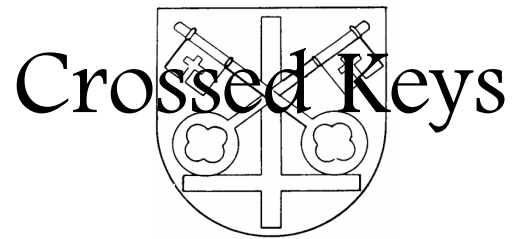




Fr. John Inserra ~ Rector
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Lenten offerings at St. Peter's - 2017

It is that time of year again – Lent is here. This year I need to ask your patience as mentally and spiritually I was not as prepared for Lent as I should have been due to the death of my father and our travels. I need a week to get myself in order and ask that we can have 4 Soup Suppers this year instead of 5. Here is what we have going on during Lent.

Sundays

4 Conversations with Jesus – A deep dive into 4 Gospel dialogues with Jesus in Lent. (These will correspond to the Gospel readings on that Sunday during church.) This study will be a conversation about these texts with helpful context and background to help us dig deeper than we could in a sermon.

- March 12 – Jesus and Nicodemus – John 3:1-17
- March 19 – Jesus and the Samaritan Woman – John 4:5-42
- March 26 – Jesus and a man born blind – John 9:1-41
- April 2 - Jesus, Mary, Martha and Lazarus – John 11:1-45

Each session will take place in the library from 9-9:45 on Sundays. Each week stands on its own.

Tuesdays

Tuesdays at 12:05 – Beginning Tuesday, March 7

This year we are adding a new twist to our traditional mid-week Eucharist for Lent. Instead of having a service on Tuesday at 10 am and on Wednesday at 12 noon, we will have a Tuesday service at 12:05. I understand this may work better for some and worse for others, but I am trying to spread the services throughout the week instead of having everything loaded on Wednesday.

This is the perfect service for those who could not be here Sunday or need a mid-week spiritual boost. Length of service will be 35 minutes.

Wednesdays

Wednesday in Lent Soup Suppers – A four week myth-busters series

I am excited about this one...it will be fun for me and I hope for you. This time will allow us to look at some of the sticky issues in our faith and see if we can sort out fact from fiction.

- March 15 - How did we get the Bible? Who put it together? Can we trust it?
- March 22 - Can we make sense of the Genesis story of creation with all that we know from science?

Continued on Page 7...

Dr. John Milliken
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Your Diet for the New Year

(Written for January's Crossed Keys)

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23

It's the season for resolutions. Many of them will no doubt have to do with the care of the physical body: more exercise, better diet, more sleep, etc. I want to encourage us as we begin another year to also give some time to thinking about the care of the heart. By that I don't mean the physical organ; that's covered above. Rather, I mean the heart as the seat of our emotions, desires, loves, and will.

Why is the heart important? First, the loves of our hearts give direction and motive force to our lives. We will not always do anything to obtain what our reason tells us is a good idea (like health, for instance), but we *will* devote time and energy to the pursuit of what we love. Notice that there is potential for conflict here. Jesus might tell us it is better to give than receive, and we might believe him. But if we love to receive and hate to give, guess what we will do?

Second, our heart powerfully shapes how we perceive reality. Think of the Pharisees. When they saw Jesus healing on a sabbath, what did they see? They saw an outrageous violation of propriety and the rules surrounding sabbath keeping. What did others see? A glorious inbreaking of God's mercy and love. Who saw rightly? They saw differently because of the condition of their hearts.

Third, our heart is the seat of our habits of emotional response. Do we struggle with anger? That's a matter of the heart. Do we wrestle with lust? That's the heart, too. Are we impatient? That's also the heart.

In short, the heart is central to our experience of and response to the world around us. If we want to see the world as Jesus did, if we want to respond to people as he did, if we want to love the things he loved (and hate the things he hated), we need to cultivate (and guard) our hearts. How do we do that? First, we need to be aware of the things that shape the heart. For many of us, one of the biggest influences will be media, speaking broadly (television, movies, music, novels, etc.). It is important to see that the heart isn't shaped so much by arguments and logic but by pictures and stories.

Whatever the stories and pictures we spend time with show as good, desirable, and normal, we will come to feel is good, desirable, and normal. And whatever emotional responses these encourage will become stronger and more automatic in us. Much more could be said here, but I think prayerful reflection before God will reveal to each of us what we need to hear.

Dr. John Continued on page 7...

