

The Garrett County Episcopalian

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News of St. Matthew's, St. John's, and The Log Church



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Holy Week begins with Liturgy of the Palms

Remembrance of Jesus' Journey to the Cross

Holy Week observances begin with services on Palm Sunday, April 9th, culminating with the celebration of Easter on April 16th. Holy Week has always been a special time in the church, both the busiest time liturgically, and probably the most spiritually intense time as well.

Towards the end of the fourth century, the complex structure of Holy Week services at Jerusalem was clearly something new in the church's worship. There is no evidence elsewhere at the time for anything of this nature. Now, for the first time, Palm Sunday and Good Friday make their appearance. The essential feature was to link the culminating events of Jesus' ministry with the days of their occurrence and the places where they happened.

Holy Week at Jerusalem was intimately and topographically related to the sanctuaries of the holy places. As the practice of the observance of Holy Week spread throughout the Christian world, some modification of the details of the celebration was necessary, for complete realism was possible only in the Holy City. The dynamism of this profound innovation surged throughout the Christian world. The energy of the movement has never ceased throughout all of the Christian centuries. It is the idea of liturgical realism, the idea that the life of Christ is manifested to the worshipper in the liturgical year, which has not only transformed Holy Week but has also been the motive power behind the mature growth of the Christian year as a whole. Important though the influence of Jerusalem was here, the rapidity with which the rest of the church adopted it shows that it

was psychologically and spiritually ready to make this fundamental change in its approach to worship.

In the general celebration of Holy Week, four great services highlight the main events being celebrated, namely those of **Palm Sunday, Maundy Thursday, Good Friday, and Easter.**

Along with much else, the churches of the Reformation largely abolished the special liturgies of Holy Week, and often the observance of the week itself. The Book of Common Prayer retained the week in outline,

but liturgical provision was limited to the normal services of Morning and Evening Prayer and Holy Communion with appropriate lections. In recent decades many Anglicans have found this inadequate, and there has been much borrowing and adaptation of material from the Latin rite.

The way the Holy Week liturgy has developed down through the centuries illustrates three types of liturgical piety, which may be called respectively 'unitive', 'rememorative', and 'representational'.

The modern Roman rites and those suggested by the Church of England Liturgical Commission are essentially rememorative in character, each part of the total mystery of salvation being celebrated separately at an appropriate time, but still through a mixture of word, ceremony, and symbol.



HOLY WEEK

Holy Week Schedule

April 9-16

Palm Sunday 8, 9, 10:45

Maundy Thursday, St. Matthew's, 7PM

Good Friday, St. John's, 7PM

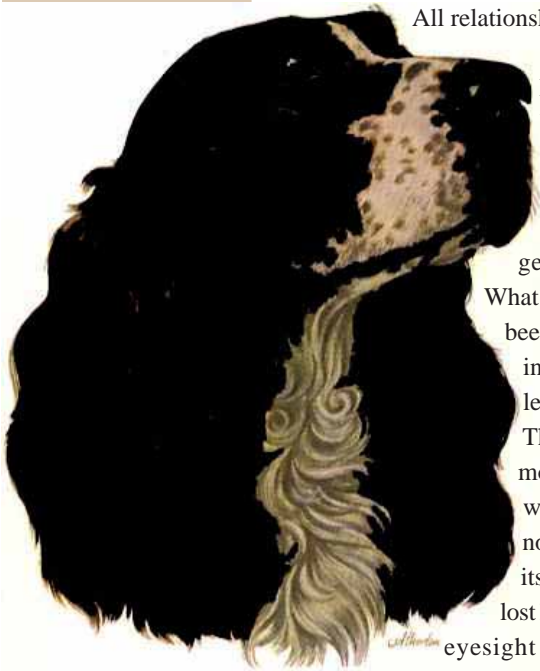
Easter Vigil, St. Matthew's, 7PM

Easter Day, 8, 9, 10:45

See page 7 for details

There's a Hole in the House

Elegy for a Small Creature



All relationships change.

