



NEWSLETTER



St. John's by the Campus
Episcopal Parish and Student Center
March 2023

How Anglicans Pray: The Daily Office

Did you know that Anglicans are special in the way we pray? Anglicans pray in a threefold manner: The Holy Eucharist, the Daily Office, and personal prayer. Over the past few weeks, you might have heard me slip some Eucharistic theology into various sermons and announcements. If not, I will be more explicit about it and personal prayer in forthcoming articles but not this one. Here I would like to share with you one of the distinguishing prayer practices of the Episcopal Church: The Daily Office.

The Daily Office is made up of two main liturgies with two smaller ones added on. The two main liturgies are Morning Prayer and Evening Prayer. When Thomas Cranmer was writing the first Book of Common Prayer that was first published in 1549, he synthesized seven small offices into two: one for the morning and one for the evening. These have made their way down to our 1979 Book of Common Prayer as Morning Prayer and Evening Prayer.

The term “office” comes from the Latin “officio” which means work or duty. It is the duty or work of the Christian to mark the beginning and end the day with prayer. This practice links us with two important bodies. The first is Christ.

I think the Rule of the Society of Saint John the Evangelist puts it best:

The Daily Office is a sustained act of union with Christ by which we participate in his unceasing offering of love to the Father. In reciting the psalms, singing canticles and hymns, proclaiming the divine word in Scripture or lifting our voices in prayer, we are to enter more and more into the mind, heart and will of Christ, and be borne up by the Spirit in him to the Father.

When we pray the office, we join Christ in his posture of love and adoration toward the Father. Isn't that a beautiful image?

The second body it links us two is the body of Christ known as the Church. Episcopal monasteries, convents, seminaries, and parishes pray the office corporately every day. Sometimes hundreds of people gather and sometimes only two. Either way it is a powerful experience to have the body of Christ praying.

I once heard the story of a church in Texas that prayed Morning Prayer every day at 7:30. The Rector wanted to end the practice due to lack of interest. After announcing that the practice would stop the rector got a phone call from one of his parishioners. The parishioner was an oil rig engineer who never came to the office. Instead, he would fly on a helicopter every day to the oil rig. Every day, he brought his prayer book on the helicopter and when he saw it was 7:30 he would start praying Morning Prayer, knowing that his church was praying with him and for him.

When we pray the Daily Office, we join millions of Christians across the world who pray as the body of Christ to the Father. How might you start practicing the Daily Office? The prayer book has a lectionary for the Daily Office in the back. Once you know which psalm and readings are prescribed for the day, you are off to the races.

You can also do it online at venite.app

There is also an app for your phone! Look up Daily Office in your App Store and search: venite. If you feel like you would like to try something like the office but slightly shorter, the Forward Day by Day booklets follow the Daily Office Lectionary and have a similar function.

Compline and Noonday Prayer are the little offices. Compline is a great way to get ready for bed and put down one's burdens. It's one of my favorites. If you would like to learn more about praying the office, ask me! If you can't tell, I love to talk about this stuff.

Be well. Keep the faith. Say your prayers.

Every Blessing,
Father Tom+

The Daily Office: A Beginner's Guide

<https://www.stnicholasferran.com/wp/wp-content/uploads/2020/07/SSNF-Office-Guide-2019.11.08.pdf>

Parish Office

St. John's by the Campus
Episcopal Parish and Student Center
2338 Lincoln Way, Ames, IA 50014

Clergy

The Rev. Tom Early, Priest-in-Charge
The Rev. Mary Jane Oakland, Assisting Priest

Parish Assistants

Rachel Thevenot, Church Admin/Bookkeeper
David Moore, Chaplain
Dr. Miriam Zach, Music Director/Organist
Joan Aiton, Treasurer
Jane Galyon, Newsletter Editor

Vestry 2023

Elizabeth Charbonnet, Brenda Freeman,
Diane Gillott, Debbie Haywood,
Leigh Ann Long, Amy Mellies,
Cristine Mincheff, Tim Muggli,
Marlene Strathe

How to Communicate

St. John's Office: (515) 292-6655
Office: church@stjohns-ames.org
Fr. Tom Early: tom@stjohns-ames.org
Dr. Miriam Zach: miriamzach@gmail.com
Chaplain, David Moore:
davidmoore@stjohns-ames.org
St. John's Website: www.stjohns-ames.org
Diocese of Iowa: www.iowaepiscopal.org

March 2023 Newsletter Vol 29, Num 3

This Newsletter is published monthly except in July by the Episcopal Parish of Ames, a non-profit organization, 2338 Lincoln Way, Ames, Iowa 50014. Comments or inquiries may be sent to the church office. The deadline for the next Newsletter is Monday, March 27.

