To be honest, I still haven’t taken the time to process everything I experienced on my pilgrimage to the Holy Land. Hopefully after Easter I can find a calm afternoon or two and go through pictures and really unpack the incredible places we saw and the footsteps we walked in. It was truly a whirlwind trip, going from place to place, trying to get in as much as possible in a place where you could spend months and still not take in everything. So, for now I’ll talk about two of the places that initially had the most impact on me.

The first was Caesarea Maritima, Caesarea by the Sea, where Herod the Great built a luxurious Roman city complete with a lavish palace, theater and hippodrome and constructed the largest artificial harbor in the world to that point. It as also where Cornelius the centurion received his vision to send for Peter to visit him and where the Holy Spirit first fell upon the Gentiles he and his whole family were baptized. What struck me most about this site though was that it was where Paul was imprisoned while waiting to be sent to Rome after demanding an audience with Caesar as was his right as a Roman citizen. Just being in the same place where Paul was bravely awaiting what would ultimately be his final recorded journey in the Book of Acts. Something about him being there, not knowing what was awaiting him in Rome, but ready and even eager to spread the Gospel as far and wide as possible, facing persecution and even death was incredibly inspiring. (continued p. 2)
On the Southern Steps, 12 Mar 18
© Alan Horton

The other site that moved me was being on the Southern Steps leading up to the Temple in Jerusalem. The same steps where Jesus surely walked numerous times and possibly taught. But most impressively for me was that these steps, with many mikvah, the ritual baths that the Jews would use to purify themselves as they approached the Temple, was where it is likely that Peter delivered his Pentecost speech where 3000 were “cut to the heart” and convicted of the truth of the Gospel and baptized in those same mikvah as recorded in the second chapter of Acts. This is where the church was born on the day when the promised Holy Spirit descended as tongues of fire.

This pilgrimage was an unreal experience and I know as I continue to read through the Bible, the realization that I was in so many of the places where God acted in the world will hit me over and over. I have to thank everyone who made the trip possible, especially Theresa who organized everything. This was an experience that I will remember for the rest of my life and I hope to return to the Holy Land to deepen my familiarity and understanding of a place that is so central to the foundation of our faith.

Sunday sermons are recorded, each Sunday, and archived at http://stgregorymansfield.org/sermons by 11:00 AM

Fr. Horton+

Mark Your April Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Easter Egg Hunt 10:15</td>
</tr>
<tr>
<td>02</td>
<td>Office closed</td>
</tr>
<tr>
<td>04</td>
<td>Holy Eucharist 6:30 pm</td>
</tr>
<tr>
<td>07</td>
<td>Men’s Group, 8 am</td>
</tr>
<tr>
<td>10</td>
<td>Preschool Staff Meeting, 6 pm</td>
</tr>
<tr>
<td>11</td>
<td>Holy Eucharist at Watercrest, 1 pm</td>
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<tr>
<td>12</td>
<td>Holy Eucharist 6:30 pm</td>
</tr>
<tr>
<td>14</td>
<td>Tai Chi, 10 am</td>
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<tr>
<td>17</td>
<td>Vestry meeting, 6 pm</td>
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<tr>
<td>18</td>
<td>Holy Eucharist 6:30 pm</td>
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<tr>
<td>21</td>
<td>Men’s Group, 8 am</td>
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<tr>
<td>25</td>
<td>Holy Eucharist at Watercrest, 1 pm</td>
</tr>
<tr>
<td>28</td>
<td>DOK / DHC10 am</td>
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Order of St. Luke

How might prayer benefit your health and wellbeing?

Prayer is important in a healthcare context simply because it is used so widely. According to Dr. Wayne Jonas, “Surveys indicate that nearly 90% of patients with serious illness will engage in prayer for the alleviation of their suffering or disease.” Among all forms of complementary medicine, prayer is the single most widely-practiced healing modality. Research conducted by Dr. Christina Puchalski, Director of the George Washington Institute for Spirituality and Health, prayer is the second most common method of pain management (after oral pain medication), and the most common non-drug method of pain management.

The following explanations have been offered as to how prayer helps improve health:

The relaxation response - prayer elicits the relaxation response, which lowers blood pressure and other factors heightened by stress. Secondary control - prayer releases control to something greater than oneself, which can reduce the stress of needing to be in charge.

The placebo response - prayer can enhance a person’s hopes and expectations, and that in turn can positively impact health. Healing presence - prayer can bring a sense of a spiritual or loving presence and alignment with God.

Positive feelings - prayer can elicit feelings of gratitude, compassion, forgiveness, and hope, all of which are associated with healing and wellness.

Mind-body-spirit connection - when prayer uplifts or calms, it inhibits the release of cortisol and other hormones, thus reducing the negative impact of stress on the immune system and promoting healing.

