



From The Rector

When our Lord went into the wilderness after his baptism he was tempted to turn stones into bread. Satan still tempts us after our baptism to do things just because we can. It is logical. Jesus was hungry.

He could turn stones into bread. Why not? Because, Jesus told Satan, *we don't live by bread alone but by every word that comes from the mouth of God.* (Matthew 4: 4)

At the supper with his disciples before his crucifixion Jesus took bread, blessed it, broke it, and gave it to them saying that bread was his body. Ever since that night Christians have been breaking bread, remembering that supper as well as the meals Jesus shared after his resurrection when he was *known to them in the breaking of bread* and the meal we look forward to sharing at Christ's return. Communion is at once an act of remembrance, participation and expectation.

It is no wonder bread has been a focus of a lot of attention through the centuries, sometimes overshadowing the other sacramental elements of wine and water. Bread was one of the points of contention between Orthodox (Eastern) Christians and Latin (Western) Christians in the Middle Ages. In 1231 thirteen Greek Orthodox monks were burned to death as heretics because these monks rejected the Western use of unleavened bread in the Eucharist.

An important thing to remember in planning and leading liturgy is that any change needs to be for good reason and that reason sufficiently explained. With that in mind, consider two things this Lent. One is how the Church through the centuries has focused on various aspects of the sacramental breaking of bread. Bread and wine for the communal meal were

the original offerings. Someone from the congregation would offer bread for the priest to bless, break and give to the congregation. This was done when Christians gathered every Sunday to celebrate the resurrection. Later on adoration of the Sacrament became customary. The bread was elevated during the Eucharist so the congregation could see it. Often that adoration was all the laity did. At other times, when the laity received Communion, it was only the bread. In more recent history parts of the Church lamentably stopped observing weekly Communion. When Communion was offered the bread has been small, unbroken wafers.

You may have noticed that I use a larger version of the wafer. While it still isn't a strictly speaking bread, it is large enough to be seen by the congregation when raised and broken. Moreover, using these large wafers means that everyone receives a piece that has been broken from the whole symbolizing the Communion of the Body of Christ.

The other thing we should consider this Lent is what the breaking of bread as a sacramental act means to you. Listen prayerfully to the words spoken at the Table. Look prayerfully at the bread when you receive it. Prayerfully taste the bread (and the wine). When you return to your seat, kneel or sit quietly with your eyes closed and try to clear your mind of any thoughts as a way of inviting the Holy Spirit to speak to you. All the while remembering what our Lord said about spiritual nourishment.

See you Sunday if not before.

MARCH 2015

BIRTHDAYS

1 Seth Allen 3 Sadie Harden
5 Lauren Zochowski 6 Lynn
Couch, Paige Terry 7 Deane
Everett, Tammy Hardee
8 Judy Mitchell, Matt Moore
9 Josie Tickle 11 Austin Carr
13 Adilyn Jones, Carla Vaughn
14 Jamie Heath 16 Mike Riley
20 Peggy Horner 22 Larry
Jayne, Eloise Kirkpatrick
24 Prent Hallenbeck 26 Lark
Adams 28 Barbara Walling
31 Bree Adams, Preston
Cannon, Jackie Everett

WEDDING ANNIVERSARIES

3 Christina and Don Hudson
31 Barbara and George Bunn

PRAYER REQUESTS

Alva, Jerry Allen, Stan
Anderson, Thelma Blair,
Barbara Bunn, Winifred
Campbell, Robert Dickert,
Emma, Kathy Frey, Ann
Gillenwater, Annette, Deirdre
Grogan, Sharon Hatcher,
Emily Hubbard, Annie
Jackson, Michael Johnston,
John T. Kelly, Chris Mallin,
Gayle Mallin, Louise Medley,
Jill Mendiljian, Claire Miller,
Mildred Murphy, Kitty Pitini,
Joyce Rodgers, Robert
Rodgers, Rosemary, Katy
Sikorski, Sharon Slaughter,
Anna Stuart, Nikki Guest
Thomas, Lamont Tidwell,
Carla Vaughn, Frank Winston,
the families in Family Promise

Deacon's Word



The Rev. Preston
Mitchell

The word for the month is **repentance**. We hear a lot of that word in church, around church, and about the church. This first

Sunday in Lent told the story of the baptism of Jesus. John the Baptizer was baptizing "with water for **repentance**" (Matthew 3:11), "proclaiming a baptism of **repentance**" (Mark 1:4), (Luke 3:3).

