

FOR ALL THE SAINTS

February 2023 | March 2023



Strengthening Our Spiritual Life

ALL SAINTS' MISSION STATEMENT

"Our mission is to bring the good news of Jesus Christ's love to our entire community through traditional Anglo-Catholic worship, fellowship, outreach, and Christian formation."

OUR VISION

"We strive to be a haven of healing, reconciliation, joy and peace in service to our wider community and beyond, so that our example in prayer and practice may reflect Christ's love for us all."

OUR CORE VALUES:

- Welcoming strangers like old friends
- Embracing the Anglo-Catholic tradition
- Being dependable members of a caring community
- Respecting each other's differences
- Being faithful stewards of God's gifts
- Remembering that God loves everyone unconditionally

On the cover: Graphic art representing fasting, giving, prayer which are themes for Lent.

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FROM YOUR RECTOR

Strengthening our Spiritual Life



Evelyn Underhill, the well-known Anglican writer on Christian mysticism and spirituality, said that we humans lead an amphibious life, because we are both physical and spiritual entities all the time.

Being amphibious does not imply that we live in a split way, but rather that both realms are an integral part of our being. In fact, true spirituality is never divorced from our daily lives, and the marks of the “gifts of the Spirit”, as St. Paul calls them, can only be ascertained in our everyday relationships with others, which is the concrete way in which our relationship with God is shown.

Just as strengthening our physical bodies requires discipline—a certain routine of effective exercises that we need to stick to if we want effective results—so does the spiritual life.

If someone wants to know how effective someone’s routine of physical exercises is, that person would not probably ask to be shown the weights or the different devices that person uses, or would not even need to see the person working out, but would ask to be shown the muscles, the actual parts of the body that show the results of the discipline.

In the same way, nobody would deem a person spiritually advanced because that person’s library is full of books on spirituality, or because the person often kneels in prayer, boasts of frequent fasting, gives alms-and makes sure everyone notices it-or closes eyes in deep contemplation several times a day.

What makes a person known as a truly spiritual person is the way the person interacts

FROM YOUR RECTOR

(continued)

with others. It is the abundance of the fruits of the Spirit, as mentioned by St. Paul in his letter to the Galatians—love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control—that really make a person stand out as spiritually advanced.

These fruits are not perceived in an abstract void, but in the everyday relationships that we enter into with our fellow human beings and with the rest of creation.

If we take an honest look at the list of fruits of the Spirit that St. Paul uses, we will realize that we probably excel more at some than at others in our daily lives. Many of us may feel quite inadequate in front of this list.

No wonder, because the list is quite demanding, probably aimed at describing the character of a person whose spiritual fruits abound.

Can our spiritual life be strengthened through discipline, just as the physical life is?

Certainly. Referring to the way he disciplined himself to be better fit for spreading the Good News of Salvation, the Apostle Paul says, in 1 Corinthians 9: 27, “I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”

When Paul speaks about disciplining his body, he is not referring to physical exercises for muscular growth, but to disciplines that would subject his bodily inclinations to do what is spiritually desirable.

The end of February and the month of March this year bring us to the season of Lent. This is the season of the year when we pay special attention to the spiritual disciplines, as a way to prepare ourselves properly for this intense time of repentance, of turning back to God, of reliving Christ’s passion, death, and resurrection in our own lives, so as to be renewed in the Spirit.

There are several spiritual disciplines we can engage in conscientiously to strengthen our spirits, but rather than trying to practice a variety of disciplines it can be more efficacious

FROM YOUR RECTOR

(continued)

to focus on a few and take them seriously.

Jesus Himself mentions the essential ones in the well-known passage that we use on Ash Wednesday as our Gospel reading to start the Lenten Season.

In this passage taken from the Gospel according to St. Matthew (Matthew 6: 1-6, 16-21) Jesus refers to giving alms, prayer, and fasting, as three pious disciplines that were commonly practiced by the Jews in His time.

His main warning is to practice them willingly and whole-heartedly, if they are to be of any value before God at all. In no way is Jesus implying that these disciplines are useless or of no consequence. He is simply pointing out the right use of them.

Choosing to practice some spiritual disciplines this Lenten Season (and all year round, why not?) is a wise decision. Whatever practice you choose, though, make it come from your heart, as something that you willingly embrace because it pleases God and makes you a better follower of Christ.

