Lent 2019: A Holy Yes

But when he came to himself he said, ‘How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father…’

Luke 15:17-18

Beloved people of St. John’s,

March 6 is Ash Wednesday, which will launch us into the forty-day season of Lent. Every time you see the number “40” in scripture, you can instantly know that this will be a story about transformation – especially about endings and beginnings. The world’s ceaseless violence ended in a 40-day flood; the Israelites escaped slavery and wandered 40 years in the wilderness before entering the “Promised Land”; Jesus was tempted 40 days in the desert before he was ready for his public ministry. Similarly, each Lent, we are invited into a spiritual pilgrimage in which we determine what part of our lives needs to end in order to make space for the new to begin. Twelve step programs have a whole step involving what they call a “searching and fearless moral inventory of ourselves,” which is an essential part of the spiritual awakening that the twelve steps facilitate. The Episcopal Church has determined four things we can do to participate in God’s Beloved Community—the first of which is “Telling the Truth,” or facing the legacy of systemic racism in our country. Our Presiding Bishop Michael Curry’s “Way of Love” begins with a practice he calls “turn”—which is realizing what direction we’re moving in, and making the decision to adjust our course to align with the will of God for love, liberation, and life for all people. Each of these contexts involve the kind of transformation Lent is all about.

Having said all that, if there’s any time for introspection in the great wheel of our liturgical year, it’s Lent. I’d invite you to make some space every day to recognize how things really are with you and with the world around you. One resource to help with this process is Living the Way of Love: A 40-day Devotional, which is available at the church office for $12. This process allows us to “come to ourselves” like the prodigal son; to become aware of those areas in our lives in which transformation is needed.

If you are leading a ministry at St. John’s, you might consider making some space to collectively and non-judgmentally assess what is life-giving in that ministry, and what needs to change. For example, as a community, we have been talking about shifting the way we engage our neighbors. We want to move away from charitable transactions and toward building agenda-free relationships; we seek to shift from seeing ourselves as benefactors, and move toward sharing stories, meals, and lives. We seek to reflect on how what we do is aligned with the Way of Jesus, and to discover how our stories fit into the Great Stories of God’s love that are expressed in our scriptures.

In the end, it is the Spirit who achieves healing and transformation; we need healing and transformation as much as those we serve and come to know as neighbors. The point of all this introspection is not navel-gazing, or to feel ashamed or overburdened. It’s to get to the place where we can say a “holy yes” to the Spirit’s invitations to us. May it be so!

Faithfully,

Lisa
Lent at St. John’s

Beloved St. John’s community,

During Lent, you’ll be invited to use Living the Way of Love: A 40-Day Devotional. This booklet offers short daily reflections and opportunities to engage one of these seven practices. They are currently available in the church office for $12 (scholarships available upon request). Please pick one up in time to begin on Ash Wednesday, March 6!

Lisa

We’re inviting anyone willing to write a short reflection on one day of this practice, and email that (preferably with a photo) to Shane Sanders Marcus, who will post it to our Facebook and Instagram pages. We’d love to chronicle our Lenten journeys in this way. (St. John’s reserves the right to edit entries for length and content).

Shrove Tuesday Pancake & Jambalaya Supper    Tuesday, March 5th at 5pm
Join us for our annual evening of food and dancing. We are thrilled to have Mama Dig Down’s Brass Band returning to provide the wonderful sounds of New Orleans Jazz for your dancing pleasure!

Brown Bag Eucharist    Tuesdays throughout Lent at 12:15pm
We offer a weekly Eucharist in which you are invited to bring your lunch. Every Tuesday in the Chapel. During this service, during the liturgy of the Word, we eat our lunches, have a lively conversation about scripture, offer our prayers verbally to God, and then continue with the liturgy of the table. We conclude by 12:50 so people can get back to work.

Ash Wednesday Services    Wednesday, March 6th, 7am, 12 & 7pm
This service begins the Lenten season with the Imposition of Ashes and Holy Eucharist.

Lenten Intergenerational Event    Sunday, March 10th at 10am
Our Lenten Intergenerational Event will include some chances to think about the traditions of giving something up for Lent, of cultivating a spiritual discipline from the Way of Love to prepare for Easter, and of course burying the Alleluia! You won’t want to miss this chance to start to observe a Holy Lent as an individual or as a family.

Morning Prayer    Wednesdays, March 13th - April 17th at 7am
Morning prayer will be held in the chapel each Wednesday during Lent. Light breakfast after the service. All are welcome to attend during this season of reflection and renewal. We read Scripture and prayers, sing a canticle, and share reflections on the readings. Contact Jane Gilgun for more information.

