

Grace Episcopal Church

What We're About at Grace

Our Attitude:

"At Grace Church doubts are ok, questions are welcome, please come as you are."

Our Mission:

"To Make Disciples who Spread the Good News of Christ in Jamestown & Beyond"

Our Vision:

"To become a congregation of disciples who experience God, who walk together in love, and who live out the mission of Jesus in our daily lives."

Our Rule of Life:

[also known as the Six Marks of Discipleship]

- + Pray Daily
- + Worship Weekly
- + Read the Bible Daily
- + Serve at Grace and Beyond
- + Relate with Others and Build Spiritual Friendships
- + Give Generously

Staff and Leadership

Bishop of North Dakota

The Right Rev. Michael Smith, D.D.

Interim Pastor

The Rev. Christian Senyoni, O.P.

Priest Associate

The Rev. Bart Davis

Senior Warden: Mike Rhinehart

Junior Warden: Tish Johnson

Treasurer: Mary Rhinehart

Secretary: Kim Kapp

Vestry Members:

Susan Bjerke Kathy Davis

Susan Lippert Casey Stoudt

Cindy Ault Diane Witzig

Grace Notes February 2016

Dear Grace Parishioners and Friends,
It seems to me that January month has gone by so fast. I can't believe February has just arrived. Time is a rare commodity these days! There are times when I wish there was more than 24 hours so that I can squeeze in more tasks from my "to do" list. Of course God's wisdom prevails because we need rest after a good days work. It makes me happy to know that God is concerned about every area of our lives. I am particularly blessed to be working alongside you because without each other, we cannot do anything lasting, even more so, without God we can do nothing. Your participation in the activities of the church makes our church much attractive to those whom God is seeking. So God is using you well! It is true that we do not always know when something of great value is happening in our midst. Only outsiders notice. Our most recent Gospel reading demonstrated this very truth about how no prophet is valued in his own hometown! Could it be that in the same way, our perspective tends to be so inwardly looking that we lose sight of the bigger picture? We are in Jamestown since 1883, so how has our mission been? Of course this is a broad question which I believe is very important for us to look at from time to time. Not because of what we have done in our community necessarily but because of His Grace which time after time has been seen in our faith community: such as seeing more people discovering the love of God, more people baptized in God's family... These make me rejoice greatly! You have all worked hard during this interim period which, in a few months' time, will be coming to an end. Our walk with each other has been marked by love and understanding. You have stepped up to the plate to make things happen. I value tremendously your contribution and so does all of the Kingdom of Heaven.

This February month bring us into the season of Lent. This is a season of preparation before Easter. It involves repentance and begins with Ash Wednesday. This day comes from the ancient Jewish tradition of penance and fasting. This practice includes the wearing of ashes on the head and the ashes symbolize the dust from which God made us. What best time to prepare for the celebration of the death and resurrection of Christ! Central to this, is our very own baptism, and our commitment to Christ. This is why from Ash Wednesday; our spiritual discipline will take another

step up, as we will have a few more prayer services leading into Holy Week. These will be announced.

I am looking forward to working with all of you; and the vestry team to lead us into and beyond the remainder of the interim period. Please continue to pray for this transition and for everyone in our church family. God



has been good to us and we have reason to be grateful. Please feel free to call either me or Father Bart, if you have any question. Please know that we are

here for you. We pray for you each day. May God continue to bless you and your family!

In Christ,
Fr. Christian

Annual Meeting

Our Annual Meeting was held on January 24th. The annual reports were approved, a budget for 2016 was adopted, and elections were held.

Wardens: Mike Rhinehart is our new Senior Warden and Tish Johnson is continuing as Junior Warden.

Treasurer: Mary Rhinehart has been training with Casey during the past year, and is now our new treasurer.

Clerk: Kim Kapp is continuing as Clerk.

Vestry positions: Diane Witzig and Casey Stoudt were elected for the 3-year terms, Susan Lippert for the 2 year term, and Sue Bjerke for the 1 year term.

Diocesan Convention Delegates: Mike Rhinehart, Susan Bjerke, Susan Lippert, Phyllis Bratton, and Jackie Sather.
Alternates: 1. Kathy Davis 2. Cindy Ault

Bible Studies Continue:

- + Discipleship at noon (Contact Fr. Christian)
- + Discipleship at 6 pm. (Contact Fr Bart)
- + Bible Study on Breathing under water book at 7:15 pm. (Contact Sister Pam)

PANCAKE SUPPER

February 9th from 5:00- 7:00 PM
\$5 per person

The money raised will go to buy mosquito nets to prevent malaria and the Zika virus.



