

THE ST. FRANCIS BULLETIN

FROM THE RECTOR

Fr. Len Giacalone

First of all, please accept my sincere wish that your new year will be happy, prosperous and above all holy. If you spent any time in Advent trying to come closer to the Lord, make your first resolution for the new year to continue that journey each and every day. No one who does that ever has any regrets.

January is the month when we always have our annual parish meeting. This year's meeting will take place on Sunday, January 20 at 12:30 pm. The meeting always features several reports including one each from the Rector, Senior Warden, and Treasurer. Also, as you know, there will be an election for three new Vestry members to replace members whose terms expire in February. Leaving the Vestry this year will be Senior Warden, David Norris, Vestry Secretary, Kevin Burnette, and Brendle Glomb. I would like to thank each of them for their service on the Vestry these past three years. The commitment made by Vestry members is a serious one since it involves making decisions that affect the life of the parish.

At the present time five members of the parish have agreed to stand for election to the Vestry at the parish meeting. They are Doug Cooper, Jim Crandell, Bill Palmer, Mike Ready, and Ed Stillman. As we have done in the past, there will be brief resumes to help you make your decision about choosing replacements for the outgoing Vestry members. I want to thank these five gentlemen for their willingness to stand for election. Please ask God to help you choose wisely when voting.

While it is several months away, Bishop Iker is scheduled to have his annual visitation of the parish on June 23 of this year. At that time he usually administers the Sacrament of Confirmation to those who are presented to him by the Rector. Since this requires some preparation on the part of those to be confirmed, I need to know very soon if you wish to be confirmed by the bishop when he comes. I am aware that there are some of our members in this category but I will still need to be contacted by anyone who wishes to be confirmed so that I can set up times for instructions prior to the bishop's visitation.

During the last week in January, the clergy of the diocese will make their annual retreat at Montserrat Jesuit Retreat House in Lewisville, Texas. It is an important time for each of us who try to serve the People of God in various ways throughout the diocese. This year Bishop Iker has selected Canon Robin Ward from St. Stephen's House, Oxford to be the retreat master. The three previous retreats I have made with the other diocesan clergy have been beneficial in some way, and I expect that this will be the same. Please pray for the clergy on this retreat. If I benefit from it so will you.

On February 8 and 9, the Diocesan Men's Conference will take place at St. Peter and St. Paul parish in Arlington. The theme of this year's conference is: Our Bodies Proclaim the Gospel. Christopher West, the director of The Cor Project will be this year's conference director. More information can had at www.fwmensconference.com. You can also register there for the conference.

ANGLICANS FOR LIFE

Submitted by Steve McCown

CARING FOR THE CAREGIVER

Being pro-life sometimes means being a caregiver: attending to the needs of those suffering from severe debilitating circumstances. You may find yourself exhausted and run down, mentally and physically. You can't remember the last time you had some time to yourself, and you are increasingly feeling isolated from the "normal" world. You are concerned about finances and worried about what the future will bring.

According to the Mayo Clinic, those are some signs that a caregiver is experiencing caregiver stress or caregiver burnout. Too often, caregivers will neglect their own health and well-being while giving care to others. They may function on too little sleep, become easily irritated and angry, lose interest in favorite activities or hobbies, have frequent headaches or body aches, or simply feel sad. For those of you who are or have been caregivers, the previous symptoms may seem altogether too familiar.

Sometimes caregiver stress goes beyond what is "normal." Yale researchers found that nearly one third of caregivers who are nursing terminally ill loved ones at home suffer from depression. Research in Great Britain found that about one in four family caregivers meet the clinical criteria for anxiety.

So, I think it is safe to say that if you are a caregiver for a friend or family member it's important to take care of yourself, mentally, physically, and spiritually. Here are some suggestions:

1) Take regular breaks

Especially for those who are giving around the clock care, schedule time to be alone. Ask a friend or other family member to relieve you. Spend time doing

things that relax you and not discussing your caregiver role.

2) Be healthy

The old adage is entirely true—you really can't take care of others if you aren't taking care of yourself. Thinking about it that way, taking care of yourself is an important aspect of giving care! But of all the self-care goals, the most important and precious one is sleep. Try to go to sleep at the same time every night.