Lenten Evensong    Sundays, March 24th, 31st, & April 7th at 4pm
Join us in once again welcoming our special guest music ensemble, Lumina, in a short evening sung service featuring original choral music by composer and Lumina artistic director Linda Kachelmeier, along with hymns and prayers, in the Chancel with candles and incense.

Lenten Quiet Day (DATE CHANGED)    Saturday, March 30th at 9am
Join our Rev. Deacon Patricia Benson in a morning of reflection, following Jesus into the way of love through the story of the Good Samaritan. Together we will practice lectio divina, contemplative prayer, journaling and sharing our stories, worship, and gathering around a meal together to begin this season of lent. Please RSVP to Jenny in the office so that there is enough food for everyone. Childcare can be provided if requested, please contact the office by March 27th if you would like childcare provided.
Adult Forums

**An Update on Children & Youth Ministries at St. John’s**
Sunday, March 3rd  Shane Sanders Marcus
Come hear a big picture theological view of how St. John’s is one of the best of all possible churches; all of the NEW things that have happened in the last year; and a big hairy audacious vision for the future!

**NO Adult Forum**
Sunday, March 10th  Lenten Intergenerational Event

**Healing Touch & Turning: New/Old Lenten Practices**
Sunday, March 17th  Nancy Herbst
Lent is a time of turning, that is, grappling with imperfections that hurt others and ourselves, letting them go, and turning to spiritual practices of compassion and self-compassion. Nancy will facilitate a panel discussion and then invite us to join the discussion.

**Prayer, a Practice of Beloved Community**
Sundays, March 24th and 31st  Rev. Lisa Wiens Heinsohn
Lisa will invite us to join her in reflection on What is prayer? What are different types of prayer? How does prayer relate to social justice and practicing the way of Jesus?

Conversations from the Heart

**Saturday, March 9th, 12:30pm in the Library**
“There is a special shelter around every person. One of the things all children should be taught when they are growing up is that there is a shelter around them, but that they won’t feel the shelter if they don’t expect it and if they don’t know that it is there. That shelter is the shelter of your soul, it is the shelter of you God…”
These words by John O’Donohue will guide us into our March Conversations from the Heart. Please join us for this time of sacred conversation and sharing. If you have questions, contact Nancy Herbst.

Lunch Bunch

**Monday, March 18th, 12:00pm in the Parish Hall**
By March 18th, we are nearly 2 weeks into Lent so let’s use some Lunch Bunch time to focus on a few of the stories in the book some of us are reading for this season, “Living the Way of Love”. Copies of some of the days will be available to read and share how the 7 words – turn, learn, pray, worship, bless, go, rest – might be part of our own stories. Please bring a lunch dish to share, then spend time sharing in a small table group any reflections these words bring to your own stories.
Fundraisers for our International Partnerships

JOIN IN THE FUN AND BRING EXTRA CASH FOR THE SILENT AUCTION AND WINE TOSS

Silent Auction of Amazing Items ends at 7:00pm
~You Must be Present to Win~

Wine Toss

Guatemalan Coffee for Sale

SCHEDULE OF MUSIC
5:00 Trailer Trash
5:45 Molly Maher & Her Disbelievers
6:30 Frankie Lee
Trio Recital for Haiti

Soprano Aliese Hoesel, cellist Greg Nelson and pianist Chad Smith will present a program of chamber music on Sunday afternoon at 4pm in the Sanctuary of St. John’s. Works will include music of Brahms, Strauss, Piazzolla, Previn, and Bernstein. A free-will offering will be taken in support of our partner school in Haiti. Proceeds will help assure that the teachers at St. Philippe et St. Jacques are paid for the rest of the school year. A reception in the Parish Hall will follow the recital. Childcare will be provided.

Aliese Hoesel • Greg Nelson • Chad Smith

In a Trio Recital for Haiti

4 pm on Sunday, March 17, 2019

Works for voice, cello, & piano by Brahms, Strauss, Piazzolla, Previn, and Bernstein

A free-will offering will be taken to support teacher salaries at St. Philippe et St. Jacques, our partner parish in Gressier, Haiti. Reception to follow in the Parish Hall next door. Childcare will be provided.
March Music News

Children’s Choirs sing & Chime Choir plays  
St. John’s Children’s Choirs sing June Fischer’s I Am The Light Of The World and John Bell’s God Welcomes during our 11am Sunday service on March 3rd. St. John’s Chime Choir plays Dan Edward’s Celebration on ‘Hyfrydol’ during our 9am Sunday service on March 3rd.

Mama Digdown’s Brass Band  
St. John’s own Erik Jacobson and members of his fabulous Mama Digdown’s Brass Band bring the sounds of a real New Orleans Mardi Gras celebration to St. John’s annual Shrove Tuesday Supper in St. John’s Parish Hall. Mama Digdown’s Brass Band has been together for 20+ years and has traveled to the Crescent City over 50 times! Food is available from 5-7pm. The band plays from 6-7pm. Don’t miss it!!

TRIO Recital for HAITI  
Soprano Aliese Hoesel, cellist Greg Nelson and pianist Chad Smith will present a program of chamber music on Sunday afternoon at 4pm in the Sanctuary of St. John’s. Works will include music of Brahms, Strauss, Piazzolla, Previn, and Bernstein. A free-will offering will be taken in support of our partner school in Haiti. Proceeds will help assure that the teachers at St. Philippe et St. Jacques are paid for the rest of the school year. A reception in the Parish Hall will follow the recital. Childcare will be provided. NOT to be missed!

NEXT Open Mic  
Now in its Seventh HUGE Season – St. John’s Open Mic is a performance/presentation community opportunity taking place in the Parish Hall and running for one very special hour. Poet Magnifico Jeff Larson hosts this FIFTH 4th Friday Open Mic of the 2018-2019 Season. All are welcome – on either side of the microphone. Join the fun! Childcare can be provided with advance notice. For more info and to get on the program, contact Chad.

Lenten Evensong  
Join us in once again welcoming our special guest music ensemble, Lumina, in a short evening sung service featuring original choral music by composer and Lumina artistic director Linda Kachelmeier, along with hymns and prayers, in the Chancel with candles and incense.

Festival Choir prepares for Holy Week  
St. John’s Festival Choir gathers for practice from 7-9 pm on Thursdays, March 28, April 4, 11, and Wednesday, April 17 in preparation for singing during Palm Sunday (April 14), Easter Vigil (April 20) and Easter Sunday (April 21) services. Choristers 6th grade and up are welcome to participate. Contact Chad.

For more on Music at St. John’s, contact Chad Smith
Music Highlight: Kaitlin McDonald

Q: In what ways do you share your musical gifts at St. John’s?
A: I am in the festival choir, youth choir, chime choir, and occasionally I sing in the 11 o’clock service choir.

Q: What music do you listen to?
A: I listen to a lot of classic rock and pop, sometimes a little folk music too. I make playlists on my Spotify that never contain new music, just songs that I love already and enjoy listening to on a regular basis.

Q: Do you have a favourite musical artist, song or compositions?
A: I have been really into Queen lately and Pentatonix. I really like musicians that are different from the norm and they are not afraid to express themselves differently.

Q: Is there any particular music or musician that has influenced you?
A: I became inspired by Adele, Pentatonix and Freddie Mercury. They all express themselves in such a way that makes them such their own. They are never compared to anyone else.

Q: What musical endeavours do you pursue outside of St. John’s?
A: I am looking to get involved in community theater and choir at my college!

Q: If you could meet any musical person, past or present, who would it be?
A: Freddie Mercury, Adele, or Pentatonix.

Q: What is something people might be surprised to know about you?
A: I graduated college in less than a year, I taught myself how to swim, and I have decided to go back to school to become an elementary school teacher!

BIG Thanks & Gratitude goes to:

- Soprano Aliese Hoesel for her special musical contribution to our 9am & 11am Martin Luther King, Jr. services on Sunday, January 20th.
- The Essential Wendy Smith for her hosting of St. John’s Open Mic event on Friday, January 25th.
- Accordionist Andy Vaaler for his special musical contribution to 9am & 11am services on Sunday, January 27th.
- St. John’s Children’s Choirs and Chime Choir for their special musical contributions to 9am and 11am services on Sunday, January 27th and February 3rd, and February 24th.
- Guest musician Richard Long for his special musical contribution to 9am & 11am services on Sunday, February 10th.
- St. John’s Youth Choir for their special musical contributions to the 9am service on Sunday, February 10th and the 11am service on Sunday, February 17th.
- Musician Wendy Smith for her special musical contribution to 9am & 11am services on Sundays, February 17th and 24th.
- Wendy Smith, Aliese Hoesel, and Jodi Bosacker for their fine teaching & care-filled leadership of Wednesday evening Children’s, Chime choir, Youth choir and Children’s Activities.
- St. John’s 9am Service Ensemble and 11am Service Choir for their faithful service and music leadership every Sunday!
Children, Youth & Families News

Lenten Intergenerational Event:
Our Lenten Intergenerational Event on **Sunday, March 10th** will include some chances to think about the traditions of giving something up for Lent, of cultivating a spiritual discipline from the Way of Love to prepare for Easter, and, of course, burying the Alleluia! You won’t want to miss this chance to start to observe a Holy Lent as an individual or as a family.

