

Good News from Good Samaritan

Love one another and the world as Christ loves us

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Volume 9 – March 2016

From The Clergy



Dear ones,

Lent is a time for discernment, of considering the path that we will take in life. The word, discern means to “perceive clearly with mind or senses,” and comes from the Latin root *cerno*, which means to separate or to sift. Discernment then is a process by which we

sift through the strands of our lives and figure out what is of value, what is life giving, what is true to our core nature, and what is imposed upon us from the outside, what thoughts and practices to keep and what can be laid aside. This is important spiritual work. There are many ways to discern, to figure out who we are and what our life is about. Some read, some talk, others pray and meditate, still others discern through action, making decisions, trying new things or perhaps a combination of some or all of

these. If you would like help, advice or just a sounding board Mo. Abigail and I are always available to listen, pray and reflect with you.

On a practical note: As you can appreciate we are in the middle of renovating Simpson Hall. Construction has been delayed somewhat due to an issue in obtaining the necessary work permits. As of this moment I am not sure whether the hall will be ready in time for Holy Week and Easter, although we hope and pray that it is so. If the work is not completed it might affect some of our plans during Holy Week. I will make sure that everyone is kept informed of progress as it unfolds.

Speaking of Holy Week, this year we will be working more closely with our friends at Grace Lutheran Church. We have invited them to join us for our Good Friday evening Liturgy and we in turn have been invited to celebrate the Easter Vigil on Holy Saturday. I would hope that we would all make a particular effort to support both of these services so that our bonds of affection and cooperation might grow stronger.

With prayer for a Holy Lent,

Simon+

Special Events & Liturgy during Holy Week

Palm Sunday <i>March 20th</i>	8:00 a.m.	Liturgy of the Palms (<i>Simpson Hall</i>)
	10:30 a.m.	Liturgy of the Palms and Eucharist (<i>Combined</i>)
Maundy Thursday <i>Thursday, March 24th</i>	6:00 p.m.	Seder meal with Eucharist followed by vigil
Good Friday <i>Friday, March 25th</i>	12 noon	Stations of the Cross
	7:00 p.m.	Good Friday Liturgy
Easter Eve <i>Saturday, March 26th</i>	8:00 p.m.	Easter Vigil Service at Grace Lutheran Church (on Harrison)
Easter Day <i>Sunday, March 27th</i>	6:30 a.m.	Sunrise Service (<i>Courtyard</i>)
	8:00 a.m.	Sung Eucharist (<i>Church</i>)
	9:00 a.m.	Easter Brunch
	10:30 a.m.	Choral Eucharist followed by Easter Egg Hunt

Wednesday Evening Lent Study

Practicing “The Way”

In the decades following the life and ministry of Jesus his followers were not called Christians, instead they were known as “followers of the Way.” (Acts 24:14) Being a follower of the Way implies some kind of activism, a way of living and being in the world, not simply believing doctrinal truths or theological statements. In other words being a Christian has from the very beginning been something more than just believing or thinking, it’s been about living.

Using tools drawn from the Kaleidoscope Institute, an Episcopal foundation that promotes dialogue and thinking around culture and diversity, I will be offering a five week course this Lent where we will consider some of the most important forces in our lives:

- **Money** – What kind of life do we want to live? Do we choose to live with a feeling of perpetual scarcity, ‘I don’t have enough,’ ‘what will happen tomorrow?’ or can we choose to live a different narrative, trusting in God’s abundance? Come and find out!
- **Power** – What is power and who has it? If we have power and influence how do we use it?
- **Language** – Language is not only our primary means of communication it also shapes the way we think and see the world. Explore our unconscious use of language in everyday life.
- **Culture** – We will look at the impact and influence of culture on our lives as well as the ways in which it shapes our perceptions, opinions and choices.
- **Self-image** – Who are we really? What does it mean to be made in God’s own image? How do we see ourselves and others?

We will use interactive tools to explore these issues together – mutual invitation, respectful communication, the Kaleidoscope bible study, photolanguage, the money game and more, and together consider how we practice the Way more authentically.

Where: The Bishop Katharine Lounge.

When: Every Wednesday in Lent.

Time: 6:00 – 8:00 p.m.

Potluck dinner. Childcare is provided.

Music Notes

Dear Parishioners,

I hope you look forward to Lent as much as I do every year; right as we get into the difficult, stressful, dismal weather of February and March, we are given Lent to spend time with God in prayer and reflection. I’ve never thought of Lent as being sad, but as being safe: a safe time to re-evaluate what is important.

Throughout Lent our Church choir will be working on the Fauré *Requiem*. We are offering one movement per week during Lent, and we will do all of them together (except the first movement) on Good Friday. It is a true privilege to be able to study and sing major works like this, and I hope you will join us for that Good Friday service.

