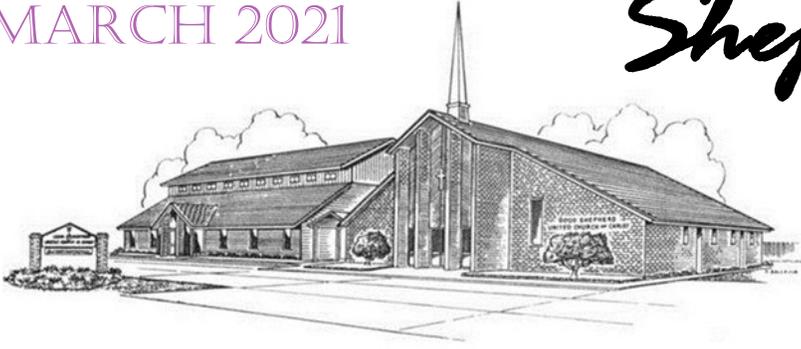


MARCH 2021

Shepherd's Voice

The monthly parish newsletter of
GOOD SHEPHERD CHURCH



WHAT WE BELIEVE...

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.

For us and for our salvation he came down
from heaven,
was incarnate from the Holy Spirit and the
Virgin Mary,
and was made man.

For our sake he was crucified under Pontius
Pilate;
he suffered death and was buried.

On the third day he rose again in accordance
with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory to judge the living
and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver
of life,
who proceeds from the Father and the Son
who with the Father and the Son is wor-
shipped and glorified,
who has spoken through the prophets.

We believe in one holy catholic and apostolic
Church.

We acknowledge one baptism for the for-
giveness of sins.

We look for the resurrection of the dead,
and the life of the world to come. Amen.

FROM THE PASTOR'S STUDY

LENTEN LESSONS AND REFLECTIONS

As we are in the midst of our Lenten journey, I pray that this season, which is a gift from Christ and His Church, blesses you as you meditate on and attempt to emulate His ways in the desert. I mentioned in a recent Lenten sermon that we are an experiential people, so it is not surprising that so many of us appreciate the experiential nature of the annual Lenten observance. Experiences like receiving ashes and hearing the words *"From dust you have come and to dust you shall return. Repent and believe the gospel."* The experience of attempting to live out a prayer life that ponders the mysteries of God's love for His creation through His mercy offered to us by the crucifixion of His only Son at the Cross of Calvary. The experience of incorporating fasting into this season of the Church year—be it fasting from food on a set schedule, or fasting from some other human craving or worldly affection.

As we journey through this season, have you noticed any differences? Perhaps you have heard to still, small voice of the Holy Spirit calling you to pray more for a certain person or cause. Perhaps you have noticed the powerful opening prayers of our Sunday Holy Eucharist which now include me praying *"Bless the Lord who forgives all our sins"* so that the people may prayerfully respond *"His mercy endures for ever."* Perhaps you've noticed that during the Lenten season we "fast from our alleluias" so that during the Holy Communion liturgy, as the Celebrant I declare *"Christ our Passover is sacrificed for us"* without declaring *"Alleluia"* and likewise, the people respond *"Therefore, let us keep the feast"* again, with the alleluia being declared.

The seasonal differences liturgically may be subtle, but I invite you to watch and listen for them, and to prayerfully contemplate them when you notice them. See if the Holy Spirit may

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reveal to you why the Church Universal chooses to practice these subtle difference during Lent. (If you get stuck and aren't sure what's different, or why some things are different, you can also just ask me. I'd be happy to offer some explanations.)

As the month of March progresses on, we'll likely see milder temperatures. (Praise God, as those freeze days like we experienced in February are hopefully behind us.) You might also notice that daylight seems to be lasting a bit longer each day, birds are singing their songs a bit louder, and the flowers about the area are coming into bloom. You may notice that life is showing forth the beauty of the earth—the Creator is using His creation to shower His creation in goodness and beauty. In fact, on March 20, we'll enter into the first day of a new earthly season for the year as we enter Spring. About two weeks later, Christians across the globe will commemorate the Resurrection of our Lord as we'll enter into the 50 day celebration of the Season of Easter in the Church.