If this is the case, you will stick to the disciplines, no matter what the circumstances tempting you to stay away from them may be, and those who surround you will be the best judges of how efficacious they have been to mold your spirit, showing forth the good fruits that the Holy Spirit gives to all who consistently, perseveringly, and tenaciously strive to follow His Way.

Father Carlos E. Expósito I
Rector

PARISH CALENDAR OF EVENTS

February

We continue worshipping in our historic church each Sunday at 10am. The service will also be on Zoom. To join the Zoom Meeting click [here](#).

During the week in St. Mary Chapel, Mass is offered on Tuesdays at noon and Morning Prayer on Fridays at 10am. Following the Mass on Tuesdays a snack time is held in the Flower Room.

On Fridays during Lent Morning Prayer will be replaced with the Great Litany at 11:30am and Via Crucis at noon.

Special classes and programs:

- Sundays from 10:00am to 10:45am – Christian Formation and First Communion Instruction for children ages 5-12 in the Parish Hall taught by Lucretia Locke. For registration, call (619) 298-7729 or email us at info@allsaintschurch.org
- Christian Formation will meet at noon in the Rector's Study in February on the 12th and in March on the 12th and 26th.
- Thursdays – Spanish Class from 1:00pm to 3:00pm. Meeting in the Flower Room, Taught by Fr. Carlos.

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|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 2 | Spanish Class Flower Room Taught by Fr. Carlos                                                                                                                                                                                                                                   | 1pm–3pm |
| 3 | Morning Prayer (St. Mary Chapel)                                                                                                                                                                                                                                                 | 10:00am |
| 4 | <b>Societies of Mary</b> (St. Mary Chapel)<br><i>All are welcome to join the Societies of Mary for their monthly day of devotion, beginning in the Chapel with Rosary at 11:00am with Mass to follow. After which we will adjourn to the Flower Room for a potluck luncheon.</i> | 11:00am |

# PARISH CALENDAR OF EVENTS

## February

|    |                                                                                                                                                    |                             |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| 5  | <b>The Fifth Sunday after the Epiphany</b><br>Mass                                                                                                 | 10:00am                     |
| 7  | Mass (St. Mary Chapel)<br>Snack Fellowship in the Flower Room                                                                                      | Noon<br>1:00                |
| 9  | Spanish Class Flower Room Taught by Fr. Carlos                                                                                                     | 1pm—3pm                     |
| 10 | Morning Prayer (St. Mary Chapel)                                                                                                                   | 10:00am                     |
| 12 | <b>The Sixth Sunday after the Epiphany</b><br>Mass<br>Christian Formation— Rector's Office                                                         | 10:00am<br>Noon             |
| 14 | Cyril, Monk and Methodius, Bishop 9th Cent.<br>Mass (St. Mary Chapel)<br>Snack Fellowship in the Flower Room<br>Finance Committee Meeting via Zoom | Noon<br>1:00pm<br>6:30pm    |
| 16 | Spanish Class Flower Room Taught by Fr. Carlos                                                                                                     | 1pm—3pm                     |
| 17 | Morning Prayer (St. Mary Chapel)                                                                                                                   | 10:00am                     |
| 19 | <b>The Last Sunday after the Epiphany</b><br>Mass<br>John Phillip Newell Presentation Parish Hall                                                  | 10:00am<br>2:00pm           |
| 22 | <b>Ash Wednesday</b><br>Mass with Imposition of Ashes<br>Mass with Imposition of Ashes<br>Solemn Mass with Imposition of Ashes                     | 7:00am<br>12:00pm<br>7:00pm |



# PARISH CALENDAR OF EVENTS

## February

|    |                                                                                                                              |                               |
|----|------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 23 | Spanish Class Flower Room Taught by Fr. Carlos                                                                               | 1pm—3pm                       |
| 24 | Great Litany<br>Via Crucis                                                                                                   | 11:30am<br>Noon               |
| 26 | The First Sunday in Lent<br>Mass<br>Vestry Meeting Rector's Office<br>Greater San Diego Music Coterie Concert<br>Parish Hall | 10:00am<br>Noon<br><br>2:30pm |
| 28 | Mass (St. Mary Chapel)<br>Snack Fellowship in the Flower Room                                                                | Noon<br>1:00pm                |

