



The Angelus

February 2023

From the Rector's Desk

A couple of new things to report to you joyfully.

First, this edition of the Angelus is formatted beautifully and lovingly, as usual, by Sutton Cecil. But we now have a new Editor—Barb MacEwen! She will be calling on more and more of us to contribute articles, so that we have a fuller picture of our rich and loving common life, and so we can better communicate and keep each other informed. Thank you, Barb! Submit articles directly to Sutton once you've written something. *Don't let this newsletter be just the priest's writing anymore!* Let it be, with Barb's guidance and God's help and Sutton's artistry, a beautiful sign of who we are and what God is up to with us!

Second, we now have volunteer receptionists covering the front desk in the office, M-F, 9 am to 1 pm. Our volunteer receptionists are: Mary Gallimore, Pat Ford-Smith, and Cindy Weiss. They can answer basic questions, route traffic, and pass messages on to the necessary people. And Dcn Nicci, our parish administrator, has her own office now, in what was the conference room next to the rector's office. Dcn Nicci will keep her regular work hours, M-F, 8:30 am to 2:30 pm, and will now be able to concentrate more fully on her considerable administrative duties. Give thanks to God for these good and faithful servants!

Peace,
WLB+

Christmas Joy



On Friday, December 16, volunteers met in the Grace kitchen to assemble poinsettias to be delivered with gift boxes of homemade Christmas cookies to our parishioners who are homebound and/or struggling with health issues, and the ability to attend worship service regularly. A dozen homes enjoyed the gifts. The bakers and deliverers included: Lilly Lee, Kristin Plucar, Pat Sather, Deb Gagin, Jean-Margaret Merrill-Beech, Bob and Ann Hanlon, Jessica Ambelang, Mary Clabots, Andrea and Leona Aparicio, and Polly Schmeiser. Many thanks to these thoughtful people who came together to share their time and talents!

A Scout is Reverent

We are blessed to welcome our Scouts on February 5th this year to celebrate Scout Sunday. This occasion marks each year the founding of the Scouting Movement in America. Scouts BSA was founded on February 8th, 1910, and it was within a year later when Troop 1 was founded at Grace Episcopal Church, becoming the first Troop in Wisconsin. On the 5th, we welcome Troop 801 (formerly known as Troop 1) and Pack 3801 into our Sanctuary to hold them up in prayer and recognize our longstanding relationship. On February 19th, the Scouts will be back with us but this time in the kitchen to prepare an appreciation breakfast. Each year, Grace reaffirms our commitment to Scouting as the Charter Organization where each unit is required to be chartered and they are thankful that we continue this commitment. Pancakes and sausage will be served along with Drewry Farms maple syrup. Yum! Another special treat this year will be the presence of the Bay Lakes Scout Museum. The museum travels around the council displaying relevant scouting history at each event. The focus here will be on Grace and Troop 1 so there will be memorabilia, historical photographs, and documents for you to peek into the past. Don't miss out on this opportunity and please pray for the Scouts as they continue their reverence to God!



Charter Organization Representative - Deacon Paul

December 2022 Vestry Focus and Actions

Following is a summation of the focus of the Vestry's December 2022 meeting. These discussions and actions occurred along with the standard activities of accepting Warden and Treasurer reports, and review and approval of minutes. The December meeting opened with the exercise of Dwelling in the Word, focusing on Isaiah 9:2-7. Hit up a vestry member if you want more information on this spiritual practice with which we open each meeting.

- Bob and Ann Hanlon have volunteered to refine the process by which we welcome new members to Grace
- The Snyder-Wright and Merrill-Beech households volunteered to assist Deacon Paul in sponsoring a Myanmar refugee family in resettling in Sheboygan. 3-4 other Grace families will be identified to participate in this 6 month commitment
- Tasha Crouse volunteered to research and report to the Vestry on use of the Diocesan Common Trust as an instrument for short-term investment of the 9th St. House sale proceeds.
- The Vestry committed to an annual gift of \$1,000 to Love, INC
- Coverall has bid \$425/month for weekly cleaning service at Grace Church

- Jean-Margaret Merrill-Beech volunteered to manage the Annual Meeting luncheon scheduled for January 22, 2023
- Father Jack Connelly, Jack Britton, Mary Snyder, Lucas Detwiler, and Lindsay Patterson have volunteered to serve on the Music Ministry Discernment committee. The group will convene in late February 2023
- To better allow Deacon Nicci to perform her administrative duties at Grace, a group of volunteer receptionists have been recruited. They are Cindy Weiss, Pat Ford-Smith, and Pat Sather and they will begin to serve in February 2023.