Please submit articles via email to
church@stjohns-ames.org or
jgalyon@iastate.edu.

March Birthdays

- 8 John Joiner, Augie Marr
- 8 Effie Lingren 3/8
- 9 Marti Elzer 3/9
- 11 Peter Matthews
- 12 Maggie Matthews, Joanna Muggli
- 14 Natalie Long 3/14
- 17 Michael Bloom 3/17
- 24 Elena Andrews, Ginny Blackburn and Jean Griffen
- 28 Katherine Fowler 3/28
- 31 Aries Freeman 3/31

Tech Training - March 7, 5:30-7:30

Would you like to learn how to livestream services at St John's? We will be holding a training on March 7 from 5:30-7:30pm. Pizza and drinks will be provided.

Email Corey Mellies at cmellies@gmail.com if you plan to join.

Adult Forum

Lent invites us to pause, reflect, and take a breath. Come join the Adult Forum starting February 26th between the 8 and 10 a.m. services as we meet in the church library from 9 to 9:45. We will be exploring gospel readings and discussing our journey through Lent as we travel towards Easter. We will meet each Sunday including Palm Sunday with no forum on Easter Sunday.

Compline is coming back March 1. Compline meets for a zoom service at 8 pm every Wednesday with evening prayer. This year we will have some Lenten guided prayer focused services.

Kathleen Sallee

Greta Levis

March 12 Light Lunch after 10 a.m. Service

On Sunday, March 12, Joanna Muggli and Steve Prater will cohost a light lunch after the 10 a.m. church service. Joanna will celebrate her, yet to be disclosed, anniversary of her 39th birthday. Steve will celebrate the completion of a number of recent oil and acrylic paintings, on display in Parish Hall. Steve will also have his paintings exhibited at Café Diem in May but wanted to share some of them first with friends at St. John's. So, please join us for food, fellowship and personal celebrations on the 12th at 11:15.

Walking the Labyrinth

The Prayer Labyrinth is up in the Parish Hall. If you have 30 minutes or more, begin your Lenten journey in prayer and contemplation and come walk the labyrinth. All ages are welcome! When walking the labyrinth, we ask that you please remove your shoes and wear socks to help protect the life of the canvas. Learn more at <https://www.stjohns-ames.org/s/Labyrinth-Brochure.pdf>.

Easter Lilies

Would you be interested in donating funds towards the Easter Lilies in honor of or in memory of someone? If so, please make a donation to the Flower Fund through the church office with a note attached, "For Easter Lilies" and who you would like to honor. Please make your donation before Friday March 31st so that it can be listed in the bulletin for Easter Sunday. Thank you for supporting the Flower Fund.

Diane Rioux

St Johns Flower Coordinator

2023 Directory

This year's parish directory has been printed! Please stop by the office during regular hours or after the 10 am service on Sunday if you would like to pick one up.

YSS Nest Donation Drive is Closed

The Baby Bump and Beyond (Nest) Donation Drive ended on the last day of February. Thank you to everyone that donated items to the drive! Your donations will help support pregnant and parenting families in Boone and Story Counties.

Thanks for a Wonderful Pancake Supper!

We served about 55 people for our Shrove Tuesday Pancake Supper. On the menu was pancakes, scrambled eggs, Little Smokies, Jimmy Dean turkey sausage, maple syrup, homemade apple sauce and caramel sauce, a large assortment of fresh fruits and berries, chocolate chips and bars, and whipped cream. Drinks were coffee, milk, and orange juice. It was a phenomenal event and took a lot of effort from a dedicated crew. We really appreciate all the help. *Thank you especially* to Joanna Muggli, Marg Junkhan, Carol Magilton, Dorothy Yoerger, Tanner Zanger, Steve and Dot Prater, Leigh Ann Long, John and Debbie Haywood, Kathleen Sallee, and Raveena Levis. If you helped with the pancake supper and we forgot to list you, let us know!

Jottings from the Junior Warden

As I assume my responsibilities as Junior Warden for St. John's, I want to first take this opportunity to thank Corey Mellies for his vigilance and care of our parish facilities over the past several years. In addition, Steve, as our sexton, and Dot Prater, along with several other faithful members, undertook extensive painting both within and outside of the church. Steve also has undertaken responsibilities in the replacement of several furnace and air conditioners, as well as general maintenance of the church. The grounds committee is also to be thanked for the new plantings, the spring and summer care of our landscaping, and the many 'small spruce up' projects done on almost a weekly basis. Please share your appreciation with these parish members for their many contributions to St. John's.