But not to get ahead of ourselves, let us remain focused on the Lenten discipline of prayer, fasting, and works of mercy for the rest of March. I also invite you to read the brief essay “An Explanation of Lent” printed on page four of this newsletter.

Until next month, let your light shine!

Fr. Randall Graf+

SPRING WORK DAY AT CHURCH

Spring is just about here and the church council has scheduled a work day on **Saturday March 20th**.

We want to do some light projects around the church to beautify our property. They will include:

- gardening
- adding mulch and fertilizing
- light tree trimming
- paint touchup
- upholstery cleaning and floors.

We will get started around 8:00 AM and lunch (hot dogs etc.) will be provided.

For more information, please see property and building manager Mel Aucoin.



SERVICES FOR MARCH 2021

Tuesday, March 2 @ 12:15 PM—Midday Prayer (online only)
Wednesday, March 3 @ 12:15 PM—Midday Prayer (online only)
Friday, March 5 @ 12:15 PM—Praying the Great Litany (online only)
Friday, March 5 @ 9:00 PM—Office of Compline (online only)
Sunday, March 7 @ 8:30AM & 10:00 AM—Sunday morning Holy Eucharist (Lent 3)
Tuesday, March 9 @ 12:15 PM—Midday Prayer (online only)
Wednesday, March 10 @ 12:15 PM—Midday Prayer (online only)
Friday, March 12 @ 12:15 PM—Praying the Great Litany (online only)
Friday, March 12 @ 9:00 PM—Office of Compline (online only)
Sunday, March 14 @ 8:30AM & 10:00 AM—Sunday morning Holy Eucharist (Lent 4)
Tuesday, March 16 @ 12:15 PM—Midday Prayer (online only)
Wednesday, March 17 @ 12:15 PM—Midday Prayer (online only)
Wednesday, March 17 @ 6:30 PM—St. Patrick's Day Service
Friday, March 19 @ 12:15 PM—Praying the Great Litany (online only)
Friday, March 19 @ 9:00 PM—Office of Compline (online only)
Sunday, March 21 @ 8:30 AM & 10:00 AM—Sunday morning Holy Eucharist (Lent 5)
Tuesday, March 23 @ 12:15 PM—Midday Prayer (online only)
Wednesday, March 24 @ 12:15 PM—Midday Prayer (online only)
Friday, March 26 @ 12:15 PM—Praying the Great Litany (online only)
Friday, March 26 @ 9:00 PM—Office of Compline (online only)
Sunday, March 28 @ 8:30 AM & 10:00 AM—Sunday morning Holy Eucharist (Palm Sunday)

PLEASE NOTE: As a reminder, all services are held in-person unless otherwise noted as "online only" and all in-person services require mask and appropriate social distancing. In addition to being offered in-person, our Sunday morning Holy Eucharist at 10:00 AM is also live-streamed. Our YouTube channel is located at www.YouTube.com/GoodShepherdMet.

DAYLIGHT SAVINGS TIME

Don't forget to set your clocks ahead one hour before going to bed on Saturday, March 13, 2021 so that you're not an hour late for church on Sunday, March 14.

Church life hack: If you're usually five minutes late for church, set your alarm clock 5 minutes earlier.



AN EXPLANATION OF LENT

From THE PRAYER BOOK REASON WHY (By The Rev'd Nelson R. Boss—Originally published in 1890)

What is the Lenten season, and why is it set apart?

It is a period of six weeks preceding the anniversary of the Savior's death, and is set apart as a special season of fasting, penitence, and prayer.

Why is it called Lent?

Because it always comes in the Spring of the year, and the old Saxon word Lent means spring.

With what remarkable event in the Savior's life does the Lenten season correspond?

The forty days He spent fasting in the wilderness.

Why is the first day of Lent called Ash Wednesday?

It is called so from the custom which prevailed in the early Church of sprinkling ashes on the heads of penitents the first day of Lent, in token of humiliation and sorrow for sin.

