



# The Eagle's Nest

St. John's Episcopal Church

March 2016

## Diocese of Springfield

### Bishop

The Rt. Rev. Daniel H. Martins

### Staff

#### Rector

Rev. Richard Swan

rector@saintjohnsdecatur.org

#### Deacon

Rev. Donald Coventry

dncvnt@aol.com

#### Secretary

Mrs. LaVetta Williams

secretary@saintjohnsdecatur.org

#### Parish Nurse

Susan Currie, RN

### Vestry

John Byler

Dee Coventry

Betsy Curlin

Chris Gregory

Jane Gucker

Ken Jordan - Parish Warden

Tyler Kitchens

Jim Peoples

Kathy Phillips - Rector's Warden

## Padre's Pen

The month of March this year is already embedded in the Holy Season of Lent. We enter March with two weeks of Lenten preparation and devotions behind us, and will end with Holy Week and the glorious celebration of the Feast of the Resurrection, more commonly called Easter. With the realization that Lent calls upon us to spend time in introspection and self-examination; (something that we are not normally inclined to do) we may feel at times as if set upon by a beast! So, literally, we can say that this March has come in like a lion and will go out with The Lamb!

This past year we had our Renewal Works survey and workshops. As a result, we discovered a need for a deeper familiarization with our Book of Common Prayer. It may be something that we take for granted. As mentioned in the first Lenten Series class, we Anglicans find it (the B.C.P.) to be a handy tool for our prayer life. When it first was designed by Thomas Cranmer, in 1543-8 (what became the first official English Prayer Book of 1549) his desire was not just for a liturgical standard for corporate Worship, but also a tool to allow all faithful, who could read, to be able to pray in a daily fashion. If you have a copy of the Book of Common Prayer at home, do you know where it is kept? Do you utilize it for regular daily prayer? We certainly don't need the formal structure every time that we approach the throne of Grace, but the BCP is very helpful in the development of the daily

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spiritual habits that can then help to carry us through the difficult time, times when we might not think that we can even pray.

One thing that makes a Church (the body, not the building) vibrant and in a position for Spiritual growth is when the members of the body come together in prayer each day. Modern demands of course make it difficult for all, or even some, to come together each and every day but if each member picked one or two days a month when they would come together for morning or evening prayer, then each day could conceivably be covered (wrapped) in prayer. We have, of course, our coverage for Wednesday evenings and Saturday and Sunday scheduled worship but maybe you could pray about being a part of Morning Prayer one day a month so that we can build up the “prayer engine” that will carry St. John’s into the future. There are Churches in this Diocese where three to six members come together at their Chapel each day to pray. It would be good for St. John’s to join in that habit. Lent is a great time to develop a good habit that can carry us for a lifetime.

In Christ’s love,  
Fr. Swan



## *Vestry Meeting Highlights*

Kathy reported that January and February were busy months with two funerals (Richard Pharis and Jane Evey-Hicks) with meals provided for the families and friends; our Annual meeting; we hosted a Young Woman’s’ Empowerment group; the Vestry Retreat; we served 75 on Shrove Tuesday; a good Ash Wednesday service; Stations of the Cross began; the Annual Bishop’s visit and Confirmation; and our Lenten Study with soup supper began. Ken has been working with Barbeck regarding our outdated phone system; as the weather permits, we will begin working on the St. Mary’s Hall trim; Ken is working with Tim Phillips on ideas to improve our heating system to have better control and averaging the temperature which will result in a more efficient and economical system; Fr. Swan and Tyler presented a quote regarding an AED device and there was discussion regarding the possibility and which model to choose. They also continued the discussion of the idea of making four pews – two on each side of the center aisle wheel chair accessible. Please see a Vestry member to share your thoughts.

The vestry had their Annual Retreat on February 7th. They felt it would be appropriate to share some of the topics and questions they discussed. Why did you join or are staying active at St. John’s; why did you say yes to serve on Vestry; what are the strengths of this Vestry; what could the Vestry/leadership of St. John’s do better; what are the strengths of St. John’s; what could St. John’s do better and what are our goals and dreams.

