



ALL SAINTS'
EPISCOPAL CHURCH

March 2010

“Spiritual Integrity: Our God-given Nature”

The Reverend Sandy Casey-Martus

We are now in the heart of Lent and our opportunities for simplification, purification, and healing are before us. It occurs to me that the theme of “truthfulness” I’ve chosen to thread through our Lenten readings and Tom Ehrich’s theme of “reconciliation” have much in common. They complement one another.

As we take our Lenten journey seriously, examine our lives in light of the Gospel messages to repent/reconcile with God, self, and neighbor, what may emerge is a new degree of truth telling, living, and loving. Subsequently, this posture of truthfulness prepares us to engage the scriptural message more transparently, with renewed possibility for even greater levels of insight. These, in turn, may lead to even deeper levels of reconciliation. This is an ongoing process of conversion and it is powerful. What ultimately emerges after 40 days is a transformed/reconciled disciple of Jesus Christ more intimately and accurately conformed to the will of God.

I stumbled on this idea of “truth” while preparing the Matthew lesson for Ash Wednesday, and it all seemed so simple and crystal clear: “give without selfish or hidden motive (alms), avoid and refrain from anything that is harmful to spirit, mind, or body (fast), and be naked before God while praying without pretense, defense, or offense.” In other words, be true. Be pure.

Be honest. To be “reconciled” is to be full of truth. To be full of truth disallows distortion. Without distortion we are set free. To be free is to live life as intended by God. We have the freedom to love unconditionally, serve untiringly, and delight in the very gift of being alive.

*“You shall know
the truth, and the
truth shall set
you free.”*

(Jn. 8:32)

Imagine a life lived without any need to cover up, gussy up, or pony up for anyone or anything. Imagine being totally natural, innocent, without guile. To live with such spiritual integrity is to live out of our God-given nature without any need to add anything. I submit that to be reconciled is not so

much an acquisition of a “state of grace” as it is the relinquishing of any habit, attitude, or value that limits, inhibits, or distorts God’s intended “graceful state” for us to express itself.

This realization and disposition makes Lent a time of possibility and excitement. To be transformed becomes appealing and not frightening. What we stand to gain far outweighs any presumption of loss. We may come to see that truth realized cannot be used against itself, and honesty finds a way to creep into every aspect of our lives. Life becomes natural and joyful. Certainly Jesus’ oft-quoted trilogy claiming the “way, truth, and life” is one we are also called to embody. Let us use these last weeks of Lent wisely. It is ultimately the Truth that is in us that will set us free and we, too, must set *it* free.

Lenten Blessings to you in Christ, Sandy+

The Messenger

All Saints' Episcopal Church

The Rev Sandy Casey-Martus, Rector

The Messenger

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From the Parish Administrator . . .

Are you plagued, like I am, with never-ending conversations in your head? "Inner dialogue," as *The Lessons* says, is "a habit that will turn the attention away from the things of God."

I had an insight into "inner dialogue." (An "insight, by the way, is different from a "realization," according to my friend Carla. But that's another column.) I came to the understanding that inner dialogue, like guilt, is **a futile attempt to change reality**.

Here's how it seems to work for me. I sit down to become aware of my spiritual heart center. My brain starts buzzing--as if by instruction and invitation! The plan is "don't dialogue with the thoughts, emotions, plans, memories, and gently return to your spiritual heart center." Sounds good, right? If only it were that simple. Like AA slogans say, "It's simple; but it's not easy."

What I observed about my inner dialogue was that time and time again, I was arguing with someone about some long-passed event or issue; or, I was arguing with someone about some future issue. So I was working in a place that **doesn't actually exist**.

Of course, in the "imaginary vindictiveness," I'm the "winner" and I'm "right" and I convince the other person of both of those things. That's what I mean by trying to change reality. Whatever has already happened, has already happened. It no longer exists. Since whatever I want to influence doesn't exist, obviously I can't change it! However, the concept of changing reality appears to be the conscious mind's lure to inner dialogue.

And what is the result of this incessant turmoil? It "attaches you [me] to the past of hurtful memories, sufferings, and increases the painful emotional intensity." In other words, it makes me miserable. And it turns my attention away from the things of God.

Guilt and inner dialogue both imply a certain arrogance, that my sins of omission and commission can be changed merely by the presence of my guilt or inner dialogue. Since that's not the case, what is the solution to this internal warfare? "Learning to listen more and speak less on the outer, will help your [my] silent prayer practice."

Beverly

Music in Liturgy

from Arlene Long, Music Director

Reading an article recently on the place of music in a service of worship, two lines caught my attention, and I want to share those lines with you.