Lent is a penitential season we make a conscious effort to **repent** of our sins. I think, however, the word has a negative connotation for many of us, suggesting

that we say that we are sorry for our sins and will do better next time. The Greek word for repent used in the synoptic gospels is *metanoeo*, which scholars believe translates to change one's way of thinking. Thus John's baptism is calling on those to change their own way of thinking and align it with the will of God. For me this is a much more positive way to examine oneself, not so much to say we are sorry, but that we are looking to understand how God is working in our own lives. Our own baptism seems to suggest that we realign our own will with the will of God. In first Peter the author writes "And baptism.....is an appeal to God for a good conscience, (awareness) through the resurrection of Jesus Christ." May we know that we can appeal to God for an awareness of his Love in our own lives.

During the season of Lent, please join us
Wednesday evenings at 6:00 p.m.
in the Parish Hall

for a potluck dinner and discussion of
Personal Devotion and Common Prayer.
Please bring simple Lenten appropriate
dish to share. Drinks will be provided.

Our last dinner will be March 25.



Family Promise Host Week April 19-26

Emmanuel's next host week for the Family Promise program is **April 19-26**. It takes many volunteers to make the week a success, so please consider volunteering. There is a sign-up sheet on the wall in the Parish Hall, so feel free to add your name in any of the blank spaces! If you prefer, you may call committee members about specific tasks. For instance, if you want to

spend the night or have general questions, call Elaine Griffin (276-466-4436). If you would like to organize a recreational activity, contact Nell Bieger (423-989-3679). If you would like to bring dinner or serve as an evening host, call Linda Riley (276-669-3267). If you would like to help set-up or take-down, call Bob Hardee (276-628-9097). Let's make Emmanuel's next host week a welcoming and comfortable experience for the guest families.

Adult Sunday School



A study of the great cathedrals is a lesson in architecture, church history and Western Spirituality.

Adult Sunday School meets in the library for an informative lecture and discussion.

The video starts promptly at 9:30 am to allow time for discussion afterward so get your coffee and donuts and join us.



Thursday, April 9
6:00 pm - Parish Hall.

Spaghetti, Salad, Bread, Tiramisu, Brownies,
Adult and Kid Beverages

Donations received will help fund the trip to the National Acolyte Festival in Washington, DC this Fall.

Catechesis Training Charlotte, NC

This summer, the parish of St. Peter's Episcopal Church in Charlotte, NC invites you to a spiritual retreat for adults. Join this community in exploring the spiritual journey and faith of the child through the work of *Catechesis of the Good Shepherd*.

Participants will experience a personal formation while preparing future *catechists* to work with children in the Level I *atrium*.

Part one of this course will be offered **June 15- 20, 2015** with a second session the same week in 2016. Tuition for parts one and two will be \$500 for each initial participant and \$400 for any additional members from the same parish or school.

Please consider this wonderful opportunity to join the work of the *Catechesis of the Good Shepherd* and deepen your own understanding of faith as we learn as children.

For more information, please contact Emmanuel's Parish Office.

Memorials

Mike Blair

Linda Burroughs
Susan M. Caldwell
The Crutchfield Family
Tom & Becca
Mr. & Mrs. John Fuller, Sr.
Dr. & Mrs. Ron
Mr. & Mrs. Richard Horner, III
Mrs Margaret Kearfott
Mrs Ruth King
Frank & Jackie Leonard
Mr. & Mrs. Pete Litton
Mrs. Gayle Mallin
Elizabeth McClanahan
Mr. & Mrs. Leno Rainero & Leno
Mr. & Mrs. Michael Riley
Mr. & Mrs. Thomas Rogers, III
Glenda Warehime
Dr. & Mrs. Sarfraz Zaidi

Judge John E. Dougherty

Mr. Jim Grayson

Frank Goodpasture, Jr.