Annual Meeting Elections

We give thanks for the faithful service of the following vestry members whose terms have ended or expired: Stuart Schmidt, Senior Warden; and vestry, Mary Snyder, Jack Britton, and Helen Mullison.

Our newly elected wardens for one year terms are Mary Snyder, Senior Warden, and John Davis, Junior Warden. Our new vestry members for three year terms are Jack Britton (serving a second term), Jane Hanson, and Shannon Luckey-Mueller.

Delegates to the Diocesan Convention on October 21, 2023 are John Keller, Steve Larson, and Jack Britton; alternates are Robert McMillan, Bill Gagin, and Deb Gagin.

Thank you to each of you who is willing to serve God and God's people!

Mark Your Calendars



Feb. 5: Scout Sunday

Feb. 19: Scout Pancake Breakfast

Feb. 21: Shrove Tuesday Mass at 6:00 PM

Feb. 22, Ash Wednesday: 12:00 and 6:00 PM

Fridays in Lent starting March 3: Stations of the Cross,
with music

Holy Hour and Benediction at Grace! Starting March 11, 6 pm! Once Each Quarter of the Year!

We say Christ Himself is really among us. We profess that the bread and wine of Holy Communion are His Body and Blood. “This is my Body.” “I will be with you always, even to the end of the age.”

Holy Hour and Benediction are ways of acting like that’s mercifully true. It’s the reason we’re going to try these practices once a quarter at Grace, more than the once a year at the Grace Walsingham pilgrimage like we’re used to doing. Holy Hour and Benediction are a way of connecting with Jesus very warmly and intimately, while also being in awe of Him.

Here’s some intro to these two practices that are often paired together.

Holy Hour

Holy Hour begins at 6 pm. At Holy Hour, the round holy Bread, the Body of Christ, or “Host,” is placed in a special vessel on the altar, for us to see and gaze upon. So, Holy Hour isn’t exactly a “service.” It is time simply to be reverently in the presence of Christ Himself, to be close to Him.



We may sit or kneel in the pews, stand reverently and quietly in the church, gaze on the altar or holy images in the church, follow a set prayer form for Holy Hour, close our eyes, pray the Rosary, read the Bible, say the Jesus Prayer, do wordless meditation or centering prayer, do nothing, etc. It’s OK, too, during Holy Hour to quietly get up or go outside for a bit if you get too distracted or sleepy. But be as present and lovingly still in the Presence of Christ as you can. It’s even OK to come and go at any time if you can’t be there for the whole sixty minutes. Oh, and please, ***silence your phone!***

Here’s a pretty standard, flexible way of praying a Holy Hour, if you want a structure:

- **First 5 Minutes: Entering and Settling into Prayerful Presence**

Genuflect before the altar and tabernacle and enter the pew. Kneel or sit. Ask the Holy Spirit to open your heart and calm your mind. Just breathe and rest in God.

Prayers and Bible passages to ponder, if you need them, will be offered in the Holy Hour and Benediction booklet.

- **Next 10 Minutes: Adoration**

Adore in love and be in awe of God's goodness. Adore Christ, present in such a beautiful way in the Blessed Sacrament.

No need to say or do anything except just Be.

But prayers and Bible passages to ponder will be offered in the booklet.

- **Next 10 Minutes: Contrition**

In the presence of Love, we confess all the ways we've broken love and covenant—with God, each other, the creation, and ourselves. Trustingly ask for forgiveness of sins and for healing.

Prayers and Bible passages to ponder will be offered in the booklet.

- **Next 15 Minutes: Meditation**

Contemplate God's action in the Bible, in Christ, among the saints, in the world now, and in your own life.