This one changed for Dooley, Kathleen and me Wednesday night. Nearly 14 years old, Dooley finally succumbed to the cancer that he and we had been fighting together for the last two years. What struck me most was that it had been only in the few hours preceding his death that Dooley finally let me know the time had come. The months leading up to this moment had been spent dealing with the growing tumor on his nose, surgeries, and regular visits to the vet to drain it. He had lost his sense of smell, his eyesight was becoming affected, but until Wednesday afternoon, he didn't let on that any of it was bothering him. Instead, he leapt at every opportunity to go out for a walk-rain, shine, snow, warm, cold, day, or night. He loved going for rides in the car, even to the vet, who he greeted each time with a woof and a rapidly vibrating tail. His tail wagged at everything...in greeting, for cookies, when he'd see anyone coming his way. Alec Holloway dubbed him the "Wag-o-Matic" because his tail was so busy all the time. Dooley loved life. He never seemed to be uncomfortable or in pain. Once in awhile, when he didn't think I was watching, I'd catch him in one of those moments when he would hang his head and stare at the floor as if he were mustering his strength for his next encounter with us. But as soon as he knew we were in the room, he'd be back to playing, barking, begging, and wagging. He had no qualms about showing his joy to anyone who would pay attention. He loved us and he loved everyone he met. He was that kind of a dog.

Perhaps Dooley should be an example to all of us - that there is nothing so bad that can happen to us that we cannot continue to live life, enjoy it to its fullest in the best way we can, and pass it on. That's what Dooley did. God's creative love flowed through him such that there was always a sense of being in touch with something infinite when Dooley was around. He had an integrity about him and being a part of God's

creation was reason enough to share his love and joy and excitement with life with everyone. There were times when I couldn't understand that; times when I was angry about some insignificant thing or just not feeling well. Dooley would pad over to me, sit, and stare from behind that big tumor with a twinkle in his eye, his little tail quivering as fast as it would go. He'd woof, he'd wag some more and would finally put his chin on my lap and look at me as if to say, "It can't be all that bad, Bud. Whadaya say we go for a walk?" He wouldn't take no for an answer. So we would. I'd feel better - and so would he.

I have to believe that a creature so connected to the essence of creation and in love with life had to be as close as as it is possible to come on this earth to understanding what God's joy must be in us. To understand and share God's unconditional love and unwa-

vering hope that one day we'll get past the things that tie us up in knots, and just go for a walk with him. It seems to me that that's what our Lenten journey is all about. Regardless, we are on a journey toward resurrection; the rising from death to life. What is that rising if not coming to know that there is nothing that can prevent us from living fully, if we could just stop worrying

and share a walk with someone more often? If nothing else, that's what Dooley taught me. I hope I can live up to the lesson without the Wag-o-Matic around to remind me.

"It can't be all that bad, Bud. Whadaya say we go for a walk?"

Chip +



"All things bright and beautiful

All Creatures great and small

All things Wise and wonderful,

The Lord God made them all"

Not Getting Any Younger?

Integration of Mental, Spiritual, and Physical is Key to Life Quality at Any Age

by Mike Voelkel

One of the youngest people I ever met was an 86 year old woman who had just undergone another in a long line of abdominal surgeries. Her medical history was long, and after reading it I expected to meet a frail, sickly, old woman. Instead I found sitting upright in bed, only a day or two after surgery, a fresh faced and alert woman with the clearest, bluest eyes I've ever seen. She possessed that rare quality of being able to take the adversities of life, deal with them, and grow in grace and wisdom as a result. Yes, she was sick a lot during her life, but she also healed quickly and expected this to happen. She radiated health despite her years. Aging is a part of life and the natural order of things. Like cars, we show some wear after thousands of miles and occasionally things break down, but we have the potential for hundreds of thousands of miles with regular maintenance and care.

The heart is the engine of the body. Research consistently supports the benefits of regular cardiovascular exercise as a life supporting habit. To start a life-long program, one should approach it gradually. Strengthening the heart and cardiovascular system is like strengthening a muscle, bits at a time until you can support heavier loads. A gentle, progressively increasing load applied over time (walking, biking, rowing, swimming etc.) makes for an engine that can purr for a lifetime. Strength training, 2 times per week has been shown to help regulate blood sugar levels and decrease abdominal fat. Regular stretching keeps muscles and other tissues pliable and joints well lubricated. And exercise strengthens the immune system, by moving blood and stimulating the lymphatic system, flushing out toxins.

A healthy diet and intake of water are like good fuel and regular oil changes. They are positive steps towards better health. Common themes for diet are lean meats, fish or other vegetable protein sources, vegetables, fruit, whole grains and foods, and good fats found in nuts and oils. Regular intake of water helps clean and flush the cells of the body. Current wisdom recommends 6-8 glasses of water or clear fluids per day.