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PARISH CALENDAR OF EVENTS

March

2	Spanish Class Flower Room Taught by Fr. Carlos	1pm—3pm
3	Great Litany Via Crucis	11:30am Noon
4	Societies of Mary (St. Mary Chapel) <i>All are welcome to join the Societies of Mary for their monthly day of devotion, beginning in the Chapel with Rosary at 11:00am with Mass to follow. After which we will adjourn to the Flower Room for a potluck luncheon.</i>	11:00am
5	The Second Sunday in Lent Mass	10:00am
7	Mass (St. Mary Chapel) Snack Fellowship in the Flower Room	Noon 1:00pm
9	Spanish Class Flower Room Taught by Fr. Carlos	1pm—3pm
10	Great Litany Via Crucis	11:30am Noon
12	The Third Sunday in Lent Mass Christian Formation—Rector's Office	10:00am Noon
14	Mass (St. Mary Chapel) Snack Fellowship in the Flower Room Finance Committee via Zoom	Noon 1:00pm 6:30pm
16	Spanish Class Flower Room Taught by Fr. Carlos	1pm—3pm

PARISH CALENDAR OF EVENTS

March

17	Great Litany Via Crucis	11:30am Noon
19	The Fourth Sunday in Lent Mass Vestry Meeting— Rector's Office	10:00am Noon
21	Mass (St. Mary Chapel) Snack Fellowship in the Flower Room	Noon 1:00pm
23	Spanish Class Flower Room Taught by Fr. Carlos	1pm—3pm
24	Great Litany Via Crucis	11:30am Noon
26	The Fifth Sunday in Lent Mass	10:00am
28	Mass (St. Mary Chapel) Snack Fellowship in the Flower Room	Noon 1:00pm
30	Spanish Class Flower Room Taught by Fr. Carlos	1pm—3pm
31	Great Litany Via Crucis	11:30am Noon

PARISH LIFE

John Phillip Newell Comes to All Saints'



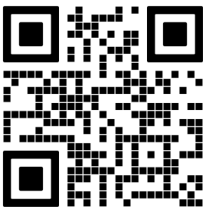
On Sunday February 19 at 2pm in the Parish Hall John Philip Newell will be at All Saints' to give a presentation based on his award-winning book, "Sacred Earth Sacred Soul", in which he draws on the lineage of Celtic wisdom over the centuries to offer vision and hope for today.

Kathryn Bunch will have Newell's books available the Sunday of the event and also books relating to Lent and Easter.

Please join us, invite your friends, to hear John Philip Newell's speak on Celtic tradition and its place in today's world.

The event is free, but a donation is welcomed. Let us know you are coming by clicking the link or QR below.

[Read more](#)



PARISH LIFE

Stewardship Message

“All Saints’ Episcopal Church . . . is committed to the guiding principle that stewardship is an ongoing, year-round activity of thanksgivings for God’s gifts.” Taken from the “Stewardship, Memorials, and Gift Acceptance Policy” adopted by the Vestry several years ago, this one sentence summarizes our basic approach to stewardship. Looking at the same idea from another angle, we may say that stewardship involves taking care of things that belong to someone else. All of our blessings come from God. Our responsibility is to take care of what we have been given and to give back to God.

We at All Saints’ understand well the importance of the fall pledge drive. The Vestry’s ability to fund our ministry depends in large part on the generosity of parishioners in making their annual pledges. Yet, in recent years we have become more aware that stewardship cannot be limited to a few weeks in the fall. There are many approaches to year-round stewardship, some of which are very creative and call our attention to the promises of the baptismal covenant (*Book of Common Prayer*, pp. 304-305) and our responsibility to care for God’s creation. There may well come a time when our stewardship committee will take specific steps to incorporate these themes into the life of the parish.

In the meantime, though, we have embraced an approach to year-round stewardship that is consistent with traditional practices at All Saints’. For 2023, the Vestry has again adopted a stewardship plan emphasizing gifts of time and talent as well as treasure. In Lent, we will focus on the spiritual practices of prayer, fasting, and alms giving for the benefit of those in need.

The 40 days of Lent are a time to learn how to incorporate these activities into our daily lives. Many members of All Saints’ have found that they can expand their prayer lives by participating in weekday services. One way to observe the spiritual practice of fasting is to give up at least one luxury (such as meat on Friday, chocolates, or wine) and set aside the money saved as a special Easter offering to help those in need. Those who use the

PARISH LIFE

Stewardship Message

offering envelope package may present their offerings by using the designated “Easter offering” envelope. During Lent, we will also make available in the church special Easter offering envelopes, which can be used at any time between Ash Wednesday (Feb. 23) and the Second Sunday of Easter (April 16). In addition, Easter offerings will include checks marked “Easter offering” and cash placed in the offering plates at the Easter Vigil and Easter Sunday services. This year the Vestry has voted to designate the entire amount of Easter offerings to be used at the discretion of our Social Action Committee to meet pressing needs in the parish, the city, and the world.

