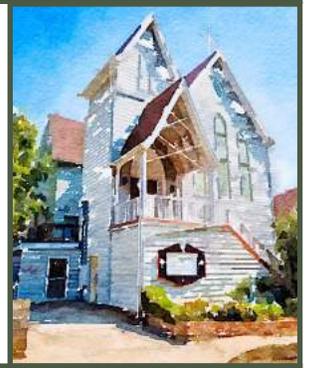


The Episcopal Church of Our Saviour

2979 Coloma St /Placerville, CA 95667 /<http://www.oursaviourpv.org>



Dear friends in Christ,

The February newsletter contained an article about Creating a Rule of Life. This can be a helpful practice of self examination during Lent. I have material that I hand out at the Wednesday night Taize services about creating a personal rule of life. I will make these available in the narthex for everyone. The Forum on March 13th will be about Creating a Rule of Life and people will have an opportunity to share about what worked for them. To get you started:

Take a few moments and make a list of ALL the things that you currently do that nurture your spirit. Make the list as complete as possible, coming back to it in the next few days to add to it as more things come to mind. Write down everything you do that nurtures your spirit. Be as thorough as you can and avoid censoring anything that you might put on the list.

What do you notice about your list? Did you only consider things such as prayer, worship, meditation and other things associated with spirituality? Are there hobbies listed? People? Does what you do for a living appear? Try to notice what is NOT on your list and think about that. Are there other things that come to mind as you hold your list prayerfully before God?

Now you have the basis for a Rule of Life! You can see how things you are already doing connect your spiritual life to your daily living. You also may notice that there are some areas that are missing from the rule. Maybe nothing about your job feels spiritually nourishing. Maybe there is no time for quiet or prayer. For now, simply notice what is missing. Over time there will be ways to adjust to fit new practices in.

How to live with your rule:

- Listen to your heart's desires. God often speaks to us through our heart's desires.
- Make sure your rule includes some joy, play, and fun.
- Take baby steps. Don't make your rule too hard to follow.
- Baby steps are good, but give your self some challenge too.

Dates at a Glance

March 1	Bunco	6 pm
March 5	Pastoral Partners	10 am
March 2, 9, 16, 23	Taize	7 pm for the 2nd, 16th, 23rd 6 pm for the 9th
March 24	Upper Room	Maundy Thursday
March 25	Good Friday	
March 20	Palm Sunday	
March 27	Easter Sunday	
Morning Prayer	8:30 am	March 2, 9, 16, 23 March 3, 10, 17, 24, 31
Wednesday Bible Study	Meets at 11 AM	

- Figure out how much structure you need: lots or just a little.
- Learn to pay attention deeply to your practices. It will help prevent boredom.
- Find someone to talk with about your rule. It is easy to fool ourselves about all sorts of things.
- Figure out how to help yourself be accountable for keeping your rule.
- Read your rule regularly. It is easy to forget the stuff we don't like so much.
- You are going to have trouble keeping a rule sometimes. Recognize that you're human and try again.

To have a balanced rule of life consider having a spiritual practice or attitude in each of the following areas:

- The foundations: putting Christ at the center of your rule.
- Prayer: finding a prayer type and rhythm that works for you.
- Work: approaching your work as part of your spiritual life, rather than something divorced from it.
- Study; establishing a regular practice of learning more about God.
- Spiritual companionship; committing yourself to regular companionship and community on the journey.
- Care of your body; taking care of yourself as a spiritual practice.
- Reaching out: caring for others and the environment as a spiritual practice.
- Hospitality: finding ways to be a gracious presence in the world.

(adapted from Balancing Life by the Rule in Spirituality & Health by Debra Farrington)

wishing you a blessed Lent,

Rev Deb

Vestry Retreat News

The vestry retreat was held on Feb 13th at Holy Trinity Church in El Dorado Hills. Kathy and Tom Fritschi kept us well nourished with their gourmet food. The vestry chose Randall Douglass to be the Junior Warden. Jim Baker will remain the Senior Warden for one more year.

