

the monthly BANNER



Fasting and Self Denial

I confess that I am a bit of a “foodie.” I enjoy going to restaurants, experiencing different regional and international foods, and cooking new recipes. The methodical process of prepping vegetables relaxes me, and I love the comforting smell of food cooking. The invitation during the Ash Wednesday liturgy to keep a holy Lent by fasting and self-denial is not something I want to hear.



Yet, fasting is a sacred part of the Judeo-Christian tradition. At the time of Jesus, the Jewish people regularly fasted on Tuesdays and Thursdays. Many other religions also fast from food as a way of drawing closer to God. Sometimes the food they would have eaten was given away to support the poor.

Early Christians designated Wednesday and Fridays as fast days to distinguish themselves from their Jewish neighbors. Friday was specifically chosen as a time to remember the passion and death of Jesus on Good Friday. To fast is to abstain either entirely or partially from food to enhance our spiritual or physical health. In some places it customary to fast before receiving communion – a practice I still remember being done by older parishioners when I was a child. Many of you will remember that Fridays in Lent meant abstaining from meat and having fish sticks for lunch.

The Book of Common Prayer designates the weekdays of Lent and Holy Week and all Fridays except in the season of Christmas and Easter, as days of “special devotion” with “special acts of self-denial.” Fasting or giving up something we enjoy creates longing for those items and a reminder that during Lent we are looking forward to a celebration of the resurrection of Jesus Christ on Easter. Fasting is a sign of our contrition for those things “we have done or left undone,” a means of cleansing our souls and preparing us to engage in the work of Jesus in the world.

The church invites us to practice fasting and self-denial to refocus our spiritual lives on God, to crave a deeper relationship with the one who loves us with a steadfast and unswerving love. In whatever way you chose to embody these practices this Lent, let them be a reminder of the sacrifice of Jesus who willingly goes to the cross to show us the way of love. There are still many days left in our Lenten journey and while in our culture of immediate gratification, consider fasting or giving up something you desire to deepen your focus on Jesus.

“Yet even now,” declares the LORD, “Return to Me with all your heart, and with fasting, weeping and mourning; and rend your heart and not your garments.” Now return to the LORD your God, for He is gracious and compassionate, slow to anger, abounding in loving kindness...

Joel 2:12-13

Blessings on your Lenten journey,

Buddy +

HOLY WEEK

Palm Sunday: The Sunday of the Passion

8:00 am and 10:30 am

with breakfast between the services

Stations of the Cross

Monday, Tuesday, Wednesday at 6:00 pm

Maundy Thursday

Holy Eucharist and Foot Washing
at 6:30 pm

Good Friday

Proper Liturgy for Good Friday at Noon
Stations of the Cross at 6:00 pm

Holy Saturday

Easter Vigil, Saturday 6:30 pm

followed by a reception in the Narthex

Easter Day

The Feast of the Resurrection

Festival Eucharist at 8:30 am and 10:30 am

*Breakfast and Easter Egg Hunt
between the services*



Dedications Due by March 17



Support the Flower Guild and the Music Ministry while remembering loved ones this Easter by making a donation in thanksgiving for or in memory of someone special. There are envelopes in the pews for your donations or you can email Jan in the church office with your information and mail in a check or pay by credit card. Deadline to make your dedications is no later than Sunday, March 17. Jan's email address is: jstewart@saintannes.com



Spiritual Practices During Lent

If you are looking to engage in a new spiritual practice for Lent this year, let me introduce (or, reintroduce) you to one of my favorite parts of the prayer book: An Order for Compline, which you can find on page 127 of your Book of Common Prayer. This service is part of our Daily Office, prayers that carry us through the rhythms of the day, which were first developed in Christianity under Constantine.

This particular liturgy has traveled with me through some of the most important parts of my life. I gathered friends to pray compline with me before my ordination to the diaconate and to the priesthood, before graduation from college and from seminary, and I plan to do the same on the evening before my wedding in April.

I was first introduced to compline by my college campus minister, Sam, who held a service of compline every Tuesday at 9PM. Episcopal students from all different majors and graduating classes would emerge from their dorms and libraries, gathering together for this brief liturgy. Sam had a tradition of bringing a new Oreo flavor every week for us to sample, and we enjoyed the good (birthday cake, cinnamon roll, Neapolitan), the bad (limeade, Hot and Spicy Cinnamon, Kettle Corn), and the bizarre (Peeps, Swedish Fish, Cotton Candy) as we shared with one another our prayer requests, thanksgivings, and “God moments” from the week. If you’re moving quickly, the liturgy itself takes less than ten minutes, but we often would spend up to an hour with one another, singing, praying, and sharing in fellowship. It was always such a welcome break from the business of the week, and many of those same now long-graduated students still gather monthly to prayer compline together on Zoom.