Are there any examples of this custom mentioned in the Bible?

Yes; the example of Daniel and of David and the people of Nineveh, to which our Lord Himself refers (St. Matt. 11:21).

If Lent is only of forty days' duration, why does it begin forty-six days before Easter?

Because there are six Sundays in Lent, and as all Sundays are feast days, kept in honor of the Resurrection, they are taken out; and to make up for these, six days are added at the beginning of the season.

How should the Lenten season be observed by Christian people?

As a special season for drawing near to God by extraordinary acts of penitence, charity, and religious devotion; by fasting, and abstinence from public places and of amusement, and from all things that tend to draw away the heart from God.

What is the object of keeping Lent?

To deepen the religious life, to purify the heart from sin, and to unite us more closely to the Savior.



Why does the Church require us to observe the Lenten fast?

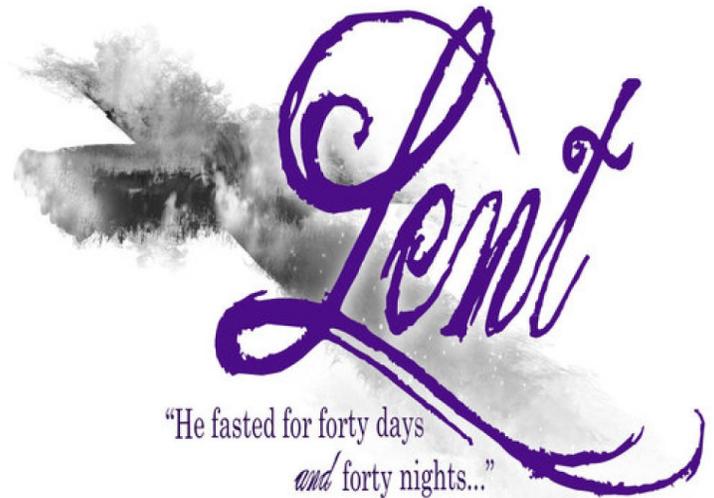
1. Because repentance and humiliation are essential to growth in grace; and
2. because these duties are apt to be neglected and forgotten unless some special time is set apart for their observance.

What objection do people sometimes urge against the observance of the Lenten Fast?

They say it is a useless and superstitious custom, and that Christ nowhere commanded His disciples to fast.

What answer do we make to this objection?

1. Fasting was a common practice not only among God's chosen people and His prophets under the Old Testament dispensation, but even heathen people practiced it (e.g., Ex. 34:28; 1 Kings 19:8; II Sam. 12:16; Joel 1:14; Jonah 3:5; Ps. 35:13).
2. Our Lord fasted and so did His disciples; (St. Matt. 4:2; Acts 13:2-3, 10:30). And although Christ did not command His followers to fast He assumed that they would do so and gave them direction how to do (St. Matt. 6:17). No one can say therefore that the custom is either useless or superstitious, for it has the highest of divine authority.
3. A few persons who accept the principle of Lent complain that the season is so long that people weary of its observance and relax its discipline. But it is intentionally made long, so that it must be kept by ordered rule and rational self-control, instead by impulsive actions and emotional devotions.



What is the effect of a Lenten season rightly kept?

It purifies the heart from greed and lust, breaks the force of evil habit, brings us near to Christ, and creates a closer bond of union between our souls and heaven.

How long has the custom of keeping Lent been observed by the Church?

We know that it was observed in the first century after Christ, and probably from the very days of the Apostles, though the season was not always forty days in length.



Almighty God, you have given your only Son to be for us both a sacrifice for sin and also an example of godly life: give us grace that we may always most thankfully receive these his inestimable gifts, and also daily endeavor to follow the blessed steps of his most holy life; through Jesus Christ our Lord. Amen.

KEEP UP WITH GOOD SHEPHERD CHURCH ONLINE



www.FaceBook.com/GSCMet



www.YouTube.com/GoodShepherdMet



www.Twitter.com/GoodShepherdMet



www.GSCMet.com



*PLEASE got to our
website and
subscribe to our
e-newsletter!*

LASAGNA LUNCHEON SUCCESS

The Good Shepherd Church Lasagna Luncheon held on Sunday, February 28 was a GREAT success! If you're wondering how lasagna could taste so good, here's the secret... it was not only made with love but it was made following the recipe of our own, dear, sweet, Ms. Maria Heikamp.