## Favorite Recipe

As I sit here in a nice and warm home trying not to think about the frigid temperatures outside, I cannot help but think about comfort food so consequently, that's what the following recipes reflect.

### Bacon Beer Cheese Soup with Chicken

Servings: 6-8

Categories: Dinner, Lunch, Main Dish, Soup & Stew

Source: Facebook

#### Ingredients

- 6 slices thick cut bacon
- 1 pound boneless skinless chicken breast
- ¼ cup butter
- ¼ cup flour
- 2 teaspoons garlic powder
- 2 teaspoons ground chile de arbol (or cayenne pepper; to taste)
- 1 teaspoon smoked paprika
- 1 teaspoon kosher salt
- 1 teaspoon pepper
- 1 cup beer, Belgian style wheat beer (Blue Moon)
- 1 cup chicken broth
- 2 cups half and half
- 8 ounces mild cheddar cheese, shredded
- 1 teaspoon Worcestershire sauce
- chives
- croutons

#### Directions

Warm an 8 quart pot over high heat. Using clean scissors; cut bacon into pot. Cook bacon until lightly crisp, stirring occasionally.

Meanwhile, cut chicken into bite size pieces.

Remove bacon from pan and place on a plate. Add chicken into bacon grease to cook. Stir occasionally until chicken is cooked through. Remove chicken onto plate with bacon.

Cut butter into 1 tablespoon pieces and add to pan drippings. Whisk in flour and spices. Add beer, broth and half & half. Whisk to combine and bring to a bubble. Add cheese whisk to combine, stir until you have a smooth mixture. Add Worcestershire sauce, chicken and bacon. Stir to combine.

Allow to simmer until ready to serve, stirring occasionally.

Garnish with chives and croutons. Enjoy!

Notes: Cut red pepper in half...unless you like a kick to things!!

Submitted by Ken Hawley

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I PRAISE TOO MUCH AND NOW I'M STUCK

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## *Mark Your Calendars*

**There is a calendar of events listed on the bulletin board in the Parish Hall for the month. The sign-up sheet for flowers and the Sanctuary Candle is on the bulletin Board outside the Nave in the Cloister.**

**March 2<sup>nd</sup>** – Lenten Soup Series

**March 4<sup>th</sup>** – Stations of the Cross

**March 6<sup>th</sup>** – Lenten Evensong with a light reception. Kathy Phillips Chairman

**March 9<sup>th</sup>** – Lenten Soup Series

**March 11<sup>th</sup>** – Stations of the Cross

**March 16<sup>th</sup>** - Final Lenten Soup Series

### **HOLY WEEK BEGINS:**

**March 20<sup>th</sup>** – Palm Sunday – Normal Worship hours

**March 20<sup>th</sup>** – Palm Sunday Evening – Movie night – time TBA - – bring snacks to see the Passion. Melissa Rhodes Chairman

**March 23<sup>rd</sup>** – Sung Tenebrae – 7 pm in the Nave

**March 24<sup>th</sup>** – Maundy Thursday – 6:30 pm in the Nave

**March 24<sup>th</sup>** – the Vigil/ keeping watch over the Blessed Sacrament 8:00 pm until Friday 11:00 am

**March 25<sup>th</sup>** – Good Friday – Stations of the Cross 11:30 am – Service at Noon and 6:30 pm

**March 26<sup>th</sup>** – The Great Vigil of Easter – 9:00 pm

**March 27<sup>th</sup>** – The Feast of the Resurrection – Easter Sunday – 7:30 am and 10:00 am

**April** - Festive Evensong – light reception to follow. JoAnna McCullough Chairman

**April 9<sup>th</sup> or 23<sup>rd</sup>**- Chili Supper and game night. Debbie Hunt, Kathy Phillips and Megan Jordan Co-Chairs

**April 8<sup>th</sup> – 22<sup>nd</sup>** – Meals on Wheels – please pray about being involved!

## *Outreach*

### **Reminders:**

Internal: Our Parish Nurse, Susan, set up those of us who have signed up to prepare meals on mealtrain.com for Harley and Jayne when she was released from the hospital. It is an amazing tool!! We were able to log in and see who had signed up for what date, what they were preparing and add any notes if needed. There was also information as to their address and phone number, the preferred time of delivery and any special dietary needs or restrictions. It was so “user friendly”. If have a need to us to cook for you, please let Susan know so we can activate a site for you. Also if you would like to be added to the list of those who cook, please let me know.