Early in February Steve was kind enough to give me an extensive tour of St. John's and assisted in identifying physical plant projects which still need attention. These include:

- 5-6 furnace/air conditioner units which need replacement
- Replacement of the hot water heater
- Replacement of the dishwasher/sanitizer in the main kitchen
- New flooring in the kitchen (current flooring is lifting)
- Numerous light bulbs which need to be changed out with Led bulbs
- One area of roof repair remains to be completed
- The plexiglass over on the south facing stained glass window is broken and needs replacement
- The fence surrounding the garbage container needs replacement as well as the floor of the storage facility
- The large light fixtures in the fellowship hall may need replacement if they cannot be fixed

As was reported at the annual meeting, the long-term maintenance fund has been drawn down considerably with the furnace/air conditioner replacements, which have already taken place, as well as other general maintenance needs. The projects noted above as needing attention will far exceed the remaining maintenance funds.

The Vestry, along with all the members of our parish, will need to begin discussions of how we continue to care for our parish home, just as we

discuss how we care for our own homes and properties.

We would invite your ideas, questions, and concerns as we discuss how to move forward. I would welcome your phone calls or personal visits if you would like to discuss any of these items with me.

Again, thank you for your support of St. John's, be it your time, talents, or treasure.

Marlene Strathe

970-227-7970

drstrathe@gmail.com



Small Acts, Big Impact (9th-12th)

March 25-26

All Saints, Storm Lake

This is a retreat for young people (9th-12th grade) who desire to learn and work towards a better community for all in our faith families. Our main focus for this weekend will be Matthew 25:31-46, taking care of our neighbors. Youth will take part in outreach ministries that local congregations take part in, and team-building exercises. We hope to empower our youth to go and make an impact in their communities.

Youth will meet and stay overnight at All Saints, Storm Lake but we will also be visiting local congregations and learning about their outreach ministries as well. The fee for this event is \$35.

Scholarships are always available and you can fill out the request form at

https://docs.google.com/forms/d/e/1FAIpQLSd8SKXQ_8_zL3p1BNSv4d4arOltf8OSKeDXYxrsKO3l8LXJNg/viewform.

Music News

You are invited...

Saturday, March 4 (1:30pm concert ISU Martha-Ellen Tye Recital Hall) - 27th

International Festival of Women Composers - Dr. Miriam Zach, Festival Founder/Creative Director

Sunday, March 5 (10am service St. John's Episcopal Church) - 27th International Festival of Women Composers

Saturday, April 15 (1:00pm MET) - ISU organ studio concert

Saturday, April 22 (1:30pm St. John's Episcopal Church) - ISU organ studio concert

Bible Study

We would like to invite you to the Bible Study group at St. John's, 10:30 Wednesdays, in the Conference Room (next to the office). We are a small group but have very lively discussions!

We are currently studying from the booklet, **JESUS' FINAL WEEK**, from the LifeGuide Bible Studies. The booklet can be purchased at the office for \$12.00, or from Amazon (for less). We like to support the Ames Christian Supply Store.

Lesson 1: Sunday: Triumphal Entry (Feb. 15)

Lesson 2: Monday: Clearing the Temple (Feb. 22)

Lesson 3: Tuesday: Teaching at the Mount of Olives (March 1, led by Sarah Terrones)

Lesson 4: Thursday: The Last Supper (March 8)

Lesson 5: Thursday: Betrayal & Arrest (March 15)

Lesson 6: Friday: Trial (March 22)

Lesson 7: Friday: Crucifixion (March 29)

Stations of the Cross (April 5)

EASTER (April 9)

Lesson 8: Sunday: Resurrection (April 12)

Please let me know if you have interest in the group or have any questions. Otherwise, we hope to see you Wednesday!

Sarah Terrones

Bible Study Coordinator

EfM seminar at St. John's - What is

EfM? "Education for Ministry (EfM) invites participants into small, mentored groups that provide the framework for understanding life and shaping actions as Christian faith is deepened. EfM seminar groups meet in local settings and online, and provide a four-year

curriculum that develops a theologically informed, reflective, and articulate laity." This is not a class just for those seeking ordination. Every baptized person is called to ministry. The EfM program is administered by the School of Theology in Sewanee, Tennessee, and the tuition is \$330. Since its inception in 1975, more than 100,000 people have participated in this vital program. EfM groups meet regionally in nearly every diocese of The Episcopal Church, in six provinces of the Anglican Communion, and some in virtual classrooms with participants from across the globe.