The Crutchfield Family
Mrs. Ruth King

Betsy Fields Hall

Dr. & Mrs. Sarfraz Zaidi

Betty Kuhnert

Dr. & Mrs. Sarfraz Zaidi

Peggy Rogers

Mr. & Mrs. John Fuller, Sr.
Mrs. Amelia Jarrard
Mrs. Ruth King
Sarah Saunders

King Rogers

Sarah Saunders

Peggy Winston

Mrs. Ruth King
Dr. & Mrs. Sarfraz Zaidi

Vestry News

The 2015 Vestry met at Emmanuel Friday evening and Saturday, January 16th and 17th. The weekend orientation retreat began with dinner generously provided by Brad and Lark Adams. The event was facilitated by Pastor Jim Bangle, a Lutheran Pastor. An important element of the weekend was to learn about the leadership theory of the late Edwin Friedman, a rabbi and therapist whose books include *Generation to Generation* and *Failure of Nerve*. A video featuring Friedman speaking on leadership was viewed and discussed.

During its business session Saturday afternoon, Denise Rowe and Jeremy McLaughlin were nominated and elected Senior and Junior Wardens respectively. Barbara Sue Kurre was elected Secretary. Bob Bruce

will continue as Treasurer. Dan Beiger was elected to serve out the remainder of Mike Blair's term.

The duties of the Junior Warden were discussed and the Vestry agreed it was too much to ask one person to do effectively. The Vestry authorized the formation of a Building and Grounds Committee to be chaired by the Junior Warden who would serve as a liaison between the Vestry and the committee which will include persons to oversee landscaping, furnishings, the building, and other aspects of the physical plant as may be necessary.

The Vestry approved a resolution formally establishing the Finance Committee. The 2015 budget was approved.

Operating Budget

	January 2015	YTD
Income	\$58,508.94	\$58,508.94
Expenses	\$31,265.27	\$31,265.27
Difference	\$27,243.67	\$27,243.67

Average Attendance

January 2015	
Sunday's	Wednesday's
97	8
<hr/>	
February 2015	
Sunday's	Wednesday's
97	8

Calendar of Events

Wednesday, March 11, 5:00 pm
Finance Committee

Wednesday, March 11, 6:00 pm
Lenten Series and Potluck Dinner

Monday, March 16, 5:00 pm
Vestry

Wednesday, March 18, 6:00 pm
Lenten Series and Potluck Dinner

Wednesday, March 25, 6:00 pm
Lenten Series and Potluck Dinner

Sunday, March 29
Palm Sunday

Wednesday, April 1
Meals on Wheels

Thursday, April 2, TBA
Maundy Thursday Service

Friday, April 3, 12:00 pm
Good Friday Service

Friday, April 3, TBA
Good Friday Service

Friday, April 3
Parish Office Closed Good Friday

Saturday, April 4 TBA
The Great Vigil of Easter

Sunday, April 5
Easter Sunday

Tuesday, April 7, 6:00 pm
Social Club

Thursday, April 9, 6:00 pm
Spaghetti Dinner

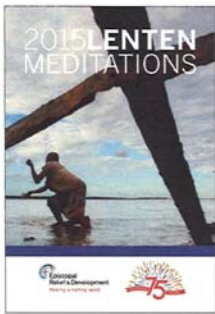
Lenten Outreach & Prayer

From the Canon Missioner

Friends, I recommend this internet ministry (<http://www.lentmadness.org>) for your use during this holy season of Lent. Just go to this web site daily or you can choose to sign up for a daily email, Facebook or twitter reminder. *Lent Madness* is an offering of Forward Movement, widely known as the publishers of *Forward Day by Day* and other resources to support spiritual growth and vitality. It is fun and informative with a daily vote (just for fun) for one of two saints of the day. The winner goes on to vie for the Golden Halo awarded during Holy Week. Each day you can read a brief history of each saint and make your vote. The writing by "celebrity bloggers" is witty and wise. There are also many other resources on the Lent Madness web site for further learning and spiritual formation. So print out a bracket poster, order a mug or just tune in. It's O.K. to have some fun during Lent! And may the best saint win! - Canon Kathy