The vestry will be looking at the responses we received from the parish survey to help fine tune the goals and articulate our mission. Thank you for all your input we got on the surveys. One of the primary goals that the vestry identified was to focus on reaching out to new families in our area and invite them to church. To that end we are going to look into starting a place for parents of young children to gather for coffee, a snack and support. I went to a Crisis Intervention Training session at Bayside church in Roseville on Feb 16th and 17th. There was an area that was set aside for parent and children to gather and talk. Although the church is in an out of the way industrial area the area was filled with parents and children. The parents gathered around small tables for snacks and

fellowship, while the children played nearby. We are going to make the downstairs in Peirce Hall more of a youth and young child room. In addition we have invited youth from various high school bands and choirs to perform at the church. Our goal is to have a regular monthly musical event at Our Saviour.

We dream of having enough youth to have an overnight 'lock-in' (well supervised of course). I can imagine sitting in the church at 11 pm listening to the creaks that our historic building makes and telling stories of faith (and maybe a ghost story or two).

We have begun an earnest attempt to clean up the church, the robing area, Sunday school rooms and Peirce Hall. I want to thank all those who helped carry, sort, lift and organize. This will make our church even more inviting than it already is. During the clean up found a 'time capsule' which said "Do Not Open until 2012." It was clearly time to do some deep clean up and I look forward to finding out what is in the Time Capsule! If anyone knows when it was created, please let me know!



The Taize worship service on Wednesday nights in Lent provides a meditative time of worship and common prayer. We gather in the presence of Christ and sing uncomplicated, repetitive songs allowing the mystery of God to become tangible to the beauty of simplicity. Every Wednesday evening through March 23 at 7 pm. (On March 9th the Taize worship will be at 6 pm so as not to interfere with the Second Windsay dinner & study group.

Stations of the Cross

Stations of the Cross are depictions of fourteen incidents in the Gospel accounts of Jesus' death from Pilate's house to being placed in the tomb. They are used for the service called the Way of the Cross, which visits each station in turn with a brief reading, response, collect and on some occasions, a meditation.

Tom & Lee Weikert will offer a Stations of the Cross "journey" on March 12. There is a path behind their home that has fourteen plaques that depict the Stations of the Cross. Sturdy shoes are a must. There are benches for resting along the way. This event is suitable for all ages and there will be

special booklets for children. Please join them on Saturday, March 12 at 10:00 AM to travel this path. Refreshments will follow the walk. If you have any questions, please call Tom and Lee at 644-0382. The address is 4110 Sierra Springs Drive, Pollock Pines. Directions are on the flyers in the Parish Hall.

Holy Week

MARCH 20 PALM SUNDAY

The Sunday before Easter is the last Sunday in Lent. The day commemorates Jesus' triumphal entry into Jerusalem with a blessing of palms and a procession in which the whole congregation carries palms. The day is also marked by reading the story of Jesus' passion (the word used to describe Jesus' death comes from "suffering," which is one old meaning of passion)

MARCH 24 MAUNDY THURSDAY

Maundy Thursday is the Thursday in Holy Week (the week leading up to Easter). It is a day set aside for remembering the Last Supper. The name comes from the Latin word *mandatum* for *commandment* as Jesus said, "I give you a new commandment; that you love one another." This is marked at King of Peace with footwashing as an optional part of the worship service for those who wish to follow Jesus' example. At the conclusion of this service, the altar is stripped of any ornamentation and crosses are removed or veiled. Our service will be at 7 pm.

MARCH 25 GOOD FRIDAY

The Friday in Holy Week is a time for remembering Jesus crucifixion. This year we will be joining other churches at an ecumenical service at Holy Trinity Church in El Dorado Hills at noon.

Lent 2016 Message from the Presiding Bishop

Dear Clergy of the Episcopal Church,

My hope and prayer for you is that you will find time during this Lent for prayer, for study and for renewal of your spirit as you share with me in the joys and challenges of leading the people of God of our beloved Church. May our Lord and Savior Jesus Christ fill each of us with the desire and the will to follow him ever so more closely in the weeks to come.