There are 10 participants currently in the class at St. John's led by Rev. Diana Wright. This is an online class using the zoom platform that meets on Sundays at 6:30 pm for 90 minutes. Classes begin with a review of the reading for that week, followed by some form of a theological reflection. The 36-week course meets every week from September through May. The best way to learn more about EfM is to talk to an EfM graduate or visit with one of the current students. On a personal level, I graduated from EfM in 2010, but have enjoyed participating with this group as a co-mentor over the last 3 1/2 years. The study materials have been updated since I took the course and I find that participating in the study and reflection each week continues to challenge me and provide insight into my relationship with God. Registration for the 2023-24 class will be available this summer.

1st year students: John Levis and Josiah Sutton

3rd year students: Diana Walsh, Mary Jo Pfeifer Wulf, Scott Thomson

4th year students: Brenda Freeman, Greta Muller Levis, Kathleen Sallee, Wendy Ware, and Kimberly Patterson

Mentors: Rev Diana Wright and Ed Gillott

Submitted by Ed Gillott

St. John's /Child Serve Partnership

Community outreach serves as an important part of the mission of St. John's Episcopal Church by the Campus. During the summer months of 2023, St. John's will partner with Child Serve to provide our two downstairs classrooms, the 'gathering area', bathrooms, and the small kitchenette for Child Serve to offer educational programs, from mid-June to mid-August, for mild to moderately disabled children and youth.

Child Serve provides a camp experience for children ages 5-16 and a daytime community-based

program for youth and young adults aged 16-20. A 3:1 ratio of participants to staff provides for extensive individualized educational programming which will take place in the classrooms of St. John's as well as in the larger community, where participants will learn life skills enabling them to live in and contribute to our community.

Child Serve will provide all the needed supplies for the period of their programming at St. John's and participants will have responsibilities for the cleaning and care of the areas of use. Child Serve will contract with a cleaning company at the conclusion of the programs to deep clean the entire area.

This is an exciting opportunity for St. John's to make our facilities available to up to 25-30 children and youth in our community. Extensive liability insurance is carried by Child Serve and our partnership is explicitly identified on a contractual lease agreement. The Vestry voted unanimously to enter into this partnership agreement at the February Vestry meeting.

If parish members have questions about this program or the partnership agreement, please do not hesitate to contact any Vestry member.

The Bridge Home is seeking a Board Member from St. John's. Inquire in the office if you are interested.

- Board candidates most importantly must be committed to ending the cycle of homelessness and have an interest in furthering the mission of The Bridge Home (TBH).
- Board members from sponsoring organizations serve as an advocate for TBH within their faith communities.
- Board members are expected to attend all board meetings and actively participate in a committee.
- Board meetings are held on the 4th Tuesday of the month at 5:30. Currently, both in-person and virtual meetings are held (or a hybrid.) Committee meeting times vary by committee but strive to find a time that works for all.
- Candidates can expect to spend a minimum of five hours monthly attending board and committee meetings and reviewing documents.
- Board members normally serve a three-year renewable term (with some modification if fulfilling another's term.)

- A potential candidate will be provided with some additional detailed information on what board service entails and about The Bridge Home to review.
- If service on the board appears to be a good "fit" for the candidate, a representative of the nominating committee will meet with any potential candidate to discuss board duties and responsibilities in more detail for a complete understanding of the service and TBH's expanding role in the community.

A Lenten Reflection with Fr. Richard Rohr

"Authentic Christianity is not so much a belief system as a life-and-death system that shows us how to give away our life, how to give away our love, and eventually how to give away our death. Basically, how to *give away*—and in doing so, to connect with the world, with all other creatures, and with God." [1] Richard Rohr, *The Universal Christ*, 212-213.

We know how to give away life. It's about sharing ourselves with others in the numerous ways of living in a community with a variety of individuals, situations, and resources. We know it can be different from one place to another, from one person to another and from one gift to another. We know it changes with time. And we understand about sometimes being on the receiving end. As Christians we work at this daily.

Giving away our love is also a familiar concept in its many and various forms. It may be easy, or difficult, joyful and outgoing, or quiet and gentle, and even conscious, or hidden. Jesus modeled the ways and we strive to follow his example.

But, giving away our death?? Maybe we will understand more about this if we listen to Jesus' teachings on life. He models rejection of wealth, power and fame. He identifies with the diseased and imperfect people. His miracles are visited on the infirm, not the perfect. The first blessing in the Sermon on the Mount is for the "poor in spirit." Note that there is NO comma after 'poor.' Their blessing is not contingent, or suppositional. Their blessing is 100% given, from moment one. And the questions that brings up are legion!

What if being 'poor in spirit' is not about having very little money and resources, a leaky roof, and

being unable to afford clothes for the kids? If it doesn't mean that, it may very well mean something that includes me and you. Well, that dumps me on my head! After all, don't we strive to be perfect in God's eyes to get into heaven? Or at least better than we are currently. How can I be 'poor in spirit'? I wonder if it is because Jesus saw suffering as a way to understand God's love.

