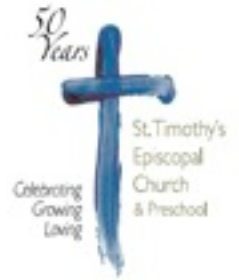




The St. Timothean



A Lenten Promise by Liz Brennan

Joseph Nastruz made a big Lenten promise -- to bake 700 casseroles during Lent! Joe has been assigned to duty in Afghanistan beginning in August 2010. His bucket list of goals to accomplish prior to his deployment includes setting a new Salvation Army Casserole record at St Timothy's. Joe and his friends plan to gather in the church kitchen every Sunday during Lent and bake about 100 casseroles each session. Joe will need a lot of help to accomplish this goal. If you would like to help, please bring milk, eggs, ham, sausage, cheese, Bisquick, cooking spray or foil and leave it in the church kitchen or nearby coolers. Monetary donations are also being accepted. Below, Joe and his friend, Devin Gale, are working on the beginning of this Lenten journey. What a great way to give to our community!

March 2010

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On Being Episcopalian: Bits and Pieces 1 by Terry Swanson

Lent seems to have snuck up on me early this year. It seems like it shouldn't start for another week or so. I've got to get that out of my head and catch up with the calendar. As I always do during Lent, I try to add something to my daily activities that remind me that, indeed, this is a special time and I should behave in a special way. Lent is forty days long so if I pick 10 activities and devote 3-5 days to each, I'll have filled a personal devotional. Sometimes I get confused with myself because it seems like the activities I've chosen are things I should do anyway. You know, like, "I'll clean out each of the clothes closets and take all the items I haven't worn for two years to CFIDVS or Good Will." Well that's noble but is it a Lenten devotion? It's difficult, isn't it? Maybe if I combine the cleaning with prayers of thanksgiving for all my blessings? . . .

I spent most of last week-end's miserable weather days cleaning files. One of the files I found was chock full of interesting stories, jokes, cartoons, and bits and pieces people have sent me, over the years, for the St. Timothean. Many of them never got in for one reason or another so over the next few months, I'm going to share some of these mostly hokey – but moving and dear, nonetheless – pieces with you.

One page was full of Billboards Sponsored by God. Here are a few of them:

Let's meet at my house Sunday before the game. – God

C'mon over and bring the kids. – God

What part of "Thou shall not . . ." didn't you understand? – God

We need to talk. – God

That "Love your neighbor' thing." I meant it. – God

Will the road you're on get you to my place? – God

And here was a little riddle written on a yellow scrape of paper:

What am I?

I speak every language under the sun, and enter every corner of the earth.
I bring information, inspiration, and recreation to all mankind.
I am the enemy of ignorance and slavery; the ally of enlightenment and liberty.
I treat all persons alike, regardless of race, color, creed or condition.
I have power to stretch man's vision, to deepen his feelings, and enrich his life.
I am a true friend, a wise counselor, and a faithful guide.
I am as silent as gravitation, as pliant and powerful as the electric currents.
and as enduring as the everlasting hills.
I am a bread of life, with the message of salvation for every lost soul.
I AM THE BIBLE

Here's one someone copied for me and to which we can all relate:

What Can I Do for My Church?

I can be loyal to its services.
I can hold it up in prayer.
I can contribute toward its support.
I can aid in its ministry.
I can welcome guests to the services.
I can promote good fellowship.
I can seek out and help the discouraged.
I can refrain from criticism
I can invite my friends and neighbors.
I can help create a spiritual atmosphere.
I can encourage the study of God's word.
I can dedicate my talents to God's service.
I can be kind and courteous to all.
I can look for the best in other members.

More next month. If you are one of the people who sent me these, "Thank You."

The Youth Page

IOWA'S NEW BEGINNINGS 4

by Lacey Howard

All 7th thru 9th graders are invited to attend New Beginnings 4, April 23-25 at Pictured Rocks Camp, near Monticello. If you have attended at least two New Beginnings weekends, you are welcome to apply to be on staff. Questions? Contact Lacey at lnhoward@hotmail.com or Lydia at lkelsey@iowaepiscopal.org.

Our youth had a great time skating recently!