Edward V. Heck
Treasurer
edheck46@gmail.com

PARISH LIFE

Life Stories of Members of All Saints'

In this February/March issue of our bi-monthly newsletter we continue with our ongoing series of life stories of members of our parish. In this issue Dale Eggers shares her story as teacher, artist, designer, mother, grandmother, collector of art, traveler and ardent supporter of All Saints' – its music program and Fr. Carlos.



I was born in Washington D.C. and lived in Virginia, Maryland, and Minnesota for my first six years. My younger siblings, Chris and Roynan, were born while we lived in Virginia.

My early life was spent moving around the U.S. because my father was a naval officer and aviator. We went from Virginia to Corpus Christi, Texas. And from there we moved to Coronado, California where I spent fifth through eighth grade.

I was confirmed at Christ Church, Coronado. I have been a lifelong Episcopalian and have attended church with my family in all the places we lived.

My father retired from the Navy and took a job with Texas Instruments so we moved to Dallas. There I attended a girls' prep school called Hockaday. It was an excellent education but a bit of a culture shock after eight years in public school. I managed to graduate Cum Laude after struggling through Latin and trigonometry. After I graduated my parents moved back to California and bought a home in Northridge.

I didn't suffer from all the moving, changing schools, and making new friends. I actually enjoyed it and thought it was an adventure. I had a base, since I spent every summer and a semester of 4th grade at my maternal grandparents' home in Boulder, Colorado. I was very close to my grandmother, Zelma Hollister. The best part was meeting my friend Patty when we were five years old. She grew up next door to my grandparents. She and I are still best friends and talk almost every day. It was a wonderful neighborhood with several

PARISH LIFE

Life Stories of Members of All Saints'

historic homes and so safe we kids could play outside after dark without our parents supervising us.

I own the house in Boulder now. I love going there in the late summer or fall. It has an unobstructed view of Flagstaff mountain and the famous Flatirons. When I'm not there I rent it out. It's a small 1906 house with a huge yard and a 1950's Roper stove, the same one my grandmother used to bake her delicious apple pies with apples from her trees.

After high school I went to Occidental College in Eagle Rock. I lived on campus even though my parents' home in Northridge was only 45 minutes away. I had a double major in Art and Spanish and spent my junior summer attending courses in Guadalajara, Mexico and living with a Mexican family. It was a great experience. I also met and dated Jon Peck at Oxy. He was Gregory Peck's oldest child. It was fun meeting several Hollywood stars at his home.

After graduating from Oxy I moved to Berkeley. Meanwhile I found out I had won a scholarship to Instituto Allende in San Miguel de Allende, Mexico to study for a Master's degree in Fine Arts. It was a wonderful opportunity to paint and also practice speaking Spanish. I loved the town with its cobblestone streets, artists, and lovely 18th century buildings. One house I lived in had no stove or refrigerator. In order to get hot water you had to build a fire in a heater on the roof using sticks and kerosene. My roommate and I had to walk to the open market every day to buy fresh fruits and vegetables. For bathing we'd take a bus to the local hot springs resort. It was either that or take a cold shower at our house.

When I returned to the states I earned a secondary teaching credential at Cal State Northridge. My first teaching job was at the Bishop's School in La Jolla. I taught Spanish and art and attended chapel daily. Father Edelman was chaplain during my last year there.

I married Jay Eggers in 1975. We bought a 1926 Mediterranean house in Sunset Cliffs

PARISH LIFE

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where I still live with my two year-old cairn terrier, Fraser. I left Bishop's summer of 1977 because our first child, Christian, was soon to be born. He arrived in September 1977. The next years were spent being a mother to Christian and Sarah, who was born in 1979. In 1982 I began attending Design Institute. When I finished with a B.F.A. in interior design I worked for several well-known designers. I was lucky to win a couple of design awards. One was for my area rug design for Edward Fields in New York. The prize was presented at the 1983 A.S.I.D. national convention in Los Angeles.

