



By George!
Growing with You in God's Love and Service

MARCH 2014

*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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MARCJ 2014
 A monthly publication of

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Thoughts From Our PIC

Lenten Spring Training

This is the time of year that baseball teams are gathering in Arizona and Florida for spring training. Players will be doing exercises and drills to get ready for the coming season. It would be very difficult for a player to jump right into the regular season without this time to prepare.

In the church year, we have our time of spring training. We call it Lent, and it is our time to do some exercises, drills, and conditioning to “get in shape” for the coming Easter Season. Sometimes, Lent can seem like a negative experience, kind of like punishing ourselves or beating ourselves up. I hope that we will not see it this way!

I find it helpful to think of our Lenten spring training in this way: things we want to take out of our lives and things we want to add to our lives.

The things we might want to take out of our lives could be certain kinds of foods or drinks, excessive TV watching, unkind comments toward others, jealousy, grudges, holding onto hurt feelings, laziness. Some these things we might remove just for the Lenten season, as a way of self-discipline. Other negative personal qualities, like holding a grudge, we might want to take out of lives permanently.

What may be even more important are the things we could add to our lives for our training season. These could be Bible reading and prayer (like doing the new Bible and Prayer Book Challenge!), devotional reading, physical exercise, taking quality time with family or friends, finding some quiet time in your daily life, doing something for people in need. Some of these things could be helpful regular additions to your life ongoing, and others might be temporary positive additions to your life.

For me, it is helpful to write down my spring training plan for Lent. I do this in my personal journal which I keep, but it could be written anywhere. It’s good to write it down and keep it where you will see it regularly. It does not work well for me if I write down my plan and then forget about it until after Lent is over! I try to look at my Lenten plan (or rule of life) at least once a week during the season.

I hope that we will all have a wonderful Lenten season of getting in shape and strengthening our spiritual lives!

In Christ,
† *Father Ray Hess*

Our Senior Warden

Hi everyone:

I am the senior warden: sort of like the chairman of the board of directors for corporation. For those of you who are reading this newsletter for the first time and don't know St. George's, let me give you an overview.

We are a small Episcopal church in Carmichael, California. We were established in 1966 when it was thought that a freeway connection between Interstate 80 and Highway 50 would run a few blocks away, with a gigantic shopping mall with a freeway exit on the same street. Well, the freeway connection never went through, and the shopping mall never developed. We have two services each Sunday that are different: a family service at 9:00 a.m., which is intended to be child and family friendly, and is more contemporary. Sunday school for children is available during or after that service. Then we have a more traditional Episcopalian service at 10:30 a.m. Sometimes we have only one joint service, so check on our website to see the schedule.

What makes us a church is our congregation. We have attracted a wide variety of members throughout the years. Most people leave because they move or die. This is life. We welcome everyone who comes to us. We are a warm caring congregation who take care of each other. More on this next month.

Becky Freie, Senior Warden

WOMAN'S GUILD

Changing our meeting day to the third Wednesday of the month did allow some additional members to attend and we hope to increase attendance at future meetings.

Plans were discussed and finalized for the Mardi Gras Brunch and a good turnout is anticipated for the annual event. Timing of future Bake Sales and other fund raising activities were also discussed. We will publicize those events at the appropriate times.

Members mentioned missing the luncheon get-togethers that were held in the past in the Spring and Christmas seasons. As a result, a Spring Luncheon is being considered, most likely it will be held on a Saturday in May.

Our next meeting will be held Wednesday, March 19. We hope more of our ladies will be able to attend and contribute to our discussions.

Carol Adkins, President Elect



MARCH ANNIVERSARIES

- 2—Brian & Lisa Downing ('84)
- 17—Betty & Bob Gould
- 26—Robert & Rebecca Freie ('82)

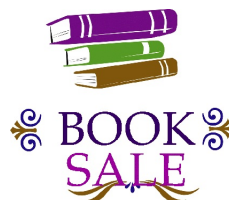


Young at Heart

MARCH BIRTHDAYS

- 3—Christopher Lloyd
- 13—Tami Gutschall
- 17—Wilma Brown
- 20—Matthew Hook
- 23—Jan Fazekas

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



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 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



HOSPITALITY *Sunday*

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



United Thank Offering

Been Thankful for anything lately? Have you been dropping coins into your Blue Box as you think of those things? Those coins added to the coins of many others make a difference in many good ways. Grants are awarded annually to good causes such as construction of handicap access to churches, after school programs, dental clinics for the poor, counseling programs, etc.