"Sacred music is an integral part of the liturgy." Since I just finished the first part of Allan Johnson's class on Integral Spirituality, the word "integral" has acquired a deeper meaning for me. So I read this line "sacred music is an integral part of the liturgy" as seeing how music binds together the various parts of our weekly celebration into a more unified whole, with each part having significance and beauty in our lives.

"It requires of composers and poets qualities

of creativity, in order to open the hearts of the faithful to the deeper significance of the text of which the music is the instrument." This is heady writing, is it not? When I experience the words "...in order to open the hearts...to the deeper significance of the text....," I understand that this is the kernel of the music that we sing. We sometimes resist the opening of the heart, and so may deny ourselves a beautiful moment of insight and transformation.

So there is something bigger going on than "how am I singing?" or than worrying that I don't sound good. It's really about the heart being open to the gifts that we come to church to receive.

Easter 2010: April 4th

Although Easter is not until April, it occurs so early in the month--Maundy Thursday is April 1st--that we thought it prudent to remind parishioners about Easter activities in this newsletter issue. Editor



MAUNDY THURSDAY

6:00 P.M., NAVE
HOLY EUCHARIST WITH
FOOT WASHING AND
STRIPPING OF THE ALTAR

GOOD FRIDAY

6:00 P.M., LABYRINTH
WAY OF THE CROSS



THE GREAT VIGIL
7:00 A.M., NAVE

**BREAKFAST BUFFET &
FAMILY ACTIVITIES
8:30-10:15 LABYRINTH**

FESTIVE EUCHARIST
WITH FLOWERING OF THE CROSS
DON'T FORGET YOUR BELLS!
10:30 A.M., NAVE



EASTER LILIES

As is customary at All Saints', we will have Easter Lilies for the Easter Sunday service April 4th. They will adorn the altar during Easter services, and after Easter they may be planted or given to a shut-in.

To dedicate an Easter lily, please fill out a card (placed around the church) and bring it to the office with your check for \$18 for each Easter lily.

The deadline for ordering (*and having your dedication printed in the Order of Service*) is **Monday, March 22, 2010.**

Easter Fiesta & Egg Hunt



Donations are needed of plastic Easter eggs, individually-wrapped candy and confetti eggs for the Easter Fiesta following the 11:00 service.

Donation boxes will be available on the announcement tables and/or you can drop them off at the church office. Easter is April 4th; please bring before Palm Sunday, 3/28.

Easter 2010

Help for Haiti

Recently we received word from The Rev Faith Bledsoe that her niece, Britt Bledsoe, is working at the American Embassy in Haiti. Britt sent word of the numerous tragedies victims of the earthquake are enduring. She also sent word on how we can help.

She prepared a list of the items they most urgently need, along with instructions for packing and shipping these items in a manner that will most quickly and effectively benefit the survivors.

Compassionate Living Commission is spearheading a project to collect as many of these items as possible. On Sunday, March 21st, Compassionate Living volunteers will request the assistance of all available parishioners to pack kits of the materials collected. We will then send everything to the address Britt Bledsoe provided.

Remember: ***the greater the number of people who participate with donations, the more materials we can send to this beleaguered country.***

Collection boxes will be available in the Conference Room as soon as possible.

THE LIST

clothing

flip flops

bug spray (no aerosol cans)

mosquito nets

canned/dried foods

toiletries

**including toothpaste,
toothbrushes, soap, shampoo,
shaving cream, razors**

diapers

blankets

tarps

tents

basic First Aid kits

Hello All Saints Family,

I write to you this month bearing extremely joyous news! Through the grace of the Holy Spirit I have been called to serve as assistant to the rector at St. Luke's Episcopal Church in San Antonio upon graduation.

Julie and I are very excited about our impending transition. Talk about liminality! We are ready to take the next step into ministry, and at the same time trying to savor every ounce of what we still have here in Sewanee. It is a mixed blessing: on one hand, I will finally be doing the work I have been training for; on the other hand, we will be leaving our dear friends and community. It reminds me of this time three years ago when we were preparing to leave Corpus Christi for seminary. I trust that, just as in our last leap of faith, this too will bring us great joy and fulfillment.

One more thing, my ordination date to the diaconate will be with you at All Saints' on Wednesday, June 9th. I hope you will be able to join us.

In Christ,

Stephen, Julie, Ryan and Megan Carson

Acquisition Information

Most of the items in the left-hand column can be obtained at HEB and/or Wal-Mart.

Tents and tarps can be obtained at Academy and home-improvement stores. Mosquito netting can be obtained on line at Cebelos.com, Academy.com and BassPro.com. Prices range from \$30 to \$50, depending on type; shipping is extra. The local Target store has mosquito nets for about \$50.

Bug spray can be purchased in pump spray bottles rather than aerosol spray, and this is necessary for long-range shipping. Dried foods are lighter weight than canned foods.