An active and engaged mind has a lower incidence of Alzheimers disease. Book discussion groups, reading, chess, su-do-ku, bridge, classes in new subjects, travel etc. stimulate new pathways and connec-

tions in the brain. Intelligence isn't so much a question of how many neurons, but how many connections, and how many relationships exist between them. The same could be said for emotional health. Life naturally is about connections, with other people as well as ourselves. We are each in relationships constantly whether it is our spouse, children, families, neighbors, friends, coworkers, church family, team members, fellow citizens or otherwise. Those who are connected and have a good support system live longer, and optimists live longer than pessimists. Life in all of its variations consistently challenges us emotionally, and an intelligent proactive approach, such as was taught to me by the woman above, can provide a balancing influence on the hormonal system. It helps to keep the timing of the vehicle regular. William James said that "the most effective weapon against stress is our ability to choose one thought over another."

Cross cultural comparisons parallel our Christian journey to finding God and cultivating that sacred relationship for the nourishment of our soul. One method is through intimate prayer, intelligent reflection and worship. The regular practice of spiritual communion improves our relationship with our Divine Parent. The second is through the service of our fellows. Caring for our brothers and sisters and helping one another brings out the best in all of us, and makes our Universal Father's nature visible through one another's example.

As with all things in life, small steps, consistently and patiently made, translates to movement and change whether it is physical, mental, emotional or spiritual. During this Easter time, let us all be grateful for the little things in life, one another, and the chance for renewal and change.

MIND



HEART



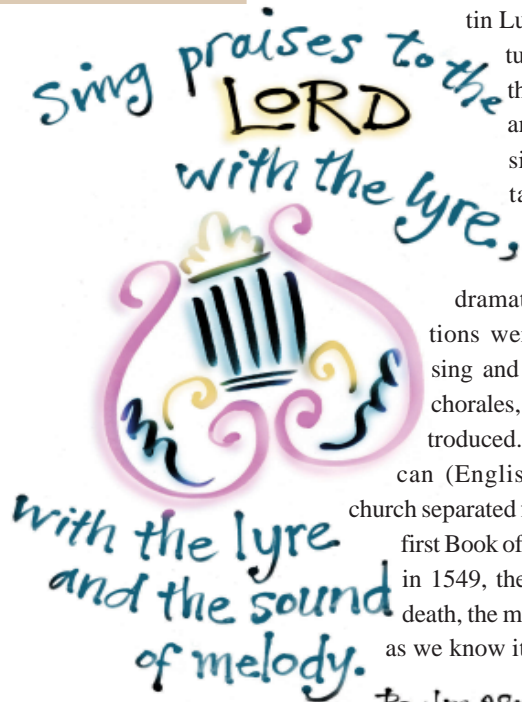
SOUL



Body

Those Who Sing, Pray Twice

by Jerry McGee



That thought came from the German theologian Martin Luther, who in the early 16th Century led the Reformation. Prior to that time only priests, monastics and male choirs were permitted to sing. As the Protestant (Protestant) church came into being, the role of music changed dramatically. Congregations were now invited to sing and the great German chorales, or hymns, were introduced. When the Anglican (English) branch of the church separated from Rome and the first Book of Common Prayer was introduced in 1549, the same year as Martin Luther's death, the musical tradition began somewhat as we know it today in the Episcopal church.

We sing certain parts of the liturgy, the Psalms and the hymns. Depending on the season of the church year and the liturgical calendar, the nature of the music changes.

Each week I review the lessons from the Lectionary and choose hymns to further enhance the readings and them of the day. We have three authorized collections from which we can choose congregational songs and hymns and service music; The Hymnal 1982, Lift Every Voice and Sing and Wonder, Love and Praise. The Psalm settings we are currently using are from a collection of plainsong set-

tings published by the Church Hymn Corporation. I am currently looking for different settings we can use for a while. Occasionally someone from the congregation will ask for a favorite hymn. I try to honor those requests, but must wait until they appropriately fit the theme of the day based upon the scripture lessons. In choosing congregational hymns and songs, I am also mindful of the implied theology and

“As the Protestant church came into being, the role of music changed dramatically..”

the nature of inclusiveness and language. In order for the Liturgy to flow and have great meaning, all of the elements must work together to compliment the Gospel of the day. The opening hymn gathers us together and introduces a theme, the opening sentences extend a greeting, the Glory to God, Trisagion or Kyrie (or hymn of praise) leads us into the Liturgy of the Word and the sequence (or 2nd) hymn relates to the readings of the day in particular. The offertory centers our thoughts on communion and community. The Holy, holy Lord and the Fraction Anthem are sung parts of the Consecration...giving heightened meaning to those parts of the Eucharistic celebration. The communion hymn gives us a moment to reflect on what we have just done. Finally, the Blessing, Dismissal and Closing hymn send us back out into the world again...rejoicing in the spirit!