4TH AND 5TH GRADERS -- LETS GET COOKING!!

by Diane Hernandez

As you probably know, Joe Nastruz has been assigned to duty in Afghanistan beginning in August 2010. One of his goals is to set a new Salvation Army Casserole record -- of 700 casseroles -- by the end of Lent. (Please see the article on page 1.) The 4th and 5th grade youth group is planning to pitch in by getting together to make casseroles on March 7 from 4 to 7 p.m. at: The Lodge of Ashworth, 909 Ashworth Road. We plan to do some serious casserole cooking and have a lot of fun. If you are planning to attend or need additional information, please contact Diane Hernandez at 515-987-5469 or diane.hernandez@mchsi.com.

A Reminder from Jade Fox
The children will be singing on Palm Sunday and Easter Sunday. Please come and enjoy our young members as they share their musical talents!

St. Martha's Altar Guild Brunch and Blessing

by Mary Hovden

On Saturday, February 13, 18 members of the St. Martha's Altar Guild and the Flower Guild, gathered at the home of Hillary Gaebler for a special brunch and blessing.

The morning started with a moving service of celebration and commissioning designed by Hillary Gaebler, Sandi Pray and Elizabeth Popplewell. Elizabeth led the service – similar to a baptism – where our hands were blessed using water and oil.

After the blessing we enjoyed a delicious brunch where we first set the table similar to how we set the Lord's table during the Easter Vigil – with members selecting a card that instructed them to put out plates, silverware, glasses, food or decorations. To complete our

celebration, we honored outgoing Directress/ Co-Directress Stephanie Andrews for her service, by presenting her with a cross and chain specially selected from James Avery.

May the light of your soul bless your work
with love and warmth of heart.

May you see in what you do
the beauty of your soul.

May the sacredness of your work
bring light and renewal
to those who work with you
and to those who receive your work.

*John O'Donohue
To Bless the Space Between Us*

St. Timothy's Community Garden is Growing!

(and You Can Help!) by Tim Goldman

There are 18 inches of snow covering the ground now as I write this in February, but Mark Marshall says that things are growing in the community garden at St. Timothy's.

Mark is our chief gardener at St. Timothy's. He has planted, tended and harvested a garden in the lot west of the church for several years. You may have picked some of the extra tomatoes, salad greens, peas or beans that Mark grew last summer and left for us in the Parish Hall. Much of that produce also went to the Eddie Davis Community Center.

In January, Mark attended the **Hope for the Hungry: Feeding Greater Des Moines Symposium** and participated in a panel discussion about community gardens. It was a great opportunity to inform local people about the garden at St. Timothy's and to exchange information with other community gardeners. It was also a chance to learn more about the growing problem of hunger in our community. Our Hope for the Hungry this summer is to provide fresh produce to food distribution centers in the poorest areas of Des Moines as well as to the Eddie Davis center.

Below are some of the plans now underway for the St. Timothy's community garden:

- Expand the size of our garden. The greatest task is initially disking the ground, and Mark found a community volunteer who will do this for us. Then we will need to get the new ground and the rest of the garden ready to plant.
- Improve our ability to water the garden. Mark will construct an irrigation system using our existing fencing and adding PVC tubes to save time, labor and water.
- Organize volunteers to help in the garden. Parishioners, our youth, scouts and "friends" for an hour a week, and an hour a month or an occasional afternoon are welcome to help with the garden or to transport product to the distribution centers.

For more information about the St. Timothy's Community Garden, please contact Mark Marshall at wdmmarshall@msn.com or call 223-5381. Mark plans to post a sign-up sheet available for garden volunteers in mid-to-late March. Look for it on the Community Ministries bulletin board.

Rev. Milton Cole-Duvall Goes to Sudan

by Rev. Mary Cole-Duvall

The Rt. Rev. Alan Scarfe commissioned the Rev. H. Milton Cole-Duvall of St. Timothy's in West Des Moines prior to Cole's departure for the consecration of the newly elected first bishop of the newly configured Diocese of Nzara – the Rev. Samuel Peni. Cole represented Bishop Scarfe and the Diocese of Iowa at the February 28th consecration of Fr. Peni. Studying at Wartburg Seminary in 2008-09, Fr. Peni spent mid-term working with the Rev. Mary Cole-Duvall, rector of St. Timothy's. Having studied at the Lombard Mennonite Peace Center, Mary and Samuel discussed possible models of conflict resolution for his ministry in the Sudan.