We all suffer. Jesus says that subtly, and the Buddha says the same as one of the Four Noble Truths. But Jesus also tells us through the story of the rich man and Nicodemus night visit, that suffering is not the way to get into heaven. It isn't a requirement. "Instead, suffering is seen as the *practical and real price for letting go of illusion, false desire, superiority, and separateness*. Suffering is also pointed out as the price we pay for *not* letting go, which might be an even better way to teach about suffering." [2] Rohr, *The Universal Christ*. 217.

If we acknowledge our own suffering and let go of our desired pursuit of superiority, and then, with God's help, learn how our own suffering can lead to a better relationship with God, we can get a glimpse of the 'dying' we need to practice.

"Any time you surrender a negative, accusatory, compulsive, or self-serving thought, word, or behavior, the Buddhists describe this as 'dying'." What about Jesus image about the wheat seed dying to bear fruit? And, Lazarus death, leading to a resurrection with Jesus, and entry into the kingdom of God? It looks like we need to die first before that can happen. But now that we know what 'dying' means, we have many opportunities to do those little 'deaths' right where we are.

What ways could we work on all those little 'deaths' for Lent. Now there's some things to give up!

Peace, Cristine Mincheff

The ideas for this essay come from Richard Rohr's book, *The Universal Christ*, Convergent, New York, 2019.

Community Conversation series sponsored by the City of Ames

In a partnership with local substance use treatment organizations, Iowa State University Student Wellness, and the Ames Community School District, the City of Ames is hosting a "Community

Conversation about Substance Use Disorders" to explore the connections between substance use and its impact on mental health. The event will be held from 6:30 to 8:30 p.m. on Tuesday, March 7, at Ames Public Library, 515 Douglas Ave. Personal stories will be shared as well as presentations from representatives from Community and Family Resources, YSS, Iowa State University Student Wellness, Ames Community Schools, and Ames Police Department. A question-and-answer session will follow.

This event supports Ames City Council's goal to identify opportunities to improve mental and physical wellness together with community partners and is the fourth in a series of mental health Community Conversations planned over the next several months. These events are free and open to the public.

Future Community Conversations are planned:

- Tuesday, April 4: "Civility in Conversations," 6:30 to 8:30 p.m. at Ames Public Library, 515 Douglas Ave.
- Tuesday, May 2: "Navigating Mental Health/Substance Use Systems," 6:30 to 8:30 p.m. at a location to be determined.

Watch for updates and view the Community Conversation video archives at <https://www.cityofames.org/living/mental-health-initiative>

Food at First

The Food at First program continues to serve a free meal every day at the First Christian Church, 611 Clark. Everyone is welcome and no questions are asked. They typically served over 100 meals every day. Major renovations of the dining area and kitchen are now complete!

- Sun, Mon, Tue, Wed, Thu, Fri Meals are served from 5:45 pm – 6:15 pm
- Saturday meal is served from 11:30 am – 12:15 pm

The Free Market program distributes food three times a week:

- Monday and Thursday 4:30 – 5:30 PM
- Saturday 10 – 11 AM

Volunteers are needed more than ever to collect food from local restaurants and markets and prepare meals for distribution. It takes an army of dedicated volunteers and support from the community to provide this critical ministry to the Ames community every day.

For more information or to volunteer, go to
<https://foodatfirst.wordpress.com/>
or check out the latest post at
<https://www.facebook.com/FoodAtFirst>

Taizé Service

Contemplative Outreach of Central Iowa is offering a Taizé Service Sunday evening March 12 at St. Thomas Aquinas in Ames. All are welcome to come and enjoy this beautiful contemplative musical experience. Mark your calendars for 7 PM March 12.

What is going on around the Diocese of Iowa?

Check out the updates at the new and improved Diocese of Iowa website:
www.iowaepiscopal.org. Includes a link to the monthly e-newsletter.

Office Hours

St. John's office hours are Monday through Thursday from 9 am to 5 pm.

Online Parish Services

The 10 am Sunday service is livestreamed on our YouTube channel.
www.youtube.com/@stjohnsbythecampus

January Vestry Minutes

Present: Fr. Tom Early (Priest-in-Charge), John Joiner (Sr. Warden), Corey Mellies (Jr. Warden), Diane Rioux (Clerk), Joan Aiton (Treasurer), Leigh Ann Long, Brenda Freeman, Diane Gillott, Cristine Mincheff, Elizabeth Charbonnet, and David Moore (Chaplain).

