

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



Dear Parishioners and Friends of Grace Church,

Greetings! I am very thankful for God's protection over our lives. We are now in March. Each of us is encouraged to have specific spiritual goals to reach before reaching Easter. My family likes to pray or sing the Jesus Prayer, and we talk about our spiritual progress during our supper times. Grace Church offers opportunities during the Lenten season to help us live out our faith and enhance our Lenten spiritual journeys: Bible study Evening Prayer and special services. During Holy week, we will have our traditional services of *Maundy Thursday*, *Good Friday* and *the Easter Vigil*. These services are very important because Christians recall events that transpired the evening before our Lord's "trial" and crucifixion and also the events that led to his death and resurrection. Three days merge into one liturgically. The Triduum, from the Latin for "three days," begins at dusk on Maundy Thursday with the Service of our Lord's Supper. As the apostles and Christ gathered to celebrate the Passover, we gather to commemorate the institution of the Eucharist, the institution of the priesthood and the new commandment to "love one another...as I have loved you" (John 13:34-35). Christ and His disciples went from the Last Supper to the Garden of Gethsemane. The Good Friday service commemorates Christ's passion from His condemnation to His crucifixion and death: We read from John of the Lord's passion, death and burial, we offer prayers of petition. Again, like on Thursday, the liturgy ends without a closing rite as the celebrant departs in silence. The Easter Vigil on Holy Saturday evening begins in darkness. This is the night when we celebrate Christ's triumph over death with a service of light! This is the night when the "Alleluia" is sung for the first time since the beginning of Lent. These are truly beautiful service not to miss!

I am truly grateful for all of you and your service to the Lord. As you know, focus on *prayer* is foundational to our parish life. With this in mind; here are some suggestions on how you might make your prayers even more focused: *Pick someone to pray for, perhaps even someone you don't get along with. Pray every morning shortly after you get up, and again each evening before bed time. Send a note of gratitude to someone. Have a fun family evening with phones and computers off. Pray also regularly for your priests and vestry leaders.* I would hope that as we continue our work with stewardship, alongside our Mission and Outreach, hospitality, formation and service, that we would shift

gears moving towards what Christ has in store for us: *Spiritual Transformation*.

Our vestry leadership works hard to make these goals towards a smooth transition as well as personal transformation in our parish. Our focus this month will be "Education". I would like us to hold talks about specific areas of instructions and Since Easter celebration is around the corner, this is the best time for this. Please invite your friends and family to come to these services of Holy week and Easter. Your prayers and support to your church is much appreciated. Also this year, we will hold more training of Ushers and Greeters as well as Acolytes course refresher. Please consider one the ministries that are offered and serve the Lord alongside many of your brothers and sisters.

May this month of March be a time of growing closer and closer to God!

Fr Christian

DISCIPLESHIP CORNER

God's Representatives and The Health Risks of Loneliness

Stop, listen to this headline, "Loneliness and feeling unloved TWICE as likely to kill you as being fat..." Wait a minute, how can that be? Everyone knows that being overweight is the ultimate culprit for being unhealthy. Or, is it? Loneliness partners with a multitude of health risks including high blood pressure, heart attacks, strokes, depression, poor quality of sleep, decreased physical activity and mobility, weakened immune system and impaired mental capacity. Loneliness is a subjective state noted when a person lacks desired affection or relational closeness to significant others (Krager, 2015). As age increases, the incidence of loneliness increases.

What does this mean for the Christian? God recognizes our need for relationships. "Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper as his partner'" (Genesis 2:18 (NRSV)). We are social creatures meant to live with one another in loving, meaningful ways.

[Mother Teresa](#) describes the tragedy of loneliness, "The most terrible poverty is loneliness, and the feeling of being unloved." To be unloved is to be lonely and disconnected from God. To be loved is to know God. That is so powerful that I want to repeat this sentence; **to be loved is to know God**. Listen to what John the apostle has to say about this.

"7 Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. ⁸Whoever does not love does not know God, for God is love. ⁹God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. ¹⁰In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. ¹¹Beloved, since God loved us so much, we also ought to love one another. ¹²No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us (1 John 4:7-12, NRSV).

In these sentences we hold the key to knowing God, living in God and relieving the pain of loneliness. Love is from God and is God revealed through Jesus so we may live through him. Verses 11 and 12 reveal the power of Love and our responsibility to one another.

"¹¹Beloved, since God loved us so much, we also ought to love one another. ¹²No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us."

The lonely live among us. Empowered by the love of God, we are granted the ability and responsibility to love one another, not just those easy to love, or those who are visually present. Let us go with God in our hearts to relieve loneliness, especially those removed from our presence, those socially isolated and those who are missing important people in their lives. Please see one of the priests if you want to make a difference in the life of a lovely person or if you are feeling lovely.

<http://www.dailymail.co.uk/health/article-2560662/Loneliness-feeling-unloved-TWICE-likely-kill-fat-scientists-warn-against-elderly-retiring-sunnier-climes.html#ixzz41h2cVt00>
<http://www.karger.com/Article/FullText/441651>

Sister Pamela Pranke OP, Health Minister

MY DAILY PRAYER

Author Unknown – Submitted by Fr. Christian

Dear God, as I begin this day
Let me turn my thoughts to you.
and ask your help in guiding me
in everything I say and do.

Give me the patience that I need
to keep my peace of mind,
and with life's cares, I hope, Dear God,
Some happiness to find.

Let me live but for today,
not worrying what's ahead,
For I have trust that you will see
I get my "Daily bread"

Give me the courage to face life's trials
and not from troubles run,
let me keep this thought in mind,
"Thy will", not "mine", be done

And If some wish I do not get
Though I have prayed to Thee,
Help me to believe and understand
You know what's best for me.

I've failed you many times, I know,
But when tonight I rest,
I hope that I can kneel and say
"Dear God, I've tried my best."



Ladies Night Out - Come share a *dicey* evening with your friends at Grace on March 17th at 7:00 pm at the church. Please bring \$2.25 in **quarters** (9 quarters) for our evening's adventure. Refreshments and munchies will be provided. Bring a friend for an evening of fun!



Schedule of Easter Services:

Evening Prayer March 21, 22, & 23 5:30p

Maundy Thursday March 24 7:00p

Good Friday March 26 7:00p

Holy Saturday March 27 7:00p

Easter Sunday March 28 10:30a & 5:00p

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.



Grace Church Calendar March 2016

Sunday	Mon	Tues	Wed	Thu	Fri	Sat
		1	2	3	4 Evening Prayer 5:30	5
6 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	7	8	9 Holy Eucharist 5:30 Confirmation 6:00 Vestry 7 pm Bible Studies Noon, 6 pm and 7:15	10	11 Evening Prayer 5:30	12
13 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	14	15	16 Discipleship Study 2:00 Holy Eucharist 5:30 Confirmation 6:00 Vestry Meeting 7:00 Bible Studies Noon, 6 pm and 7:15	17  Ladies Night Out 7:00	18 Evening Prayer 5:30	19
20 Palm Sunday 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	21 Evening Prayer 5:30	22 Evening Prayer 5:30	23 Evening Prayer & Healing Eucharist 5:30 Confirmation 6:00 Bible Studies Noon, 6 pm and 7:15	24 Maundy Thursday Service 7:00	25 Good Friday Service 7:00	26 Holy Saturday Service 7:00
27 Easter Sunday 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	28	29	30 Holy Eucharist 5:30 Confirmation 6:00 Bible Studies Noon, 6 pm and 7:15	31		