

# St. John's Journal

Bandon-by-the-Sea, Oregon

March 2025

## Season of Lent Begins



**“Shrove Tuesday”** (March 4, 4 p.m.), the day before Ash Wednesday, is also known as “Fat Tuesday” or “Mardi Gras.” It is traditionally the last day to be “shriven” (absolved of one’s sins) and to feast and make merry before Lent begins. Pancake suppers are a traditional way to use up eggs and fats that won’t last the 40 days of Lent. But pancake suppers at St. John overload our electrical system. More lavish meals are prepared in other regions.



Our celebration this year will feature Tri-Tip as the main course, with an assortment of sides, salads, and desserts. Please see the sign-up sheet at church or contact Jennifer if you’d like to bring a dish.



**4 p.m. March 5**

This is the beginning of Lent, a time of prayer, fasting and reaffirming our commitment to God. The special liturgy for Ash Wednesday is found on pages 264-269 of the Book of Common Prayer.

*Don't forget to set your clocks **AHEAD** one hour before bedtime on Saturday, March 8th, so you won't be late for church!*



St. John Episcopal Church, 795 Franklin Avenue (PO Box 246) Bandon, OR 97411 \* 541-347-2152

## So, Noted!

At the February meeting, the BAC reviewed and approved the annual Parochial Report, which is an annual insight into the life, ministry, finances and membership of the Episcopal Church. It is an opportunity to reflect on the past year and helps with visioning for the future. It records membership, attendance, losses and gains, baptisms, and other congregational information.

In 2024 we had:

23 Adult Communicants in good standing

28 Active members

Financial Snapshot:

\$49,575 in pledges

\$225,761 in monies received (i.e., pledges, fundraising, etc.)

\$152,601 spent

Narrative Responses:

- Our goal to reduce St. John's carbon footprint has been through ongoing recycling.
- The program that best exemplifies our congregation is the Medical Loan Closet.
- One program that represents our hope for the future of this congregation or the greater Episcopal Church is our Thursday Conversations Class

### Treasurer

- As an outreach to the community, St. John has been contributing \$5 per month to the local Water District to help customers with water bills. The BAC authorized an increase to \$10/month this year and will gather more information on this program.
- Donations from Birthday Offering totaled \$1,700 last year in support of Bandon Feeds the Hungry. Other possible recipients will be discussed further.

### Junior Warden Report

- MD Concrete completed the steps into the Narthex. They were able to give us a discount of \$300 from the original bid of \$2800.
- The kitchen door was ably replaced by Tom Glunt and Don Bolduc. The planter will be left in place to continue its job as a door-stop.
- The area near the large hydrangea in the back has been cleared and will be refilled.
- The Parking Lot Committee met and have come up with a new design. Work is moving forward to get bids for the various stages of completion.

### Vicar's Report

Food and Faith will place The Little Pantry in the grassy area fronting on 8th Street.

Upcoming Events - Shrove Tuesday Dinner (March 4, 4 p.m.) and Ash Wednesday Service (March 5, 4 p.m.) ! Please see Jennifer Mello if you wish to bring a dish to the dinner.

Submitted gratefully by,

Laurea Arnoldt, Bishop's Warden

## *Fr. Doug's Iconic Column*

The Season of Lent begins this coming Wednesday, March 5. But before we begin, we will have a celebratory gathering on **Tuesday, March 4**, for a **Mardi Gras dinner at 4pm**. It is meant to be a time to enjoy good food and good friendships. We hold it this early so that those who have a hard time with driving at night can come and then get home before dark.

**The next day, Ash Wednesday marks the beginning of Lent. The Ash Wednesday Service, which will be held at 4pm, is a service that invites us into the Season of Lent.** It calls us to confess our sins, but it also reminds us of God's gift of forgiveness and renewal. The imposition of ashes is a reminder that without the life of God in us we are but dust. Fortunately, God can do amazing things with dust.