St. Timothy's Episcopal Church & Preschool Vestry Meeting

Tuesday, February 23, 2010, 6:30 – 9:00 PM

Present: Mary Garrels, Jenna Guy, Tammy Guy, Maureen Hada, Lisa Hall, Elizabeth Hall-Mansfield, Jack Hovden, Marshall Little, Jim Lynch, Vincent Preston, Karen Voss, Josh Wilson, Elizabeth Popplewell, Mary Hovden(MAPP Team), Diana Morman (MAPP Team), Sharelle Moranville (Prayer Team)

Prior to the meeting, the Vestry approved (via e-mail) the use of \$400 from the Mission Work/Travel fund to pay for a satellite phone to be used by Milton Duval on his upcoming trip. Before the meeting began, Jim Lynch led the group in an opening prayer.

The minutes from the January Vestry meeting were approved.

(Hada/Little)

The slate of officers (Karen Voss as Senior Warden, Marshall Little as Junior Warden, and Jim Lynch as Clerk) was approved **(Guy/Mansfield)**

Mary Hovden discussed next steps for the Vestry and MAPP Team with the Strategic Planning process including: the Vestry continuing to revisit the process at every meeting; involving the

Continued on page 8

March

Please remember the following people in your prayers.

For those who suffer in body, mind or spirit:

Russell, Mike, Marie, Barb, Betty Lou, Glenn, Phyllis Bruntlett, Shirley, Nicholas, Beth, Mike, Jack, Betty, Suzanne, Hunter, Jacob, Millie, Robb, Rosalie, Sally, Joe and Andy

For those in service to our country:

Jacob, Kelly, Andrew, Nikki, Trevor, Mark, Mary, Joel, Jason, Philip, Christopher, Joseph, Will, Tim, Simon, Aneesa, Marshall, Rusty, Nicholas, Jeremy, Wes and Martha

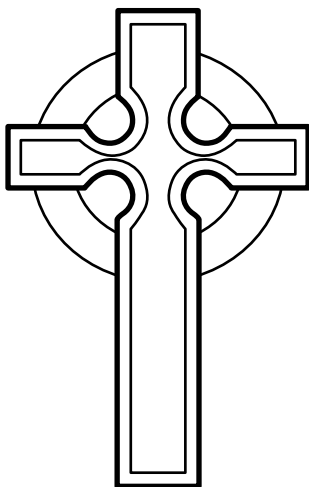


Happy Birthday to...

March 2: Hana Sayeed
March 4: Tom Sheldahl
March 6: Beth Bice, Kristina Rice
March 7: Dane Bruner, Jon Maxwell
March 11: Zachary Slocum
March 12: Carole Blumberg
March 13: Dottie Carpenter, Barbara Cobb
March 14: Phyllis Bruntlett
March 15: Andy Meyer
March 16: Jacob Johnson, Krista Tanner
March 17: Dennis Morman, Sarah Waskom
March 19: Dolores Smith
March 20: Mathew Coen, Vincent Hodges
March 21: Mac Amerman, Mark Slocum
March 22: Jean Flinn
March 24: Ned Montgomery
March 25: Tammy LeMar
March 26: Brett Mulder
March 28: Alex Slaymaker
March 29: Jim Morrill, Virginia Smith
March 30: Dennis Christensen, Vera Nixon
March 31: Dick Burden-Leonard

Happy Anniversary to...

March 2: John & Kris Kittrell
March 6: Charles & LeAnn Phillips
March 18: Mike & Maggie McGill



Des Moines Area Hunger Hike Recognizes St. Timothy's for Record 2009 Contributions By Tim Goldman

The Hunger Hike Board of Directors recently voted to award St. Timothy's one of three traveling Hunger Hike bowls in recognition of our contributing a record \$2,034 in 2009 to feed hungry people in our community and throughout the world!

In a letter announcing the award, Hunger Hike Treasurer Lucille Wilson stated that St. Timothy's has participated in the Hunger Hike for 18 of the past 23 years that she has kept their records, and during that time our church has raised \$16,671. St. Timothy's was last awarded one of the traveling bowls in 1994.

At the annual Hunger Hike celebration dinner on Thursday, March 11, at 5:30 there will be musical entertainment followed by the awarding of the \$45,000 raised by the 2009 Hunger Hike to agencies that provide free food to hungry people. The organizations that contributed to the 2009 Hunger Hike will also be recognized as part of the traveling bowl presentations. All St. Timotheans who have ever participated in the Hunger Hike by walking, collecting or contributing are invited to attend the free dinner, as well as anyone who would like to learn more about efforts in our community to relieve hunger. There will not be any long speeches, just food, music and fellowship! For more information or to make your dinner reservation, please contact me at gold2231@msn.com or by calling 745-9842.

Easter Vigil Champagne Reception

As traditions holds, St. Timothy's will host a Champagne Reception immediately following the Easter Vigil service on Saturday, April 3rd. Come celebrate the joy of the Risen Christ after this beautiful and powerful worship service.