February 9 is **Shrove Tuesday**, the last day before Lent begins. Bring your friends and family to the Shrove Tuesday Pancake Supper!



February 10th

Imposition of Ashes

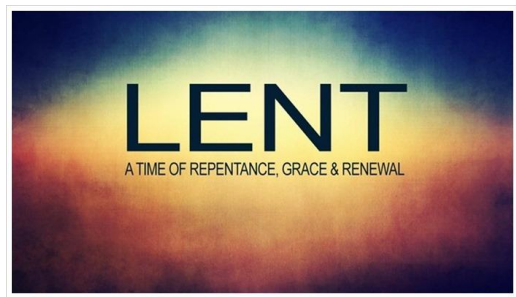
12:15 pm

7:00 pm



Lenten sermon series on Repentance during Sunday services: Feb. 14th, Feb. 21st, and Feb 28th

Lenten talks during Wednesday Eucharist: Feb. 17th and Feb. 24th.



Ecumenical Lenten Services in Jamestown

The Jamestown Ministerial Association is again hosting ecumenical Lenten services which are preceded by a soup and sandwich lunch. A free will offering will be accepted for the cost of the lunch, with any remaining monies donated to the local Valley Christian Counseling Service.

Lunch begins at 11:30 and the 30 minute Service begins at 12:15 pm.

The overall theme this year is the "Sufferings of Christ"

- Feb. 17 St. John's Lutheran
Topic: Lenten traditions- Rev. Susan Haukaas
- Feb. 24 Nazarene Church
Topic: The Trial of Jesus- Rev Martin Nussbaum
- March 2 Temple Baptist
Topic: The Scourging of Jesus- Troy Gunderson
- March 9 Trinity Lutheran Church
Topic: The Crowning of Thorns- Pastor Bob Boyar
- March 16 Ave Maria Village.
Topic: Jesus carrying his cross- Rev Mark Reeves
- March 25 (Good Friday) Presbyterian Church
Topic: The Crucifixion and Death of Jesus- Pastor Matt Zimmer (This service begins at noon and there is no meal.)

Discipleship/Prayer Corner Lenten Practice: Daily Examen

Sr. Pamela Pranke OP

Lent rapidly approaches and the time comes upon us to decide the nature of our Lenten discipline. May I suggest the practice of the Daily Examen of Conscience?

What is the Examen? The Daily Examen of Conscience is an ancient prayerful practice of reviewing the day to detect God's presence and work in our lives. Usually this is done at the end of the day; however, some also pray the Examen at noon, as well.

How is it done? Various methods exist for praying the Examen. Any Google search will take you to YouTubes, prayers and techniques. Finding one that accomplishes the purpose and fits into your life is more important than the actual technique or prayer that is used. Find a quiet spot where you will not be disturbed.

This is a version of the five-step Daily Examen that St. Ignatius practiced.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

<http://www.ignatianspirituality.com/ignatian-prayer/the-examen>

Take as much time with each step as needed. Some people find that journaling after the prayer is helpful.

Prayer Cards Examen Prayer Cards will be available on the resource table in Elsworth Hall.

A Prayerful Poem by Brandy Watson

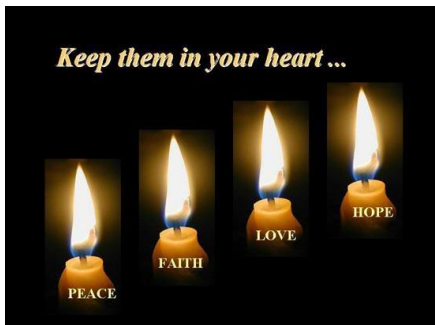
Lord, Let us be a people who love.
Let us love first, and ask questions later.
Let us be quick to compassion,
But slow to make judgements.
For the world is full of Your children
In need of love and grace and mercy.
And we are Your vessels to be poured out.

Lord Let us be Your hands and feet.
Let us be like the Good Samaritan
Spreading acts of kindness like seeds.
Let us feed the poor, visit the sick
And uplift the broken hearted.
For all that we do for the least of these
We do unto You.

Lord, let us be a people of hope.
Let us not let the trials of this life
Hold us prisoner to despair and anguish.
Let us instead embrace Your light
So that those who are struggling in the darkness
Can see the lights of hope in a weary world
And not give up.

