There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light.

This is the testimony given by John when the Jews sent priests and Levites from Jerusalem to ask him, "Who are you?" He confessed and did not deny it, but confessed "I am not the Messiah." And they asked him, "What then? Are you Elijah?" He said, "I am not." "Are you the prophet?" He answered, "No." Then they said to him, "Who are you?..."

We wait and we watch during this season of Advent. Most importantly, we wonder; "Who am I?"

It is a question that has deeper meanings for us as we await Christ's coming into the world again. Who am I that God is doing this wonderful thing for me? Who am I that a child is born for me who will literally save my life? Who am I to have earned God's grace and favor?

Who am I?

Who are you not? You are not your bank account. You are not what you wear. You are not your profession. You are not the car that you drive.

To paraphrase the psalmist in Psalm 139, you are marvelously made, and God knows you intimately. Not only does God know you, God adores you. God wouldn't go through all of this trouble if God didn't adore you, believe me. God wouldn't be sending a light into this world to guide you, if God didn't love you intensely.

Let us pray: *Creator of the Universe, Creator of me, open my eyes to my true identity. Allow me to attempt to comprehend all of your wonderful works, and when the question is asked of me, "who are you?", I can answer with full confidence, "I am God's own, and I am marvelously made." Amen.*

MEDITATION IV

A Reading from the Gospel of Luke

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And he came to her, and said, "Greetings, favored one! The Lord is with you." But she was perplexed by his words and pondered what sort of greeting this might be. The angel said to her, "Do not be afraid, Mary, for you have found favor with God.

Do not be afraid. ...

We live in stressful times, don't we? Fear is something that we have learned quite well, since there's so much to be fearful about. Eboli. ISIS. Our next-door neighbor's dog. Fear comes so easily to us, and it seems to stick around forever.

Do not be afraid. ...

During the Great Depression, President Franklin D. Roosevelt uttered the famous words, “the only thing we have to fear is fear itself.” Just like Mary, we have nothing to fear but fear itself. Just like Mary, we too have found favor with God. Just like Mary, we are visited by God’s grace and love. Just like Mary, God works through us to bring to light and life those good things that manifest themselves in glorious ways.

Just like Mary, God has plans for us. Amazing plans. And it all begins with letting go of our fears and living into our faith.

Let us pray: *Almighty and ever living God, during this season of Advent, let the light of Your Son overcome the darkness of my fearful blindness. Allow me to trust You fully and completely so that the favor You have gifted to me does not go to waste. Develop within me complete confidence in Your will for me and others, and melt my perplexities with Your Divine Love. Amen.*

MEDITATION V

A Reading from the Gospel of Luke

The angel said to (Mary), “The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the Child to be born will be holy; He will be called Son of God. And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month of her who was said to be barren. For nothing will be impossible with God” ...

We live in a world where we think there are finite possibilities. We can only do so much. There isn’t enough time. There aren’t enough resources. There aren’t enough reality TV show to watch. Black Friday only comes once a year, and there aren’t enough big screen TVs to go around. How can we watch the Kardashians without a big screen TV?

To put it bluntly, during this season of Advent, God wants us to cut through all the doo-doo We must give up our notions of scarcity and realize that we are meant to live into God’s abundance. We must give up our notions that God is limited and realize that nothing – absolutely *nothing* – is impossible with God. We must give up our notions that we are limited and realize that, with God working through us, the “impossible” only takes a little while longer.

The power of the Most High overshadows us as well, and calls us into a brand new way of being, of thinking, of living. We are called to walk with Christ, and to bring Christ’s new light into the world. We return to Bethlehem, only to realize that our return is an opportunity to begin anew, to take seriously our Baptismal Vows, to love our neighbors as ourselves.

There is no “impossible” – in this season of Advent, there is only light, and that light reminds us that the world is made new through our actions, our ministries, our laughter, our tears, our joy and our pain. We come together as one, in all of our brokenness, only to be made whole through the birth of a child in a barn.

There is where “impossibility” ends, and the possible redeems us. ...

Let us pray: *God of all wonders, we humbly approach this season of Advent with open hearts and open minds. Be with us in our continuing journey, and allow us to recognize the true nature of Your beauty and love. Amen.*

MEDITATION VI

A Final Advent Prayer:

Let us pray:

Lord God, we adore You because you have come to us in the past.

You have spoken to us in the Law of Israel.
You have challenged us in the words of the prophets.
You have shown us in Jesus what You are really like.

Lord God, we adore You because You still come to us now.

You come to us through other people and their love and concern for us.
You come to us through men and women who need our help.
You come to us as we worship You with Your people.

Lord God, we adore You because You will come to us at the end.

You will be with us at the hour of death.
You will still reign supreme when all human institutions fail.
You will still be God when our history has run its course.

We welcome you, the God who comes.

Come to us now in the power of Jesus Christ our Lord.

Amen. ...

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

The logo features the word "Newsletter" in a blue, cursive-style font with a yellow underline. Below it, the word "DEADLINE" is written in a large, bold, red, sans-serif font with a white outline.

The deadline for the February *Messenger* is
MONDAY, JANUARY 26. 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.



Our thoughts and sympathy go out to the family and friends of Louise Brawner, a life-long member of the Church of the Incarnation. Louise died December 3rd in Loma Linda, California, where she had moved last year to be closer to family. Her memorial service was held at The Church of the Incarnation on Sunday afternoon, December 14. Burial took place Monday, December 15, at Highland Cemetery.

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) or Gregg Holt (727-6530).

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:

