



# The Digital Dragon

## Lent, Holy Week and Easter 2010

St. George's Episcopal Church  
 950 Spruce Street  
 Riverside, CA 92507  
 951-686-9936  
[www.saintgeorges.net](http://www.saintgeorges.net)

No.4

### Upcoming Events

Wednesdays, Lenten Soup and Bible Study, 5:30 PM  
 March 28 - Palm Sunday  
 March 28 - April 2 Holy Week  
 March 29 - Holy Monday 7PM  
 March 30 - Holy Tuesday 7PM  
 March 31 - Holy Wednesday 6:00 PM  
 April 1 - Maundy Thursday, 7PM  
 April 2 - Good Friday, Noon & 7PM  
 April 3 - Great Vigil of Easter, 8PM  
 April 4 - Easter  
 Link: [www.my.calendars.net/stgeorge](http://www.my.calendars.net/stgeorge)

### Worship

Sunday Services  
 9:00 AM - Sunday School  
 10:00 AM - Choral Holy Eucharist  
 5:00 PM - Evening Prayer with Eucharist

Wednesday Service  
 11:00 AM - Bible Study  
 Noon - Holy Eucharist & Healing Service

Choir Practice - Thursday 7:00 PM  
 Parish Work Day - Saturdays 8:00 (2nd Saturday)

Daughters of the King Meeting - Thursdays 5:00 PM (3rd Thursday)

### Latest News

- ❖ Children's Benefit Concert for the victims of the Earthquake in Haiti. March 21 at 2PM in the sanctuary. Proceeds will go through Episcopal Relief and Development Fund to the victims in Haiti specifically for the children. Please see additional information under *Notes from the St. Cecilia's Choir* on page 3.
- ❖ The Consecration of two Suffragan Bishops at the Long Beach Arena May 15 at 12:30PM.

### Kids Korner

#### News from St. George's Youth:

Sarinah Simons is currently on the editorial staff of The North Star, the school newspaper for John Wesley North School in Riverside. Sarinah is looking for funding for the newspaper in the form of advertisements and subscriptions. This would be a great opportunity to highlight the church and our community outreach to high school students in our area, and would be a terrific medium for reaching people not otherwise in contact with our church. Please contact Sarinah at 951-682-2284 to discuss her needs.

Marcus Simons is also conducting fund-raising, this time for the North High School Band Blue Star Regiment (BSR). He is looking at a variety of fund-raising tactics, including direct funds, scrip cards and recycling newspapers. Please remember him the next time you are about to toss your newspaper into your recycling bin. Marcus can be contacted at 951-682-2284.

A call to all St. George's parents, grandparents, great-grandparents, uncles, aunts, cousins and friends: We can use your children's news. Let us know what they are up to, how they are doing and any other information you would like to share. Please submit information on events, fund-raisers, celebrations, triumphs and successes concerning your children. Let the entire St. George's community know how it can support its youth!