Our journey during Lent always leads us to Jerusalem. We walk with Jesus over the Mount of Olives and behold the Holy City. We join in laying out our palm branches and shouting Hosanna. We will be there at the garden but most of us will not be able to stay awake for even one hour. We will walk the Way of Sorrows. How close will we come to the cross on that Friday? Will our journey include skepticism or amazement when the women bring us the news from the tomb?

Our journey as Episcopalians also includes remembering our sister and brother Christians in the Holy Land who maintain the faith which we hold so dear. The political, social and spiritual challenges are well known. Their witness is an inspiration.

As you know, each year, every bishop and congregation is encouraged by the Presiding Bishop to participate in the Good Friday Offering. This tradition is decades old and is an important statement of our solidarity with the members of the four dioceses of the Province of Jerusalem and the Middle East. We have a Gospel imperative to be sure they know they are not forgotten behind the headlines or because of the distractions in our own lives.

This year, on this Good Friday, it is my hope and prayer that you will stand with me in prayer and action by promoting the Good Friday Offering among your people. Your leadership in encouraging generosity is important. Your willingness to speak out in support the ministry of the Anglicans who keep the faith on our behalf in the land our Lord Jesus Christ once walked is needed and appreciated.

With thanks to God for your support and leadership, I remain, Faithfully,
The Most Reverend Michael Bruce Curry

EASTER!!



Come and celebrate the risen
Christ with us on
Easter Sunday at 8 am and 10:30 am!

Sunday School News

News for our Sunday School Families!

We have been having a great time in Sunday School with our full accompaniment of teachers and are so grateful for every teacher in our team! We are set to teach as we are but having two part-time teachers who fill in as needed for last minute schedule changes will put the finishing touch on our teaching team. Please let me know if you would be able to fill in on occasion when a teacher needs to make a last minute change (you will receive full training).

We had our annual Family Lenten Preparation Day on Saturday 02/06/2016. We had a great time with craft time, a cooking project, singing a song (Standing In the Need Of Prayer), reading a story about a Saint who held a blackbirds' nest for the 40 days of Lent until the baby birds hatched and flew away!, learned about the meaning of Lent with Pastor Christine and received some take-home devotional materials. We also followed one of our favorite traditions by making community soup where everyone who comes brings something to add and a wonderful creation is made, as usual it was wonderful! Thanks to all who attended!

In February our children made Valentines for the shut-ins in our parish and others who might otherwise not have received a card this year. They had a lot of fun sending their love to those special people in our community! They made over 20 cards!

A special note about our Sunday School schedule for Palm Sunday and Easter Sunday:

- On Palm Sunday our Older Children will not have Sunday School and will attend the service with their parents so that they can hear the reading of the Passion Story. The Younger Children will attend Sunday School as usual. We will have nursery care as usual.
- On Easter Sunday there will be no Sunday School for either group. There will be nursery care as usual.

*There will be an Easter egg hunt on Easter Sunday after the 10:30 service so bring your Easter baskets!!

On Sundays children K-3rd assemble in the Sunday School room at 10:20 to collect purple ribbons with which they process after the choir. Children 4th and up assemble in the church vestibule and process without instruments. After a blessing from the priest children return to their class for a short lesson based upon one of the readings of the day and a craft or other activity (K-3rd return down the aisle with their teacher; 4th and up leave through the back door with their teacher). Children return to church in time to celebrate the Eucharist with their families.

Blessings to you all - Brandy

Ministry with Veterans - an update

Part One.

She was 53. Her husband was qualified for the State Veterans Home. Surely the State Veterans Home would admit the wife of the qualified Veteran, too. Why would they want to break up a couple, right?

They were desperate. He could no longer work. His body was used up. She did what she could, but it was not enough. Way behind on rent. Not much food.

The State said, no. She has to be 55.