Episcopal Relief & Development Sunday 2015



Celebrate Episcopal Relief & Development Sunday this Lent

We invite all Episcopalians to gather on February 22, or another convenient Sunday during the season, to pray for those living in poverty or without the basics for life, for victims of conflict and natural disasters and for all those around the world utilizing local resources and expertise to counter scarcity and imbalance.

Episcopal Relief & Development works with local partners in almost 40 countries to tackle these issues. You can support this work by contributing to a plate offering or by mailing your gift with the attached response form. Your participation is a simple way to help convey Jesus' love for our most vulnerable neighbors.

2015 Lenten Meditations

Written by a collection of Episcopal Church and Anglican Communion leaders, and edited by author and Christian formation specialist Jenifer Gamber and published by Forward Movement, Episcopal Relief & Development's Lenten Meditations 2015 centers on five statements Episcopal Relief & Development and the authors hold as core beliefs:



- I believe that everyone should have access to clean water.
- I believe that no one should go hungry.
- I believe that all children and families deserve a healthy start in life.
- I believe that no one should live in poverty.
- I believe that together we can heal a hurting world.

Reflecting a range of diverse voices, the meditations provide insights on readings of spiritual significance and how we might apply them to our lives as we face a world in need. As we consider Jesus' life of healing and sacrifice during this Lenten season, Episcopal Relief & Development asks you to reflect on your faith and how you might take action in responding to a hurting world. The traditional Lenten practice of almsgiving provides an opportunity to renew your commitment to people in need by supporting our work.

Photo courtesy of Episcopal Relief & Development and Harvey Wang for Episcopal Relief & Development.

Help heal a hurting world: www.episcopalrelief.org/Lent/

Episcopal Relief & Development Sunday

During this Lenten season, please consider making a donation to Episcopal Relief & Development.

Episcopal Relief & Development and its partners are grateful and proud to work on behalf of all Episcopalians toward a thriving future for communities around the globe.

The year 2015 marks the 75th anniversary of Episcopal Relief & Development's shared ministry with Episcopalians and friends as the healing hands of Christ in the world. We especially invite you to include Episcopal Relief & Development and our partner agencies in your



Lenten spiritual practices.

Gifts can be earmarked for Episcopal Relief & Development Sunday by completing the form below. Your contribution today supports us and our program partners worldwide.

To learn more about our work, please visit www.episcopalrelief.org.

Photo courtesy of Episcopal Relief & Development and Nagulan Nesiha for Episcopal Relief & Development.

My Lenten Response

During this time of reflection, I want to answer Jesus' call to serve those in need and help heal a hurting world. Enclosed is my Lenten gift to Episcopal Relief & Development:

\$50 \$100 \$500 \$1,000 \$2,500 \$5,000 Other \$ _____



Name: _____
Address: _____
City, State, Zip: _____
Phone Address: _____
Name of your church: _____ City: _____

FOR TAX-DEDUCTIBLE CREDIT CARD DONATIONS:

Please charge my gift to my:

VISA MasterCard AMEX Discover

Account number: _____ Expiration date: _____

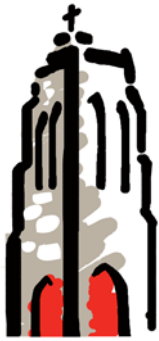
Name on card: _____ Security Code: _____

Signature: _____

Please make your check payable to **Episcopal Relief & Development**, and mail to P.O. Box 7058, Merrifield, VA 22116-7058.

