

THE ST. FRANCIS BULLETIN

FROM THE RECTOR

Fr. Len Giacalone

Congratulations to Christina Hatley and Libby Ibañez who were elected to the Vestry for three year terms beginning in February. The election took place at the annual parish meeting on January 19. Thanks to David Norris and Bill Palmer who allowed their names to be placed in nomination for the election. Both of them have been faithful servants of St. Francis.

I want to express my thanks to Dinah Arce and Missy Bernard for their last three years of service on the Vestry and their continued service to St. Francis for many years. They both have made valuable contributions to the parish.

The report by Grady Collins, our Treasurer, indicated that we are taking in less than we are spending, especially with regard to our mortgage on the property. He also indicated that the Vestry has trimmed the budget as much as possible. Randy Scheer suggested that instead of continually cutting, cutting, cutting, we ask God to prosper our finances and the overall welfare of the parish. Not a bad idea. I'm asking all of you to do just that. Pray and ask the Lord to help us prosper in all our endeavors and especially in the area of our finances. Pray that He will send more members to us quickly. As I mentioned at the meeting, if you believe that what we have at St. Francis is something valuable, we need to share it.

The first Sunday of February is the Feast of the Presentation of the Lord in the Temple. Because this is a special feast of the Lord, we will not do Morning Prayer on this Sunday but rather the usual Holy Communion service. Traditionally in the church, this day was also the day on which candles were blessed for use in the home. Candles were used in the home when a priest came to administer the final anointing

or last rites. Although this practice has fallen somewhat into disuse the blessed candles were also used the following day on the feast of St. Blasé, bishop and martyr. The story has it that Blasé prayed for a young boy who had a fish bone caught in his throat and the boy recovered. On the feast of St. Blasé blessed candles were placed on the throats of Christians and prayers for healing were said. Therefore, on the Feast of the Presentation (since we won't be there on the Feast of St. Blasé) I will pray for your healing with the prayer the church has used for centuries.

Wednesday, February 26, is Ash Wednesday, the beginning of Lent. We will have a Holy Communion service, with the distribution of ashes, at 12:00 noon and 7:00 pm. In keeping with the penitential atmosphere of the liturgy that day we will not have music at either service. While the mood is somewhat solemn during Lent we must remember that during Lent as well as in life we are moving toward the great resurrection, His and ours. Penance and fasting are appropriate throughout the season of Lent. Abstinence is also suggested during the season. All of these things have a purpose which is to refocus our lives toward the One who suffered and died for our salvation. The gospel reading for Ash Wednesday centers around prayer, fasting, and works of charity. In other words, it tries to take the emphasis in our lives off of ourselves and turn it toward Him. I will likely do a Wednesday evening mass with reflections as I have done in the past. More information on that at a later date.

Finally, if anyone desires to be confirmed by Bishop Reed on June 28, please contact me as soon as possible.

WHEN I PASS OVER: 10 PREPARATIONS FOR DEATH

Excerpted from an article by Fr. Lee Nelson

As a priest, I have buried so many who never gave the slightest thought as to what their families would do, what decisions would need to be made, how to provide for their loved ones. This kind of planning is a great comfort to in this life to me and to my loved ones. But is it morbid to think about and plan for one's death?

Through the years, I have found the season of Lent to be a good time for some practical preparations on my part to die. I go through our safe, making note of what needs to be filled in, what needs to be taken out, and what needs to be updated. I redo and edit my "Legacy Letter," a list of practical considerations which need to be taken in my death, probably by my wife. I tinker a bit with funeral plans and maybe get more life insurance.

So, I provide the following list for your consideration, practical preparations for death:

1. If you have not already, make a will. If you already have one, read it over with your heirs and executors, and if necessary, make changes.
2. Make sure you have enough life insurance.
3. Write up a "Legacy Letter." Include in it bank account numbers, life insurance policy numbers, retirement accounts, locations of important documents, and any debts you may have, including regular bills due.
4. Make a funeral plan. Include hymns, readings, and location preferences. Share it with your priest. They keep files with this sort of thing.
5. Make clear your desires for your remains.
6. Make a list of digital passwords you use regularly.
7. If you have children, set up a trust for their education, and make it clear in your will.
8. Set up a Durable Power of Attorney for the event that you are unable to make medical decisions for yourself. Pick someone trustworthy for this role and make your desires clear.
9. Get a safe: fill it with all of the above and include vehicle titles, real estate titles, social security cards, passports, birth certificates, baptism certificates, marriage certificates, military records, family pictures, digital backups, etc. And, if you're able, make sure there is some cash in it. Let a trusted friend or relative know how to open it. From time to time, remind them.
10. Make backup keys of every door you unlock, whether of a vehicle or building. Put those in the safe, too.

