



St. Charles  
Episcopal Church

## THE PULSE



*"Rejoice in the Lord always; again I say rejoice." Philipians 4:4*

**INFORMATION, CALENDAR AND PRAYER LISTS**  
**For the Week of March 16, 2023 - March 26, 2023**



Please note that **red or blue italicized words** are links to emails, websites, and documents. If viewing on your **cell phone** you may need to click to expand to see the Pulse in its entirety.

### **HOLY CONVERSATIONS: SESSION 1**

*"As long as I am in the world, I am the LIGHT of the world."*  
John 9:5

As Jesus heals the man born blind, he reveals himself as the LIGHT that will illuminate the pitch darkness of the human condition, the sinful nature of human existence. That divine LIGHT will accompany us on this journey we are calling HOLY CONVERSATIONS. "JOY" could be the title of the first leg of our journey this **Sunday, March 19**. We will remember and share the exciting times at SCEC! The times that we valued. What thrilled us and made us proud to be members of St. Charles Episcopal Church? How did the joy of belonging to Christ's Church impact our lives as individuals, as a couple, as a family?

There will be six groups of six members, each lead by a member of SCEC who has both the experience of group leadership, and the capacity for "self-differentiation". That is, the leader can lead without "jumping in" to the conversation, but listening to what each group member expresses with objectivity and kindness.

We will exercise care to assure that each of the three conversations are confidential; that group members feel comfortable and safe.

In prayer, we will ask the LIGHT of the of the world to open our eyes to the gladness that has been the gift of membership in this particular part of the Body of Christ.

**NEXT WEEK: Session II, March 26.** We will provide opportunity to talk about the hurts and disappointments endemic in membership of SCEC during the past few years. Again, we will take care to assure confidentiality and safety, with a brief liturgy of healing for those who would like to participate following our discussion.

**April 16:** By then we will have divested ourselves of the weighted burden of pain, and without hindrance, vision our hopes and dreams for SCEC!!

Questions? Ask *Pastor Linda*

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## Thankful for a Sign!

This week the Parish Office received an email from someone whose work commute takes them past our church. They wanted to express how much our electronic sign uplifted them as they passed by. Their email warmed my (Shellie) heart, and there may have even been a few happy tears involved. To know something as simple as our electronic sign is impacting others in such a positive way, allowing the Spirit to touch hearts - thanks be to God! When asked, they graciously and enthusiastically gave their permission to share what they had to say:

*I have a lengthy commute to work each day, about an hour and ten minutes each way. Every morning as I enter St. Charles from the north, your sign on Rt 25 is the first thing I see that "welcomes" me to St. Charles to start the day. I feel love, community, acceptance and a big Good Morning! As I leave the office, sometimes after a long, late or hard day (working with the public isn't always easy ☺) I see the bright lights of your illuminated sign, the bold, unmistakable rainbow flag and the reminder that all are welcome; it centers me. Everything that was hard or the feelings I may have after a negative interaction where maybe I didn't feel accepted or welcomed is put in perspective. Most people are wonderful and amazing. That is the message and understanding I take home each day. Thank you so much for that!*

*I am sure the sign, the power and the expense to operate it are not cheap, but its message is worth it. It is a beacon for those who need to see that message and a wonderful reminder to everyone. Thank you so much!*

## SUNDAY WORSHIP SERVICE

9:30 a.m.

You are invited to join us on Sundays at our 9:30 a.m. morning service. We'd love to see you there!

Watch the livestream of the service here:

Facebook: <https://www.facebook.com/StCharlesEpiscopalIL/>

YouTube: [St Charles Episcopal Church, St. Charles, Illinois - YouTube](#) (You must "subscribe" to be able to view)



## After Service Fellowship

Please join us for **Coffee Hour in Ludtke Hall** following the service. We'd love to visit with you!

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## CHURCH SERVICE BULLETINS

Please click below to access our service bulletin

**9:30 a.m. service**

The service bulletin is also on our **website**.

Thank you to Kathy Heikkinen for posting the bulletin to our website each week!

