

A Message From Our Rector

Dear Friends:

This week's practice in our Way of Love for Lent is "Rest." I am grateful to Catherine McBride Bergum for her lovely meditation on this practice. I hope that your own Lenten work is going well. We are halfway through Lent this week, a week when our best intentions, Lenten disciplines and hopes might start to become difficult. My prayers are with you, and I ask for your prayers for me, to persist with the choices we made for our Lenten work, and to know that God is very present with us and with all we love.

In peace,

Beth+



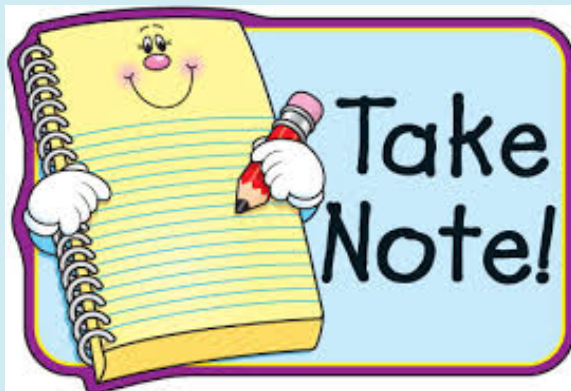
REST

Ezekiel 37:1-14

Society rewards me for my accomplishments, for what I do and get done, not for when I pause to take in the morning, or for how deeply I rest. “Like a squirrel in the road” is a favorite phrase depicting frantic effort without results. The counterbalance of achievement, the quiet yin to the active yang, is true rest. God among us gives breath / inspiration, tendons for connections, flesh for strength, and skin for protection. God also entreats us to rest on the Sabbath.

To rest is to intentionally stop everything, even thoughts, so that each part of my conscious living system can be still. Only then can my mind and body rebuild and re-energize to return stronger, more capable, and of a clear mind. Only then can I be repaired to accomplish and achieve. But in that rest may also come focus, clear vision, deep insight, wisdom. “Ready, steady, go!” Let’s spend more time on the steady.

Catherine McBride



CALVARY TELEPHONE NUMBER

Calvary has two telephone numbers listed in various directories. If you call the office, please be sure to use 507-282-9429. The other number is for the kitchen and will shortly be disconnected.

EASTER LILY DONATION

If you are interested in giving financially towards the lilies that will adorn our altar and church during Easter, please email office@calvary-rochester.org, or give the church office a call. You may also fill out the forms in the bulletin in church for the next few Sundays. Lilies may be given in honor of, in thanksgiving for or in memory of someone, or to the Glory of God. The suggested donation is \$13.00 per Lily. The deadline for giving is April 12th.



Agape Meal Assistance Needed

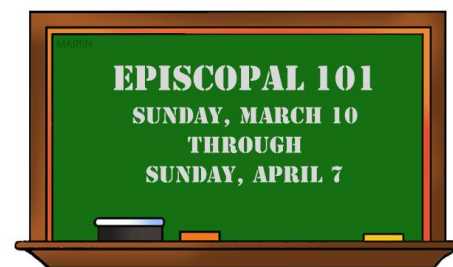
We are in need of 3-4 volunteers that would assist us with the preparation and cleanup for the Agape Meal which will take place after the Easter Vigil on Saturday April 20th at 7 PM. An hour or two of your time would be most appreciated. Please call Kirsten Vitale

(507.266.5747) or Lee Gilmore (507.951.3288) if you can assist.

This Week at Calvary...

Episcopal 101
Sundays from March 10-31
and April 7 10:00 - 11:00
am Roenigk Room (3rd
Floor)

Join us on Sunday mornings during Lent at an Adult Inquirer's Class for those interested in reception to the Episcopal Church, confirmation or reaffirmation (with Bishop Prior on May 7th) or just interested in brushing up on your knowledge of the Episcopal Church. The resources we will use include "People of the Way, Renewing Episcopal Identity" by Dwight J. Zscheile and The Book of Common Prayer. The course is open to all adults and will be facilitated by the Rev. Beth Royalty and others



Dances of Universal Peace- Sunday, March 31st from
4:00-5:30 pm in Crawford Hall

Calvary Sacred Circle is hosting our first *Dances of Universal Peace* with certified leader Francis Gurtz in Crawford Hall. The *Dances of Universal Peace* are simple,

meditative, multi-cultural circle dances that incorporate sacred chants, music and movements from many spiritual traditions. No dance or musical experience is necessary and all ages (grade school and older) are welcome to join us in this seasonal ceremony. The *Dances of Universal Peace* are a spiritual practice using sacred song and story with the intention of bringing joy and spreading world peace. No registration is necessary and a free-will donation will be accepted. For more information, see www.dancesofuniversalpeace.org



Wednesday Evening Lent Class & Soup Supper March 13-April 17

Each Wednesday in Lent all are invited to gather for a simple supper and study group from 5:15 pm - 7:00 pm in Brackenridge Hall. If you would like to take part in the supper, [please register online by clicking on the sign up button below](#). Each week we will study a different discipline as a part of **Life transformed: The Way of Love in Lent**.



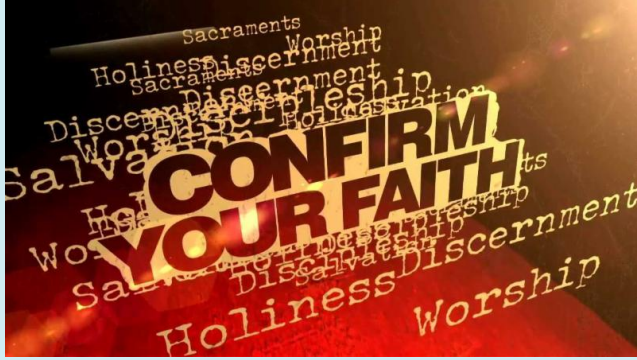
March 27th, Session Four/ BLESS: A New Heart and a New Spirit
(Ezekiel 36:24-28)

All are welcome; we will accept a free will offering for suppers and there is no cost for the class.

[Click Here to Sign Up](#)

Save the Date...

**CONFIRMATIONS,
RECEPTIONS,
REAFFIRMATIONS AT
CALVARY WITH
BISHOP PRIOR**



Bishop Brian Prior will be making his final visit to Calvary on Tuesday, May 7 at 6:00 pm. Bishop Prior is retiring in February, 2020 following the election of Minnesota's next Bishop in September. A confirmation class for all in 9th - 12 grades

begins this Sunday, January 13. Parents of children in those grades have been sent information about each class date in an email. If you are a parent of a 9th - 12th grader and did not receive that email, please call the church office. All adults interested in being confirmed, reaffirmed or received are invited to a class called Episcopal 101 that starts on Sunday, March 10 and will continue through Lent and end on April 28. Episcopal 101 is offered for any adult interested in the Episcopal Church, and not limited to those interested in confirmation. The service on May 7 is open to all Episcopalians in the Southeast Mission Area.



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PRAYERS



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