Family will save the day, and move them to Arizona.

Part two.

He was 53. Homeless. Surely the State Veterans Home would waive the age 55 requirement for a homeless Veteran? They did it for the disabled.

He was exhausted. Last night there was a fight at the homeless shelter. The cops came. Hard to sleep. Hard to get enough hours of work.

The State said no. He has to be 55.

Gave him homework to do, including applying for Supportive Services for Veteran Families to help with rent. Will give him respite motel stays and job leads.

He left with a bit of hope.

Part three.

He was 53. Homeless. See above.

A family found him on the street as he was leaving jail. It was raining. They let him spend the night. He knew who to call thanks to a Veteran inmate functioning as "Service Officer" for the other Veteran inmates.

Now he is not answering his phone. Looked up his arrest record in Siskiyou county. Not good.

Please answer the phone. Better go see what's up. David Zelinsky, Service Officer



Marcia Goodrich	March 11	Jim & Mona Baker	March 29, 1979
Chris Piazza	March 22	Rich & LeAnn Bettencourt	March 24, 1970
Sheila Wagner	March 23	Sandy & Ralph Bert	March 25, 1978
Emma Piazza	March 25		
Boyd Roberts	March 31		

Easter Lilies



The Easter Lilies that decorate our lovely old church are \$10.00 each. They may be given in memory of someone or in thanksgiving for God's blessings. Please make your check out to the Altar Guild and give it to a member of the guild with your request. We would like to have your donation by March 17th. Thanks to all who donate.

Women's Bible Study

Women's Bible Study meets Wednesdays from 11:00-12:00 in St. John's room in Peirce Hall. We welcome new members at any time! We will begin a study of 1st Corinthians on Wednesday, March 2 at 11:00. We won't meet on March 23. For more information please call LeAnn at 644-4789 or email at lkbett@live.com.

S.H.A.R.E.

Thank you for continuing to support SHARE with food donations. We currently are in need of soup, canned beans, canned tuna and mac-n-cheese.

Agape Meal

The Agape meal is part of the Maunday Thursday service. When the worship part of the service is concluded, we proceed to the Parish Hall where the Agape meal is waiting for us. This is not a dinner but more of a picnic. Nothing is cooked. Instead we share a simple meal of bread, cheese, fruits, nuts and wine (or sparkling cider). The food has been provided by the parishioners. So that people know what to bring there is a sign-up sheet in the Parish Hall. Please be sure to sign up for what you would like to bring so that we will have enough for all. This year the Maunday Thursday service is on March 24. Please bring your food to the Parish Hall before the service.

Recyclables

There will no longer be any place for recyclables in the kitchen, so you have a choice of places to place these items.

1. You may bring the items of soda cans or C A C R B bottles in bags and place them in the barrels in the robing room. Then Boyd Roberts will take them to a recycle place and get money for the church.
2. The other recycle items, cardboard, paper, other bottles and cans are to be placed in the barrel with the yellow lid located in the area behind the kitchen with the other garbage cans.

Your cooperation with this situation will greatly help with keeping our kitchen clutter free.

Sunday Forum

Leta Parks and Tom Weikert are presenting a Sunday Forum on 'modern saints' such as Bonheoffer, Romero and Luwum. Questions that will be covered include: What is a 'saint' anyway? Why did we choose these? What makes them 'saintly' and what can we learn from them to apply to our own lives?

They will be presenting on some of the books of the canon which are read for the Sunday Eucharist during this period, e.g. Isaiah, I Corinthians, Nehemiah, Luke. What do modern scholars say about the background of these works? Who wrote them? When? Why? What was going on in the community? What of the structure of the book? How can all this help us when hear or read the book to apply it to our own lives?

The dates for this Forum are:

February 28 Leta, March 7 Tom

Newcomer Welcome evening

If you are new, relatively new, returning from being away for awhile, then this is for you. Leta Parks is hosting a Newcomer Welcome at her house on April 5th at 7 pm. This is an informal evening to gather, get to know each other and find out more about the Church of Our Saviour. Please RSVP at parksleta@gmail.com and she will send you her address.