Flip flops should be purchased in all sizes. Children's clothing and adults' clothing are both needed. Used-but-clean is fine.

Lunch after Midday Eucharist!

First Tuesday--March 2nd



Each Tuesday and Thursday at 11:30 a.m., we gather in the Sanctuary to celebrate Midday Eucharist. This lovely, quiet service has become an important part of the week for many of us.

We've added a fun celebration: on the first Tuesday of each month (3/2, 4/6, 5/4, 6/1) following the Midday Eucharist, we will gather for lunch at El Sol de Mexico on S. Staples. We did this spontaneously the first Tuesday of February, and it was so much fun we decided to make it a habit! Please come and join us any time you can.



Tai Chi Classes @ All Saints'

beginning Saturday, March 6th

Beginning in **March** a Tai Chi class will meet on **Saturdays from 1:30 p.m. to 3:00 p.m.** in the conference room.

Virginia Amos and **Judy Perkins** will be the two teachers of the class.

All interested parishioners are invited to attend this class.

To learn more about Tai Chi and the Taoist Tai Chi Society USA, go to www.usa.taoist.org.



All Saints' Scarlet Ladies

Wed., Mar. 10th, 11:30 a.m.

The Scarlet Ladies will meet for lunch at

517 Café

517 Everhart

Call **884-5802** to RSVP.

Creativity Crowd

Curious? Come and see (original art, sewing projects, scale models). Come and hear (love songs, new poetry, old poetry read with a new voice). The next gathering is **Friday, March 12, 2010**, in the Library, beginning at **7:30 p.m.** and closing at **9:00 p.m.** Come as you are - NO reservations are needed! And EXPECT to be SURPRISED!



**Daylight Savings Time
BEGINS**



Bulletin Board

Lent in Process

Lent in Process continues through March 25th, when The Rev. Tom Ehrich will come to Corpus Christi and celebrate a service of Reconciliation. Remember that each Thursday evening begins with a Labyrinth Walk; then the “hands-on” learning session will take place. Pedagogical theory recognizes that “kinetic” activity (i.e., activity that involves the body-in-action) creates learning at a deeper, longer-lasting level. The Lent in Process series goal is to engage in a process that serves as a sacred means of learning by doing.

March 4th: John Wills and Jan Hilton

Tom Ehrich



The Rev. Tom Ehrich will continue to send essays on the weekly Gospel readings. Remaining essays may discuss:

- Lent 3 (Luke 13:1-9)
Jesus is my advocate. At the moment when I have no right to ask God's patience, Jesus asks on my behalf.
- Lent 4 (Luke 15:1-32)
God rejoices in the lost who is found, in the sinner who repents.
- Lent 5 (John 12:1-8)
Reconciliation means not wasting the present moment in clinging to grievances and seeking revenge.
- **March 25th:** Rev. Tom will be in Corpus Christi to celebrate a service of Reconciliation. All are invited whether you have attended other Lenten activities or not.

will give a presentation on theological reflection. Participants will write a prayer for the closing ceremony. The Gospel reading is Luke 13:1-9, the “fig tree” reading.



March 11th: Gary Chatham and Rod Clark will have a black-out presentation with prayer responses. The Gospel reading is Luke 15:1-3, 11b-32, the story of the Prodigal Son: “that which was lost has been found.”

March 18th: Cathy Chatham and Gary Chatham will use clay, meditation and music to engage the senses and interact with the Gospel, John 12:1-8, the anointing with oil.

Quiet Day



“God taught me to listen better.”

All Saints’ will hold the only Quiet Day of the Spring on Saturday, March 20th from 9:00 a.m.-3:00 p.m.

We will continue our process of weaving Christ Centered Prayer, Labyrinth walking, Lectio Divina, Prayer quilting, Holy Eucharist and anointing with oil into a tapestry of peaceful listening.

Please bring your lunch. Snacks and drinks will be provided. Wear comfortable clothing. Bring a friend! Please join us for a day of rest and attunement, to return to our lives refreshed.



PALM CROSSES

9:30 A.M. SAT., MARCH 27TH,

CONFERENCE ROOM

THE SACRISTANS AND THE DAUGHTERS OF THE KING WILL MEET TO PREPARE THE PALM CROSSES FOR PALM SUNDAY. ANYONE INTERESTED IN PARTICIPATING IS WELCOME TO COME AND JOIN IN!

Message from Staff:

This issue of the newsletter is going to be mailed to everyone on the mailing list.

We hope by the time the April issue is due out that we will have reviewed parishioners' options for receiving the newsletter. At that time we will reduce the newsletter mailing list only to those who have indicated they wish to receive a hard copy.