Sunday School:
Other than a short break on March 10th for our Lenten Intergenerational Event, we will have Sunday School every **Sunday in March: 3rd, 17th, 24th, and 31st**.

Rock Climbing!
All St. John’s Youth 7th-12th grade are invited to go Rock Climbing at Vertical Endeavors in Minneapolis on **Sunday, March 3rd**. We’ll meet at the church at 2:00pm and climb from 2:30-4:30pm, returning to the church by 5:15pm. We’ll also be joined by youth from St. Matthew’s Episcopal Church in St. Paul, and hopefully youth from Iglesia San Nicolas in Richfield.

Youth Group: (7th-8th Grade):
St. John’s Youth Group will *hopefully* gather on **Sunday, March 17th** from 6:00-8:00pm in the Parish Hall! This is the most uncertain Youth Group of the Year... Will Baby Marcus #3 have arrived? Will Shane be there? Will John, Madeline, and Anna lead camp games for everyone? Watch your e-mail to see if Youth Group will meet or not!

Pilgrimage:
St. John’s Pilgrims will meet twice in March. **Sunday, March 10th** we will have a Potluck Dinner from 6:00-8:00pm. We’ll work on thank you cards from the Silent Auction, and continue preparing for Maundy Thursday and other events through the spring. **On Sunday, March 24th** Shane will almost certainly be spending time with Baby Marcus #3! So Michael Morrow and the other Pilgrim Adults will lead a training walk around Lake Harriet from 5:00-6:00pm and Potluck dinner at St. John’s from 6:00-7:00pm.

Thanks!
Huge Thanks to awesome Youth Group Volunteers Madeline Manly, John Wilhelm, and Anna McGinn for going above and beyond duty in February, with Youth Group, Super Bowl Party, and Snow Tubing! Madeline, John, and Anna all stepped up to help right at the end of the summer and have been amazing help in loving and working with our middle school students this year!

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Parental Leave

Baby Marcus #3 is due to make his appearance in March (the 22nd?!?)! Shane’s plan is to take two-three weeks off when the baby is born, coming back for Holy Week and Easter. The rest of his time off will be coordinated with Clara’s time off and family visits (and, of course, the dates for the Pilgrimage!).

For more on Children, Youth, & Families at St. John's, contact: 
Shane Sanders

Marcus
3rd Space: Interview with Ruhi Patel about TEC

Why do you love TEC?
Community. The community you build within each TEC is unique each time. You’re still connected with those people, but every time you go, you develop something new. You don’t necessarily develop something new – you strengthen Agape.

What does that mean to you?
Unconditional Love and Support from your peers around you. It’s a community that, if you accept it, will accept you. But in order to really feel the whole purpose of it, you have to be willing and open to being there and present with the people. Because I don’t really know what I believe. I don’t know what I believe religiously. But I know what I believe – that there is spirituality there, and that’s hard to find for people our age. So that’s a good place to start.

Why do you think it’s hard for people your age to find that?
People our age are so occupied and focused on other things – extracurricular or family things or school, social life, social media – it consumes everybody, every day, and TEC is a good place to be able to kind of let everything, reflect on everything in a different or unique perspective.

So what is that unique perspective of TEC?
Having a group of people there for you that push you, emotionally, but that are also able to respect your boundaries.

What do you mean push you emotionally?
I mean the Talks at TEC, when you really engage in them, you can connect to people through their stories.

What connections do you see between TEC and church?
The thing about church is that you aren’t there long enough to make that connection with people. You still have that outside world that you are going to in an hour or so, and you kind of have to pick up where you left off. At TEC, you are there for a whole weekend and you have many opportunities to meet people you never thought you would have met and talk to somebody that you wouldn’t think to talk to. Here there are social groups within church. A lot of the younger parents always stick with the younger parents because their kids play with each other – things like that. There’s nothing wrong with the St. John’s community, but the times we do have to socialize, people always socialize with people they always talk to or are catching up with.