I was so happy with our February Valentine’s Day concert! I’m proud of all of the musicians, and thankful to the choir for participating. Special thanks to our Sundays@3 committee and to Laura Bunsen for working so hard to make this wonderful event possible. I hope you all had a terrific Valentine’s Day.

If you’re interested in participating in music at Good Sam, you can email me:

moursundjames@gmail.com

I can direct you to whichever kind of music in which you have interest. Notably, I hope you check out our Adult Choir, Contemporary Ensemble, and Hand-bell Choir.

Music Lesson: Maurice Duruflé was a French 20th century composer. His most famous work was his *Requiem*, which greatly mirrored Fauré’s *Requiem* because it contained the same nine texts as movements. Duruflé incorporated the themes of Gregorian Chants into his *Requiem*, thus paying tribute to the music that goes back to the 9th and 10th centuries in Western tradition. Perhaps you heard Duruflé’s *Requiem* performed recently by the Corvallis Repertory Singers!

Best,

—James Moursund, Director of Music

Vestry and Committee Reports

Your Vestry Personnel 2016

Paul VanDevelder
Bill Smoker
Keith Gelbrich
Ruth Burns
Harry Burridge
Robert Lovelady
Ric Bergey
Mike Propst
Stephanie Wohlwend
Beverley Beckley
Michelle Millar
TBD

Annual General Meeting Elections

At the Good Samaritan Church, Annual General Meeting on Sunday January 31, 2016 elections for the Foundation, Vestry and Campus Ministry Advisory Committee were held.

For the Foundation Lee Sansum and Keith Dunlap were elected by acclamation.

The six outgoing vestry members, Bob Bernhard, John Wooley, Patricia Boyce, Beverly Durham, Carol Scharfer and George Constantine were all acknowledged for their work. A slate of five candidates were nominated and elected by acclamation. The sixth member will be appointed by the vestry at an upcoming vestry meeting. The new members are, Ric Bergey, Mike Propst, Stephanie Wohlwend, Beverley Beckley and Michelle Millar. The vestry members areas of responsibility will be determined at the first vestry meeting and reported in next months newsletter.

An election of members for the Campus Ministry was also made and the following seven members elected, Cammie Bella, Sheldon Greaves, Mary Frances Campana, Stan Paden, Judy Burr ridge, Rick Mickshl and Linda Gelbrich

The United Thank Offering

The recipient of the March Designated Offering is the United Thank Offering. The UTO gathers donations from members of the national Episcopal

Church and awards grants for mission projects in the United States and abroad. Projects selected for funding in past years have included building a community center in Burundi, improving prenatal care in Haiti, and replacing a church destroyed by arson on the Sioux Indian Reservation. Farming, health, education, care for the homeless, and many other human needs are met when you give to the UTO. Your donation will help carry out the work of our Church in the world.

—Kathleen Coleman, Outreach and Social Justice Committee

Food Basket Thanks

On behalf of the many local needy families we serve each month, we wish to extend our sincere appreciation to all who have donated food items to our St. Vincent de Paul Food Pantry. By this ministry, together we express our love for our neighbor.

Please pass on this message of appreciation to everyone who in some way participated in your food donation. We ask your continued support as we start a new year.

When you meet the hungry...you meet Jesus.

St. Vincent de Paul Society, Olive M. Davis,
Vice President & Manager

Happenings

A Peter Fritsch seminar

“The Art of Active Imagination: Embracing Fantasy to Discover Personal Meaning and Purpose.”

In the tradition of St. Augustine’s “Soliloquies,” the Spiritual Exercises of St. Ignatius of Loyola, the writer of The Gospel of John, and “The Red Book,” by C G Jung, participants will learn to use Active Imagination to enhance the Fantasy life within to discover deeper self actualization.

Peter Fritsch has utilized Active Imagination to enhance preaching, teaching and to receive the love of God for twenty seven years. He worked for eleven years under the guidance of John A. Sanford. He attended conferences on Active Imagination at Kanuga and the Jungian Institute in Switzerland.

Participants will learn how to engage their dream images, stories from sacred Scripture, to enhance their trust in inner intuition, instinct and the voice of the Holy Spirit.

April 19-21, 6:30-8 pm. \$ 40 per person at the door. Good Samaritan Church, Corvallis. Scholarships are available, contact Fr. Peter at plfritsch@hotmail.com

Casserole Connection

Just a reminder! For the month of March Marilyn Tarrant will be our “Casserole Connector”. Her phone number is 541 368-5941. If you should hear of someone in the parish who could use the support of a main dish casserole please give her a call. She will get in touch with one of our good cooks and take care of your concern. We do need your help to let us know of someone in need.

—Bobbie Beck

Other Activities

Anglican Prayer Beads (or rosary if you like)

There are many ways to use prayer beads and like a labyrinth [there](#) really [is](#) no wrong way.