Phone number (required for credit card donations)

B115-1A



MARCH 2015
MESSENGER

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Bristol, VA 24203

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MESSENGER

The deadline to submit information for the April 2015 Messenger is March 20. Please be prompt.

Weekly Schedule

SUNDAY SERVICES

8 a.m. Rite I
10:30 a.m. Rite II
(with choir)

SUNDAY FAITH FORMATION

9:15 a.m. Catechesis
9:15 a.m. Rector's
Forum (Library)

WEDNESDAY SERVICE

12:15 p.m.
Holy Eucharist &
Laying on of Hands
Bledsoe Chapel

CHOIR REHEARSAL

Wednesday,
7 p.m. Adult Choir

BIBLE STUDY

10 a.m. Thursday
2nd Floor
Conf. Room



Sunday, March 8–The Third Sunday of Lent

Genesis 17:1–17, 15–16; Psalm 22:22–30;
Romans 4:13–25; Mark 8:31–38

8:00 a.m. Lector.....Fred Knickerbocker
10:30 a.m. LectorJanet Jayne
Lay Eucharistic Minister.....Tom Hairston
Ushers.....Brad Adams and Jon Harden
Acolytes.....Kira Adams and Jack Tickle

Sunday, March 15–The Fourth Sunday of Lent

Exodus 20:1–17; Psalm 19; 1 Corinthians 1:18–28;
John 2:13–22

8:00 a.m. Lector.....TBD
10:30 a.m. LectorJeremy McLaughlin
Intercessor.....Kathy Dunagan
Lay Eucharistic Ministers.....Walt Bressler and
Kathy Dunagan
Ushers.....Debbie and Lamont Tidwell
Acolytes.....Gabrielle Tidwell, Rowan Sullivan

Sunday, March 22–The Fifth Sunday of Lent

Jeremiah 31:31–34; Psalm 51:1–13; Hebrews 5:5–10;
John 12:20–33

8:00 a.m. Lector.....John Harty
10:30 a.m. LectorBarbara Bunn
Lay Eucharistic Minister.....Tom Rogers
Ushers.....Margaret and Greg Roberts
Acolytes.....David Bieger, Daniel Bieger, Lola Spires

Sunday, March 29–Sunday of the Passion: Palm Sunday

Isaiah 50:4–9a; Psalm 31:9–16; Philippians 2:5–11;
Mark 14:1–15:47

8:00 a.m. LectorSeth Allen
10:30 a.m. LectorDave Zochowski
IntercessorKathy Dunagan
Lay Eucharistic MinistersKathy Dunagan and
Fred Knickerbocker
UshersBarbara Sue Kurre and Jan Rainero
AcolytesOlivia Hardee and Briana Hardee

Thursday, April 2–Maundy Thursday

Exodus 12:1–14; 1Psalm 116:1, 10–17;
Corinthians 11:23–26; John 13:1–17, 31b–35

Friday, April 3–Good Friday

Isaiah 52:13–53:12; Psalm 22; Hebrews 10:16–25;
John 19:1–19:42

Saturday, April 4, The Great Vigil of Easter

Genesis 1:1–2:4a; Psalm 136:1–9, 23–26;
Genesis 7:1–5, 11–18; 8:6–18; 9:8–13; Psalm 46;
Genesis 22:1–18; Psalm 16;
Exodus 14:10–31; 15:20–21; Exodus 15:1b–13, 17–18;
Isaiah 55:1–1; Isaiah 12:2–6; Baruch 3:9–15, 3:32–4:4;
Psalm 19; Ezekiel 36:24–28; Psalm 42, 43;
Ezekiel 37:1–14; Psalm 143; Zephaniah 3:14–20;
Psalm 98; Romans 6:3–11; Psalm 114; Mark 16:1–8

Sunday, April 5–Easter Sunday

Acts 10:34–43; Psalm 118:1–2, 14–24;
1 Corinthians 15:1–11; John 20:1–18