Blue Boxes and additional information are available on the side table at the back of St. George's.

Carol Adkins

What's Happening!!!

Bible and Prayer Book Challenge

Starting this Lent, all church members of our diocese are invited to participate in the new *Bible and Prayer Book Challenge*. This will be less demanding than last year's Bible challenge. Each day there will be a reading from the New Testament and a prayer from part of the Prayer Book. You could follow this just for Lent or continue through the rest of the year. One of the benefits of this year's challenge is that you will have the opportunity to explore parts of the Prayer Book which may be new for you. If you would like to participate, you can pick up a list of the readings prepared by Deacon Bob at the church building.

Capital Deanery Convocation

The Spring Convocation for our Capital Deanery will be on Saturday March 22 from 9 a.m. to noon at St. Matthew's Church, 2300 Edison Avenue, Sacramento. Registration and refreshments will be available starting at 8:30 a.m. At the Convocation, we will have a presentation about the wonderful outreach ministries at St. Matthew's, especially their new Family Resource Center. There will also be small group discussions about various areas of outreach, such as health ministries, hunger, human trafficking, and housing. Those who wish may order lunch from the area Taco truck. Diocesan delegates, alternates, and all church members are encourage to attend.

Community Organizing Training

On the afternoon of the Deanery Convocation on March 22, our deanery will offer community organizing training at St. Matthew's from 1:00 to 4:00 p.m. This training will be presented by Area Congregations Together. Community organizing is a way to create positive social change by working with other religious groups, non-profits, businesses, and government. Registration for this training is \$5, and can be done online through EventBrite at the following link:

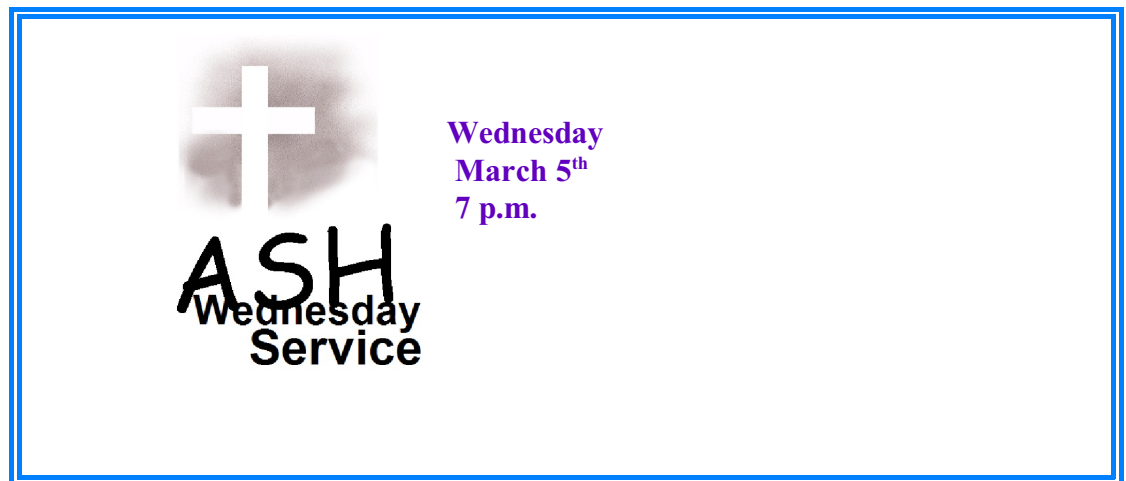
<https://eventbrite.com/e/what-is-community-organizing-tickets-10415796929>.

Deanery Children's Event – Finding Joy in Lent

Our deanery is also offering a children's event on Saturday March 29th from 1:00 to 4:00 p.m. at All Saints Church, 2076 Sutterville Road, Sacramento. This is for children in grades 3-6. The theme is "Finding Joy in Lent," and there will be games, crafts, singing, snacks and more at this wonderful FREE event! Led by the Rev. Jenni Liem, Executive Director of Camp Noel Porter in Tahoe City, participants will experience a taste of summer camp while learning about the Lenten Season. If you plan to attend, please contact Mary Hustler of the Capital Deanery Planning Group at mmhust@hotmail.com.

Questions about Deanery Events?

If you have any questions about these deanery ministries, please contact Father Ray, who is the Dean of the Capital Deanery, at 916-753-9939 or FatherRay@frontiernet.net.