3) Set Reasonable Goals and Say "No"

Is it reasonable to volunteer for weeknight programs at your church, care for your aging parent, pick up the kids from school, get dinner on the table, and have quality time with your spouse? Maybe for some people—but not so for everyone! Make care goals for yourself, your family, and the person you are caring for. Make sure they are reasonable and attainable.

4) Don't be afraid to ask for practical or emotional help

The only person who expects you to be able to do everything is yourself. But sometimes those around you don't realize how stressed and overwhelmed you are until you say something and are honest about what you need. Ask for help.

Do you know a caregiver who is in need of some rest and help? Volunteer to help them. Even if they automatically say they don't need help, make sure to tell them that you are available for them if or when they do. Be kind to those who give kindness. Bless those who bless others.

Excerpted (with slight editing) from -

<https://anglicansforlife.org/2018/11/05/caring-caregiver-being-good/>

5TH SUNDAY POTLUCK LUNCHEON

December is the final month of 2018 and also the last one with five Sundays. Plan to bring something tasty to eat to share with other St. Francis members and friends after the 11:00 service on December 30.

DIOCESAN NEWS

Compiled by Amy Crandell

Personal Prayer

Bishop Iker recorded a video on personal prayer, specifically what are his personal prayer habits. Currently, the [diocesan](#) web page has this video, or you can click [here](#) to watch on YouTube. Among other habits, Bishop Iker incorporates Morning and Evening Prayer each day. Along this line, this [webpage](#) offers a recording of each day's morning and evening prayer, as well as a printed copy: <https://cradleofprayer.org/this-weeks-prayers/>.

Hope and a Future

Your prayers are needed for the election of the Bishop Co-adjutor!

Special intentions from now until January 5:

- o Pray for the discernment in the selection of delegates who will be elected in their annual parish meetings to serve in the election of the new Bishop in June.
- o Pray therefore for clergy and delegates to be prayerful and intentional in seeking God's guidance.
- o Pray also for discernment and clear communication for those who will be working through the nominees' responses to their initial questions.
- o Pray that the committee members will lean not into their own wisdom and knowledge, but seek first God's will and be quick to listen to His guidance.

Daily Prayers. Please include these prayers on each day of the week:

- o Mondays: Pray for our Bishop, for Fr. Kresowaty, the Nominating Committee Chair, for Fr. Atwood, the Committee Secretary, and for Angela Fraser, the Assisting Secretary.
- o Tuesdays: Pray for each member of the Nominating Committee by name and for wisdom as they listen to the Lord. Committee members are: Fr. DeWayne Adams, Fr. Jay Atwood, Fr. Sergio Diaz, Fr. Michael Heidt, Fr. Kingsley Jon-Ubabuco, Fr. John Jordan, Fr. David Klein, Fr. John Munson, Fr. Lee Nelson, Fr. Andrew Petta, Fr. Mark Polley, Fr. Jeff Stubbs, Fr. Christopher Woodall, Fr. Jacob Worley, Charles Bellows, Melody Bradford, John Cook, Joe Francis, Angela Fraser, Jimmy Henry, Karina Loyo, Judy Mayo, Jesus Mota, Debbie Petta, Melissa Smith, Jim Stubblefield, Walter Virden, III, and Jeff Wallace
- o Wednesdays: Pray for the Sub-Committee on Prayer, Sub-Committee re Questions for the Meet & Greet Event, Sub-Committee for the Meet & Greet Event at St. Andrew's Church, Sub-Committee for Checking References, Sub-Committee for the Special Convention
- o Thursdays: Pray for the hearts of those who will be nominated.
- o Fridays: Pray for the Diocese and its transition in receiving a new Bishop. Note that Jan 11 is designated as a fasting day.

The final slate of nominees will be announced after Easter and delegates will have the opportunity to meet the final nominees in May. A special convention for the Election of a Bishop Coadjutor will be June 1, 2019 at St. Vincent's Cathedral in Bedford. Fr. Len will be our clergy delegate. The lay delegate will be selected at our annual meeting on January 20.