The meeting was opened by Fr. Tom Early with a prayer at 6:31 pm via Zoom.

The Minutes of the December 21st meeting were accepted.
The December Financial Report and Year End Statement were accepted.

New Business:

Proposed Budget for 2023:

Hospitality and Fellowship budget increase -

1500 a year to cover coffee, food, and supply costs. Hoping to continue with volunteers to bring food items and serve.

Utilities continue to increase -

Phone bill is being reevaluated Water should decrease after toilet repairs are completed.

Diocesan Contribution decreased -

Based on pledging units and attendance. Each year the Diocese reevaluates and audits each Parish.

Vestry voted to recommend approval of the proposed 2023 Budget.

2023 Vestry Candidates:

Terms end for John Joiner, Corey Mellies, and Diane Rioux

2023 slate will be Marlene Strathe, Tim Muggli, and Amy Mellies

The slate will be presented at the 2023 Annual Meeting Jan 29, 2023

Paid Cantor Position:

Vestry discussed at length the scholarships available to students and where the funds would come from for a Paid Cantor. The goal of the Scholarship Fund is to assist students willing to sing in the choir and attend church on Sundays.

The Vestry did not approve a paid Cantor position for 2023.

Personnel Policy and Job Descriptions:

The Employee Oversight Committee (John J., Corey M., and Diane G.) reevaluated each paid position and rewrote each job description. The rewritten job descriptions were approved by the vestry and the Diocese.

Rotating Photos in Parish Hall:

Requests have been made to rotate artwork on the walls of the Parish Hall. Parishioners have offered to display artwork. A policy will be written for each participant to sign for liability.

Child Serve Summer Program:

A request was made from Child Serve of Ames to use classroom space during the summer months at a fee. A representative from Child Serve will meet with a Vestry member with details. More information will be available in February.

Old Business:

Parking Lot Signage:

A request was made for signage for each rental space. Parking Lot Committee met to discuss alternative ways to solve rental spaces being used by outsiders. Communication of policies, monitoring lot and rewriting rental agreements will all be done. Signage for each space was not approved.

Outdoor Columbarium:

Nevada Monument is engraving the additional names from 2022. Corey will call and check on a completion date.

Reports:

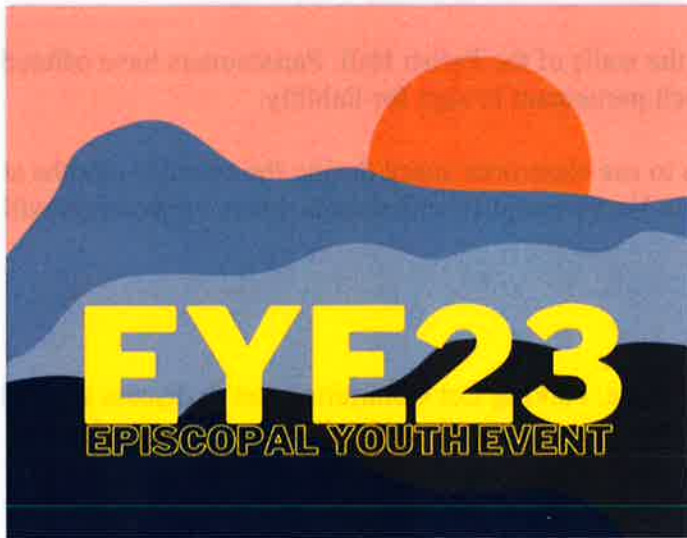
Priest in Charge: Fr Tom Early is getting settled in the office, with new office hours, new schedule. Compline will be on hiatus until Lent.

Sr Warden: John Joiner thanked all for support during his term.

Jr Warden: Furnace is in process of repair. Corey Mellies thanked all for support during his term.

Fr. Tom Early closed the meeting with a prayer at 8:03 pm.

Draft Submitted by Diane Rioux, Clerk
Edited by Rachel Thevenot, Church Administrator & Bookkeeper



JULY 4-8, 2023
UNIVERSITY OF
MARYLAND,
COLLEGE PARK

EVERY THREE YEARS THE EPISCOPAL CHURCH CONVENES AN INTERNATIONAL YOUTH EVENT SO “THAT THE ENERGY OF THE YOUTH OF THE EPISCOPAL CHURCH CAN CONTINUE TO BE UTILIZED IN ACTIVE MINISTRY AS MEMBERS OF THE BODY OF CHRIST.” THIS IS AN EVENT FULL OF WORSHIP, LEARNING, MEETING NEW PEOPLE AND HAVING A LOT OF FUN WITH EPISCOPALIANS FROM ALL OVER THE WORLD!