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**Sunday  
Replay**

### Worth Repeating - Last Week's Service

If you either missed the service live, want to watch again, or share with a friend, here is a link to last week's service:

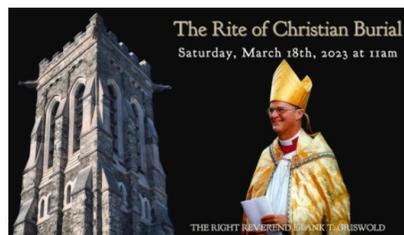
<https://www.youtube.com/watch?v=sv8Fzo6qrZg>

Please go to 32:57 in this recording to listen to Rev. Linda Green's 3/12/23 Sunday sermon.

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### Bishop Griswold's Funeral Set for Saturday in Philadelphia

The funeral of Bishop Frank Griswold, former bishop of Chicago and former Presiding Bishop, will be held Saturday, March 18 at 10 am Central (11 am Eastern) at **St. Luke's Episcopal Church** in Germantown, Philadelphia.



Presiding Bishop Michael Curry will preach, and Bishop Geraldine Wolf, former bishop of Rhode Island, will celebrate the Eucharist. Former Presiding Bishop Katharine Jefferts Schori will also participate in the service, which will be livestreamed on the **St. Luke's YouTube channel** and available for viewing afterward.

Earlier this week, the Living Church published **a reflection** by Bishop Jeffrey Lee, former bishop of Chicago, about Bishop Griswold's legacy in the diocese. "As a young priest, long before I had any inkling that I would follow Bishop Frank Griswold in office in Chicago, I aspired to emulate him." **Read more.**

*Into your hands, O merciful Savior, we commend your servant Frank. Acknowledge, we humbly beseech you, a sheep of your own fold, a lamb of your own flock, a sinner of your own redeeming. Receive him into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light. Amen.*

*~Leadership News, Episcopal Diocese of Chicago - March 15, 2023*

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### Chrism Mass and Renewal of Vows in Holy Week

**April 4 at St. James Cathedral,  
April 5 at All Saints, Rock Island**

All clergy and members of the diocese are invited to attend a Chrism Mass and Renewal of Vows in Holy Week, on Tuesday, April 4, at **St. James Cathedral**, and on Wednesday, April 5 at **All Saints, Rock Island**.

Both events are free and open to everyone, but registration is required by March

## 22. *Learn more and register to attend.*

The program begins at 10 am with guest speaker the Ven. **Jennifer G. McKenzie** addressing the theme of "Connecting in Community." At noon, Bishop Paula Clark and McKenzie will celebrate the Eucharist with the renewal of vows and the blessing of chrism, followed by an optional buffet lunch at 1 pm.

Clergy are invited to vest and process. The festal color is red and clergy dress is alb and stole or cassock, surplice and stole.

*~Leadership News, Episcopal Diocese of Chicago - March 15, 2023*

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## Holy Week and Easter Schedule

You are invited to join us in the celebration of the Passion and Resurrection of Jesus Christ our Lord! Be sure to mark your calendars and save these dates!

### Holy Week Services:

- **April 2nd - Palm Sunday**  
9:30 a.m. Service with Procession, Passion reading, and Holy Eucharist
- **April 6th - Maundy Thursday**  
6:00 p.m. Agape Dinner - Ludtke Hall  
7:00 p.m. Service with Foot Washing and Holy Eucharist
- **April 7th - Good Friday**  
Noon: Stations of Cross (Jim Bachman)  
7:00 p.m. Solemn Service

### Easter Service:

- **April 9th - Easter Sunday**  
9:30 a.m. Service with Holy Eucharist
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### Sponsor Easter Services Flowers (Sunday, April 9th):

Donations may be made to sponsor lilies for Easter Day services. Send donations to SCEC and note "Easter flowers" in the memo line. Or give online under **General Donation** and note "Easter flowers". Donation envelopes for Easter flowers are available in the pews. Look for the envelopes with pictures of lilies!



**The DEADLINE for Easter Services Flower donations is APRIL 2nd.**

***Please note if the flowers are being donated in thanksgiving for someone or in memory of someone.***

Please call or email [Diana Brown](#) if you have questions.