2017

March



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HE: Holy Eucharist I SS: Sunday School HE: Holy Eucharist II HS: Healing Service SRS: Sugarland Ridge</p> 			<p>1 Women's Council 9 a.m. Ash Wednesday 12:05/6:00 pm</p>	<p>2 Red Door 10-3 pm Choir Practice 6:30 pm</p>	<p>3</p>	<p>4 Mug & Muffin 10-11:30 a.m. Get to know other Women at St. Peter's (Parish Hall).</p>
<p>5 1st Lent 7:30 HE I 9:00 SS 10:00 HE II</p>	<p>6</p>	<p>7 1:00 SRS Lent Services 12:05 pm</p>	<p>8 St. Nick's Crafters</p>	<p>9 Red Door 10-3 pm Choir Practice 6:30 pm</p>	<p>10</p>	<p>11</p>
<p>12 2nd Lent 7:30 HE I 9:00 SS 10:00 HE II</p>	<p>13</p>	<p>14 1:00 SRS Lent Services 12:05 pm</p>	<p>15 St. Nick's Crafters Vestry 5:30 p.m. Soup Supper</p>	<p>16 Red Door 10-3 pm Choir Practice 6:30 pm</p>	<p>17 Happy St. Patrick's Day! </p>	<p>18</p>
<p>19 3rd Lent 7:30 HE I 9:00 SS 10:00 HE II</p>	<p>20</p>	<p>21 1:00 SRS Lent Services 12:05 pm</p>	<p>22 St. Nick's Crafters Soup Supper</p>	<p>23 Red Door 10-3 pm Choir Practice 6:30 pm</p>	<p>24</p>	<p>25</p>
LUNCH TOGETHER (20-23)					Soup Supper Schedule	
<p>26 4th Lent 7:30 HE I 9:00 SS 10:00 HE II Altar Guild</p>	<p>27</p>	<p>28 1:00 SRS Lent Services 12:05 pm</p>	<p>29 St. Nick's Crafters Soup Supper Through April 5</p>	<p>30 Red Door 10-3 pm Choir Practice 6:30 pm</p>	<p>5:30 Stations of the Cross 6:00 Soup Supper 6:30 Discussion</p>	
						



Ministry Schedule-March 2017

Altar Guild	Lay Readers	Ushers Greeters	Acolytes
March 5 ➡			
TEAM 3	7:30 Forest & Sandy Asmus 10:00 Mike & Mary Beth Evers	7:30 Lois Hall 10:00 John & Pam Standish Robert & Jodene Prusak	Bobby St. John Nate Haworth
March 12 ➡			
TEAM 4	7:30 Laura Galloway 10:00 Paul & Christina Haworth	7:30 Bill Courtney 10:00 Rick & Liz Rossa Mary Dailey Karen Ferguson	Bailee Mentock Nate Haworth
March 19 ➡			
TEAM 5	7:30 Sharon Bedard 10:00 Linen Greenough Anne Vaughan	7:30 Donna Kuehne 10:00 Sandy Tharaldson Stan & Shari Peddicord Frank Smedley	Maya Fritz Bobby St. John
March 26 ➡			
TEAM 6	7:30 Peter & Carol Clark 10:00 Stan & Shari Peddicord	7:30 Vesta Gale 10:00 Dorothy Goodwin Frank Smedley Frank & Georgia Boley	Kate Alsup Landon Alsup Corey Hansford
March 1st - Ash Wednesday 12:00 Noon - Sharon Bedard 6:00 P.M. - Laura Galloway		Tuesdays- Noon Services March 8 - Lynne Outland March 15 - Sandy Asmus March 22 - Isabel Wallop March 29 - Lois Hall	
Westview: Last Sunday of the Month (Phil Dorsch)			

Episcopal Church Women of Wyoming

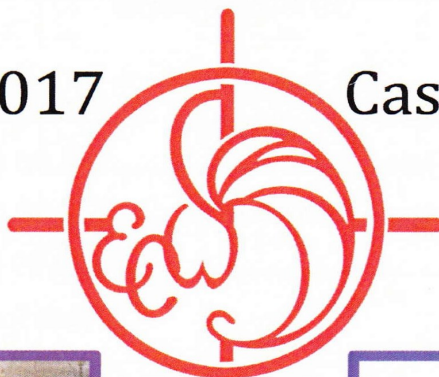
PRESENT

Becca Stevens

Founder of Thistle Farms

April 28-30, 2017

Casper, Wyoming



Becca is an author, speaker, social entrepreneur, founder and president of Thistle Farms. She lives in Nashville with her husband, Marcus Hummon, and 3 sons.

For more information contact ECW President Melissa Hyde at 307-267-8065 or wymingecw@gmail.com

Thistle Farms is a sanctuary for healing for women survivors of abuse, addiction, trafficking and prostitution. We are a community of survivors, advocates, employees, interns, volunteers, and friends from all across the world. We are young and old, women and men. We want to change a culture that still allows human beings to be bought and sold. We believe that in the end, love is the strongest force for change in the world.

See reverse for registration information.

Registration forms and details are located on the bulletin board in the parish hall.

It's not too early to sign-up!



Mug and Muffin
March 4, 2017
10 - 11:30 a.m.
at St. Peter's

An event for all St. Peter's women
 (friends and neighbors welcome too!)

Get to know other women at St. Peter's over a
 cup of coffee and a muffin,
 and find a little encouragement for your faith.

