



By George!

Growing with You in God's Love and Service

FEBRUARY 2015

Rule of Life

for St George's

Based on our spiritual values and practices, this is our commitment to each other.

We:

- *Nurture ourselves with the Bible and spiritual books*
- *Care deeply about each other, including in prayer.*
- *Fellowship together and have fun.*
- *Are grateful, glad and giving stewards of God's creation.*
- *Reach out to the world, living and spreading the Word.*

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5600 Winding Way
Carmichael, CA 95608
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In this issue

BIRTHDAYS	3
BOOK CORNER	4
BOUNTY BAG	10
DEACON BOB	8
HAPPENINGS	9
FROM OUR PIC	1
HOSPITALITY	4
MARDI GRAS BRUNCH	6
OSTER	7
SENIOR WARDEN	2
SERVICES	10
TIM'S CONCERT	4
VETERANS FUND RAISER	6
WOMEN'S GUILD	3

Thoughts From Our PIC

(Priest in Charge)

Spring Training Again!

Last March, Deborah and I visited our son and his family in Phoenix. It happened to be the same time as baseball spring training. The Giants, the Athletics, and several other major league teams have their spring training in the Phoenix area every year. It was fun to see all the baseball fans around the area having a good time. As you know, spring training is the time for baseball teams to get ready for the coming season. They do exercises, drills, and planning for the season. A good training time gets them ready for a successful season.

When I served with Father David Hill at All Saints, Carmel many years ago, he always liked to call Lent a season for “spring training” for Christians. We will begin our training season with Ash Wednesday on February 18. At St. George’s, we will have our Ash Wednesday service at 7 p.m. with the imposition of ashes. Lent can seem like a negative experience, but it makes a difference to see it as a time for spiritual training, a positive time to get in spiritual shape. Instead of doing push-ups and baseball drills, we do things like prayer, Bible reading, and good works.

I like to do my own personal written “rule” or plan for Lent, and I invite you to do this. I write down the things I want to take out of my life for Lent, either permanently or just for the season. Permanent things might be things like losing my temper or being impatient; temporary things might be cutting down on fattening desserts. I also write down the things I want to add to my life, again either permanently or just for Lent. Regular things I might add could be weekly prayer and Bible reading or positive physical exercise. I could also add something special for Lent like taking a day for quiet and prayer, or attending a seasonal worship service or a class, or doing a loving action for others in need. I usually put my Lenten rule somewhere that I will see it during the season, so that I can check on how I am doing.

On a personal note, this Lent I will celebrate the 40th anniversary of my ordination to the priesthood on February 27th. I was ordained by Bishop Jackson Gilliam of Montana on 2/27/75 at Holy Spirit Parish in Missoula, Montana, where I was serving as Curate (assistant). I can’t believe I have been a priest for 40 years; time flies when you are having fun!

I wish us all a helpful spring training season this Lent!

*In Christ,
Father Ray*

Our Senior Warden

On January 25, 2015, the following report was submitted by me. For those of you who could not attend, or missed the email from Bob Olsen containing the report, I thought you might enjoy reading about all of our accomplishments in 2014.

This year seems to have been a turning point for us at St. George's Episcopal Church in Carmichael, California. Much of what was done in the past several years, from the creation of the 9:00 family service, to the planning for and retirement of Fr. John Mangels, to the hiring of Fr. Ray Hess as our Priest in Charge, to our continuing on the path to total ministry—all these things have led to a very successful year at St. George's.

I measure this success in many ways:

- A 9:00 family service that continues to grow in terms of numbers and liveliness
 - A 10:30 service with several new faces, greater numbers (after years of shrinkage) and a lot more zing
 - A coffee hour after the 10:30 service that lasts as long as the service
 - Several blended services during the year, with spillover between the two services that has stopped the sense that we have two separate congregations
 - A vestry with new and younger members
 - A very successful financial year which
- has us carrying forward a surplus of several thousand dollars into the 2015 fiscal year
- A very successful pledge drive with an increase in pledges for the first time in many years
 - A new fence around our community garden with wrought iron facing the street
 - An ever-growing number of gardeners in the community garden
 - An energetic choir director who has enticed new members to the choir
 - A plan to reconfigure our sanctuary and replace our lighting system to bring us closer together in worship in a sanctuary filled with light
- I'm sure others can add to this exciting list. Let the excitement continue in 2015.