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## Lenten Series: March 18th Retreat of Meditative Practices ~ Luncheon RSVP

For this event in our Lenten series, we will examine some prayer practices and discuss a video on Lent. Also we will enjoy a salad luncheon. **Please RSVP for this March 18th event.** Greens will be provided, and you are invited to bring a salad ingredient of your choosing to share with the group. You can contact Katie Thomson (630-726-2133 or [katie.thomson@sbcglobal.net](mailto:katie.thomson@sbcglobal.net)). We look forward to seeing you!!!

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### Rest in God's Presence ~ A Lenten Series

All are invited to join us for our Lenten Series of prayer and contemplation. For each of the Saturdays in Lent, from 10:30-12:30, a variety of meditative and informative activities will be offered. All events will take place from 10:30-12:30 in Ludtke Hall and are open to the public. There is no cost.

#### **March 18: Retreat of Meditative Practices (followed by a salad luncheon)**

*Katie Thomson* will lead us through a time of Praying with Color, Episcopal Prayer Beads, and other meditative practices. [Please RSVP for this event - see info above](#)

#### **March 25: Walking the Stations of the Cross**

*Jim Bachman* will lead a discussion covering: What are the Stations of the Cross? Is there a proper way to walk them?

#### **April 1: The Music of Lent and Holy Week**

*Kathy Heikkinen* will lead a discussion of how the music of Lent and Holy Week is special and why it moves us.

**Please join us, and contact Katie Thomson (630-726-2133 or [katie.thomson@sbcglobal.net](mailto:katie.thomson@sbcglobal.net)) if you have any questions.**

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### Living Well Through Lent 2023 Devotionals

The 2023 Living Well Through Lent devotionals are available in pdf format online at no charge.

A free pdf version in English is available [HERE](#)

A free pdf version in Spanish is available [HERE](#)

**You may also sign up to receive each day's reflection via email [HERE](#)**

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### Hesed House Ministry This Friday & Saturday!



Our monthly Hesed House ministry is fast approaching: **this Friday, March 17th, and Saturday, March 18th.** You may be pleased to know that in February our wonderful group of volunteers assembled 100 sack lunches on Friday, and served 200 guests with a hot breakfast on Saturday morning. Thanks to all for keeping this long time, essential SCEC ministry alive and well!

If you would like to be added to our volunteer list, please contact:  
*Ed or Kathryn Manning.*

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## Tuesday Bible Study - New Series to Begin March 21st

Please join us on Zoom for a Scripture Study of "The Week That Changed the World". Beginning on Tuesday, March 21st, we will delve into the last week of Jesus' life for three weeks. After Easter, we will begin a study of the seven "I Am" statements found in the Gospel of John.

Scripture Study begins at 1 pm and ends at 2 pm. The Zoom link is listed in the "Upcoming Church Events Zoom Links" section of the Pulse. For more information, contact *Deacon Steve*.



### Lazarus House Ministry

"New food ministry coming in May benefiting Lazarus House. More information to follow when available. Questions? Contact: *Katie Thompson, Ed Manning, Dallas Heikkenen, or Pastor Linda!*

## Monthly Birthday Cake

We have designated the second Sunday of every month as Happy Birthday Sunday! If you would like to provide a birthday cake or treat to help celebrate during Coffee Hour, there is a sign-up sheet in Ludtke Hall. Home or store baked cakes as well as cupcakes are welcome! If you have questions, please contact *Lydia Downey*.



### BIRTHDAY & ANNIVERSARY PRAYERS

We love to celebrate and pray for those having birthdays and anniversaries each month! Birthday and anniversary prayers will be announced during services on the 2nd Sunday each month.



### MARCH BIRTHDAYS

Ian Rhead, Sara Lawrence, Scott Judd, Steve Weil, Aidan Manning,  
Joyce Moore, Oliver Ulaszek

*If you have a March birthday and were not included in this list, please let us know right away!*

***O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen.***

## Church Zoom Account Update

The ID and password for the church Zoom account has changed. If you have need of this information, please contact the Parish Office at:  
[parishadmin@stcharlesepisopal.org](mailto:parishadmin@stcharlesepisopal.org) or 630-584-2596

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## Upcoming Church Events Zoom Links

Please check below to find Zoom links to our upcoming events. Simply click on the words "Zoom Link" for the event you wish to attend and connect to the zoom meeting at the listed date and time! The contact(s) for each event is listed should you need further information.