March/April

MARCH 2nd

LAST AFTER THE EPIPHANY

Exodus 24:12-18
2 Peter 1: 16-21

Psalm 2
Matthew 17: 1-9

CELEBRANT: Fr. Ray Hess
EUCCHARISTIC MINISTER: Dave Allmuth
LECTORS: Becky Freie & Anne Mangels
ALTAR GUILD: Angela Saunders & Cruz Siaz
USHER: Carol Adkins & friend

MARCH 9th

1st SUNDAY IN LENT

Genesis 2:15-17; 3: 1-7
Romans 5: 12-19

Psalm 32
Matthew 4: 1-11

CELEBRANT: Fr. Ray Hess
EUCCHARISTIC MINISTER: Aaron Adkins
LECTORS: Carol Adkins & Annelise Connell
ALTAR GUILD: Barbara Cooper & Joy Allmuth
USHER: Carol Adkins & friend

MARCH 16th

2nd SUNDAY IN LENT

Genesis 12:1-4a
Romans 4: 1-5,13-17

Psalm 121
John 3: 1-17

CELEBRANT: Gini Hummel
EUCCHARISTIC MINISTER: Marilyn Ditzen
LECTORS: †Bob Gould & JoAnn Cookman
ALTAR GUILD: Vicki Karsten & JoAnn Cookman
USHER: Conrad Cookman & friend

MARCH 23rd

3rd SUNDAY IN LENT

Exodus 17:1-7
Romans 5: 1-11

Psalm 95
John 4: 5-42

CELEBRANT: Susan Plucker
EUCCHARISTIC MINISTER: Ryan Saunders
LECTORS: Carol Adkins & Aaron Adkins
ALTAR GUILD: Angela Saunders & Joy Allmuth
USHER: Carol Adkins & friend

MARCH 30th

MORNING PRAYER

4th SUNDAY IN LENT

1 Samuel 16:1-13
Ephesians 5: 8-14

Psalm 23
John 9: 1-41

WORSHIP LEADER:
EUCCHARISTIC MINISTER: Diana Perparos
LECTORS: JoAnn Cookman & Joan Tennis
ALTAR GUILD: Barbara Cooper & JoAnn Cookman
USHER: Conrad Cookman & friend

APRIL 6th

5th SUNDAY IN LENT

Ezekiel 37:1-14
Romans 8: 6-11

Psalm 130
John 11: 1-45

CELEBRANT: Gini Hummel
EUCCHARISTIC MINISTER: Marilyn Ditzen
LECTORS: †Bob Gould & Annelise Connell
ALTAR GUILD: Joy Allmuth & Barbara Cooper
USHER: Carol Adkins & friend

TIME, TALENTS & TREASURE



On February 8th I attended the Congregational Leadership Conference for our area. Not being a treasure or vestry member, I chose to sit in on the stewardship session. Actually stewardship was the theme of this year's CLC. Anyway it got me to thinking about the time and talent folks at St George's put in.

During December and January, our focus is on treasure – coming up with a budget, and that is important, we do have to keep the lights on, maintain the church facilities and pay salaries. However it takes more than treasure to keep a church open. One of the primary reasons folks continue to attend a church is they feel they are a part of it, stake holders - not just spectators. Folks need to make a connection and one of the easiest ways to feel that connection is through volunteering.


As I sat down to write this article I tried to think of all those volunteer activities at St George's. On Sunday mornings we have folks who do the following activities that make the services come off: Altar Guild (also Saturday set-up); Choir; Eucharistic Minister; Projectionist; Sunday school teacher(s); Usher(s); & Coffee Hour hostesses. Then during the week, we have: the counters; office staff; Bible Study; & Tuesday Morning Prayer. Bi-weekly: choir practice; worship committee. Monthly: Vestry meeting; & By George. Additionally our Eucharistic Visitors take Communion out during the month. Other volunteer work includes St George website, blog and Facebook. I wasn't sure where to put check signers, treasurer and vestry secretary.

Additional important ministries include the Women's Guild, Round Table, Sherrill Scholarship, Community Garden and Daughters of the King. We also have volunteers who do various maintenance projects on an as needed basis. I'm sure I'm forgetting other volunteer activities that are being done that make St George's continue to operate successfully.


As we begin the Lenten Season, I'd ask you to think about your offerings of time and talent, in the past, present and future and be thankful for the gifts that God has given you.

Amen,
†Deacon Bob





WOMENS GUILD
3rd Wednes @ 11 am



Bible STUDY
THURS @ 10:30



Round Table

Last Monday @ 11 a.m.



Sunday School
@ 9 a.m.



Vestry Meeting

Second Wednesday @ 6:45 pm



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 e-mail: sandyolsen@surewest.net