Shrove Tuesday Pancake Supper by Maureen Hada

On Tuesday, February 16, St. Timotheans gathered to celebrate Shrove Tuesday, the day prior to the beginning of Lent on Ash Wednesday. The evening began with a lovely worship service in the chapel presided over by Bishop Scarfe to commission Milton Cole-Duvall as he embarked on his trip to the Sudan. During the service, beautifully colored stoles and other liturgical articles were blessed for Milton to take to Fr. (Bishop?) Samuel in Nzara. The service was followed by a delicious supper of pancakes, sausages and yummy desserts. And the house was rockin', thanks to entertainment provided by George Cole-Duvall's very talented band.



Pancakes and doughnuts are associated with the day preceding Lent because they were a way to use up rich foodstuffs such as eggs, milk, and sugar, before the fasting season of the 40 days of Lent. The liturgical fasting emphasized eating plainer food and refraining from food that would give pleasure: In many cultures, this means no meat, dairy or eggs.



Throughout supper, parishioners could enjoy a wonderful slide show presentation developed by Neil Guy that highlighted the ministry and work of Fr. Samuel in the Sudan. Free will donations were collected for the Pancake Supper that resulted in over \$400 to aid Fr. Samuel as he begins the work of his new diocese of Nzara. Thanks to everyone who generously contributed.



And a very big thank you to Stephanie Andrews for planning and organizing this wonderful event.

Contemplative Outreach United in Prayer Day Comes to St. Timothy's by Tim Goldman

Unity in Contemplation is the title of a video presentation by Father Thomas Keating that will be followed by Centering Prayer and discussion on Saturday, March 20 from 9 am until Noon in the Chapel. Look for registration forms outside of the Sanctuary.

A short introduction will be available on Saturday morning for those new to Centering Prayer. Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer — verbal, mental or affective prayer — into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Him.

The source of Centering Prayer, as in all methods leading to contemplative prayer, is the Indwelling Trinity: Father, Son, and Holy Spirit. The focus of Centering Prayer is the deepening of our relationship with the living Christ. The effects of Centering Prayer are ecclesial, as the prayer tends to build communities of faith and bond the members together in mutual friendship and love.

Father Thomas Keating, O.C.S.O., is a founding member, chairman and spiritual guide of Contemplative Outreach, LTD. He is an internationally renowned theologian and author of 21 books on Centering Prayer as well as numerous videos and articles.

Vestry Minutes continued from page 5

individual commissions into the process; informing the congregation; and demonstrating early progress. There was discussion of what items to focus on at the March 9th Vestry meeting. There were suggestions to focus on quick wins/low hanging fruit as well as the two action plans developed during the vestry retreat.

Mary then discussed a draft letter to the congregation regarding the feedback received from the Annual Gathering, the review of the feedback done at the Vestry retreat, and the next steps that the Vestry and MAPPP team plan to take.

Jack Hovden presented the year-end 2009 financial report, which was approved. **(Hada/Little)**

Jack then presented the January financial report, which was approved. **(Hada/Little)** Jack commented that as a result of the 2009 \$10,000 matching gift we will end the year with a balanced budget. Jack also commented that the recent roofing project was fully covered using money from the building fund.

Karen Voss discussed the need for Vestry representation at each of the Financial Town Hall Meetings during the weekend of February 27-28.

Jenna Guy and Elizabeth Popplewell discussed the importance of the Happening-make/serve meal from 5-8PM on March 27th. Karen Voss will send out an email requesting Vestry members indicate how they can support with food preparation, set up, and general organization.

Elizabeth Popplewell updated the Vestry on some current Christian Formation happenings. Elizabeth mentioned that a Wednesday Bible study will be starting this week, and twelve people are planning to attend. A Sunday book study started this week and was well attended. After Lent, a discovery course will be offered. At the conclusion of regular business Jim Lynch led a closing prayer.

Respectfully submitted,
Jim Lynch
Clerk

St. Timothy's
Episcopal Church & Preschool
1020 24th Street, West Des Moines, IA
50266

50 Years of Celebrating, Growing, Loving

**Don't forget: The Deadline for the
April *St. Timothean*
is March 15.**

Church office email: office@sttimothysiowa.org
St. Timothy's Web Page: www.sttimothysiowa.org
(including the current month's *St. Timothean*)
St. Timothean email to Terry Swanson or Liz Brennan at:
newslettereditor@sttimothysiowa.org
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