They can be used for brief prayers/meditation by only fingering one cycle of beads or three full cycles (equaling 101 beads, aka a rosary)

The how is really quite simple. You start at the Cross/Symbol Bead (some prayer beads will have a stone, or different shape, [it](#) does not have to be a cross). Then you move to the Invitation/Dismissal Bead (as it will be prayed once before the cycles and once after the cycles) there [are](#) 3 spacing beads between the cross and the [Invitation](#) and the [Invitation](#) and the [Cruciform](#) (no prayers are assigned to these beads). The next step is to move to the 1st of 4 Cruciform beads (these 4 beads are usually larger and/or a different shape from the week beads). Then proceed to the 1st of 4 sets of 7 beads called the Week Beads. A cycle is when you pray a set of 4 Cruciform and Weeks. After Completing 1, 2 or 3 cycles you then pray the [Invitation](#) bead (not thought of as the Dismissal Bead) and finally the Cross/Symbol bead (this can be as simple as Amen).

A short cycle would be: Cross->Invitation-

>Cruciform1->week1->Cruciform2->Week2->Cruciform3->Week3->Cruciform4->Dismissal->Cross

This is a good format to use before worship to center mind and spirit.

You do not need to use words when working beads, you can simply take a slow deep breath at each bead.

Beads can also be worked during worship while listening to lessons or sermon or while saying psalms or prayers.(As a person who has attention deficit it often helps to keep my mind from wandering or becoming physically antsy).

There are many prayer options already written for prayer beads, some simple and very repetitive, some [complicated](#), [which](#) need to be read while using the beads. The most commonly used have been made available with the bead in the chapel, along with simple instructions.

Another common use of prayer bead is free form: the four cruciform 1 -for individuals, (followed by 7 people to pray for) cruciform 2 - for the community (followed by 7 concerns or prayers) - cruciform 3 - for the world (followed by 7 concerns or prayers) - cruciform 4 -for thanksgiving (7 things you are thankful for).

Being present is an ongoing challenge in our spiritual lives. The busier or [more](#) stressed we are the harder it is to detach and connect with the spiritual. Beads add a tactual aspect to our meditation/prayers often felt by many as a physical [grounding](#), connecting the physical, with the mental, with the spiritual.

The beads in the chapel were assembled during a previous Lenten program (2-3years ago). The crosses were made by me, Gina Halter. It is my hope that these beads will be used during and outside of scheduled service.

—Gina Morena Halter

View From The Village

In a community such as ours it is easy to assume that as we age we spend most of our time alone in our space with the television going constantly. It is a stereotype that doesn't always fit the residents of Samaritan Village.

There are activities here that keep people engaged if they choose, but community is more than that to us. Many of us keep an eye out for neighbors. If someone is traveling and needs mail picked up, they give a key to a neighbor and the mail is collected. Others will help with laundry, shopping needs, or they might drive a neighbor to the hairdresser or the doctor. Sometimes all that is needed is a warm smile and a greeting. This is what community is all about. We may not always agree about things, but if a neighbor needs and wants assistance and connection, they are readily available.

Our 50th Anniversary party is now scheduled for Saturday, April 16th at 3:00 pm. If you were here when Samaritan Village was built and remember that time, feel free to share your stories and photos with us. We welcome all to our celebration and look forward to seeing you. The festivities will be in our dining room and lounge.

See you at the Village!

—Marian Ely, Samaritan Village

Pictures from the Past Month

Annual General Meeting

Pictures this month by Keith Dunlap



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The Bishop of Oregon:

The Right Reverend Michael J. Hanley

The Clergy of the Parish

Rector	The Rev. Simon C. Justice
Assistant Rector	The Rev. Abigail Buckley
Priest Assisting	*The Rev. Alvin P. Lafon
Priest Assisting	*The Rev. Tom Stevenson
Rector Emeritus	*The Rev. William R. McCarthy

The Officers of the Parish

Senior Warden	Paul VanDevelder
Junior Warden	John Wooley
Clerk of the Vestry	Andrew Moursund
Treasurer	John Shea
Assistant Treasurer	Robert Bernhard

The Parish Staff

Director of Music	James Moursund
Organist	Dr Nancy Dunn
Contemporary Music	Trudy Jones
Bell Choir Director	*Stephanie Wohlwend
Office Manager	Laura Pfeifer
Part-time Custodian	Justin Adsit
Youth Minister-Sunday School	The Rev. Abigail Buckley
Pastoral Care	*Pat Wohlwend
Licensed Lay Preacher	*Cammie Bella
Bookkeeper	Robin Powel
Webmaster	Bob Jarvis
Newsletter Editor	*David Francis

* Indicates Non-paid staff