



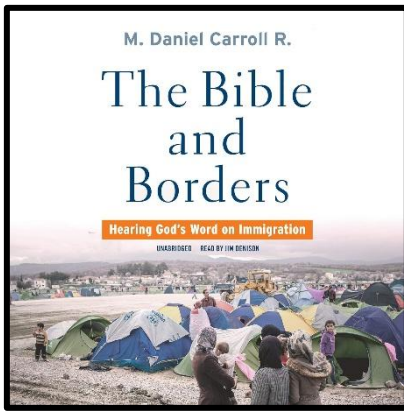
The Messenger

March 2025

Emmanuel Episcopal Church
P. O. Box 1028
400 Highland Avenue
Coos Bay, OR 97420

Rector's Reflection

For Lent, I will be taking on a discipline as well as fasting and almsgiving. The discipline I will be taking on is reading the book that my dear friend and colleague, Dennis Smith, recommended for coffee hour discussions for the three Sundays he will be preaching at Emmanuel this summer. Dennis is a retired Presbyterian missionary who lived for 43 years in Guatemala and has an extensive background in ecumenical Christian ministry in South America. He and his wife Maribel, live in North Bend and attend First Presbyterian in North Bend.



This book is entitled *The Bible and Borders* and is written by M. Daniel Carroll R. (BrazosPress). It is a survey of biblical texts and reflection by Carroll, a noted biblical scholar who comes from an evangelical background and, like Dennis, has lived both in South America and now in the United States. Published in 2020, it is a timely study related to borders and immigration. This is a perfect opportunity for us to give healthy thought to modern day issues of boundaries and borders from a biblical perspective rather than a purely political or economic view. I hope many of you will wish to read this book along with me during Lent! It will be the baseline for Dennis' coffee hour conversation group this summer when he visits Emmanuel as a guest preacher. You can buy the book on Amazon.

However you feel led to observe the Lenten disciplines this year, I hope it will be intentional and fruitful for your soul. The whole point of Lent is inward meditation and preparation for hearing the story of Christ's passion and resurrection. It is a wonderful season to repent of anything you know you've done that is wrong. It is a time for self-denial so as to create greater awareness and gratitude for the daily blessings we are given. It is a time 'die to self' so that we might 'rise with Christ.' I encourage you to pray about how you will deeply and faithfully observe Lent and Holy Week knowing that it can be a very precious time of renewal of faith and deeper commitment to the way of Jesus.

See you in church! Patti+



Sacrament of Reconciliation

In the Episcopal Church everyone is encouraged to receive the Sacrament of Reconciliation (Confession) before Easter, and no one is required to do so. Please make an appointment with the priest if you desire to experience this liturgy. If you are unfamiliar with this liturgy, you can find it in the Book of Common Prayer on page 446-452. There are two different 'forms' that can be used according to preference.



LENTEN MEDITATIONS



Join Episcopal Relief & Development in exploring *A Commonplace Lent*

Episcopal Relief & Development is blessed by the opportunity to join readers on their spiritual journeys with thought-provoking Lenten Meditations. During the 2025 Lenten season, we will explore what we share in common: spiritual practices, worship, service and faith. Written by Jerusalem Jackson Greer, our 2025 Lenten Meditations also remind us of how to look—and find—God in the ordinary, everyday aspects of life. Episcopal Relief & Development is committed to “Working Together for Lasting Change.” Each day, these meditations offer insight and inspiration for ways we can share in this bold mission and in our common path to be faithful disciples of Christ.

Visit episcopalrelief.org/Lent or scan the QR code to subscribe to daily emails, download a PDF, read the meditations and access a Group Study Guide to reflect on the meditations with others.



*Go to episcopalrelief.org/Lent
or scan the QR code to read the
daily meditations.*



Printed Daily Lenten Meditations and Study Guides are also available in the church entryway.