External: We are still gathering food items on Sunday for NE Community Fund. Please remember to bring an item with you. It is so easy if you just throw an extra item in your cart when shopping for yourself. Items most needed are: peanut butter, cereal, canned meats, canned “meals”, cereal, rice, beans.

## *Breaking News*

We would like to congratulate Chris Gregory for being admitted as a Postulant for Holy Orders in her pursuit of ordination to the Diaconate.

## Holy Days in March

Every Wednesday at 6:00 pm and Saturday at 7:30 am we meet for Eucharist. It is our custom to honor a memorable figure in the life of the Church down through the ages. For March, we will give thanks to God for these faithful servants:

Saints Days for March:

### Wednesdays

March	2	Chad of Lichfield (Nave)
	9	Gregory of Nyssa (Nave)
	16	St. Patrick (Nave)
	23	Tenebrae (7:00 pm Nave)
	30	Wednesday in Easter Week

### Saturdays

March	5	John & Charles Wesley
	12	Gregory the Great
	19	St. Joseph
	26	Holy Saturday (No Morning Eucharist)

## Next Vestry Meeting

The next Vestry meeting is scheduled for March 20<sup>th</sup> following 10:00 AM Eucharist in the Guild room.

## Serving Opportunities

Any interested youth or adult over the age of ten interested in becoming an Acolyte, please contact James Keith or Father Swan.



## Birthdays



- 1<sup>st</sup>- Patricia Filchak
- 2<sup>nd</sup>- Shelly Chabak
- 7<sup>th</sup>- Tracy Barding
- 11<sup>th</sup>- Mary Black
- 13<sup>th</sup>- Patricia Eldridge
- 15<sup>th</sup>- J. Thomas Kramer
- 17<sup>th</sup>- Brandon Sammons
- 21<sup>st</sup>- Karen Johnson  
Julie Keith  
Erica Rhodes
- 22<sup>nd</sup>- Katherine Hawley
- 24<sup>th</sup>- Robert Peoples III
- 25<sup>th</sup>- Aiden Chamberlain
- 26<sup>th</sup>- Lauren Acton
- 27<sup>th</sup>- Mallory Keith

## Education Opportunities

### ADULT STUDY

Friday Bible Study continues at 10 AM in the Guild Room. We are currently studying the Book of Genesis.

Sunday Study continues at 9:00 AM. We are currently studying the book of Luke.

### CHILDREN'S SUNDAY SCHOOL

Sunday school continues. There are now two classes ~ VERY exciting news! It promises to be an exciting year! Please think about children you can invite or help attend. St. John's has many resources for children and more children would allow greater opportunities for all.

## News Flash & Updates

Please update your directory with the following information:

David and Rachel Gesell and son, Micah:  
513 W. Washington St.  
Clinton, IL 61727  
(601) 916-2000  
Email: Raeann08@gmail.com

The Fellowship Committee met after 10:00 AM Eucharist on February 7<sup>th</sup>. We set some dates for upcoming events:

**March 6<sup>th</sup>** – Lenten Evensong with a light reception. Kathy Phillips Chairman

**March 20<sup>th</sup>** – Palm Sunday – Movie night – time TBA -- bring snacks to see the Passion. Mellissa Rhodes Chairman

**April (date to be determined)** - Festive Evensong – light reception to follow. JoAnna McCullough Chairman

**April 9<sup>th</sup> or 23<sup>rd</sup>** - Chili Supper and game night. Debbie Hunt, Kathy Phillips and Megan Jordan Co-Chairs