### **Tuesdays 1:00 p.m.**

**Weekly Bible Study** (contact: *Deacon Steve Lowe*)

**Zoom Link** Meeting ID: 865 3516 0570 Passcode: 702460

### **Wednesdays 10:30 a.m.**

**Healing Prayer Ministry** (contact: *Janet Craft*)

Meets every other month on the 2nd Wed. -next meeting is: May 10th

**Zoom Link** Meeting ID: 882 1978 7060 Passcode: 768519

### **Wednesdays 6:15 p.m.**

**Weekly Men's Group** (contact: *Bill Yeck*)

**Zoom Link** Meeting ID: 148-011-097 Password: 620071

### **Thursdays 8:30 p.m.**

**Weekly Compline** (contact: *Mark Downey* or *Deacon Steve Lowe*)

**Zoom Link** Meeting ID: 829 1768 3846 Passcode: 619810

### **Saturdays 10:00 a.m.**

**Daughters of the King Book Study** (contact: *Katie Thomson*)

Meets on the 2nd Saturday of the month -next meeting is: April 8th

**Zoom Link**

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## CALENDAR FOR THE WEEK AHEAD

### **Thursday, March 16**

"The Pulse" is emailed

8:00 p.m. Coverall Cleaning Service

8:30 p.m. Compline on Zoom

### **Friday, March 17**

5:00 p.m. Hesed House lunch prep

5:30 p.m. Al Anon

8:00 p.m. AA Meeting

### **Saturday, March 18**

3:00 a.m. Hesed House breakfast prep

5:00 a.m. Hesed House breakfast serve

8:00 a.m. AA Meeting

10:30 a.m. Lenten Study - Meditative Practices

### **Sunday, March 19**

9:30 a.m. Service with Holy Eucharist with The Rev. Gloria Hopewell

<https://www.facebook.com/StCharlesEpiscopalIL/>  
[https://www.youtube.com/channel/UCkOLnNX1LQtRJKXJih\\_QBw](https://www.youtube.com/channel/UCkOLnNX1LQtRJKXJih_QBw)

Holy Conversations - Session 1: Things I Value - Ludtke Hall following Coffee Hour

**Monday, March 20**

Parish Office closed

5:30 p.m. AA Meeting

**Tuesday, March 21**

1:00 p.m. Scripture Check-in on Zoom

5:00 p.m. AA Meeting

7:00 p.m. Vestry Meeting

**Wednesday, March 22**

5:00 p.m. AA Meeting

6:15 p.m. Men's Group on Zoom

**Thursday, March 23**

"The Pulse" is emailed

8:00 p.m. Coverall Cleaning Service

8:30 p.m. Compline on Zoom

**Friday, March 24**

5:30 p.m. Al Anon

8:00 p.m. AA Meeting

**Saturday, March 25**

8:00 a.m. AA Meeting

10:30 a.m. Lenten Study - the Stations of the Cross

**Sunday, March 26**

9:30 a.m. Service with Holy Eucharist Service with The Rev. Linda Green

<https://www.facebook.com/StCharlesEpiscopalIL/>

[https://www.youtube.com/channel/UCkOLnNX1LQtRJKXJih\\_QBw](https://www.youtube.com/channel/UCkOLnNX1LQtRJKXJih_QBw)

Holy Conversations - Session 2: Hurts & Disappointments - Ludtke Hall following Coffee Hour

4:00 p.m. Free Spaghetti Dinner

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**PRAYERS FOR THE COMING WEEK**

**For Healing and Intercession**

Loren B., David S., Scott D., Tom and Sharon M., Barb H., Kelly, Jill M., Sandy P., and Steve M. We also include all those being prayed for by the Daughters of the King.

**For the homebound**

Joan L., Darlene G.

**For those seeking employment**

Jim M.