And then take a deep breath and say a prayer of thanksgiving, knowing that you won't leave an enormous mess behind you!

<https://anglicansforlife.org/2016/10/28/when-i-pass-over-10-preparations-for-death/>

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 - stamps were purchased a couple of years ago)
- View newsletters on our website.

To change how you receive the newsletter, contact Amy Crandell in person or via [e-mail](#).

HOME GROUPS

St. Francis has three active home groups involving more than two dozen St. Francis members and friends. Each of the three groups meets at the host's home in the 2nd and 4th week of the month. If you are interested in attending one of these groups to see what they do or if you have any questions, please email info@stfrancisaustin.org or speak to hosts of the groups: Amy & Jim Crandell (Monday Feb. 10 & 24 located in Central Austin), Doug Cooper (Tuesday February 11 - located in Central Austin), or Steve & Angie McCown (Friday, Feb. 14 and 28 in south Austin).

LENTEN FOOD DRIVE

A St. Francis food drive benefitting the Food Pantry at St. Louis the King of France Catholic church will be conducted during Lent.

The St. Louis food pantry provides food assistance to the needy of our community and is the largest food pantry in Austin. Volunteers distribute food on Saturday mornings from 8:30 - 10:00 a.m. This is one of several social ministries this large parish can offer. The St. Louis food pantry is a partner with the Capitol Area Food Bank. On a typical Saturday, up to 80 families who live in the central Austin area receive food assistance.

Bea De la Rosa is the Director of Social Ministries and welcomes contributions, but she does have specific items the pantry will accept from a food drive like this:

Protein

- Canned chicken
- Canned tuna
- Canned Salmon
- Spam

Starch/Protein

- 1-2 lb. bag white rice
- 1-2 lb. bag pinto beans
- Oatmeal
- Mac & Cheese

Vegetables

- 14 oz. Canned Corn
- 14 oz. Canned Green Beans

There will be a table set up in the St. Francis entry hall for donations. The drive will begin on March 1 and end on Palm Sunday, April 5. Consider purchasing some or all of the items on the list and bringing them to church during Lent.

SHROVE TUESDAY

Shrove Tuesday is coming up on February 25. This means the Annual Sausage and Pancake Supper! Mark your calendar to come to the church between 6:00 - 7:30 p.m. to eat all the pancakes and sausage you can eat. (It won't end early!) This event is sponsored by the Polycarp's Men's Guild with the pancakes and sausage cooked on site with donations from the members of the Polycarp Guild. They will do the cleanup as well.. Come indulge in this all-you-can-eat event the night before the penitential season of Lent.

40 DAYS FOR LIFE

Our increased participation at the fall 40 Days for Life Prayer Campaign was very encouraging. Wouldn't it be great if we had even more participation in the Lenten Prayer Campaign?

Consider participating in this year's 40 Days for Life Prayer Vigil - a volunteer based prayer campaign that draws attention to the injustice of abortion through three simple avenues:

- Prayer and fasting
- Community outreach & Education
- Constant peaceful vigil

Prayer vigil campaigns are held at abortion clinics around the world during Lent and in the fall. The next vigil campaign begins on Ash Wednesday, February 26 and ends on Palm Sunday, April 5. You choose one hour a week for the five or six weeks. Go to <http://centraltexascoalition.com/> to sign up to pray at one of these locations:

- Whole Women's Health Clinic, 4100 Duval Road
- Planned Parenthood, 201 E Ben White Boulevard

There will be an information table set up in the fellowship area on Feb. 16. You can sign up there or go online to sign up.

If committing to pray once a week for 5 or 6 weeks won't work in your schedule, St. Francis has adopted the Duval Clinic on March 14 with the 40 Days for 40 Churches program. We hope to have someone from St. Francis praying from 7 a.m. to 7 p.m. on that day and would love to see quite a bit of participation from the St. Francis congregation.

Jim and Amy Crandell are coordinating this effort.

ANGLICAN ROSARY

Anglican Rosaries are available for anyone to use in their prayer time. They are located in the baskets on the card table next to the kitchen. Also included are two prayer guides. One uses Psalm 139 and the other a simple form of listed prayers and extemporaneous prayers. Please take one, if you believe it will be a true prayer aid.