**May 14<sup>th</sup>** – Car Rally Peters and Hawleys, Co-Chairs

**May 15<sup>th</sup>** – Graduation Sunday (firm date TBA) and Pentecost Sunday-wear your RED. Marv Chairman

**June 5<sup>th</sup>** – Church outdoor Eucharist and Picnic. Jim and Barb Peoples Co-Chairs

**August 20<sup>th</sup>** –Mix & Mingle here at St. John's. JoAnna, Debbie and Roger Co-Chairs

**September 11<sup>th</sup>** – Ice Cream Social. Sandy Roe Chairman

**September 25<sup>th</sup> or October 2<sup>nd</sup>** – Michaelmas Evensong. Marv Chairman

**October 1<sup>st</sup>** – Blessing of the Animals.

**October 8<sup>th</sup>** – Brats Party. Roger and Debbie Hunt, hosts

**December 11<sup>th</sup> or 18<sup>th</sup>** - Lessons and Carols. Melissa and Megan Co-Chairs

**December 28<sup>th</sup>** – St. John's Patronal Feast (Wednesday). Plans to be determined

**January 22<sup>nd</sup>, 2017** – Annual Meeting

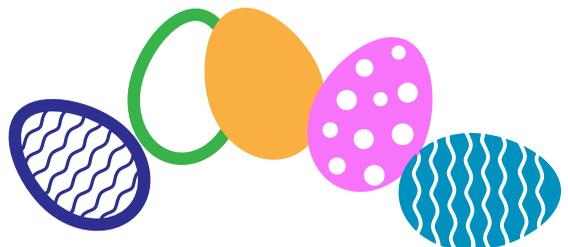
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## Parish Nurse Notes

March 2016

Susan Currie, RN

March is here and spring is on its way. If you have been hibernating over the winter it is time to wake up and get moving again. We have been made with spectacular bodies that are designed to move. If you are older, you need to keep a body moving to keep it moving well. Children need to move to build and keep healthy growing bodies, develop coordination and support internal functions.

Physical activity and exercise have many benefits for people of all ages. Physical activity helps:

- Maintain a healthy weight and maintain or increase strength
- Maintain good balance
- Reduce the risk of some diseases such as heart disease, high blood pressure, type II diabetes, some cancers, osteoporosis
- Strengthen heart and lungs
- Helps prevent constipation
- Reduce stress, anxiety, depression
- Maintain flexibility
- Maintain thinking ability

Every day benefits of exercise and physical activity can be seen in all aspects of life:

- Endurance to keep up with children, to go dancing, to work in the yard
- Strength to carry bags of groceries, lift your own suitcase, pick-up a young child
- Strength and flexibility to sit on the floor and get back up, tie your shoes and trim your toenails or paint them purple
- Balance and Flexibility to reach upper

shelves in the kitchen, to carry laundry up and down stairs

- Flexibility to be able to look over your shoulder when backing up a car

There are four main categories of exercises and many exercises provide benefit of more than one type. It is good to include all four categories as able.

**Aerobic exercises** cause your heart rate and breathing to increase improving heart, blood vessel and lung function.

**Muscle strengthening exercises** involve resistance or lifting weight and have an impact on all daily activities such getting up out of bed, climbing stairs and carrying laundry or groceries.

**Balance exercises** help prevent falls and injury. Daily activities of walking up and down stairs, standing on tiptoes or walking on uneven surfaces contribute to maintenance of balance. Exercises that strengthen the muscles of the lower body (legs, hips, lower back) help with balance. If you are having balance problems, do see your doctor and if appropriate you may be referred to a physical therapist for balance exercises.

**Stretching exercises** improve flexibility.

There are many ways to increase physical activity and exercise. There are opportunities for activities indoors and outdoors. You may exercise in your own home or join a group. You may walk in your neighborhood, parks, malls, and various recreational or fitness centers. We come in all different ages, sizes, shapes, conditions and with different abilities. Not all forms of exercise are right for all people. Before starting an exercise program consult your doctor. Find an activity or exercise that is right for you and get moving!.

# Photos

*Bishop's Visit & Megan Jordan's Confirmation*