YOUTH PARTICIPANTS IN EYE23 MUST BE ENROLLED IN 9TH, 10TH, 11TH, OR 12TH GRADE DURING THIS SCHOOL YEAR. PARTICIPANTS MUST HAVE TURNED AT LEAST 15.

THE REGISTRATION COSTS FOR EYE IS \$400. THIS INCLUDES 5 DAYS AND 4 NIGHTS OF ALL EVENTS, MEALS, AND LODGING. AIRLINE TICKETS, TRANSPORTATION, AND ADDITIONAL MEALS WILL BE AN EXTRA COST. YMDT HAS FUNDS RESERVED FOR YOUTH TO ATTEND EYE AND HOPES TO COVER 1/3 OF THE COST.

YOU CAN FIND MORE INFORMATION BY
SCANNING THE QR CODE.



The Daily Office: A Beginner's Guide

Daily Morning and Evening Prayer can be very intimidating at first, especially without a background in liturgical prayer. This basic tutorial aims to demystify the structure of the Office so beginners can start praying with the Book of Common Prayer.

When? Where? Who?

The Daily Office may be said at any time in any place. There's no requirement that it be said in a church at a specific hour. But setting regular times and places for yourself can be very helpful for keeping the discipline.

The Daily Offices are meant to be said with others as a corporate service. But it's sadly quite difficult to find an Episcopal parish that offers the Office as a regular (let alone daily) service these days. This guide will teach you to pray on your own. Maybe with time you'll gather a group to pray with you!

Getting it 'Rite'

The *Book of Common Prayer* provides two forms for Morning and Evening Prayer: Rite I and Rite II. Rite I uses more archaic English forms like 'thee' and 'thou'. Rite II uses English as we speak it today, though still in a more 'elevated' style than casual speech. The wording is different, but the structure is the same for both rites.

Rite I: Morning Prayer (page 37)
Evening Prayer (page 61)

Rite II: Morning Prayer (page 75)
Evening Prayer (page 115)

Basic Structure

1. Opening Sentences

The Office opens with a sentence from Scripture. In Morning Prayer these are organized according to the liturgical seasons, including special ones for feasts, fasts, and saints' days. The opening sentences for Evening Prayer aren't organized by season, however, and can be used at any time.

2. Confession

While confession may be left out, it is worth noting that the longer introductory paragraph lays out a justification for the entire Office. Confession lets us "prepare ourselves in heart and mind" for worship, and is a very worthwhile practice. Note that if you're a lay person, the pronoun in the absolution is different.

1. Opening Sentences
2. Confession & Absolution
3. Invitatory
4. Psalms (*Gloria Patri* after each)
5. The Lessons & Canticles
6. Apostles' Creed
7. Salutation & Our Father
8. Suffrages
9. Collects
10. Optional Conclusions
11. Closing

4. Psalms

Here you pray the Psalms for the day according to the schedule you are using, praying the *Gloria Patri* after each Psalm. There are two Psalm schedules to choose from. The 'lighter' one appoints Psalms with the readings in the Daily Office Lectionary (page 934). The 'heavier' one appoints Psalms in a 30-day cycle, found in the Psalter itself (page 585).

3. Invitatory

Having "prepared ourselves," this section "invites" us to worship. Here rings the first of several "*Gloria Patri*"s, which is simply the Latin for the opening words "Glory to the Father..." You'll find that old Latin titles are retained in most of the BCP, since the Anglican tradition is part of the Western, Latin tradition.

After the Alleluia comes the Invitatory Psalm. In Morning Prayer you can choose either the *Venite* or the *Jubilate* (the *Pascha Nostrum* is used during Easter), and you can add a seasonal antiphon before and after the psalm if you choose. In Evening Prayer, this section is simplified to the ancient Greek hymn *Phos Hilaron* ('O Gracious Light'), said without antiphons.

5. Lessons (Readings)

After the Psalms you read 1 or 2 selections from Scripture. These are also found in the Daily Office Lectionary starting (page 934). The Readings are introduced as they are on a normal Sunday. There are a few options for concluding a reading listed in each Office (page 84 for Rite II Morning Prayer). Some don't require any response from others.

Each reading is followed by a Canticle. These are mostly songs taken from Scripture, though a few are ancient songs of praise. The Canticles are numbered in a confusing way. Despite appearances from the numbering, Rite II has all the same Canticles as Rite I, just in a different order and translated into contemporary language. Rite II also offers a number of Canticles that Rite I doesn't have.

To pick a Canticle, you can follow the schedule on pages 144-145. Or you can follow a more traditional pattern that focuses mostly on the hymns from Luke:

Morning:

Te Deum (Canticle 7/21)

or *Benedicite* (Canticle 1/12)

Benedictus (Canticle 4/16)

Evening:

Magnificat (Canticle 3/15)

Nunc Dimittis (Canticle 5/17)



6. Apostles' Creed

Pretty simple! Just say it!