DIOCESAN ALTAR GUILD ANNUAL MEETING

The annual meeting of the Diocesan Altar Guild is March 7, 2020 at Church of the Holy Comforter in Cleburne. The agenda show the event begins at 10:00 a.m. with Bishop Reed leading a Holy Eucharist. The presentation begins at 11:45 a.m. and is followed by lunch. A flyer is on the bulletin board.

14TH ANNUAL MEN'S CONFERENCE AND DINNER

The 14th Annual Men's Conference will be led by Bishop Reed. On February 7 and 8, Bishop Reed will share his vision for our diocesan men's ministry and teach them the divine importance of discipleship.

Conference Theme: Equip, Empower & Engage

Location: St. Peter & St. Paul Anglican Church, 3900 Morris Lane, Arlington, Texas 76016

Dates: 6 p.m., Friday, Feb. 7 thru 3 p.m. on Saturday, Feb. 8.

Cost: \$15 for dinner on Friday, \$30 for the conference.

Registration is available at fwmensconference.com.

Bishop Reed offers the following questions for consideration:

- How can I deepen my discipleship?
- What role can I play in making disciples?
- How can I help my congregation be a disciple-making community?
- How can the leadership of men impact the Church in a positive way?

PRAYER SHAWL MINISTRY

by Charlotte Ready

The prayer shawl ministry has had an active and productive year. We are a "quiet" ministry, offering shawls created in prayer to those in need of physical or spiritual comfort. The recipients find solace in the tangible reminder that someone cares enough to lovingly pray for them. In 2019 alone, we gave out 17 shawls. The feedback that I have gotten from the recipients has truly been a great blessing.

To all those who participate by either crocheting / knitting the shawls or by providing funds to purchase yarn and supplies, thank you! This important ministry would not be possible without you. You have touched so many lives in such a positive way.

We welcome anyone who is interested in participating by knitting/ crocheting, or by providing funds for supplies.

40 DAYS TESTIMONIAL

By Mike Ready

Somehow, I found myself offering to write a short testimonial on what participating in 40 Days for Life has meant to me personally. I'm not sure what happened; I think I must have been drugged. In any case, what follows is not a description of the program or its effectiveness, but of my personal experience.

The first time I volunteered to stand and pray for the 40 Days for Life initiative was quite a few years ago. The church was still on West Ninth Street and I had significantly more hair. It seemed like an easy enough thing to do, and "easy" fit my skill set perfectly, so I signed up. I never expected it to be such a powerful experience – just being physically present and engaging in prayer really brought into focus the reality of the spiritual battle we face as Christians.

At least once every week, we say the Nicene or the Apostle's Creed in the service. We know and affirm what we purport to believe. I can't speak for anyone else, but to me, it is usually more of a brain-centered belief. I affirm this to be true, as opposed to, say, Islam or the Zoroastrian Fire Gods, but I don't rub up against much overt opposition in my everyday life. In 21st Century America, Satan usually presents himself as a "man of wealth and taste," in the words of Mick Jagger. But standing and praying in front of an abortion "clinic," I somehow got a glimpse of the unseen spiritual war that rages under the antiseptic surface of our world. Real lives destroyed and ruined, while you wait! It became almost palpable. And I wasn't doing anything more complicated than standing there and saying the rosary! And on any number of occasions, I've even been flipped off for Jesus from the passing vehicles! Not exactly martyrdom, but certainly not something I ever expected to rate.

The objective effectiveness of the 40 Days initiative can readily be seen in closed "clinics" and saved lives. Subjectively, you might find it a powerful boost to your personal walk with the Lord, and I would encourage anyone to give it a shot.

FASTING FOR LENT

By Winfield Bevins

Lent is a time for prayer and fasting. It is a season of spiritual preparation in which we remember Christ's temptation, suffering, and death.

Historically, the church has celebrated Lent as a 40-day period beginning on Ash Wednesday and concluding the day before Easter. It is observed in many Christian churches as a time to commemorate the last week of Jesus' life, his suffering (Passion), and his death, through various observances and services of worship. Many Christians use the 40 days of Lent as time to draw closer to the Lord through prayer, fasting, repentance, and self-denial.

We live in a culture of fast food, instant gratification, and self-centeredness. One of the best ways to get our eyes off of ourselves and back onto the Lord is through fasting. However, fasting has practically been disregarded and forgotten in the comforts of the modern church.