Wednesday Adult Class, 12:00 PM – 1:30 PM

Our wonderful time of "Difficult Conversations", which is a spiritual practice group that meets on Wednesdays at Noon in the Undercroft, has been meeting and discussing difficult things since last September. However, since March 5 is Ash Wednesday, we will not hold class that day. Additionally, by invitation I will be on silent retreat from March 10-13 at Mt. Angel Abbey with the good people of St. Timothy's Episcopal Church in Salem. March 19, 26 and April 2, 9 we will re-gather for our Noon Discussions but with a Lenten theme - our mortality: "Earth to Earth, Ashes to Ashes, Dust to Dust".

- ❖ March 19: Topic - What happens to us when we die?
- ❖ March 26: Topic - Writing down funeral plans and bodily disposition.
- ❖ April 2: Topic - Guided review and Q&A about Advanced Directives with Kent Sharman.
- ❖ April 9: Topic - The Crucifixion of Jesus Christ

Please join us for one or all sessions as we dive deep into Lenten reflection and Easter preparation.



Every
Donation
Makes A
Difference

Coos Food Cupboard

For the month of March, the food cupboard would REALLY appreciate donations of canned vegetables and fruit. Fresh vegetables and fruit are harder to come by this time of the year, and canned food items have increased in price (as I'm sure all of you have noticed). This would be a great help to the food cupboard if you are able to donate.

Donating canned vegetables and fruits to a food pantry is important because:

- It helps promote healthier eating habits among those relying on pantry services.
- Canned goods like vegetables, fruits, and proteins are versatile and can be used in a variety of different recipes.
- It encourages people to donate excess canned foods that may be slightly out of date rather than throwing it away and creating more food waste.

Please consider a monetary donation to the Coos Food Cupboard. Checks should be made out to "Coos Food Cupboard" and can be dropped off to the parish office or mailed to P.O. Box 1028, Coos Bay, 97420.

Donations are tax-deductible.

Questions? Ready to donate? Ready to volunteer?

Please contact Rev. Doug Hale for more information.

Phone: 541-654-1020

Email: buckdeaver55@gmail.com

Thank you for your generous and continued support of the Coos Food Cupboard!



~submitted by Brian Sullivan

Oregon and SW Washington Episcopal Cursillo

Growing Christ-Centered Disciples

Come join us on Cursillo Weekend March 20-23, 2025!



We Still Need You!

An opportunity to live in love as the Body of Christ for three solid days. Many find their lives transformed when they experience being loved by God, and learn how to live on in that love.

The next Co-Ed (for all adults) Cursillo Weekend is scheduled for Thursday, March 20 through Sunday, March 23, 2025, in Turner, Oregon. We are still looking for candidates and staff, **in particular volunteers for music and day angels**. Send us an email at oregoncursillo@gmail.com with what you can do and your available days/times.

If a candidate is interested in attending but doesn't have someone to sponsor them (someone in your congregation who has been to a Cursillo weekend), send us an email at oregoncursillo@gmail.com and we will connect you to a sponsor.

Sponsoring someone to attend is a wonderful gift.

For those of you who have been on a weekend retreat, have you thought about sponsoring someone? Remember that one of the nicest things you might ever do for someone is ask, "May I sponsor you to attend a Cursillo Weekend? I think you'd have a great time!" See the website at <https://www.oregon-cursillo.org/> for a video on sponsoring, materials to give to a candidate, and forms to be completed by various parties. Scholarships are available for sponsors who need them.

We need prayer warriors, too! Our prayer sign-up is here:
<https://www.prayervigils.net/vigil.php?pvId=2075>



SCAM Alert and Helpful Reminders

There was a SCAM being attempted where someone texted and/or emailed members of the parish and pretended to be Rev. Patti. They were asking parishioners to purchase gift cards for Rev. Patti to give to cancer patients in the hospital and other untrue stories. Rev. Patti has a discretionary account fund through the church for items such as these and would NEVER request you purchase gift cards or gifts on her behalf.

We believe this information was received by the scammers by someone pretending to be a member of the parish and asking for a copy of the parish directory. If someone requests a digital copy of the parish directory, please always refer them to Kerri in the parish office so it can be vetted.