Prayers and Bible passages to ponder will be offered in the booklet.

- **Next 10 Minutes: Thanksgiving**

Express gratitude for all God's gifts.

Prayers and Bible passages to ponder will be offered in the booklet.

- **Next 5 Minutes: Petition God**

Ask God for what you and others need.

Prayers and Bible passages to ponder will be offered in the booklet.

- **Final 5 Minutes: Drawing Holy Hour to a Close**

Make a resolution to act or change or become, with the help of the saints' prayers and the support of your brothers and sisters, as the Holy Spirit leads you. Something concrete and accountable.

Benediction

Then comes Benediction, around 7 pm. It will last about 20 minutes. Benediction is simply receiving a blessing as the priest makes the sign of the Cross over us with the Blessed Sacrament.

The priest first places the Blessed Sacrament in a "monstrance," or special kind of Cross, on the altar. Then a hymn of praise, usually "O Salutaris Hostia," is sung as the priest censes the Blessed Sacrament. During a period of adoration, the faithful may pray in quiet communion with Christ. At the end of the brief period of adoration, the priest again censes the Blessed Sacrament as a hymn of praise is sung, such as "Tantum Ergo." The priest blesses the congregation with the Blessed Sacrament, making the sign of the



Benediction at the Diocese of Fond du Lac's 2022 Eucharistic Festival

cross over them. Then follows some brief prayers and a hymn, usually from Psalm 118. After the prayers and hymn, the priest reposes the Blessed Sacrament in the tabernacle, behind the altar. The faithful then depart in loving silence.

More teaching and preaching on this later, along with subsequent dates for quarterly Holy Hour and Benediction.

O Come, let us adore Him!

Anglican Quote

Speaking of Christ present in the Sacrament of His Body and Blood, here's a quote from one of the great "Anglican Divines," Lancelot Andrewes.

He lived in the 1500s and 1600s. He was, under King James I, the "project manager" for the English translation of the Bible we now call "The King James Version." He was a person of great learning, sanctity, and humility, and is one of your rector's homiletical heroes.

In this quote, Andrewes is laying out for a great Roman theologian, Bellarmine, the differences between Roman and Anglican belief that Christ is present with us in His Body and Blood at the Holy Eucharist, in the Bread and Wine.

"Christ said, 'This is my Body.' He did not say, 'This is my Body in this way.' We are in agreement with you as to the end; the whole controversy is as to the method. As to the 'This is,' we hold with firm faith that it is.... Concerning the method of the presence, we define nothing rashly, and, I add, we do not anxiously inquire, any more than how the Blood of Christ washes us in our Baptism, any more than how the Human and Divine Natures are united in one Person in the Incarnation of Christ."

*Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.
~St. Ignatius of Loyola*

February Birthdays

Beth Bouck	2/5	Deb Gagin	2/16
Brian Munro, Jr.	2/6	Alison Weinert	2/18
Ellen Aparicio	2/11	Carver Beeck	2/20
Melissa Davis	2/11	Ed Clabots	2/21
Robert McMillan	2/11	Helen Mullison	2/21
Elizabeth Boland	2/12	Nancy Imig	2/25
Tim Miller	2/14	Clever Soe Lin	2/28
Randie Barrows	2/16		

Parish Staff

The Right Reverend Matthew Gunter, *Bishop*
The Reverend William Bulson, *Rector*
The Reverend Michael Burg, *Deacon*
The Reverend Paul Aparicio, *Deacon*
Dr R Benjamin Dobey, *Interim Organist Choirmaster*
The Reverend Deacon Nicci Beeck, *Parish Administrator*

The Vestry

Stuart Schmidt, *Senior Warden*
John Davis, *Junior Warden*
Brian Heck, *Treasurer*
Vestry: Jack Britton, Tasha Crouse, Mary Gallimore,
Robert McMillan, Jean-Margaret Merrell-Beech, Helen
Mullison, Pat Sather, Connie Schneider, Mary Snyder

www.gracesheboygan.com

Email: office@gracesheboygan.com

Phone: 920-459-9659

Sheboygan, WI 53081

1011 N. 7th St.

Grace Episcopal Church