-- Mary Simons

Special Needs	Priest's Reflections
<p>Sherman Institute</p> <p>Art Supply Needs</p> <p>Oils</p> <p>Watercolors</p> <p>Brushes</p> <p>Canvas</p> <p>Beads</p> <p>Feeding America</p> <p>Fruits and Green Vegetables (canned, fresh)</p> <p>Root vegetables (potatoes, turnips)</p> <p>Baby food</p> <p>Canned milk</p> <p>Protein (canned tuna, ham, beans)</p>	<p><b>Spiritual Disciplines - Benedictine Spirituality</b></p> <p><i>Part II - Listening to God</i></p> <p>In the last issue of the Dragon I introduced Benedictine spirituality. As you may recall, I pointed out two important facts about the Rule of St. Benedict: first, the Rule is riddled with some 126 quotes from Scripture, and 50 are from the Psalms. Second, the Rule begins with the word listen. This is, perhaps, the most important command of the entire rule because through listening, we can concentrate and hear the voice of God.</p> <p>The monasteries of Benedict's time were not filled with scholars. Many monks were illiterate, and yet the Rule expected them to study the scripture. The brothers who could read took turns reading the scripture aloud to all the members of the monastery. Out of this practice grew a devotion to the Scriptures that was called "heart listening," or hearing the Scriptures with the soul.</p> <p>This kind of listening is appropriate because our Scriptures emerged from an oral tradition; most Scripture was spoken before it was written. To simply read and study the Scripture through the mind diminishes a major aspect of how the Scripture comes to us. Listening to the Scripture read aloud allows us to internalize it through the heart. We cannot simply re-read a part we didn't get the first time, nor can we pour over a specific few verses. We must trust the Holy Spirit to bring to us whatever the Spirit wants us to learn.</p>
<p>Poet's Corner</p>	
<p>Grandpa Reems was very right, Eight line poems do shed some light, Upon orations from the pulpit, To tell just who or what's the culprit. A way to untangle the wordy maze, And come out with an ode of praise. Now my poems aren't as good as his, But then I'm awfully new at this.</p> <p>Like an oak, steadfast and true, He ministered to me and you. His branches spread far and wide, And in his shade did we abide. His labor and his ministry, Has sprouted fruit from sea to sea. But now the tree has been transplanted, His deepest wish has now been granted.</p> <p>-- Karen Nowak</p> <p>Please read Karen's article about her grandfather on page 5.</p>	<p>This practice of listening to the Scripture is called <i>lectio divina</i>, or reading for God's message. It means listening to and relating Scripture to our time—not just our time in history but to the very present time, the moments we are spending reading the Scriptures. It is a practice that requires us to be in the here and now, not off somewhere thinking about other things. What follows is a method for practicing <i>lectio divina</i>. <i>Lectio divina</i> is not something that one can 'get' overnight; it is necessary to develop a discipline so that we can be open to the Holy Spirit working through our prayerful contemplation of the Scriptures.</p> <p>Begin by choosing a time when you are both relaxed and fully alert. If you are overtired, you can easily fall asleep while doing this, so try to avoid late night or very early morning efforts. If you have no other time, try to clear your mind of plans for the day or the memories of events of the day. Find a quiet place away from traffic, both automotive and human. If you have something that helps you focus on prayer, like a candle, an icon or some article of nature, have it with you.</p> <p>Now quiet your soul. This can be done through breathing exercises. Count and measure your breaths. Allow the day's activities to come and go. Know that you are not neglecting the day's activities; you are merely postponing them and allowing yourself to come into God's presence. If you cannot do this through breathing, try a short prayer. The Jesus prayer works for me. The prayer I use is, "Lord Jesus Christ, have mercy on me a sinner."</p>

Dear Church Mouse,

Why are bells rung during the Eucharist and why we only do only ring them once in awhile and not every Sunday?



Thanks, your friend.

Dear Friend,

We typically ring the bells during services of great celebration like Easter and Christmas. Bells are used to enhance the worship through the joyous sound that they make. Bells can be rung at many different points in the service. Most notably during the *Sanctus* (Holy,

Once you have quieted your soul, slowly read the Bible passage you have chosen. Choosing Scripture can be through a daily study Bible, the Sunday lectionary, or the daily lectionary. Gently look at the words of the passage; what do you see? What grabs your heart? Study the passage, not with an analytical eye, but with the eye of your heart, your soul. Set aside the text and listen to your heart focus again on the part that touched your spirit.

Next, meditate on this scripture. Allow the scripture to interact with you. How does it speak to your experiences, your concerns, your needs? Spend some time on this part. It is not easy and may elude you. Don't give up!

Now you are ready for the prayer part. Allow your whole being to come before God's presence. Ask God where this part of Scripture is calling you. Dialog with God. Where do you feel God pulling you? Ponder the dialog you have with God. This conversation would be a good thing to journal.

Finally, as you rest from this practice, contemplate the conversation you had with God. Allow yourself to be fully immersed in experience. Benedict inspires us to continue with the practice of lectio: "As we progress in this way of life and in faith, we shall run on the path of God's commandments, our hearts overflowing with the inexpressible delight of love."

Don't feel discouraged or be disappointed with the "results," especially in the beginning. This is not an easy practice to start. Once you have, it is truly rewarding. If you have questions about this, or would like help with it, please contact me.

Peace,

Paul

## Prayer Requests

Please keep the following people in your prayers:

Jerry has had a relapse with his foot and is back in a cast again. He has been diagnosed with arterial fibulation. Phone calls and visits would be appreciated, as well as prayers for Jim as he cares for Jerry.

Brandy, the battered pregnant woman in our prayers last week, has given birth 6+ weeks early. Social workers are finding housing for her and Zachary as well as her 2-year old daughter, Daisy (who is currently staying with co-workers). Her husband is out of jail now, but there is a restraining order in place.

Bonnie is back in the hospital. Please include Gerald in your prayers as he cares for her.

Jeano's friend Mary, whose husband died recently, days before their 50th anniversary.

## Notes from the St. Cecilia Choir



### BENEFIT CONCERT FOR THE CHILDREN OF HAITI

#### Let's Help Out Haiti at St. George's Episcopal Church

On Sunday, March 21st at 2:00 p.m., the St. Cecilia Choristers of St. George's will sing and dance for the people of Haiti! Joining them will be the Riverside Community College Dance Touring Ensemble, performing the Haitian dance "Seremoni Yanvalou" by Ann Mazzocca.