Then in 1985 I had my third child, Nicholas. (Nicholas and his wife Aditi had a blessing of their wedding vows at All Saints Church in October 2018). Sadly, my husband and I separated when Nick was only two years old and eventually divorced. A few years later when all the children were in school I returned to teaching at Warren Walker Middle School for nine years. I again taught Spanish and art. The highlight was designing a course for eighth graders in interior design.

I have had my own design company for many years. It's part time but I enjoy doing small jobs. I have one longtime client in La Jolla who also hired me to help with their Tuscan home in Montecito and a beachfront house in Newport Beach.

My joys now are my six grandchildren. Christian has six-year-old twin boys, Oliver and Elliot. He and wife, Chezney, live near Denver. They're a typical outdoorsy Colorado family. They spend many weekends hiking, mountain biking, camping, and skiing. My daughter Sarah and her husband, Jacob, live in Pasadena. They have three children. The oldest, Theo, is six. They have two daughters- Esther, four, and Willow who is one. Theo has the vocabulary of an adult and is very interested in anything to do with science. Nicholas, my youngest child, married an ophthalmologist from London. He met her in a café in Madagascar when he was teaching there in the Peace Corps. They live in London and recently had their first child, a baby girl named Elena. I'm planning to go to England in February or March to meet her

I am definitely a collector especially of Mexican folk art and native American crafts and jewelry. Old houses fascinate me. I'm quite the do-it-yourself person and love doing

PARISH LIFE

(continued)

projects on my houses. Sometimes that gets me in trouble. I've had several falls from ladders and walls breaking wrists and cutting legs. I love dogs and have always had one or two. My mother taught me about beautiful fabrics and beautifully made clothing. She was an excellent seamstress and made my wedding dress with antique Irish-crochet lace. My father was often sketching ideas for his inventions. I think my ability to draw came from him. My grandmother in Boulder had a love of the mountains which I share. She taught me an appreciation of the southwest and also of literature. My grandfather's best friend was an archeologist named Earl Morris who did extensive excavation in the southwest and Yucatan. I loved visiting his home a few blocks from my grandparents' house, which was full of old pottery and baskets.

One of my interests is designing and making jewelry. It is mostly for myself, but I have sold a few pieces. I love the Christmas season, and decorating. I told my children if some year I don't go all out with my décor it's time to start worrying about me. I also like walking and hiking. Now that I've had a knee replacement I'm able to hike again. Shopping for designer clothes at bargain prices or antiques is always fun, too.

Gary Beyer, also a parishioner at All Saints, has been a part of my life for many years. Although he lives 20 miles away, he comes to my house every day to make gourmet dinners. We take trips together. One of our favorite destinations is Santa Fe. We went on a road trip through England and Wales with my son as driver and he and Aditi as travel guides. It was especially fun because we didn't have to drive on those harrowing, narrow country roads.

I am happy and grateful to be a part of All Saints Church. I love the traditional service, the beautiful choir and music, the friendly church members, the coffee hour, the inspiring sanctuary, and Father Carlos.

PARISH LIFE

Music at All Saints'

CONCERT

SUNDAY FEBRUARY 26 AT 2:30PM

ALL SAINTS' PARISH HALL



MUSIC FROM MEXICO AND SOUTH AMERICA

Soprano Emily Ortlieb joins the Greater San Diego Chamber Orchestra in a program of music from Mexico and South America. Conducted by Dr. Angela Yeung.

Emily is a member of All Saints' Choir and was featured in the Greater San Diego Music Coterie December 2022 concert. We look forward to hearing her interpretations of Spanish art songs.

Program includes *Hermoso Cariño* by Fernando Maldonado, *Conga Del Fuego* by Arturo Márquez, *Libertango* by Astor Piazzolla, *Dama Antañona* by Francisco de Paula Aguirre, and *Bachianas Brasileiras No. 2 and No. 5* by Heitor Villa Lobos.

Free admission with free-will donation at the door.

COMMEMORATIONS

Cyrus, Monk and Methodius, Bishop

9th Century



Missionaries to the Slavs

Cyril (originally Constantine) and Methodius were brothers, from a noble family in Thessalonika, a district in northeastern Greece. Constantine was the younger, born in about 827, and his brother Methodius in about 825. They both entered the priesthood. Constantine undertook a mission to the Arabs, and then became a professor of philosophy at the imperial school in Constantinople and librarian at the cathedral of Santa Sophia. Methodius became governor of a district that had been settled by Slavs. Both brothers then retired to monastic life. In about 861, the Emperor Michel III sent them to work with the Khazars northeast of the Black Sea in the Dnieper-Volga region of what was later Russia. They learned the Khazar language and made many converts, and discovered what were believed to be relics of Clement, an early Bishop of Rome.