Ministry Schedule 8 am

Date	EM	Reader	Usher
6	S. Bert	J. McDonald	N. Lawson/C. Griffin
13	S. Bert	T. Wilson	N. Lawson/J. Scheoner
20	D. Zelinsky	L. Powell	B. Wirth / L. Weikert
27	T. Weikert	L. Weikert	J. George/L. George

Ministry Schedule 10:30 am

Date	EM	Reader	Usher	Acolyte
6	Y. Giordano/J. Baker	B. Roberts	D. Lightfoot/E. Cannon	R. Dorrans
13	J. Baker/M. Baker	T. Fritschi	B. Roberts/E. Cannon	
20	J. Baker/M. Baker	C. McLaughlin	W. Roberts/R. Douglas	R. Dorrans
27	M. Muetz/S. Bert	L. Parks	R. Douglas/M. Miller	

Church Office Hours: Tuesday & Thursday 8:30-11:30

Contact list				
Priest-in-Charge	The Rev Debra Sabino	revdebra.oursaviour@gmail.com		530-848-7765
Associate Clergy	The Rev Christine Leigh-Taylor	leighta@mcn.org		916-704-8698
Admin Assistant	Trish Cumbra	oursaviour.placerville@gmail.com		530-622-2441
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Sexton	Charles Griffin	DG.posi30@gmail.com		530-677-9736
Senior Warden	Jim Baker	azulqt@live.com		530-622-5456
Junior Warden	Randall Douglass	randall.douglas@att.net		
Altar Guild	Brenda Hill	hillon50bfh@gmail.com		530-622-2191
Treasurer	Perry McLain	pmclain@pacbell.net		
Sunday School Director	Brandy Dorrans	b2d21339@msn.com		530-647-2104

Mar 2016 (Pacific Time)

Our Saviour, Holidays in United States

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 8 am - Holy Eucharist 9:30am - Adult 10:15am - Nursery 10:20am - Sunday 10:30am - Family 12:10pm - Choir	29 7:15pm - NA	1 6 pm - Bunco @	2 8:30am - MP 11 am - Women's 7 pm - Taize	3 8 am - Growing in 8:30am - MP 10 am - DOK	4 6:30pm - Welcome	5 10 am - Altar Guild 10 am - Pastoral
6 8 am - Holy Eucharist 9:30am - Adult 10:15am - Nursery 10:20am - Sunday 10:30am - Family 12:10pm - Choir	7 7:15pm - NA	8	9 8:30am - MP 11 am - Women's 6 pm - Taize	10 8 am - Growing in 8:30am - MP	11 6:30pm - Welcome	12 10 am - Altar Guild 11 am - Stations of
13 Daylight Saving 8 am - Holy Eucharist 9:30am - Adult 10:15am - Nursery 10:20am - Sunday 10:30am - Family	14 7:15pm - NA	15	16 8:30am - MP 11 am - Women's 7 pm - Taize	17 8 am - Growing in 8:30am - MP	18 6:30pm - Welcome	19 9 am - Prayer 10 am - Altar Guild
20 8 am - Holy Eucharist 9:30am - Adult 10:15am - Nursery 10:20am - Sunday 10:30am - Family 12:10pm - Choir	21 7:15pm - NA	22	23 8:30am - Morning 7 pm - Taize	24 Upper Room 8 am - Growing in 8:30am - MP 7 pm - Maundy	25 12 pm - Good Friday 6:30pm - Welcome	26 10 am - Altar Guild
27 Easter Sunday 8 am - Holy Eucharist 9:30am - Adult 10:15am - Nursery 10:20am - Sunday 10:30am - Family	28 7:15pm - NA	29	30 11 am - Women's	31 8 am - Growing in 8:30am - MP	1 6:30pm - Welcome	2 10 am - Altar Guild 10 am - Pastoral

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