Lord, let us be a people of grace.
Let us see people the way You do.
Let us be forgivers and mercy throwers
To those in our lives that have caused us hurt.
Knowing that forgiving others not only releases them
But brings to us freedom from the past so
That we can look to the future.

Lord, Let us be a people of both justice and peace
Standing up for and giving a voice
To those who are without one while
Remembering that our words are more powerful
Than any sword we can wield.
But most of all, dear Lord
Let us be a people who love.



Check out the Flower Chart in the Parish Hall- there are still a couple of Sundays in February and later in the year available for providing flowers for the altar.

Spread the news of Grace Church by “liking” us on Facebook:

<https://www.facebook.com/GraceChurchJamestown/timeline>

If you would like to listen to a Sunday sermon again, share it with someone else, or hear the ones you’ve missed, go to our website

<http://www.graceepiscopalchurchjamestown.com/>
and click on the Sermon Drop button.



February is Heart Awareness Month

"Let your heart therefore be wholly devoted to the LORD our God, to walk in His statutes and to keep His commandments, as at this day." 1 Kings 8:61

Essential to heart health is a healthy blood pressure.

Please take advantage of an opportunity to have your blood pressure measured following Holy Eucharist on Sunday 2/7/16. Hypertension information will also be available. Note that this service is always available with advance notification of Grace Church health minister, Sr. Pam Pranke OP, RN, MSN

Blood pressure is typically recorded as two numbers, written as a ratio like this:

117
76 mm Hg

Systolic

The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Read as "117 over 76 millimeters of mercury"

Diastolic

The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

What is the AHA recommendation for healthy blood pressure?

This blood pressure chart reflects categories defined by the American Heart Association.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<u>Hypertensive Crisis</u> (Emergency care needed)	Higher than 180	or	Higher than 110

* Your doctor should evaluate unusually [low blood pressure](#) readings.

How is high blood pressure diagnosed?

Your healthcare providers will want to get an accurate picture of your blood pressure and chart what happens over time. Starting at age 20, the American Heart Association recommends a blood pressure screening at your regular healthcare visit or once every 2 years, if your blood pressure is less than 120/80 mm Hg.

Your blood pressure rises with each heartbeat and falls when your heart relaxes between beats. While BP can change from minute to minute with changes in posture, exercise, stress or sleep, **it should normally be less than 120/80 mm Hg (less than 120 systolic AND less than 80 diastolic) for an adult age 20 or over. About one in three U.S. adults has high blood pressure.**

If your blood pressure reading is higher than normal, your healthcare providers may take several readings over time and/or have you monitor your blood pressure at home before diagnosing you with high blood pressure.



A single high reading does not necessarily mean that you have high blood pressure. However, if readings stay at 140/90 mm Hg or above (systolic 140 or above OR diastolic 90 or above) over time, your healthcare providers will likely want you to begin a treatment program. Such a program almost always includes lifestyle changes and often prescription medication for those with readings of 140/90 or higher. If, while monitoring your blood pressure, you get a systolic reading of 180 mm Hg or higher OR a diastolic reading of 110 mm Hg or higher, wait a couple of minutes and take it again. If the reading is still at or above that level, you should seek immediate emergency medical treatment for a **hypertensive crisis**. If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away.

Even if your blood pressure is normal, you should consider making lifestyle modifications to prevent the development of HBP and improve your heart health.

Which number is more important, top (systolic) or bottom (diastolic)?

Typically more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50 years old. In most people, systolic blood pressure rises steadily with age due to increasing stiffness of large arteries, long-term build-up of plaque, and increased incidence of cardiac and vascular disease.

140 is too high 140 can be many things, but it's too high for blood pressure

Adapted from <http://www.heart.org/>

Grace Church Calendar February 2016

Sunday	Mon	Tues	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	8	9 Shrove Tuesday Pancake Supper 5- 7 pm	10 Ash Wednesday Services 12:15 pm - 7 pm Confirmation 6:00 Bible Studies Noon, 6 pm and 7:15	11	12	13
14 First Sunday of  10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	15	16	17 Healing Eucharist & Lenten Talk 5:30 Confirmation 6:00 Bible Studies Noon, 6 pm and 7:15 Vestry Meeting 7 pm	18	19	20
21 Second Sunday of  10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	22	23	24 Holy Eucharist & Lenten Talk 5:30 Confirmation 6:00 Bible Studies Noon, 6 pm and 7:15	25	26	27
28 Third Sunday of  10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	29					