*Respectfully submitted,
Becky Freie
Senior Warden 2014*

WOMAN'S GUILD

The January Guild meeting was well attended and we were able to make plans for some things we would like to do for the first half of this year. Bake sale, rummage sale, a Tea, hosting receptions as need and other ideas were discussed

First up will be our Mardi Gras Brunch to be held February 15 following the 10:00 AM service. This has been a popular occasion and there is promise of some fun entertainment. We have been fortunate to have some wonderful cooks providing the strata, rolls and other accompaniments. Tickets are a bargain at \$5.00 for adults and \$3.00 for children 12 & under. Tickets will be available for purchase on Sundays. If you wish to purchase them the day of the Brunch, please leave a message on the church phone [916-487-5600] with your name and how many tickets you will purchase. We want to be sure to have enough food for everyone.

Future activities will be announced here in the 'By George' and at church. Check the Sunday bulletins, bulletin board and the church website <http://www.stgeorge.org/> for updates.

Our next meeting is scheduled for Wednesday, February 18. All are welcome to attend our usually brief business meeting followed by visiting while eating our 'brown bag' lunches.

Carol Adkins, President



FEBRUARY BIRTHDAYS

- 5—JoAnn Cookman
- 9—Michael Keats
- 17—Dave Allmuth, Sr.
- 17—Helen Hui
- 19—James Mahon
- 28—John Karsten

(If your name was not included, please let Sandy know so she can add your name.)



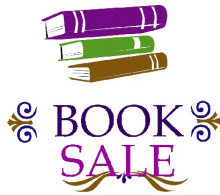
FEBRUARY ANNIVERSARIES

- 27—Ray Hess—Ordination



Hospitality
 Sunday will be
 the 1st Sunday
 of each month,
 special offering
 envelopes are

included in the bulletin. These are used by the Women's Guild to provide weekly coffee hours, special receptions and other events for parish members. Please make checks payable to St. George's Church with a memo note in the left



corner for
 HOSPITALITY

The women's Guild is happy to provide the book corner for your enjoyment. We appreciate the books you all donate. However, I would like to remind you to bring fiction, non-fiction, historical or humorous books. Please NO self-help or study books. Thanks for your attention to this matter.

CDs...\$1

BOOKS...\$1

PAPERBACKS...50¢

Happy reading!

Janet Jenkins

Tim's Graduate Concert

I would like to invite you to my graduate conducting recital on **Saturday, March 7, 2015 at 8pm** at Sacred Heart Church 39th & J Street in Sacramento, CA As partial satisfaction of my Master's degree in Choral Conducting, I will be presenting my graduate conducting recital during Sac State Choir's first concert of 2015 at Sacred Heart Church!

My program focuses on sacred music composed by Wolfgang Amadeus Mozart during his years in Salzburg, Austria.

If you're able to attend, please inquire about tickets online or by phone before the concert sells out! (\$10 General, \$7 Students/Seniors)

Tel: (916) 278-6805 or (916) 278-4323

www.csus.edu/music/choral



Returning veterans benefit concert

An Evening of Favorite Songs

By popular demand with
JAN VECCHIO & BRUCE O'DAY *Vocalists*

TODD TROUTMAN - Pianist

WHEN: February 28, 2015
7:00 – 9:00 p.m.

WHERE: St. George's Episcopal Church
5600 Winding Way – Carmichael, CA 05608



\$10/Person

Meet the artists reception & refreshments to follow

All proceeds go toward assisting returning middle east veterans

For education & housing



St. George's Annual

Mardi Gras Brunch

February 15th after service

(Note only 1 service @ 10:00)

Come and join us for food, fun and frolic !!

Tickets are now on sale: \$5.00 adults and \$3.00 for those under 12...such a bargain!!

February/March

FEBRUARY 1st

4th SUNDAY AFTER THE EPIPHANY

Deuteronomy 18:15-20

Psalm 111

1 Corinthians 8:1-13

Mark 1:21-28

CELEBRANT: † Gini Hummel

PREACHER: Mel Rose

EUCCHARISTIC MINISTER: Aaron Adkins LECTORS:

Anne Mangels & Bob Gould

ALTAR GUILD: Vicki Karsten & JoAnn Cookman

USHER: Carol Adkins & friend

FEBRUARY 8th

5th SUNDAY AFTER THE EPIPHANY

Isaiah 40:21-31

Psalm 147:1-12, 21c

1 Corinthians 9:16-23

Mark 1:29-39

CELEBRANT: Fr. Ray Hess

EUCCHARISTIC MINISTER: Dave Allmuth

LECTORS: Becky Freie & Joan Tennis

ALTAR GUILD: Angela Saunders & Cruz Siaz

USHER: Cathy Crosbie & friend

FEBRUARY 15th

ONE SERVICE @ 10

LAST SUNDAY AFTER THE EPIPHANY

2 Kings 2: 1-12

Psalm 50: 1-6

2 Corinthians 4:3-6

Mark 9:2-9

CELEBRANT: Fr. Ray Hess

EUCCHARISTIC MINISTER: Aaron Adkins

LECTORS: †Bob Gould & Annelise Connell

ALTAR GUILD: Joy Allmuth & JoAnn Cookman

USHER: Carol Adkins & friend

FEBRUARY 22nd

1st SUNDAY IN LENT

Genesis 9: 8-17

Psalm 25: 1-9

1 Peter 3: 18-22

Mark 1:9-15

CELEBRANT: † Susan Plucker

EUCCHARISTIC MINISTER: Diana Perparos

LECTORS: Aaron Adkins & Carol Adkins

ALTAR GUILD: Barbara Cooper & Cruz Siaz

USHER: Cathy Crosbie & friend

MARCH 1st

2nd SUNDAY IN LENT

Genesis 17:1-7, 15-16

Psalm 22: 22-30

Romans 4: 13-25

Mark 8:31-38

CELEBRANT: † Gini Hummel

PREACHER: Deacon Bob

EUCCHARISTIC MINISTER: Ryan Saunders

LECTORS: Joan Tennis & Becky Freie

ALTAR GUILD: Angela Saunders & Joy Allmuth

USHER: Conrad Cookman & friend

MARCH 8th

3rd SUNDAY IN LENT

Exodus 20:1-17

Psalm 19

1 Corinthians 1: 18-25

John 2:13-22

CELEBRANT: † Susan Plucker

EUCCHARISTIC MINISTER: Diana Perparos

LECTORS: Annelise Connell & JoAnn Cookman

ALTAR GUILD: Barbara Cooper & Vicki Karsten

USHER: Conrad Cookman & friend

The Good Life



A few months ago Bryson, a friend of our son Robert, sent me a book by an Anglican Priest, Samuel Wells, who had served as Dean of Duke Chapel, where his mother attended and liked his sermons. Knowing I was a deacon in the Episcopal Church he hoped I'd like Wells' book *Learning to Dream Again – Rediscovering the Heart of God*. As I hadn't seen anything from the diocese about another version of the Bible Challenge this year* – my New Year's Resolution therefore was to actually read all of the books I've bought over the years, and chose to start with Wells' book.

In one of the chapter's he discusses our understanding of God and Good. Sighting Paul's letter to the Romans; "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose" Rom 8:28. The question for us is what does "Good" mean? For most of us when thinking about our lives and good, we probably have a list, a nice house, a healthy family, a rewarding job, and those kinds of things. But in the next verse Paul tells us that God's purpose for those he calls is to become like Jesus. Often we talk about "What Would Jesus Do", and hope that we can patterning our life after him. But what would that really look like? Jesus walked everywhere, the only time he hear of him riding, is in the Gospel for Palm Sunday. Think about Jesus "good life" - Jesus was homeless (Matt 8:20), rejected by society (Mk 8:31), betrayed by one of the twelve (Matt 27:3), tortured and then executed (Matt 27:26). Hum doesn't exactly sound like our idea of the good life. But that is what God is calling us to, not the things of this world, rather being Jesus brothers and sisters in heaven. We are called to be children and to love God, a God who loves us always. A love that Fr Ray described in his sermon a few weeks back as unconditional – knowing us as we are the good, the bad and the ugly – but loving us still.

The issue isn't that we have to go through tribulation, or famine, or nakedness to show our love, rather that we don't forget in our ups and downs we cannot be separated from God's love, a love that walks with us through all trials and tribulations of this life. As we enter into the season of Lent – may you contemplate your "good" life.

Amen
Deacon Bob

*P.S. I've since learned there will be a challenge – this year reading from the morning prayer lectionary – more info to come.



Vestry Meeting **Second Wednesday @ 6:45 pm**




WOMENS GUILD
3rd Wednes @ 11 am



Sunday School @ 9 a.m.



The choir will now be meeting **Thursdays @ 6:15**
Choir Rehearsal



Bible STUDY THURS @ 10:30



Round Table
Last Monday @ 11 a.m.

Lenten Service
February 18th 7:00 p.m.



SUNDAY SERVICES
Family Service 9 a.m.
Sunday School 9 a.m.
Traditional Service 10:30 a.m.

BOUNTY BAG
We're collecting dry goods, canned goods, dried cereals, soaps, toothpaste tooth brushes or any non-perishables,

We collect Bags ANYTIME!!
NO TIME TO SHOP a check to St. Georges with memo to River city Food Bank (everything is welcome).

Articles are always welcome...BUT KEEP it short! The best way to submit an article is via my new e-mail sandyolsen8070@gmail.com