The Diocesan web page can be found at <http://www.fwepiscopal.org/>.

A St Mike's for adults? Absolutely!



St Gabriel's Conference

SOUTHWEST • GRANBURY, TEXAS

Join us Jan 31—Feb 3, 2019

When you want to learn Spanish, you go to an immersion program in Mexico or Spain. When you want to learn French, you go to France. And when you want to learn the Faith, you go to the immersion program called the St. Michael's Conference. But that was only for teenagers. What about you? Join us at St. Gabriel's Conference (ages 20 and up). It is an immersive community of formation in the Anglican tradition of the Catholic faith, meeting in conference for study, fellowship, and worship.

Details: The conference begins on Thursday evening, January 31, at Camp Crucis in Granbury. It is arranged so that a typical attendee will only need to take Friday off from work. Friday, Saturday, and Sunday will be occupied with praying the Daily Offices, Solemn High Mass, classes, devotions, group discussions, fun, food, fellowship, and more. The all-inclusive cost is \$199.

Registration: You can learn more at stgabrielsw.org. Registration for the 2019 conference begins in Advent. Like us on our Facebook page and share to anyone interested. See you there.

Collect for Saint Gabriel the Archangel

O God, who from the company of Angels didst chose the Archangel Gabriel to proclaim the mystery of thine Incarnation: Mercifully grant that we who celebrate his festival on earth, may find in him an advocate in heaven; who livest and reignest with God the Father, in the unity of the Holy Ghost, one God, world without end. *Amen.*

JANUARY BIRTHDAYS

1	Audrey Woodgate
4	Allan Parker Maeryn McCormick
5	Doug Cooper
7	Tom George
19	Arthur Woodgate
31	Ben Ellis

JANUARY ANNIVERSARIES

11	Grady and Michelle Collins
25	Brendle and Teresa Glomb

COFFEE HOUR HOSTS

The coffee hour host sign-up list is updated for all of 2019. Please consider supplying the snacks for after the service on a Sunday or two. We are sustaining a good streak of folks signing up to bring food to share - let's keep it going!

EVENING PRAYER

Evening Prayer is held each Thursday at 7 p.m. Hymns and chanting are included in the 30 minute service. About 8 people regularly attend. All are welcome to join us.

GAMES NIGHT

Join us on the first Friday of each month - with January 4 being the next meeting date - from 7 to 9 p.m. for a light potluck supper followed by a couple of games. About 9 people regularly attend.

PRAYERS FOR THE NATION

On the first Saturday of each month from 9:00 to 10:30 a.m., join the small group of 8 or so St. Francis members and friends as we pray for our nation.

VESTRY MEETINGS

Our vestry meets on the 2nd Monday of each month at 6 p.m. The next meeting will be January 14. Anyone is welcome to attend the meeting as an observer. Vestry minutes are on the table in the entry hall.

READERS OF FIRST THINGS

The Austin Readers of First Things (ROFTERS) group plans to meet Monday January 21 from 7:00 to 8:30 PM in the fellowship area of St. Francis. The group meets monthly to discuss an article selected from First Things, a journal of religion and public life. Anyone interested is welcome to attend. The article to be read will be selected by the membership of the group a couple of weeks before meeting. It can be read free on the First Things website

(www.firstthings.com), plus hard copies will be available in the entry hall. For more information or to be put on the group's email list, email Karl Stephan kdstephan@txstate.edu. Up to four St. Francis members have attended at least one meeting. All are welcome to attend. It is helpful if you read the article before coming to the meeting. The conversation is quite lively.

ANNUAL PARISH MEETING

As Fr. Len stated in his article, the annual meeting will be on January 20 after the 11:00 service. At this meeting, reports will be offered by the Rector, Senior Warden and Treasurer. We will also elect three new members to the Vestry and choose a delegate and alternate to the two conventions in 2019. As per our by-laws, to vote in the election, you must be over 18 and a St. Francis member who pledged in 2018.