**For our Bishop of Chicago**

The Rt. Rev. Canon Paula E. Clark



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**CAN WE PRAY FOR YOU?**

Prayer requests may be emailed to:

[prayer@stcharlesepiscopal.org](mailto:prayer@stcharlesepiscopal.org)

For prayers from the Daughters of the King,  
send prayer requests to: [scecdok@gmail.com](mailto:scecdok@gmail.com)



## COVID -19 PROTOCOLS

As of today masks are recommended but not required to be worn for indoor activities at SCEC. While the risk of Covid-19 transmission in our county is currently low, we are still living with this virus in our community. Please continue to practice the following:

1. If you do not feel well, or are experiencing symptoms of Covid-19, please stay home.
2. If you have been exposed to someone with Covid-19, please stay home and follow current health department recommendations for testing.
3. Practice good hand hygiene and avoid touching your face.
4. Please respect each other's choices regarding wearing a mask or not wearing a mask.
5. Please respect each person's choices about shaking hands or hugging, and do not take it personally if someone declines a physical gesture of care and friendship.

### Church Contacts

Please know that we have people in place to help with questions or needs that may arise during this time of transition.

#### **Priest in Charge: The Rev. Linda Green**

- [drunlindagreen@gmail.com](mailto:drunlindagreen@gmail.com) or 630-567-1537
- office hours: T-Th, 11:00am - 5:00 pm
- Sunday mornings

#### **Vestry and Operations related questions: Regan Jancauskas or Dallas Heikkinen**

- Regan Jancauskas, Sr. Warden
- [r\\_jancauskas@sbcglobal.net](mailto:r_jancauskas@sbcglobal.net) or 630-269-6857
- Dallas Heikkinen, Jr. Warden
- [heikki1205@gmail.com](mailto:heikki1205@gmail.com) or 630-222-5489

#### **Pastoral Care: Deacon Steve Lowe**

- [deaconsteve@theloweclan.net](mailto:deaconsteve@theloweclan.net) or 630-457-7862

#### **Office/administration questions: Shellie Morgan**

- [parishadmin@stcharlesepiscope.org](mailto:parishadmin@stcharlesepiscope.org) or 630-584-2596
- office hours: M-Th, 8:30am - 1:30pm
- Please note: the church building is kept locked for security purposes.

#### **Music: Mark Downey**

- [mdowney807@gmail.com](mailto:mdowney807@gmail.com) or 815-280-3837

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The Rev. Linda Green [drunlindagreen@gmail.com](mailto:drunlindagreen@gmail.com)  
The Rev. Deacon Steve Lowe [deaconsteve@theloweclan.net](mailto:deaconsteve@theloweclan.net)  
Regan Jancauskas, Sr. Warden [r\\_jancauskas@sbcglobal.net](mailto:r_jancauskas@sbcglobal.net)  
Mark Downey, Director of Music [MusicMark@stcharlesepiscope.org](mailto:MusicMark@stcharlesepiscope.org)

Shellie Morgan, Parish Admin [ParishAdmin@stcharlesepiscopal.org](mailto:ParishAdmin@stcharlesepiscopal.org).

Follow us on Facebook and YouTube:

<https://www.facebook.com/StCharlesEpiscopalIL/>

[https://www.youtube.com/channel/UCkOLnNX1LQtRJKXJih\\_QBw](https://www.youtube.com/channel/UCkOLnNX1LQtRJKXJih_QBw)

**DONATE**

## **CONTRIBUTION REPORT for 3/12/2023**

Thank you to all members who shared in our Facebook Live Streaming online service. We are grateful for the continuing support to SCEC with your pledges and donations. \$1,345.00 was received in mailed/in-person pledges and \$0.00 was sent via online giving.

Thank you for your continued support!



994 N. Fifth Avenue, St. Charles, IL 60174-1227  
Parish Office Hours: M-Th, 8:30 a.m. - 1:30 p.m.  
(630) 584-2596  
[www.stcharlesepiscopal.org](http://www.stcharlesepiscopal.org)

Our 2022 theme:  
*"Rejoice in the Lord always; again I say rejoice." Philipians 4:4*

St Charles Episcopal Church | 994 N. 5th Ave., SAINT CHARLES, IL 60174

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