In seminary, I had the good fortune of continuing this prayer practice in The Episcopal House, an intentional community where we lived together, studied together, ate together, and prayed together. Even though we were spending nearly every moment in the same space, there was always a different tone to the way we would communicate and pray during compline.

Most recently, I was reminded of the importance and beauty of compline when we celebrated the Feast of the Presentation of Jesus (also known as Candlemas) on the first Sunday in February. This is one of the oldest feasts in the church, commemorating the presentation of Jesus at the temple, which is recounted in Luke 2:22-40. In this text, we meet Simeon, a man who had been promised by the Holy Spirit that he would not die before seeing the Messiah. When Mary and Joseph bring Jesus to the temple, Simeon recognizes him immediately as the Son of God. He takes Jesus into his arms and says what is now known as the Song of Simeon. Every compline service ends in this way: “Lord, you now have set your servant free. To go in peace as you have promised. For these eyes of mine have seen the Savior, whom you have prepared for all the world to see. A Light to enlighten the nations, and the glory of your people Israel. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.”

Those familiar words feel to me like a warm blanket. Simeon stands as a testimony of how we should anticipate the arrival of the Messiah, waiting expectantly and hopefully, eagerly watching out for the presence of Jesus. Simeon is a beacon of faith in an unbelieving world, and someone to look towards if you are struggling to hold out hope in a seemingly hopeless situation. I would recommend compline to anyone, but especially if you are feeling any type of hopelessness, grief or anxiety, or if you simply want to feel the loving embrace of God. Pick one night a week to be soothed and nurtured by the words of compline, and allow the hopefulness and faith of Simeon enliven your spirits.

I will be praying alongside you,

Hannah+

march madness

Calling all college basketball fans! Join your Saint Anne’s family for a March Madness bracket challenge. Fill out a bracket to compete for pride, glory, and a chance to have your name up on the Saint Anne’s Naismith Trophy. Brackets become available March 17 and are due by 12:15PM on March 21. Please send Hannah an email if you’d like to be added to the group. No knowledge or experience required!

"This would be so much more fun if....."

While all of our Children and Youth events are tons of fun, there is a common phrase I hear from our kids, "This was so great, but it would be so much more fun if more kids were here." Many will hear this and think "Oh no, Saint Anne's has a children and youth shortage!", when that is far from the truth. I went back and took a look at our attendance numbers over the last year. As families slowly come out of their covid routines we are seeing tons of engagement. I counted 88 children and youth (grades pre-k-12th) that have participated in some way in the last 12 months. Those numbers are pretty incredible but how can we get all those children and youth to come to all of our small groups and events?

I think Lent is the perfect season to think about this and challenge ourselves because this is a season where we practice growing closer to God. What better way to do that than getting more engaged?! I suggest challenging you and your family to attend more Sunday services, Sunday School classes and our Wednesday night Lenten program. I also have weekly devotionals for families and activities they can do together all through out Lent. These are some great ways to get connected to the community, grow closer as a family, and develop a deeper relationship with God.

If you are someone that is already super engaged in all our children and youth programs, this a great opportunity to invite friends. Kids always feel more comfortable when the have a friend with them. You could also reach out to a Saint Anne's family you haven't seen in a while. Invite them back to church or to one of our many events during Lent. So many ways to change up the routine this Lenten season. If you have any questions or have some of your own ideas to get more of our kids back at Saint Anne's, feel free to reach out anytime.

Blessings,
Ms. Tabi

A colorful illustration for a Vacation Bible School event. The scene is set in a camp with a brown tent on the left, a campfire with orange flames in the center, and two children sitting on the ground around the fire. The background features stylized trees in green, yellow, and orange. The text is centered in the upper half of the illustration.

Vacation Bible School
"COMPASSION CAMP"
BE LOVED. BE KIND. BE YOU.
June 3-7 • 9am-12pm
Cost: \$50 per child

Registration forms at church, in the Ebanner, online.

WEDNESDAYS IN LENT

Join us on Wednesdays, March 6, 13, 20 for dinner and programs for all ages.

Adult Lenten Program

Join us for a bowl of soup, fellowship and study on Wednesday nights in Lent. A simple soup supper begins at 6 pm in the Commons Room. Buddy will lead the program for adults using the diocese's Lent program "Letting Go," which will begin after supper. The program will wrap up by around 7:10 in time for choir practice.