NEWSLETTER DELIVERY OPTIONS

- Receive the newsletter via e-mail with a printable version attached
- Pick up a printed copy on the table at the entrance to the church
- Have a copy mailed to your physical mail box (cost to the church is 50 cents)
- View newsletters on our website.

To change how you receive the newsletter, contact Amy Crandell in person or via e-mail at StFrancisAustin@gmail.com.

TEXAS RALLY FOR LIFE

The 2019 Texas Rally for Life will be held on Saturday, January 26, 2019. The Texas Rally for Life will commemorate the 46th anniversary of the tragic Roe v. Wade Supreme Court decision in 1973, which made abortion legal throughout all nine months of pregnancy. In the wake of Roe, legal abortion in our nation has claimed the lives of more than 58 million unborn children and has hurt countless women and men.

1:00 PM – Meet at 17th & N. Congress Ave. for the march to the Capitol

2:00 – 3:00 PM – Rally on South Steps of Capitol

The Rally will feature pro-life speakers and leaders from across the state..

www.texasallianceforlife.org/texas-rally-for-life/

JANUARY SUNDAY READINGS

1/6 Epiphany

- Isaiah 60:1-6, 9
- Psalm 72:1-2, 10-17
- Ephesians 3:1-12
- Matthew 2:1-12

1/13 1 after Epiphany

- Isaiah 42:1-9
- Psalm 89:21-30
- Acts 10:34-38
- Luke 3:15-16, 21-22

1/20 2 after Epiphany

- Isaiah 62:1-5
- Psalm 96
- 1Corinthians 12:1-11
- John 2:1-11

1/27 3 after Epiphany

- Nehemiah 8:2-10
- Psalm 113
- 1 Corinthians 12:12-27
- Luke 4:14-21

Notes on the readings:

- St. Francis follows the [1979 BCP Lectionary for the lessons](#) (We are in Year C) with the text read from the Revised Standard Version of the Bible.
- Each of the Sunday's readings is linked to the corresponding page on [LectionaryPage.net](#).
- The Sunday collects and text of the psalms are from the 1928 Book of Common Prayer.
- On the second and fourth Sundays, the psalm is chanted at the 11:00 service. The psalm markup is based on the Cathedral Psalter and is a part of the [St. Francis Psalter](#) posted on our webpage.

JANUARY CALENDAR

Sundays

9:30 a.m. Said Holy Communion

Sunday School for youth

10:00 a.m. Choir Rehearsal

11:00 a.m. Holy Communion with music

Thursdays

7:00 p.m. Evening Prayer

1st Friday, January 4

7:00 - 9:00 p.m. Games Night

1st Saturday, January 5

9:00 a.m. Prayer Service for our Nation

2nd Sunday, January 13

3:30 - 4:30 p.m. Hymn Sing at the Retirement and Nursing Home, 6909 Burnet Lane

2nd Monday, January 14

6:00 p.m. Vestry meeting

3rd Friday, Jan 18

Noon Mothers' Prayer Group

3rd Sunday, January 20 - Sanctity of Life Sunday

~12:30 p.m. Annual Meeting

3rd Monday, January 21

7:00 - 8:30 p.m. Readers of First Things group meeting

4th Sunday, January 27

~12:30 p.m. Anglicans for Life Meeting

SANCTITY OF LIFE SUNDAY

On January 13, 1984, President Ronald Reagan issued a proclamation designating January 22 as the first National Sanctity of Human Life Day. (January 22, 1973, was the day the U.S. Supreme Court legalized abortion-on-demand in all 50 states.) Churches around the United States use the day to celebrate God's gift of life, commemorate the many lives lost to abortion, and commit themselves to protecting human life at every stage.

Churches continue to recognize the third Sunday in January as Sanctity of Human Life Sunday. In 2019, the date will be January 20.

At St. Francis, plans are to have an informational flyer from Anglicans for Life placed in each service bulletin on that Sunday.

WHY ARE YOU DRESSED LIKE THAT? PART 5

Fr. Steven Rindahl, Rector of St. Francis, Cibolo, Texas, an ACNA parish

Welcome to: Why are you dressed like that? Part 5. This is a series of entries motivated by a young girl who visited my church in Cibolo, Texas and said to me: Why are you dressed like that?