Fasting didn't end in Biblical times, there have actually been proclaimed fasts in America. Fasting is nothing new in American history. The pilgrims held three formal periods of fasting before leaving for the New World. During the American Revolution, the Continental Congress proclaimed July 20, 1775, as a national day of fasting and prayer in preparation for the war on independence.

WHAT IS FASTING?

What does it really mean to fast? According to the Oxford Dictionary, fasting means to abstain from food; especially to eat sparingly or not at all or abstain from certain foods in observance of a religious duty or a token of grief." Fasting and religious purposes cannot be separated because they are intricately intertwined. The Bible gives us numerous references to individual and corporate fasts. There were even certain days that were designated each year for fasting and prayer. Fasting is a gift that God has given to the church in order to help us persevere in prayer. Fasting draws us closer to God and gives power to our prayers. Our central motivation with this lesson is to teach about the reasons to fast, different types of fasting, and then discuss how to fast.

REASONS FOR FASTING

People have been fasting since the ancient days of the Bible. The Bible records numerous accounts where people, cities, and nations have turned to God by fasting and praying: Hannah grieved over infertility "wept and did not eat" (1 Samuel 1:7); Anna, who was an elderly widow, saw Jesus in the temple and "served God with fasting and prayer" (Luke 2:37). Saul encountered Jesus on the road to Damascus, "was three days without sight, neither ate or drank." (Acts 9:9). Cornelius told Peter, "Four days ago I was fasting until this hour..." (Acts 10:30). Most people fast for religious and spiritual reasons, while others choose to fast for health reasons. There are several specific reasons that the Bible tells us to fast.

- To be Christ-like. (Matthew 4:1-17; Luke 4:1-13).
- To obtain spiritual purity. (Isaiah 58:5-7).
- To repent of sins. (See Jonah 3:8; Nehemiah 1:4, 9:1-3; 1 Samuel 14:24).
- To influence God. (2 Samuel 12:16-23).
- To mourn for the dead. (1 Samuel 31:13; 2 Samuel 1:12).
- To request God's help in times of crisis and calamity. (Ezra 8:21-23; Nehemiah 1:4-11).
- To strengthen prayer. (Matthew 17:21; Mark 9:17-29; Acts 10:30; 1 Corinthians 7:5).

Types of Fasting

In the same way that God appointed times and seasons to fast, He also designated several types of fasts. Because of certain medical problems, and physical needs, there are different types of fasting. Not everyone can go on an extended 5-7 day fast; in a similar way, not everyone can totally abstain from food and water. A person should exercise wisdom and consult their physician if they have any medical concerns before they fast, otherwise it could actually be harmful to your health. However, there are at least three types of individual fasts: absolute fast, solid food fast, and partial fast.

1. Absolute Fast

An absolute fast is conducted by abstaining from all food and water for a certain period of time. This is also known as the "total fast" because an individual chooses to abstain from all foods and beverages. There are several Biblical examples for the total fast. Moses and Elijah both abstained from food and water for forty days and forty nights. (Deuteronomy 9:9, 10:10, 18:25-29; 1 Kings 19:8). Although the Bible

says they fasted for forty days, many people usually only totally abstain from food and water for three days.

2. Solid Food Fast

A solid food fast is where an individual may drink juice and water, but chooses not to eat solid food. Certain scholars and theologians think that Jesus may have drank water while in the wilderness since the Bible doesn't say that he was thirsty after his forty day fast (see Matthew 4:2). Drinking water while fasting for several days can actually be therapeutic for your body. In any case, you should not fast for more than a week unless you consult a doctor.

3. Partial Fast

To fast simply means to "abstain" from something. A partial fast is where you choose to abstain from certain foods and drinks instead of complete abstinence of food or drink. The Bible tells us that Daniel abstained from bread, water, and wine for twenty-one days (Daniel 10:3). Others may choose to fast from television, computer, newspaper, and hobbies. This will help you free up some time to spend in prayer and reflection.

What Jesus Said About Fasting

In the Sermon on the Mount, Jesus taught a lesson about how to fast and how not to fast:

Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your father who is in the secret place; and your father who sees in secret will reward you openly." (Matthew 6:16-28)

We see that it is important to not brag or boast to others about fasting. The Jews of Jesus' day used fasting and giving to make everyone think that they were more spiritual than others. But Jesus tells us that fasting should be done in secret so that it can't be used as a way of bringing glory to ourselves. Fasting should make us humble instead of proud. In the end it is not our works, but our hearts that matter to God. God promises to reward openly those who fast and pray in secret.