In about 863, Prince Rotislav, the ruler of Great Moravia (an area including much of what was later Czecko-Slovakia), asked the emperor for missionaries, specifying that he wanted someone who would teach his people in their own language (he had western missionaries, but they used only Latin). The emperor and the Patriarch Photius sent Methodius and his

COMMEMORATIONS

(continued)

brother Constantine, who translated the Liturgy and much of the Scriptures into Slavonic.

Since Slavonic had no written form, they invented an alphabet for it, the Glagolitic alphabet, which gave rise to the Cyrillic alphabet (named for Constantine aka Cyril), which is used to write Russian and (with modifications) several related languages today. They used the Greek alphabet as their basis, writing a letter in two forms when two similar sounds in Slavonic each needed a letter (hence, in modern Russian, we have "plain a" written "А" and "fancy a" written like a backward "R" representing the sounds of hard and soft (or unpalatalized and palatalized) a, represented approximately in English by "ah" and "yah"). When no Greek letter was close, then they borrowed from Hebrew (the letter TZADDI for the sound "ts" as in "tsar", and the letter SHIN for the sound "sh", and a variant on it for the sound "shch" as in "Khrushchev", and so on). The resulting alphabet had 43 letters. It has since undergone development, chiefly simplification and the omission of letters. Thus, the modern Russian alphabet has only 32 letters. The Cyrillic alphabet with minor variations is used today for Russian, Ukrainian, and other languages of the former USSR, and also for Bulgarian and Serbian and formerly for Rumanian. (Serbs and Croats both speak Serbo-Croatian, but the Serbs, who are traditionally East Orthodox, write it with the Cyrillic alphabet, while the Croats, who are traditionally Roman Catholic, write it with the Latin alphabet. Before the first World War, there were many muslims (regarded as Turks) living in Greece, and many Christians (regarded as Greeks) living in western Turkey. Each group spoke the language of the country in which it lived, but the Greek-speaking Turks in Greece wrote Greek using the Arabic script that was then standard for writing Turkish, and the Turkish-speaking Greeks in Turkey wrote Turkish in the Greek alphabet. For some reason, the alphabet matters to rival religious groups.)

Thus the brothers were the first to produce written material in the Slavic languages, and are regarded as the founders of Slavic literature.

The brothers encountered missionaries from Germany, representing the western or Latin branch of the Church, and more particularly representing the Holy Roman Empire as founded by Charlemagne, and committed to linguistic, and cultural uniformity. They

COMMEMORATIONS

(continued)

insisted on the use of the Latin liturgy, and they regarded Moravia and the Slavic peoples as their rightful mission field. When friction developed, the brothers, unwilling to be a cause of dissension among Christians, went south toward Venice, and then from Venice to Rome to see the Pope, hoping to reach an agreement that would avoid quarreling between missionaries in the field. They brought with them the above-mentioned relics of Clement, third bishop of Rome after the Apostles (see 23 November). They arrived in Rome in 868 and were received with honor. Constantine entered a monastery there, taking the name Cyril, by which he is now remembered. However, he died only a few weeks thereafter. He is buried in Rome in the Church of San Clemente.

The Pope (Adrian II) gave Methodius the title of Archbishop of Sirmium (now Sremska Mitrovica in Yugoslavia) and sent him back in 869, with jurisdiction over all of Moravia and Pannonia, and authorization to use the Slavonic Liturgy. Soon, however, Prince Rotislav, who had originally invited the brothers to Moravia, died, and his successor did not support Methodius. In 870 the Frankish king Louis and his bishops deposed Methodius at a synod at Ratisbon, and imprisoned him for a little over two years. The pope (John VIII) secured his release, but told him not to use the Slavonic Liturgy any more. In 878 he was summoned to Rome on charges of heresy and using Slavonic. This time Pope John was convinced by his arguments and sent him back cleared of all charges, and with permission to use Slavonic. He died 6 April 885 in Velehrad, the old capitol of Moravia. The Carolingian bishop who succeeded him, Wiching, suppressed the Slavonic Liturgy and forced the followers of Methodius into exile. Many found refuge with King Boris of Bulgaria (852-889), under whom they reorganized a Slavic-speaking Church. Meanwhile, Pope John's successors adopted a Latin-only policy which lasted for centuries.