The next day, on **Thursday at 10:30am, the Conversation Group will be meeting.** During the Season of Epiphany, we have been trying a new approach to our Bible study. We have been using the Daily Lectionary to supply us with scriptures to read and reflect upon throughout the week. Then we gather on Thursdays to share what may have been particularly meaningful or perplexing in the readings and then discuss them together. We are going to continue this practice during Lent with the addition of a spiritual practice called the **Daily Examen**. While the Daily Examen can be very confessional in practice, the version of it we will be using is much more broadly reflective on our lives. It is a taking stock of our experiences of the day while looking to God to show us what we need to see. If you have not been a part of the Conversation Group, please consider joining us during the Season of Lent as a special Lenten discipline for yourself. If you cannot be a part of the group, please consider taking on the daily discipline of scripture reading and personal examen. I would be glad to give you the materials and give you some directions about how you might use them in your own life.

Finally, I want to turn your attention to a psalm that particularly spoke to me recently. Some of the psalms can be particularly judgmental of other people. In the time of social and political conflict, it is easy for us to join right in with those psalms in judgment of others. But **Psalms 73**, while having some words of judgment about others, has some self-reflection and humility included. You may find this psalm particularly helpful in this time in which we live.

- 1 Truly God is good to Israel, to those who are pure in heart.
- 2 But as for me, my feet had almost stumbled; my steps had nearly slipped.
- 3 For I was envious of the arrogant; I saw the prosperity of the wicked.
- 4 For they have no pain; their bodies are sound and sleek.
- 5 They are not in trouble as others are; they are not plagued like other people....
- 12 Such are the wicked; always at ease, they increase in riches.
- 13 All in vain I have kept my heart clean and washed my hands in innocence.
- 14 For all day long I have been plagued and punished every morning.
- 15 If I had said, "I will talk on in this way," I would have been untrue to the circle of your children.
- 16 But when I thought how to understand this, it seemed to me a wearisome task,
- 17 until I went into the sanctuary of God; then I perceived their end....
- 21 When my soul was embittered, when I was pricked in heart,
- 22 I was stupid and ignorant; I was like a brute beast toward you.
- 23 Nevertheless, I am continually with you; you hold my right hand.
- 24 You guide me with your counsel, and afterward you will receive me with honor.
- 25 Whom have I in heaven but you? And there is nothing on earth that I desire other than you.
- 26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever....
- 28 But for me it is good to be near God; I have made the Lord GOD my refuge, to tell of all your works.

May this Season of Lent be a time for all of us to consider how we have stumbled and how we might turn to be near God.

Fr. Doug



*Musings from Denise*

## THE INCREDIBLE EDIBLE EGG

Did you know that eggs are a Christian symbol? They represent new life and rebirth. Since the Middle Ages, the hard shell has represented the tomb of Christ, and breaking the egg open has symbolized the Resurrection. Because eating eggs during the 40 days of Lent was not permitted, eating them on Easter was a special treat, which led to the tradition of decorating and giving them away.

The rising cost of eggs in America has come to symbolize the overall increase in food prices. A journalist recently found a storekeeper selling eggs in packs of three as a creative solution to the shortage. This may be novel in the U.S., but it is customary elsewhere (especially where people buy groceries daily because they have no refrigeration.) Sometimes current events trigger memories. Here is one from my sojourn in Italy:

An old woman sat on a low wooden stool beside a row of vegetable stalls at an open-air market. She was small, and although it was a warm summer morning, she wore a long, faded black wool dress that was too large for her with a crocheted black shawl, large, dusty worn-out Oxfords that were probably from a male relative, and thick grey woolen socks to keep them on her feet. Her skin was darkened and wrinkled from too much time in the sun, her hands were gnarled, and the nails were ragged and not very clean. She rarely looked up at the people passing by.



At first glance one would mistake her for a beggar who could have lived in any century from the Middle Ages to the present, but the vendors tolerated her squatting near their stands. Like the others, she had a product to sell, but she was too poor to rent a covered stall. She may have been shabbily dressed, but she was a proud businessperson. She always wore a clean white apron and balanced a basket of eggs between her knees. She sold them by the pair, deftly wrapping them in rolls of newspaper she twisted at each end and in the middle. I bought some from her twice, and although they only cost a few lire at the time, they were as expensive for the starving student I was then as they are for me now at the grocery store. But they tasted good, and then as now, they were a relatively inexpensive source of protein.

I often wonder about that old woman. How did she come by her eggs? Did she have a small coop in her backyard where a few hens scratched and pecked? Or did she get them from a neighbor or a local farmer? And what did she do with the money she earned? Perhaps she used it to buy a loaf of bread or some fresh vegetables, or maybe she saved it for something special. Whatever the case, she had found a way to make a living, however modest, and she had earned the respect of the other vendors.