Let Rachel Milliken know if you're planning to come!
 Email rachel.milliken@gmail.com

Let Sarah Inserra know if you want to bake!
 Email mrsinserra@gmail.com



- 3/02 Harbee Tharaldson
- 3/03 Liz Shelton
Sarah Manor
- 3/04 Holland Duell
- 3/05 Todd Swanson
- 3/06 Margaret Pilch
- 3/08 Sonia Anderson
- 3/09 Elizabeth Craft
- 3/11 Michael Odom
- 3/13 Kayla Woodward
- 3/14 Brenda Henderson
- 3/15 Haley Jo Timm
- 3/16 Lois Hall
Carolynn Dowdy
Jim McManus
Susie Waddell
Laura Eaton
- 3/17 Tom Atkinson
Will Dominguez
- 3/19 Peg Parkinson
Hannah Gibbon-
Pelayo
- 3/20 Debbie Ebia
Helen Manor
- 3/23 Sue Storey
Javier Craft
- 3/25 Bae Heyneman
- 3/26 Penny Hoffman
Anne Vaughan
- 3/27 Beth Bisbee
- 3/29 Sandy Sanderson
Susan Board
Ryan Karajanis
- 3/30 Karmin Stopka
Beau Chamberlain
Larry Gale
- 3/31 Kurt Eisenach
Sophia Gibbons-
Pelayo

**A Prayer of
 Saint Patrick**

May the Strength of God pilot us.
 May the Power of God preserve us.
 May the Wisdom of God instruct us.
 May the Hand of God protect us.
 May the Way of God direct us.
 May the Shield of God defend us.
 May the Host of God guard us.
 Against the snares of the evil ones.
 Against temptations of the world.

May Christ be with us!
 May Christ be before us!
 May Christ be in us, Christ be over all!
 May Thy Salvation, Lord, Always be ours,
 This day, O Lord, and evermore. Amen.



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Fr. John continued from page 1

March 29 - It's the end of the world as we know it! There are a lot of crazy theories on the end of the world, are any of them supported by Scripture?

April 5 - Is the Bible anti-woman?

The schedule for each Wednesday is:

5:30 pm - Optional Stations of the Cross

6:00 pm – Dinner

6:30 pm - Discussion

I am looking forward to another season of Lent at St. Peter's as we seek to deepen our faith and grow closer to God.



John+

P.S. - On a personal note, I want to thank all of you for the support you have shown Sarah and me during the past few weeks as we traveled. I truly appreciate your prayers, your love, your kind words and your support. I am truly humbled to be your priest.

...from page 2, Dr. John Milliken

Whatever the stories and pictures we spend time with show as good, desirable and normal, we will come to feel is good, desirable and normal.

Whatever emotional responses these encourage, they will become stronger and more automatic in us. Much more could be said here, but I think prayerful reflection before God will reveal to each of us what we need to hear.

*Finally, brothers, whatever is true,
whatever is noble, whatever is right,
whatever is pure, whatever is lovely,
whatever is admirable--if anything is
excellent or praiseworthy--think about
such things. Philippians 4:8*

Prayer is the Soul's Sincere Desire

Prayer is the soul's sincere desire,
Unuttered or expressed,
The Motion of a hidden fire
That trembles in the breast.

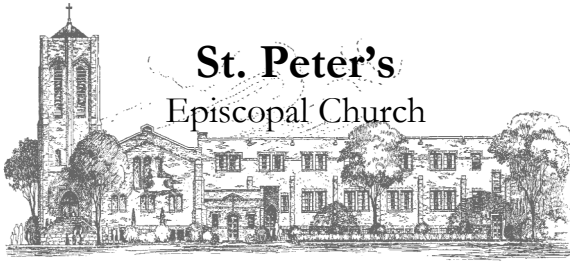
Prayer is the burden of a sigh,
The falling of a tear,
The upward glancing of the eye,
When none but God is near.

Prayer is the Christian's vital breath,
The Christian's native air,
His watchword at the gates of death;
He enters heaven with prayer.

Prayer is the contrite sinner's voice,
Returning from his ways,
While angels in their songs rejoice
And cry, "Behold, he prays!"

O Thou by whom we come to God,
The life, the truth, the way,
The path of prayer Thyself hast trod;
Lord, teach us how to pray.

-Psalter Hymnal, #434 *Deacon Juanita Smith*



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Jeannene Mc Knight: Organist
(674-4186)

Cathy Storm: Pianist
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Suzie Schatz-Benson: Music Coordinator
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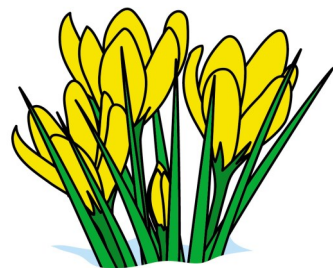
Gail Boyer: Parish Administrator
(674-7655) gail@stpeterssheridan.com

Karon Keahey: Parish Secretary
(674-7655) karon@stpeterssheridan.com

Office Hours - 9:00 am to 2:00 pm (Monday - Friday)

For ministry schedule changes contact Juanita Smith at 673-4928

March 2017
March 2017



SPRING