Today Cyril and Methodius are honored by Eastern and Western Christians alike, and the importance of their work in preaching and worshipping in the language of the people is recognized on all sides.

Source: James Kiefer BIO

COMMEMORATIONS

Gabriel, the Archangel

March 24



St. Gabriel is an angel who serves as a messenger for God to certain people. He is one of the three archangels. Gabriel is mentioned in both the Old and the New Testaments of the Bible. First, in the Old Testament, Gabriel appears to the prophet Daniel to explain his visions. Gabriel is described as, "one who looked like man," as he interprets Daniel's visions. He speaks to Daniel while he is sleeping. After Gabriel's

first visit, Daniel becomes tired and sick for days. Gabriel later visits Daniel again providing him with more insight and understanding in an answered prayer.

In the New Testament, Gabriel, described as "an angel of the Lord," first appears to Zacharias, the father of John the Baptist. He tells him, "Fear not, Zacharias: for thy prayer is heard; and thy wife Elisabeth shall bear thee a son, and thou shalt call his name John. And thou shalt have joy and gladness; and many shall rejoice at his birth." Luke 1:13.

After Elizabeth conceived and was six months pregnant, Gabriel appears again. The Book

of Luke states he was sent from God to Nazareth to visit the virgin married to a man named Joseph. Gabriel said to Mary, "Hail, thou that art highly favoured, the Lord is with thee: blessed art thou among women." Luke 1:28.

COMMEMORATIONS

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"Fear not, Mary: for thou hast found favour with God.

31 And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name JESUS.

32 He shall be great, and shall be called the Son of the Highest: and the Lord God shall give unto him the throne of his father David:

33 And he shall reign over the house of Jacob for ever; and of his kingdom there shall be no end." Luke 1:30-33

Gabriel told Mary she would conceive from The Holy Ghost and the baby will be the Son of God.

After the Annunciation of Mary, Gabriel is not spoken of again.

Gabriel's attributes are the Archangel; he is clothed in blue or white; and is seen carrying a lily, a trumpet, a shining lantern, a branch from Paradise, a scroll or a scepter. In art, Gabriel is most commonly represented in the scene of the Annunciation. In art, Gabriel is often represented in the scene of the Annunciation.

He is occasionally cited as the one who blows God's trumpet to indicate the Lord's return to Earth. However, the person designated with this task varies; different passages cite different people. The earliest known identification of Gabriel as the trumpet holder comes in 1455 represented in Byzantine art.

Gabriel is recognized as the patron saint of messengers, telecommunication workers, and postal workers. His feast day is celebrated on September 29, along with St. Michael and St. Raphael.

Source: Catholic Online

PARISH LIFE

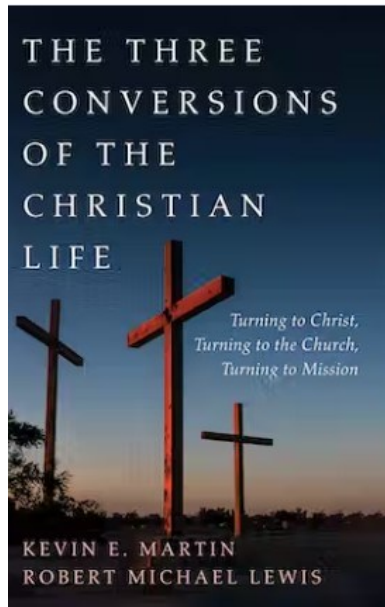
Christian Formation

Fr. Carlos has selected the book, *The Three Conversions of the Christian Life* by Robert Lewis and Kevin Martin as the basis for Lenten Study and beyond. Copies are ordered and will be available for the first meeting in Lent on Sunday, March 12 at noon in the Rector's study.

Here is a synopsis of the selected book:

The Christian life is a journey. Although all Christians are traveling to the same destination, we go at different rates and with differing milestones along the way.

In *The Three Conversions of the Christian Life*, Robert Lewis and Kevin Martin deal with the major transitions or signposts of a faith journey: conversion to Christ, conversion to the church, and conversion to mission.



PARISH LIFE

Annual Meeting — Sunday, January 22, 2023

Pictures by Teri Tremper and Todd Muffatti



PARISH LIFE

(continued)





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