If you have not yet filled out and turned in an information sheet, please do so as soon as possible.

Thank you! Beverly

March Birthdays

Jean Willard-4th
Maelyn Hinton-7th
Ryan Trudeau-7th
Dee Haven-8th
Mary Martinez-8th
John Otto-9th
Dan Jackson-10th
Becky Johnson-13th
Chuck Shamel-13th
Pat Deck-17th
Juanita Mace-17th
Ed Resch-18th
Katy Adams-21st
Jim Greer-21st
Miner Pinegar-21st
Dana Stone-22nd
Dwight Deck-23rd
Jane Gross-25th
John Oliver-26th
Sue Barley-29th
Judy Haven-31st
Marcia Keener-31st

Mustang Island Family Camp Spring Break!

March 15-18, 2010

Beach Games • Christian Community
Loving and Caring Staff
Quiet and Beautiful Beach
Relaxed Schedule and Atmosphere
Celebrate Family and *Whose You Are*
Awesome Worship and Music
Campfire and S'mores
Delicious Meals • Fun Activities

Don't miss the fun at your Island Home

Four Days * Three Nights • Nine Meals per
Guest • Boardwalk to Beach • Lovely
Accommodations • Private Bathrooms and
Decks with Gulf Views

Arrive as early as 3:00 Monday; Departure
by 2:00 Thursday; *First Meal:* Monday
Dinner; *Last Meal:*

Thursday Lunch

**\$605 DWTX Member Families \$705
Other Families**

Scholarship assistance available. Additional
\$100 charge per camper who is not immediate
family and for any adult beyond the first
two. Register online at www.dwtx.org. FMI
contact Nita @ 361.749.1800 or
nita.shaver@dwtx.org.

Escape to the shore this Spring

Around the Parish



ALL SAINTS'
EPISCOPAL CHURCH

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www.allsaintscorpuschristi.org

Service Schedule

Sunday: 8:00 a.m. Holy Eucharist, Rite I
Sunday: 9:00 a.m. LifeStreams, Rite III
Sunday: 10:00 a.m. Coffee and Conversation Hour
Sunday: 11:00 a.m. Holy Eucharist, Rite II
Nursery/Child Care available for Sunday services
Tuesday: 11:30 a.m. Midday Eucharist
Thursday: 11:30 a.m. Midday Eucharist w/optional Anointing
Thursday: 5:30 - 7:00 p.m. Labyrinth Walk & Icon Sit
Visit our website: www.allsaintscorpuschristi.org

LECTIONARY SCHEDULE

3/7 Lent III: Isaiah 55:1-9; Psalm 63:1-8; 1 Corinthians 10:1-13; Luke 13:1-9

3/14 Lent IV: Joshua 5:9-12; Psalm 32; 2 Corinthians 5:16-21; Luke 15:1-3, 11b-32

3/21 Lent V: Isaiah 43:16-21; Psalm 126; Philippians 3:4b-14; John 12:1-8

3/28 Palm Sunday, Liturgy of the Palms: Luke 19:28-40; Psalm 118:1-2, 19-29

3/28 Palm Sunday, Liturgy of the Passion: Isaiah 50:4-9; Psalm 31:9-16; Philippians 2:5-11; Luke 22:14-23:56

BCP 815 *O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne. Through Jesus Christ our Lord. Amen.*

March CALENDAR

March 1 Christ Centered Prayer; EfM
March 2 Wisdom Class; Midday Eucharist; EfM; Food Pantry
March 3 LifeStreams music practice; Youth formation; Choir rehearsal
March 4 Midday Eucharist; Christ Centered Prayer; Labyrinth Lenten celebration
March 5 Supper with Sandy
March 6 Parish Life Commission meeting; Tai Chi (Conference Room)
March 8 Christ Centered Prayer; EfM
March 9 Wisdom Class; Midday Eucharist; EfM
March 10 LifeStreams music practice; Youth formation; Choir rehearsal
March 11 Midday Eucharist; Christ Centered Prayer; Labyrinth Lenten celebration
March 12 Creativity Group meeting
March 13 Tai Chi
March 14 Daylight Savings Time begins; Lent IV
March 15 Christ Centered Prayer; EfM
March 16 Wisdom Class; Midday Eucharist; EfM; Food Pantry
March 17 LifeStreams music practice; Youth formation; Choir rehearsal
March 18 Midday Eucharist; Christ Centered Prayer; Labyrinth Lenten celebration
March 20 Quiet Day (Wyoming bishop election)
March 22 Christ Centered Prayer; EfM
March 23 Wisdom Class; Midday Eucharist; EfM
March 25 Midday Eucharist; Christ Centered Prayer; Tom Ehrich, Service of Reconciliation
March 26 Supper with Sandy