A big thank you to all who helped make this fundraiser happen, and especially our ladies in the kitchen... Carla, Pam, and Margaret! They were also assisted by Don, Gina, Jacob, Joe, Mel, Patty, Renee, Sheila, and Travis.

The Lasagna Luncheon grossed over \$1,000 for the church's general fund!

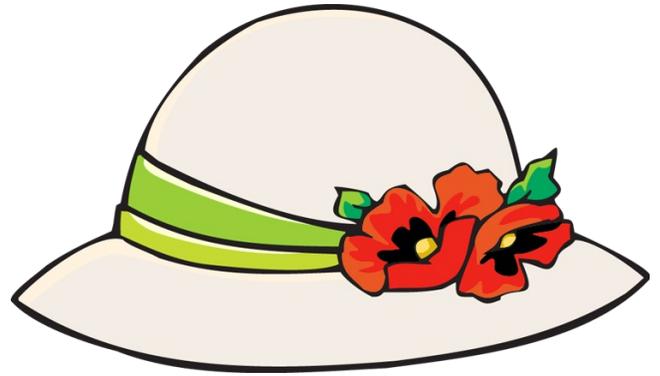
GSC WOMEN'S GUILD

The ladies of the Women's Guild will resume meeting on **Tuesday, April 13th**.

Please remember we will meet in the Sanctuary.

Barbara Mehrrens

GSC WG President



NOTES FROM RINDA

Most of us are aware the Book of Psalms is a collection of poetry that the Jewish people used as their hymnal. Christians have based many hymns on psalmodic texts. The book of Psalms is the longest book in the Bible; it contains both the longest and shortest chapters.

We read from the psalms every Sunday in worship and if in your own devotional time, you pray any of the daily prayer services from the Book of Common Prayer, you'll notice how heavily weighted the psalms are in each of the daily offices.

We often turn to the psalms for comfort in times of sadness or grief, for thanksgiving, for meditation, and rejoicing in God's goodness.

Scholars have divided the book into five sections: hymns, communal laments, royal psalms, individual laments, and individual thanksgiving psalms. King David is credited with many of the psalms, but some were written as early as the time of Moses.

I plan to discuss the psalms in more detail next month. Hopefully these introductory thoughts will help us become more aware of how much we read the psalms in worship, both corporate and private.

Rinda Coleman

GSC Music Director



PRAYING AN ACT OF SPIRITUAL COMMUNION

Since the COVID-19 pandemic lockdown began one year ago this month, Good Shepherd Church has been streaming our 10:00 AM Sunday morning Service of Holy Eucharist each week. During the distribution of Holy Communion, the lector reads a prayer entitled **An Act of Spiritual Communion** for those who are watching at home and are unable to partake in the reception of Holy Communion sacramentally. That beautiful prayer comes from the Book of Common Prayer (pg. 677, ACNA 2019) and can be prayed by a Christian any time they are longing for the grace of Holy Communion but are unable to receive the tangible elements of the sacrament. These are the words to that prayer:

***Dear Jesus, I believe that you
are truly present in the Holy Sacrament.
I love you above all things,
and I desire to possess you within my soul.
And since I cannot now receive you sacramentally,
I beseech you to come spiritually into my heart.
I unite myself to you, together with all your faithful people
gathered around every altar of your Church,
and I embrace you with all the affections of my soul.
Never permit me to be separated from you. Amen.***



GOOD SHEPHERD CHURCH

ANGLICAN CHURCH IN NORTH AMERICA

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Father Randall M. Graf, Priest & Rector

WORSHIP SERVICES

Holy Eucharist

8:30 AM & 10:00 AM every Sunday

Service of Midday Prayer

12:15 PM Tuesday & Wednesday (online only)

Service of Compline

9:00 PM Friday (online only)