In choosing music for both the congregations at St. John's and St. Matthew's, I attempt to balance what is tried and true with what might be unfamiliar. I compliment all of you on your participation as we continue to “Sing unto the Lord a new song!”

Website Reaches New Record for Visitors New Publicity Helps

A recent article published by the Episcopal News Service about the on-line prayer services offered by our website has resulted in yet another increase in the number of encounters with The Episcopal Church in Garrett County. March has seen the largest increase yet in the number of unique visitors (a person who visits a website more than once within a specific period of time. A unique visitor is counted only once, no matter how many times they visit the site).

With several days yet to go in March, our website has received nearly 2000 visits for the month. The site is averaging seventy visits per day.

As we continue to offer new content, this number will grow, and with it the numbers of people who are discovering the ministry of The Episcopal Church in Garrett County. Some of these people ultimately join one of our churches, so the web is becoming a great tool for evangelism, as well.

A Short History of the Easter Lily

History, mythology, and art are filled with stories and images that speak of the beauty and majesty of the elegant white flowers. One of the most famous Biblical references is in the Sermon on the Mount, when Christ said, "Consider the lilies of the field, how they grow: they toil not, neither do they spin; and yet Solomon in all his glory was not arrayed like one of these."

Through the ages, allegorical tales have linked lilies to the sacrament of motherhood. Ancient fables tell us the lily sprang from the milk of Hera, the mythological Queen of Heaven. Roman mythology credits lilies to Juno, the queen of the gods. The story goes that while Juno was nursing her son Hercules, excess milk fell from the sky. Although part of it remained above the earth (thus creating the Milky Way), the remainder fell to the earth, creating lilies.

Often called the "white-robed apostles of hope," lilies are said to have been found growing in the Garden of Gethsemane after Christ's agony. Tradition has it that the beautiful white blooms sprung up where drops of Christ's sweat fell to the ground in his final hours of sorrow and deep distress. At Easter time,

Churches bank their alters and surround their crosses with masses of Easter Lilies, to commemorate the resurrection of Jesus Christ and hope of life everlasting.

The pure white lily has long been associated with the Virgin Mary, too. In early paintings, the Angel Gabriel is pictured extending a branch of pure white lilies to the Virgin Mary, announcing that she is to be the mother of the Christ Child. In other paintings, saints are pictured bringing vases full of white lilies to Mary and the infant Jesus.

A mark of purity and grace throughout the ages, the regal white lily is a fitting symbol of the greater meaning of Easter. Gracing millions of homes and churches, the flowers embody joy, hope and life. Whether given as a gift or enjoyed in your own home, the Easter Lily serves as a beautiful reminder that Easter is a time for rejoicing and celebrating.



EASTER

Make checks payable to St. John's or St. Matthew's depending on the church you select for your memorial. Mail to: PO Box 303, Oakland, MD 21550



Easter Flower order for
St. John's St. Matthew's
(circle one)

Name:

Phone:

Memorial for:

Your order should be accompanied by a check for \$20 for each plant ordered. Orders must be received in the church office by April 10th. Please mail to: Easter Memorials, PO Box 303, Oakland, MD 21550

Deep Creek Dunk Hits All-time Record



The 8th Annual Deep Creek Dunk returned to Uno's for the to raise money for Maryland Special Olympics on February 25th with record-breaking results. Nearly five-hundred Dunkers took a dip in Deep Creek Lake to benefit the 10,000+ athletes of SOMD, who represent the state's largest year-round organization devoted to sports training and competition for children and adults with intellectual disabilities.

The third, and undoubtedly the coldest, of a series of

winter water frolics, the Deep Creek Dunk was envisioned eight years ago by the late Bill Lucas, then commander of the McHenry Barrack of the Maryland State Police, the sponsors of the state-wide fundraiser. Opening ceremonies begin at 10AM and the Dunk itself happens at 2PM. Dunkers raise money by receiving pledges from friends and family to run with nearly three hundred other people into the frigid waters of

Deep Creek Lake. In the past, the event has raised approximately \$75,000 each year. This year's Dunk raised over \$120,000, all of which goes to support the Special Olympics program in Garrett and Allegany counties.

Thanks to contributions from members of St. John's and St. Matthew's, Chip Lee made his seventh appearance on the shores of Deep Creek Lake with donations from our churches of \$500.