So there’s not enough time or opportunity to connect with people to build new relationships and stronger community?
Yeah. That’s what I mean.
Pastoral Care at St. John’s

Hi, I am Kristi Peterson. My husband, Rick Swanson, and I have been members of St. John’s for 6 years. I am retired after 35 plus years in Information Technology. Rick and I were looking for a faith community and we found it here at St. John’s. The Rev. Susan Barnes welcomed us with positive thinking and open arms. I attended the Community of Hope classes and that is where I met Ginny Jacobson. When Susan asked if I would consider co-chairing the Pastoral Care Ministry with Ginny, I said yes. That is because our St. John’s community is all welcoming and when we say that, we really mean it. I have been blessed.

And I’m Ginny Jacobson. I have been a St. John’s member for over 10 years. After retiring from a 40+ career in employee benefits/insurance, I reconnected with my undergraduate degree in religion when Rev. Susan Barnes invited me to the Benedictine-based Community of Hope classes. Over time one thing led to another and I, along with Kristi Peterson, said “yes” to co-chairing the Pastoral Care Ministry. I also feel that this ministry is an extension of the examples my parents set for me when I was growing up. Each Sunday I meet many of you in the pews, at forum, or other church gatherings, which is grace in and of itself. But through pastoral care, I have gotten to know you, congregants and families, on a deeper level. And this has been my joy and an added blessing.

Here are the ministries that have developed in the church over the years:

**Eucharistic Visitors** are those visitors, usually two, who share communion with members who are unable to attend church, in their home, care facility, or hospital.

**Visitors** are those visiting and being with those in care facilities, transitional care or home. Unlike the Eucharistic visits, these do not involve communion.

**Hot Dish** ministry provides and delivers meals to families in time of need after injury, surgery, illness, birth, or death in the family.

**Prayer Chain** is ministry of over 25 people who pray daily for the needs, concerns and joys of the community. Requests are received through the church office or the pastoral ministry co-chairs.

**Sunday Prayer Ministry** is praying in confidence with people during the 9:00 and 11:00 services. During the Eucharist portion of the service, two people are available to pray with people in the Chapel.

**This ministry is looking for additional support: if you are interested, please contact JoAnn Blatchley.**

**Healing Touch** is a form of energy therapy which helps restore healing to the body, mind and spirit.

**Prayer Shawl** expresses its ministry by knitting shawls for confirmands and others at special times.

**Grief Group** recognizes those in grief and plans the December Remembrance service.

Kristi, Ginny, Rev. Lisa and many other fellow parishioners are ready if you or a family member have a need. If you need help with meals after you get home from surgery, are home-bound and just want a visit, want communion when you can’t get to church, or you are at a point where you don’t know which way to turn, contacting Kristi or Ginny would be a way to start.

If you have questions about this ministry, please contact Ginny at gellenj10@yahoo.com or Kristi at kristi811@comcast.net
Local Outreach Ministries

Affordable Housing Workday
Saturday, March 9th, 8:30am

St. John’s is in the eighth year of partnering with Urban Homeworks (UHW) and their affordable housing work. UHW acquires duplexes and small apartment buildings, usually through foreclosure. Our volunteers assist with the renovation, yielding affordable, stable, dignified housing. UHW manages the rental and ongoing maintenance.

St. John’s work crews work the second Saturday every month. The tasks range from demolition, carpentry, painting, cleaning, and yard work, so there is work available for every skill level. The typical work day starts with coffee, juice, fresh fruit and pastries just after 8 am. The work starts at 8:30, ends around 3 pm, with a break around noon for lunch. Lunch is made and delivered by the St. John’s affordable housing lunch crew. New volunteers are always welcome for either site construction work or the lunch crew.

Please contact John Corlett for site work or sign up here to join the lunch crew.

First Nations Kitchen
Sunday, March 10th, 1:30pm

1:30 to 3:00: Food prep—mostly cutting up veggies for soup and salad. (5 or 6 needed)

2:45 to 4:00: Bread run to New French Bakery, set up breads for donation on shelving. (2 needed with car)

4:00 to 5:30: Set tables in dining area; wash pots and pans. (2 or 3 needed)

5:15 to 6:30: Serving and cleaning, coffee person, dishwashing. (6 needed)

6:30 to 7:30: Cleanup: putting items away, cleaning tables, sweep and mop. (4 needed)

For more information, contact JoAnn Biatchley or 952-922-0308.

For more information about the ministry at All Saints’ Indian Mission, check out their website.
## Calendar of Events

### Mar 2019

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