First, I invite you to [Part 1](#) where you can read my disclaimer as to the accuracy of any assigned values to vestments.

In [Part 4](#), I discussed the Chasuble – that poncho-like garment the priest wears when celebrating the Eucharist. In this installment, I will discuss the zucchetto and biretta.



Zucchetto by House of Hansen
<http://www.thehouseofhansen.com>

The zucchetto is the small skullcap which is nearly identical to the yarmulke worn by those of the Jewish faith. It can be Black – priests and deacons, Purple – bishops, Red – Cardinals, or White – the Pope (those are the standards – other colors may be in use based on denominational norms).

The zucchetto traditionally covers the bald spot created when a priest was “tonsured” (meaning shaving the top of the head as part of his becoming a priest. The practice of tonsure is almost extinct at this point but many members of clergy continue to wear the zucchetto. When your priest wears the zucchetto, it is to be removed during the “Sanctus” (the part beginning Holy, Holy, Holy), when reverencing (bowing before) the Altar, while in the presence of the Blessed Sacrament (the Eucharist), and during the veneration of / blessing with a relic of the True Cross.

Personally, I find the Biretta much more interesting. The biretta is a squarish cap with three or four “blades” (AKA “fins” and “horns”) and a pom. If the biretta has four blades it is a “doctoral biretta” and is intended to be worn in academic settings only. It will likely be piped with red and have a red pom. For all sacramental usages, the three-bladed biretta is the correct choice. As with the zucchetto, you will find birettas in a variety of colors – but much more variation than the zucchetto. All of the colors above and more plus variations in the colors of piping and poms (a partial explanation can be found here).

The biretta is easily mis-worn and your priest must take care that there is a blade facing front, back, and right side (leaving the left side without one).

A wonderful explanation of the biretta is provided by Charles Walker in ***The Ritual Reason Why***.

The biretta is the non-episcopal form of the mitre, and both signify the helmet of salvation and the glory of the Priesthood.

Additionally, the three blades of the biretta are taken by many to represent the Trinity – the Father, and the Son, and the Holy Spirit.



The Bonete – A Spanish version of the Biretta

There is also a Spanish version of the biretta known properly as the Bonete which has four horns and a pom. The bonete is also worn in a variety of color combination.

When considering the four horns of the bonete a good piece of symbolism to attach is the Four Evangelists, Matthew, Mark, Luke, and John, and the Great Commission to carry the Gospel to the four corners of the Earth.



ANGLICAN CHURCH
IN NORTH AMERICA

ST. FRANCIS ANGLICAN CHURCH OF AUSTIN

A parish of the Episcopal Diocese of Fort Worth
Diocese Office: 2900 Alemeda St.

Fort Worth, TX 76108

<http://www.fwepiscopal.org/>

Bishop: The Rt. Rev'd Jack L. Iker, D.D

Rector: The Rev. Canon Len Giacalone

Music Director: Ralph Webb

Parish Administrator: Mark Rambin

Vestry Officers

Senior Warden **Junior Warden**
David Norris Jim Britt

Secretary **Treasurer**
Kevin Burnette Grady Collins

Vestry Members

Brendle Glomb, David Norris, Kevin Burnette

Missy Bernard, Dinah Arce

Jim Britt, Donna Hunt, David Kristo-Reinking

Fr. Len Giacalone

St. Francis Anglican Church

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We're on the Web!

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ST. FRANCIS' MISSION STATEMENT

We are a community of believers in the Gospel of Jesus Christ whose mission it is to spread that Gospel in what we preach and in the way we live.

We are called to know the Word of God, to act on it in our lives and to share it with our brothers and sisters in the world.

We are determined to uphold the ancient faith of our ancestors in the Anglican tradition, to offer traditional Christian values based on the Holy Word of God and to be faithful witnesses to the person of Jesus in the Austin Community.

St. Francis parish is dedicated to the presence of Christ in the lives of the poor, the needy, the sick, to each other and to all those to whom Jesus comes to minister in his life on earth.

As a community of believers, we intend to entrust our growth in love, in faith and in resources to the generosity of God.