The memory of her has stayed with me over the years, perhaps because she embodied a quiet dignity and resilience that I admired. She was a reminder that even in the face of hardship, one can find ways to survive and even thrive. And she taught me that sometimes, the most unassuming people have the most to teach us about strength and perseverance.

## WHY GO TO CHURCH?

A churchgoer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday.

“I’ve gone for 30 years now,” he wrote, “and in that time I have heard something like 3,000 sermons. But for the life of me, I can’t remember a single one of them. So, I think I’m wasting my time and the pastors are wasting theirs by giving sermons at all.”

This started a real controversy in the “Letters to the Editor” column, much to the delight of the editor. It went on for weeks until someone wrote this clincher:

“I’ve been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this. They all nourished me and gave me the strength I needed to do my daily work. If my wife had not given me those meals, I would be physically dead today. Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!”



## TIME AND TALENT PLEDGES

Time and Talent pledges have been compiled and posted on the bulletin board. Next time you’re at church, please check the list to remind yourself what you signed up for or to make sure we have your name listed in the correct categories.

Get together with others who have volunteered for the same duties and have a meeting (or connect via email) to decide who will do what and when.

Stay tuned for information about when trainings or meetings will be held for liturgical lay ministries (lectors, intercessors and ushers).

Thank you again for all your contributions of time, talents, and treasures in support of St. John’s ministries.

# MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>Spring Forward One Hour March 9th</i></p>						1
<p><b>2</b></p> <p>Last after Epiphany</p> <p><b>Eucharist 9:30a</b></p> <p>2p Dances of Universal Peace</p>	<p><b>3</b></p> <p>5:30p ACOA</p> <p>7:30p AA</p>	<p><b>4</b></p> <p><b>SHROVE TUE.</b></p> <p><b>SUPPER 4pm</b></p> <p>7:30p AA</p>	<p><b>5</b></p> <p><b>ASH WED.</b></p> <p><b>SERVICE 4pm</b></p> <p>7:30p AA</p>	<p><b>6</b></p> <p>10:30a:</p> <p>Conversation</p>	<p><b>7</b></p>	<p><b>8</b></p>  <p>Set clocks ahead before bedtime</p>
<p><b>9</b></p> <p>Lent 1</p> <p><b>Eucharist 9:30a</b></p> <p><b>BAC</b></p>	<p><b>10</b></p> <p>5:30p ACOA</p> <p>7:30p AA</p>	<p><b>11</b></p> <p>7:30p AA</p>	<p><b>12</b></p> <p>7:30p AA</p>	<p><b>13</b></p> <p>10:30a:</p> <p>Conversation</p>	<p><b>14</b></p>	<p><b>15</b></p>
<p><b>16</b></p> <p>Lent 2</p> <p><b>Eucharist 9:30a</b></p> <p><b>Healing Service</b></p>	<p><b>17</b></p> <p><b>St. Patrick</b></p> <p>5:30p ACOA</p> <p>7:30p AA</p>	<p><b>18</b></p> <p>10 am S.E.A.</p> <p>7:30p AA</p>	<p><b>19</b></p> <p>7:30p AA</p>	<p><b>20</b></p> <p>10:30a:</p> <p>Conversation</p>	<p><b>21</b></p> <p><i>News Deadline</i></p> <p><i>For April</i></p>	<p><b>22</b></p>
<p><b>23</b></p> <p>Lent 3</p> <p><b>Eucharist 9:30a</b></p>	<p><b>24</b></p> <p>5:30p ACOA</p> <p>7:30p AA</p>	<p><b>25</b></p> <p>7:30p AA</p>	<p><b>26</b></p> <p>7:30p AA</p>	<p><b>27</b></p> <p>10:30a:</p> <p>Conversation</p>	<p><b>28</b></p>	<p><b>29</b></p>
<p><b>30</b></p> <p>Lent 4</p> <p><b>Eucharist 9:30a</b></p>	<p><b>31</b></p> <p>5:30p ACOA</p> <p>7:30p AA</p>					

## FAMILY ACTIVITY FOR LENT: MAKING PRETZELS

Pretzels have an important meaning during Lent. Pretzels were made in the fifth century as a Lenten food in Austria, Germany, and Poland. People began to make them on Ash Wednesday, the very first day of Lent. The word "pretzel" is a German word meaning "little arms." The dough was shaped in such a way to look like two arms crossed in prayer.