Also performing in the **Let's Help Out Haiti** concert will be the piano students of Virginia Haisten.

The St. Cecilia Choristers will be directed by Virginia Haisten. The Ensemble will be co-directed by Rita Chenoweth and Denise Donovan, Everyone is welcome!! All donations for the concern will go to the Episcopal Relief and Development Fund for Haiti ([www.er-d.org](http://www.er-d.org)).

Church Mouse - cont.	Message from a Grateful Member
<p>Holy, Holy) at each time we sing or say holy. During the elevations of the Body and Blood of Christ. And in the past, during the Eucharistic prayer at the institution. While the first ringing is to enhance the joyous sound we make during the Sanctus, the last two are to enhance the meaning of the actions done at the Eucharist and to wake people up!</p> <p><i>Chrys</i>, The Church Mouse</p>	<p><b>Gratitude:</b></p> <p>Being grateful and not expressing it is like wrapping a gift and never giving it.</p> <p>I sometimes wish I had a penny for each of my good intentions; I would be rich. I want to start this off with an apology for not getting this letter to you sooner. I have been a part of a miracle and I need to share it with you. We rarely see burning bushes or water into wine these days, but we are surrounded by miracles if we pay attention. All the little things that happen in our lives daily, these are God's little miracles; dropping in on a friend unexpectedly and finding them sick in bed or on the floor unable to get up. Finding yourself in that situation and having your church community at your door with food, prayer shawls, and friendship.</p> <p>I have been struggling with words to tell my St. G family how grateful I am for their support throughout my back surgery. I say the words over and over in my head and never get it right. Can one ever express the deep heartfelt gratitude of being surrounded by love and support? If I were a poet, perhaps, but I am not and so I struggle daily with a way to "pay you all back" for the love, prayers, and support you have shown my family and I. So here it is finally, Thank you from the bottom of my heart! I have never known what it is like to belong to a church community, now I do not know how to live without you! God dwells amongst us. You my friends are the little miracles in the world today. Each of you are Christ's hands, feet, and eyes on earth. I thank God daily for each and every one of you.</p> <p>Much love and many blessings, Mary</p>
Prayer Requests, cont.	
<p>Heather and her family. Betty B who is receiving hospice care, and for her daughter, Jeneva. Jeano and George. Bob S, in hospice care. All those among us who deal with chronic pain. Thanksgiving for Fr. Paul's birthday. Rose's colleagues, Bethany and Marie. Continued healing for Fred, Candy, Bobby, Jax, Thuy, Gayla, Mary S., Peggy, Diane D., Judy, Gloria, Hazel, Don, and Tracy. Donna, as she cares for Don. Thanksgiving for our Lenten study series and all the valuable information we are getting. Ardee, as she deals with difficult students. Thanksgiving for Janis passing all Tasks. Ashok, for justice, perseverance and protection. Barbara, still dealing with the effects of a flu vaccine injection. Youth group and adults from Gladewell Baptist Church traveling to New Orleans to build houses;</p>	<p><b>Prayer Requests, cont.</b></p> <p>Fr. Paul; Rose, our Senior Warden; Joerg and Diane, our Junior Wardens; our Vestry.</p> <p>Thanks to those who donated blood last Friday and Saturday. Please consider becoming a part of our Blood Donor group. Your donation is truly a life-saving gift.</p> <p style="text-align: right;">-- Diane David</p>
	<b>Parish Needs</b>
	<p>This Saturday, March 13, is WORK DAY at St. George's. As with any home, there are always many jobs to be done, from large (mowing the back property) to small (mounting a soap dish).When there are just a few people at the work days, then only a few tasks get done. Let's get as many people as we can this Saturday from 8 am - noon. Joerg has a list of many tasks that can be done by any age or ability in the care of our church home.</p> <p>We have a new arrival in our community! Our new FREEZER has been delivered! Watch for an announcement for a cooking session so that we can fill our freezer again with Karma meals.</p> <p style="text-align: right;">-- Diane David</p>

**Sermon Poetry**

My Grandfather, Eugene Reems, developed a quasi unique way to keep himself awake during long sermons. He would sit and scribble on any space available in the program and attempt to write poetry based upon the sermon topic. It was always the same format. 8 total lines organized into 2 line rhyming couplets. It was a matter of pride to him to get the entire sermon into one poem. Over the next several days he would refine the poem until it finally made it into a box of completed verse. My family still has a collection of some of his sermon related poetry.