Practical Steps for Fasting

There are several practical steps that you should follow before you begin fasting.

You should decide which fast is better for you.

As we said earlier, due to health reasons not everyone can do a total fast, for example. Also, sometimes work schedules and other duties may prevent an individual from a certain type of fast. You may want to begin with a partial fast and work your way to a total fast. Ultimately, you should pray and ask God what His will would be for your fast.

Decide how long you want to fast.

People in the Bible often chose to fast for a certain period of time. To prepare their hearts for the seasons, the early church would fast before Christmas and Easter. John Wesley chose Friday as a day of the week to fast. This was a day that he set aside for fasting and prayer unto the Lord.

You should consult a physician before you go on an extended fast.

If you have any physical problems then you will certainly want to follow this advice. Fasting can be healthy to the body when it is done right, but it can also be dangerous if you don't exercise wisdom.

Make sure that you have time to pray.

Although some people fast for health reasons, it will not do you any spiritual good if don't allow yourself time to pray. Be sure to get the most out of your fast and spend plenty of time in prayer, consider setting a few days for a retreat to totally fast and pray. When was the last time you can remember spending an entire day with the Lord?

You should slowly begin eating soft food when your fast is over.

If you have been on an extended fast from solid foods, it is a good idea to slowly reintroduce your system to solid food again. For instance, you may want to eat soup or salad for your first meal after a fast. Bananas or other soft fruit are also a great way to break a long fast.

Just do it!

Many people never fast because they are afraid to do it or because they have never done it before. Don't let fear or inexperience stop you from experiencing one of God's greatest blessings. Probably all of the great heroes of the faith spent many hours fasting and praying unto the Lord.

As is from <https://anglicanpastor.com/fasting-for-lent/>

Winfield Bevins is the Director of Church Planting at Asbury Theological Seminary. You can find out more about him at his website, www.winfieldbevins.com.

FEBRUARY SUNDAY READINGS

2/2 Feast of the Presentation of the Lord in the Temple ([Link](#))

- Malachi 3:1-4
- Psalm 84
- Hebrews 2:14-18
- Luke 2:22-40

2/9 Septuagesima ([Link](#))

- Habakkuk 3:1-6, 17-19
- Psalm 27:1-7
- 1 Corinthians 2:1-11
- Matthew 5:13-20

2/16 Sexagesima ([Link](#))

- Ecclesiasticus 15:11-20
- Psalm 119:9-16
- 1 Corinthians 3:1-9
- Mt. 5:21-24, 27-30, 33-37

2/23 Quinquagesima ([Link](#))

- Exodus 24:12-18
- Psalm 99
- Philippians 3:7-14
- Matthew 17:1-9

2/26 Ash Wednesday ([Link](#))

- Joel 2:1-2, 12-17
- Psalm 103:8-14
- 2 Corinthians 5:20b-6:10
- Matthew 6:1-6, 16-21

Notes on the readings:

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

FEBRUARY 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 Saturday, Feb. 1

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

1st Friday, Feb. 7

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

2nd Monday, Feb. 10

- 6:00 p.m. Vestry meeting

3rd Monday, Feb. 17

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

3rd Friday, Feb. 21

- Noon Mothers' Prayer Group

Wednesday, Feb. 26

- Noon & 7 p.m. Holy Communion and Imposition of Ashes

Friday, Feb. 28

- 6 p.m. Mobile Loaves and Fishes Food Truck Run

FEBRUARY BIRTHDAYS

- 1 Dan Harrison
- 2 Bud Lockhart
- 4 Jim Britt, Dominic DeBord
- 5 Patricia Burnette
- 7 Kavya Parker, Willie Parker
- 9 Ed Stillman
- 12 Mike Ready
- 19 LeAnn Carr



ANGLICAN CHURCH
IN NORTH AMERICA

ST. FRANCIS ANGLICAN CHURCH OF AUSTIN

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

Fort Worth, TX 76108

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

Bishop: The Rt. Rev'd Ryan Reed

Rector: The Rev. Canon Len Giacolone

Music Director: Betty Lin Gallardo

Parish Administrator: Mark Rambin

Treasurer: Grady Collins

Vestry Officers

Senior Warden **Junior Warden**

Donna Hunt

TBD

Secretary

TBD

Vestry Members

Jim Britt, Donna Hunt, David Kristo-Reinking

Doug Cooper, Jim Crandell, Michael Ready

Libby Ibañez, Christina Hatley

Fr. Len Giacolone

St. Francis Anglican Church

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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.