April Birthdays

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>04</td>
<td>Paige Cannon</td>
</tr>
<tr>
<td>06</td>
<td>Walt Bradburn</td>
</tr>
<tr>
<td>08</td>
<td>Clyde Reed</td>
</tr>
<tr>
<td>13</td>
<td>Winnie Saunders</td>
</tr>
<tr>
<td>14</td>
<td>Jacob Mower</td>
</tr>
</tbody>
</table>

April Anniversaries

<table>
<thead>
<tr>
<th>Date</th>
<th>Couple</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Jim Willbern &amp; Brenda Lee</td>
</tr>
<tr>
<td>13</td>
<td>Mike &amp; Ruth Sabourin</td>
</tr>
</tbody>
</table>

April Memorial

Sabourin, Mike & Ruth ~ thanksgiving for Mike’s BD, and their anniversary
Bass, Linda ~ in thanksgiving for Lisa’ BD
March arrived and brought in the Spring rains, we are grateful for a large Parish Hall and facilities that allow the kiddos to run and play even when the weather keeps us indoors! We have started some Spring cleaning around the preschool, a big “thank you” to Trice who has helped haul tubs up to the attic and make various repairs inside and on the playground as well. We had several preschool families join us for the Pickle Parade. It was a blast walking along-side the parishioners and representing the love and community that we all share. Also in March we celebrated Dr. Suess’ birthday by having a special reading of Green Eggs and Ham, followed by a taste testing! The students always enjoy this time. Coming up in April we will host our annual Trike-A-Thon to raise money for St. Jude’s Children’s Hospital. The children will perform in the Spring Program on April 26th @ 6:30pm, all are invited to attend.

Elizaeth Rivera

The Nursery Team
Volunteers are needed to serve in the nursery. Please contact Suzanne Dougherty if you are interested in being a member of our nursery team and serving once or twice a month in the nursery with God’s precious children. suzanne_dougherty@att.net or 817-692-8667

Preschool Fundraiser
April 12th we will have a fundraising night at Panera Bread in Mansfield from 4pm-8pm, please join us and show your support for the preschool! Fliers will be at the back of the church, be sure to grab one (or several to give friends & neighbors), you will show it to the cashier so we can get a portion of the sales.
Parish Life

St. Patrick’s day, March 17, was a fun day for Pre-School children and their families plus children from the church as they rode on the float in the Pickle Parade. There were 43 people representing St Gregory’s Church and the Pre-School, either walking or riding on the float. The Bradburn’s were kind enough to donate their trailer and hay bales to sit upon. The float was decorated with balloons and banners making it festive. Passing out suckers and blowing bubbles made our float entertaining for the large crowd attending the parade. Thanks to everyone that helped decorate and represented our church.

Kathy Walker

Jr. Warden’s Report

Spring has arrived and the time has come to mow, weed and chase fire ants.

The Garden Guild members Martha and Thomas Turner, Linda Bass and Rita Barowsky are at work in Sally’s Garden and the flowerbeds around the Church. Thanks to all of them. Anyone that would like to participate will be welcomed.

The cracked board on the alter step has been repaired. Both steps were reinforced.

The speaker installation requested for the nursery will be completed in time for Easter so the ladies working in the nursery will be able to hear the service on Sunday mornings. Thanks, Trice

Daughters of the Holy Cross

Daughters of the Holy Cross met on Saturday, March 24th, at 10:00 am in the Parrish Hall at St. Gregory’s. We reviewed and discussed Chapters 4 and 5 of the DHC Study Manual. We had a wonderful discussion among all the Daughters. The DOK/DHC 2018 Spring Assembly will be April 21, 2018 at St. John’s in Fort Worth. All women of the Church are invited to attend. Please see Bernice if you are interested in going to the Assembly.

Bernice Baldwin
Atop Mt. Carmel, 8 Mar 2018, All pictures © Steve Hawkins.

Fr. Horton, Capernaum, believed home of Peter, 9 Mar 2018.

Megiddo, underground water supply, 8 Mar 2018.

Nazareth, rolling stone that closes a tomb, 8 Mar 2018.

Capernaum, 9 Mar 2018.
Church on top of an earlier church.

Mt. of Beatitudes Church, 9 Mar 2018

Sea of Galilee from Mt. of Beatitudes
Above pictures © Steve Hawkins, bringing us to the beginning of tour day 3. I’ll continue with pictures in following editions.

Hermon stream in the far north of Israel that is a part of the watershed, feeding Israel.

Gate to the Old City of Dan, 9 Mar 2018.

Excavating in Dan.

Magdala, 9 Mar 2018. Mary’s home. Replica of her sarcophagus.

Jordan River baptismal site. Inset Fr. Jeff Davis (Charlies’ son).
Our Clergy and Staff

“Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him”
John 13:16

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