Pretzels were made to take the place of bread, since milk, eggs, and fats were not used during Lent. On certain days during Lent it was the custom to give pretzels to the townspeople who were poor.

As a family, make some pretzels. Two variations for making pretzels are included below. Enjoy the pretzels and let them remind you that Lent is a time of prayer. Before you eat the pretzels, say a prayer together:

***Dear God, we ask you to bless these pretzels which we are about to eat. Each time we eat them may we be reminded that this is the season of Lent, a time of prayer. Help us to remember to pray for those who need our prayers each day. Keep your loving arms around us, O God, to protect us. In Jesus' name, Amen.***

~Adapted from "Pretzel Prayer," *A Time of Hope: Family Celebrations and Activities for Lent and Easter*, Morehouse-Barlow Co., Inc., 1979 (out of print).

### BREAD PRETZELS

1¼ cups water (85 °)  
1 tablespoon dry yeast  
½ teaspoon sugar  
4½ cups flour  
1 egg yolk  
1 to 2 teaspoons water or milk  
Coarse salt



Let yeast and sugar dissolve in water for one hour. Add flour to yeast mixture and beat until smooth. Knead mixture for seven to eight minutes. Place in a greased, covered bowl and let the dough rise until double in size. Divide the dough in half; then divide each half into smaller pieces of equal size. Roll each piece in your hands to make pencil shapes twelve (12) to fifteen (15) inches long. Shape each length of dough into pretzels (see the diagram). Place on a greased baking sheet. Brush with egg yolk and water or milk mixture. Sprinkle with coarse salt. Bake at 325 degrees until lightly browned on top.

### FROZEN BREAD DOUGH PRETZELS

Thaw one loaf of frozen bread dough. Let the dough rise according to directions on the package. Divide the dough in half and place on a floured board. Cut each half into eight (8) equal pieces. Roll small pieces into strips about eighteen (18) inches long. Shape into pretzels (see the diagram). Place on a greased baking sheet. Brush the tops of the pretzels with beaten egg yolk mixed with one (1) tablespoon of water. Sprinkle with coarse salt. Bake at 350 degrees for twenty (20) to thirty (30) minutes or until lightly browned on top.

*By Marcia Floding, a member of Third Reformed Church in Holland, Michigan.*

## MARCH BIRTHDAYS & ANNIVERSARIES

3/12 Wailani Reep  
3/17 Sally & Tom Glunt  
3/20 Laurea Arnoldt



3/22 Robin Hanna  
3/29 Gail Pray &  
Stephan Beauton

*If your name should be on this list, please contact the office so we can update our records and honor your day when it comes around again.*

### St. John By-the-Sea

#### Episcopal Church

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Facebook:

<https://www.facebook.com/St-John-Episcopal-Church-in-Bandon-Oregon-234749653862372>

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### Medical Loan Closet

(Open by Appointment Only)

Phone: 541-590-2443

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### A Believe Out Loud

#### Congregation



## W H O W E A R E

St. John Episcopal Church is a community that sees Christ in all people and judges none. We believe in inclusion for all people regardless of race, gender, age, disability or sexual orientation. We aim to break down barriers that separate us from one another and to provide a home for anyone on their spiritual journey. Our work brings together people of faith who believe in the inherent dignity and worth of all people on their journey.

### CHURCH STAFF

Vicar: The Rev. Doug Hale

(Office Hours: Tuesday & Thursday, 10 a.m.-4 p.m.)

Music Director: Cynthia Mohorko

### BISHOP'S ADVISORY COMMITTEE (BAC)

(Generally meets 2nd Sundays after Coffee Hour)

Bishop's Warden: Laurea Arnoldt; Junior Warden: Kathy Webb

Clerk: Jennifer Mello; Treasurer: Denise Skillman

#### Members at Large:

Lori Holton, Maggie Lowery, Gail Pray

#### Convention Delegates:

Mary Garrett, Sally Glunt

(Alternates: Patti & Chris Wood)

**"Love God, love our neighbor, and serve one another."**