7. Salutation & Our Father

Before the Our Father there's a salutation and response. If you're on your own, you can say both parts or skip right to the prayer.

8. Suffrages

These are snippets from the Psalms arranged in a call-and-response format. The Officiant says the V parts, and the People says the R parts. Or you can say both if you're alone. Use either set.

9. Collects

Here the Officiant prays one or more Collects (a fancy word for prayer). This can include the Collect from the previous Sunday. There are specific Collects for Friday, Saturday, and Sunday. Traditionally there are fixed daily collects: "Collect for the Grace" (page 100) & "Collect for Peace," (page 99) for Morning Prayer and "Collect for Peace" and "Collect for Aid against Perils" (both page 123) for Evening Prayer. But you can use any of the ones there!

Unless there's a Eucharist or a special set of prayers, you then proceed to use one of the three "Prayers for Mission."

After the Prayer for Mission you can sing a hymn and/or pray for anything that needs praying for. You can use prayers from the prayerbook (pages 810-841) or pray from your heart.

10. Optional Conclusions

Before the close of the service you can pray the General Thanksgiving or the Prayer of St. Chrysostom or both. The Prayer of St. Chrysostom is especially fitting when you're praying the Office with a group.

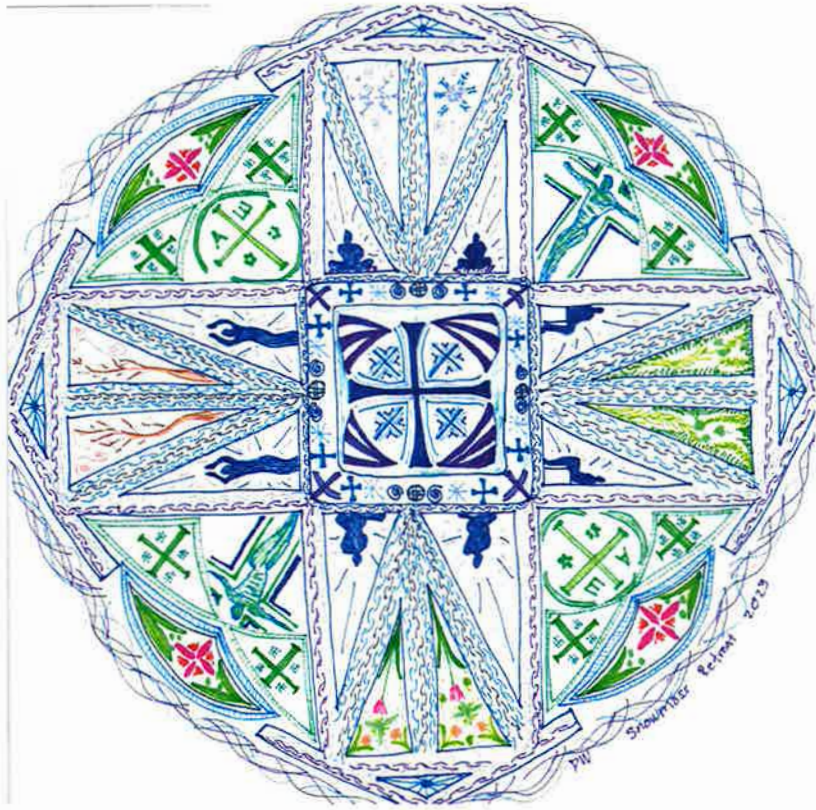
11. Closing

The Office is finished with a final call to bless the Lord and a blessing from Scripture is read.

Useful Pages

Morning Prayer (Rite I)	37	Evening Prayer (Rite I)	61
		Collects (Rite I)	159
Morning Prayer (Rite II)	75	Evening Prayer (Rite II)	115
Noonday Prayer (Rite II)	103	Compline (Rite II)	127
		Collects (Rite II)	211
Daily Office Rubrics (Rules)	141	Psalms	585
Prayers & Thanksgivings	814	Daily Office Lectionary	934

Find out more at stnicholasferrar.wordpress.com.



O Lord, Hear My Prayer

*A Service featuring
Songs and Prayers of Taizè*

Sunday Evening, March 12, 2023 7:00 p.m.

St. Thomas Aquinas Church

2210 Lincoln Way, Ames

We invite you to join us for worship with
lovely music, prayers and silence

Come celebrate the liturgical season of Lent with
a contemplative worship experience featuring
lovely meditative chants, music, scripture, and
silence.



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