If you ever have a doubt or if the communication seems strange, please report it to the office or to Rev Patti.

A few helpful reminders:

- ALWAYS look at the originating email address or phone number before responding to an email or text message, especially if it's asking you to do an out-of-the-blue favor.
- Rev. Patti will NEVER ask you to purchase gift cards or gifts on her behalf.
- Please be careful if you get a message or call that doesn't seem quite right. You can always ask them for a call back name and number and give us a call at the parish office. We are more than willing to help you identify whether it is legitimate or a scam.
- If you receive a spam/scam text, send a screenshot of the message to short code 7726—which spells "SPAM" on your keypad. Doing so allows cell phone carriers to identify the senders of scam messages and take steps to limit messages from them going forward.



Special Days in March

Virginia O'Neal Birthday - March 9

Cullen Cribbins Birthday - March 10

Darleen Atkinson Birthday - March 11

Kellen Cahill Birthday - March 20

John Powell Birthday - March 28

Judy Jensen Birthday - March 29

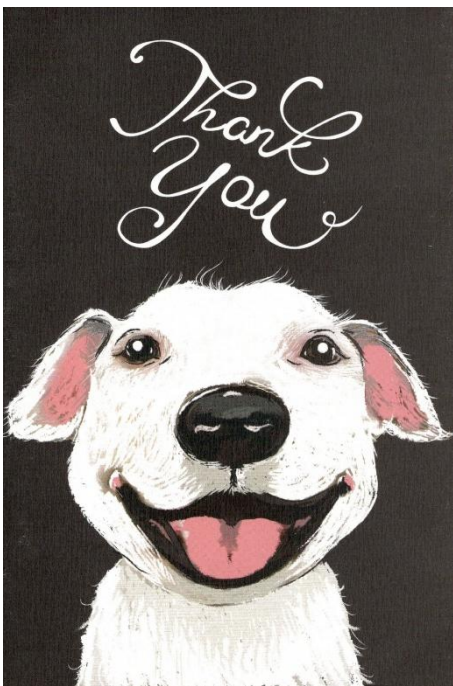
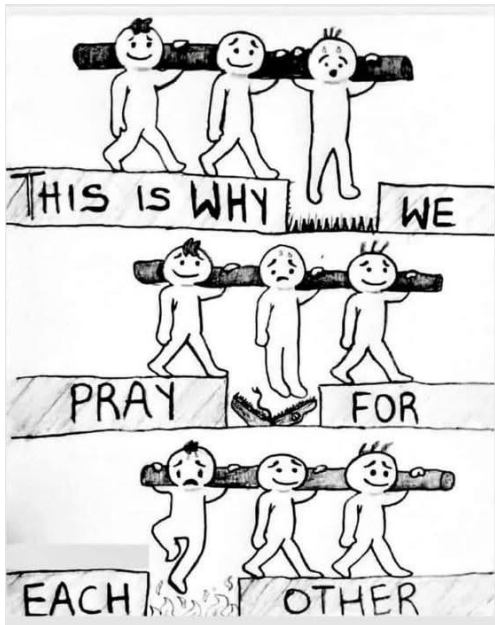
Doug Laird Heavenly Birthday – March 30

Megan Chaney Bingham Birthday - March 30

Andy Nasburg Heavenly Birthday - March 31

If you don't see your name(s) on the birthday and anniversaries list, please **let Kerri** in the office know so we can add you to our parish list. *Thank you!*

****April Newsletter Submissions Deadline is Tuesday, March 25th****



Dear Emmanuel Episcopal Church,
 I'm a family of the Coastal Relief Nursery and recieved one of your gift baskets for Christmas. I would like to let you know how much I sincerely appreciated your very thoughtful and helpful gift.

With the gift card I was able to buy my son some Christmas gifts and food for our family. The household essentials you provided were very helpful after Christmas, at the beginning of this month when things were tight due

to bills and having to pay rent. It was nice to know I had the essentials I needed during that hard time.

Thank you very much for your kindness ♥

With Appreciation,