*“Let me win,
but if I cannot
win, let me be
brave in the
attempt”*

Special Olympics is a sports program for people of all ages with an intellectual disability or a closely-related developmental disability which they are either born with or develop after a traumatic injury or other environmental cause. Additionally there are a number of athletes with physical disabilities. Special Olympics is a year-round program, with Maryland athletes participating in over

twenty sports, including aquatics, basketball, bowling, cycling, equestrian, golf, ice skating, floor hockey, motor activities, power lifting, sailing, skiing, track & field, soccer, softball, and volleyball.

Thanks, again, to everyone in our congregations who contributed to Maryland Special Olympics!



We Are All Members, One of Another Please pray for our members listed here

Virginia Poling, Ferne Belmonte, Ashley Deal, Lauren Hatcher, Alice Soberg, Nancy Wright, Betty Rundquist, Robert Coughlin, Derek Parker, Evelyn Lamp, Sean Snider, Maureen Sharps, Jane Snider, Paul Keister, Tom Watts, Kyle Wwaim, Mike Fulmer, Bill Dodds, Ray Matheny, Carol Mattingly, Peggy Houston, Rose Meyer, Steven McDonald, Joe Frantz, Terry Turner, Charles Herman, Bonnie Conway, Irene Schrock, Tom Crawford, Mary Elizabeth Bell, Betty Jane Cook, Liz, Will, Ben, and Annie Biser, Dewey Dunn, Peter Kittle, Megan Paccione, Sandy Tasker, Sue Townsend, Mary Ann Weeks, Same Eastman, Robin Eastman, Sharon Lee, Jeanette Fitzwater, Ron Bowie, Richard Strugin, Lance Hodes, Glen Tolbert, Dave Martin, Rylan Faggio, Denise Brulinski, Dickey Galvin, Garriel Rentschler, Jane McGee, Ellen Beckman, Dan Rumer, Kaylin Faith Paugh, John Hodge-williams, Mary Alice Fries, Valeria and Samantha Hodge-Williams, Kathy Zabriskie, Mary Elizabeth Bell, Ed Stitt, Sandy Bell, Walker Hauser.

Garrett Choral Society Presents Spring Concert

Fauré Requiem Featured in Program of Sacred Music

The Garrett Choral Society will present *In Paradisum*, a concert of sacred music featuring the Fauré Requiem, on Saturday, April 8, at 8PM and on Sunday, April 9, at 2PM, at St. Peter's Catholic Church in Oakland. The City Light Strings, resident players of the Maryland Symphony Orchestra, will accompany the chorus. The program will last just an hour - providing sixty minutes of inspiration in this most important season of the Christian church year. The Requiem is a beautiful work, featuring several

local soloists, in addition to the string players. Additional sacred pieces will round out the hour.

The Choral Society is under the direction of Julie Turrentine, and includes singers who represent many churches in Garrett County. Tell all your friends about this concert and get your tickets early. Tickets are \$10 for adults and \$5 for youth under 18. They may be purchased at Gregg's Pharmacy in Oakland or at the door.

In Concert



Tickets are \$10 for Adults, \$5 for Youth 18 and under. Purchase at Gregg's Pharmacy or at the door.

Holy Week and Easter Schedule

Sunday, April 9

The Sunday of the Passion (Palm Sunday)

St. Matthew's

8:00AM and 10:45AM

St. John's

9AM

Thursday, April 13

Maundy Thursday

St. Matthew's, 7PM

Good Friday, April 14

St. John's, 7PM

Saturday, April 15

The Great Vigil of Easter

St. Matthew's, 7PM

Easter Day, April 16

Festival Eucharists

St. Matthew's, 8 & 10:45

St. John's, 9AM



Weekly Service Schedule

St. Matthew's

**Sunday: Holy Eucharist, 8AM and
10:45AM**

Wednesday: Healing Service, 7PM

**Thursday: Holy Eucharist,
7:30AM**

St. John's

**Sunday: Holy Eucharist, 9AM
Sunday School, 9AM**

Visit our Website

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Listen to streaming, daily Morning,
Noonday prayer and Compline in
RealPlayer or subscribe to the
Podcast



Yoga! Yoga!

**Beginner's & Intermediate
Yoga**

Every Saturday

Second Quarter starting

Saturday, April 1, 2006

9:30 AM

at

**St. Matthew's Episcopal Church Parish
Hall**

\$30/quarter - \$5/session

For More Information Call:

301-334-0674

The Episcopal Church in Garrett County
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