Family Program

Join Rev. Hannah for supper and to learn - parents and children together - about the Eucharist. Child-friendly dinner served at 5:30 before a 45-minute hands-on program.

Youth Program

Join Tabi for *Psalms: Coloring and Conversation* at 5:30pm. We begin with dinner.

Icon Retreat - The Visitation

April 28 – May 3, 2024

Saint Anne's is excited to host its second annual icon writing retreat April 28 – May 3, led by Kara Nelson Gillette. The subject for this retreat will be The Visitation. The icon, still to be designed, will be based on a mural painting found in the Church of the Visitation in Ein Karem, Israel - the birthplace of John the Baptist.

This workshop is geared toward both beginners and experienced iconographers. No previous painting experience or ability is necessary.

Cost is \$550 which includes all materials and supplies, instruction, and daily lunch. Limited scholarships are available. **Please submit a registration form and \$100 deposit by March 24th.** For more information contact Nancy Brockway (nancy.brockway@att.net) or Ethel Wright (ethel.wright@mindspring.com).



Iconography - the painting or "writing" of icons - is a living tradition and perhaps the oldest form of Christian sacred art. It has been an integral part of the worship and mystical life of Christians since apostolic times. Tradition holds that St. Luke was the first iconographer. The artistic and spiritual language of icons developed over centuries and are carefully preserved through the tradition of recreating sacred images.

To learn more about Kara and see samples of her work, visit her website:

www.sophiaiconstudio.com.



Practice Gratitude and Change the World

What if your personal spiritual practice of gratitude could impact thousands of people in life-giving ways? Through the United Thank Offering (UTO) ministry of the Episcopal Church, you are invited to embrace and deepen your spiritual discipline of Gratitude during the season of Lent. Here's how it works:

- Notice the good things that happen each day.
- Give thanks to God for your blessings.
- Make an offering for each blessing using the UTO Blue Box.
- Your blessing becomes a blessing to others.

ALL of the offerings - 100% - will be used to support innovative mission and ministry throughout the Episcopal Church and Provinces of the Anglican Communion.

UTO is a ministry of the Episcopal Church Women, but each man, woman and child is invited - welcome - to participate! Last year, UTO received \$1M from others' gratitude and generosity; but UTO received almost \$2.6M in requests for grants. Important ministries in the Episcopal Church receive grants of support. You can learn more at UnitedThankOffering.com.

EPISCOPAL CHURCH WOMEN *in March*

The Monday Night ECW

Join us on **March 11 at 7pm** at Karen Grosvenor's home (2447 Ellard Terrace SE, Smyrna, GA 30080). Our guest speaker is KC Crewdson. Please join us for a glass of wine, apps and community! Please reach out to Heidi Swygert at 404-513-3250 or hswygert@hotmail.com to be added to the Monday Night roster.

St. Dorcas

Who is coming to ECW? Will the MYSTERY GUESTS BRING GOODIES?

Join us on **March 14 at 10am in the Parish Hall**. Pat Plomgren (Patsy Prickett teaching understudy) will guide us through making a few hundred palm crosses for Palm Sunday, March 24. We need many members to help, so please plan to meet us in the Parish Hall.

We will also welcome TWO MYSTERY GUESTS. Wonder who they are?????

Mom's Group

Join us Sunday, **March 17** for our next gathering at 9:15 am in the Conference Room. We will welcome Robin Bradley, LPC who will speak about "How to Manage Default Parenting and the Invisible Load of Motherhood."

PANCAKES AND FUN ON SHROVE TUESDAY, VALENTINE'S & ASH WEDNESDAY



Valentine's Day Gifts thanks to the Soup Fairies, pictured above.

And what to do when
Ash Wednesday
falls on Valentine's Day?



Embrace both!





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Dignity tastes good.

Saint Anne's hosts an Urban Recipe food co-op. Co-op members - 30 families - come to campus every other week to sort food items and take home a 2-week supply of food. Urban Recipe delivers the food in a refrigerated truck.

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To find out more about Urban Recipe, to volunteer or to find out ways you can support the co-op at Saint Anne's, contact: Katherine Kinzer (404-247-2677) or Jane Sibley (678-612-5686).

New WHEELS for Holy Comforter

A van large enough to carry a group to and from Holy Comforter is essential to its ministry! Our parish, with others, helped Holy Comforter get a new one when theirs broke down. They are thankful!