As a teenager I'd tried his technique several times to keep from being bored during particularly long winded sermons. I met with intermittent success. However, at his funeral in 1983 something finally clicked for me and the poetry started flowing. I've been writing sermon based poetry on an occasional basis ever since. I'm not as rigid about it as my Grandfather. Somehow I just can't always fit the entire sermon into 8 lines. There are even times that I can't get any poetry out of a sermon at all. Either my Grandfather was a better poet than I am or he was listening to less complex sermons. I have a sneaking suspicion it was more of the former than the later.

-- Karen Nowak



Feeding America is the new name for the Second Harvest Food Bank. The following text is taken from their website (<http://feedingamerica.org>):

*Feeding America is the nation's leading domestic hunger-relief charity. Our mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.*

*Each year, the Feeding America network provides food to more than 37 million low-income people facing hunger in the United States, including more than 14 million [children](#) and nearly 3 million [seniors](#).*

*Our network of more than 200 food banks serves all 50 states, the District of Columbia and Puerto Rico, securing and distributing more than 2.5 billion pounds of food and grocery products annually. Those member food banks support approximately 63,000 local charitable agencies and 70,000 programs, which provide food directly to individuals and families in need.*

**STATEMENT OF VALUES**

*Feeding America has adopted the following Statement of Values, which guides all of our actions and planning.*

**Respect**

*We respect the inherent worth and dignity of every person and treat all with justice, equity and compassion. We honor the lives, concerns and stories of people in need and expect our partners to do the same. We accept one another and encourage diversity of thoughts and ideas.*

**Stewardship and Accountability**

*We keep faith with the public trust through the efficient and compassionate use of resources entrusted to us and are mindful that our mission is accomplished through the generosity of others. We maintain and communicate accurate and timely information on hunger research, education, advocacy and service. We evaluate and account regularly for how resources are used to implement and achieve our mission.*

**Collaboration**

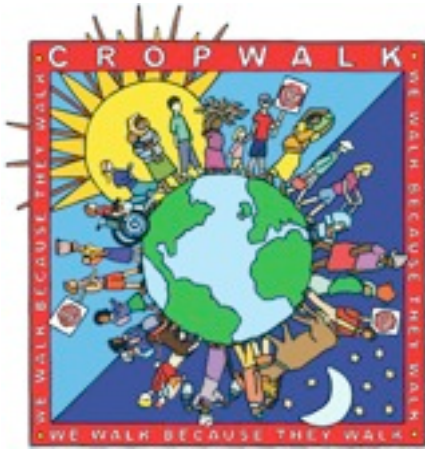
*We believe in the power of community. We collaborate and build strong relationships, based on trust, with and among those who share our vision of creating a hunger-free America. We work together to accomplish the vision at the national and local levels, valuing each other's roles and using an open process and honest communication. We seek out and are responsive to the input and counsel of our partners.*

**Urgency**

*We operate with an acute sense of urgency that reflects the immediate needs of people struggling with hunger. We challenge our employees, volunteers and partners to embrace the same sense of urgency to accomplish our shared vision.*

**Service**

*We believe service to others is fundamental to creating a hunger-free America. We serve with excellence, compassion and responsiveness to meet the needs of those with whom we work, internally and externally.*



This year the CROP Hunger Walk will take place on Sunday, March 14th at 1:00 p.m. The purpose of the walk is to raise funds to help end hunger and poverty. Walkers walk to remember all the people who do not get enough food to eat each day. 25% of the funds raised are used to fund local programs to end hunger. The walk route starts at Temple Beth El and goes along Victoria Avenue to Washington Park and then returns to Temple Beth El. Ann Rendon will have pledge envelopes available for those people wishing to walk. If you are unable to participate that day consider making a pledge to one of the people walking.

Fourteen different churches participated in last years walk. St. George's had three walkers and we raised \$335.00. This is a nice walk, along a pretty route. It is exciting to see so many other people out walking together. Many of the churches participating walk with banners and special T-Shirts. The CROP walk is sponsored by Church World Services. They work with local partners throughout the world supporting projects that will help a community become more self-sufficient, such as providing a village with a well for drinking water.

--Ann Rendon

*The better we serve, the more people we bring together in commitment to our vision.*

**Integrity**

*We act with honesty, trust and openness and deliver on commitments. We act within the spirit of agreements, contracts and the law. Our intentions and actions will be transparent and above reproach.*

**Diversity**

*We believe that the ethnic, cultural and social diversity of our nation should be reflected in our staff, Board and network.*

[Learn more](#) about your local Feeding America network member food bank.

