



The Hillside Messenger

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A Message from the Rector: Using Lent for the Renewal of the Mind

Are you ready for Lent? This year, after only three Sundays after Epiphany, the Pre-Lenten period beginning with Septuagesima Sunday is upon us, and Ash Wednesday falls on February 14th. The names for the Pre-Lenten Sundays—Septuagesima, Sexagesima, and Quinquagesima—are the Latin words for seventieth, sixtieth, and fiftieth respectively, since Septuagesima is approximately seventy days before Easter, Sexagesima is approximately sixty days before Easter, and Quinquagesima, exactly fifty. The First Sunday in Lent used to be known as Quadregesima, to indicate approximately the fortieth day before Easter. The Pre-Lenten Sundays originated in the Roman liturgy and were incorporated in the medieval Missals, and then in the Prayer Book. These Sundays originated in the sixth

century, soon after the Lombards invaded Italy (568 AD) (p. 118, Massey Hamilton Shepherd, Jr.: *The Oxford American Prayer Book Commentary*. New York: Oxford University Press, Fifth printing, 1955). The Collects for the Pre-Lenten Sundays reflect the hardships and tribulations in

Lenten season. I contend, however, that in view of man's sinful nature altogether evident in the world today, more emphasis on penitence, prayer, and drawing close to God cannot do us any harm. If we are sincere in our efforts, the Pre-Lenten period helps us get ready for Lent.



Italy in the late sixth century.

As the Pre-Lenten period grew from historical circumstances in Italy in the sixth century, one might ask what the purpose is of retaining the Pre-Lenten period. In modern Anglican Prayer Books, there is no Pre-

My initial question "Are you ready for Lent?" poses to each of us another question, the question of how we are going to observe Lent this year. Though prayer and fasting immediately come to mind when one thinks of Lent, what one needs to do is to decide beforehand what disciplines of prayer and fasting one will use. What extra time will we set aside for prayer? Which books will we read to help us in our prayer life and spiritual journey?

Another useful discipline will be to read more of the Bible this Lent. Then we also should ask ourselves what commen-

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Using Lent for the Renewal of the Mind

taries or study aids we will use to gain a clearer understanding of the passages that we read.

Not only prayer and Bible study, but also the whole way we live out our faith merits our attention this Lent. What changes can each of us make to be a better person? We can begin by examining our thoughts, intentions, and attitudes and conforming them to the mind of Christ our Lord. St. Paul addresses this matter in his first epistle to the Church in Corinth:

For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ.

I Corinthians
10:3-5, KJV

The weapons about which St. Paul writes in this passage are spiritual weapons, in particular the sword of the Spirit, which is the word of God (*Ephesians* 6:17b). It is

the word of God that assays and tests all our thoughts and words. The destruction of strongholds refers to the elimination of sinful patterns of thinking and mental attitudes that conflict with the word of God. As this passage indicates, we ourselves must take authority over our own minds and take down thoughts and attitudes which we know to be contrary to the commandments and teachings of the Lord Jesus Christ. Each believer must do this for himself before an evil stronghold becomes firmly entrenched in his mind. As Christians, we have authority and responsibility to conform our thought life to Christ's character, teaching, and commandments. We must not simply let our thoughts be influenced by the prevailing culture. St. Paul makes this point in *Romans* 12:

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

***Romans* 12:1-2,**
KJV

In this attitude of total surrender and commitment to God, we allow the word of God, the Bible as we have it, to renew our mind so that we may find out by godly discernment what is the good, acceptable, perfect will of God. If we conform ourselves to this world, that is, to the world that is hostile to God, we are listening too much to the many voices of this world, but if we are being transformed by the renewing of our mind, it comes from filling our thoughts with Holy Scripture and from spending time in prayer. The word of God quickly reveals our thoughts for what they truly are and indicates how much we need to change:

For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

***Hebrews* 4:12,**
KJV

This Lent we must allow the Holy Spirit to use His sword (God's word) to discern the thoughts and intentions of our hearts, so that we

Using Lent for the Renewal of the Mind

may be changed and renewed and have our minds conformed to the mind of Christ. To do this effectively, we must set aside sufficient time to read, study, and meditate on God's word. In the Middle Ages, the concept of *lectio divina* as applied to the reading of the Bible was taught and practiced. *Lectio divina* is a four-step process which is still useful today:

1. *lectio* – reading the passage;
2. *meditatio* – pondering and reflecting on the passage;
3. *oratio* – praying on the passage; and
4. *contemplatio* – waiting on God to speak

through the passage.

Whatever methods we use to read, study, and apply Holy Scripture to our lives, this Lent let us be determined to let God's word reform and renew our minds, and so lead us to be conformed to the image of Christ in all we think, say, or do!

– The Reverend
Christopher Parrish

Dear God,
I pray for the renewing of my mind.
I want to think like You think
and see things the way You see them.
I want my perspective to be Your perspective.
I know that my mind is not always
in alignment with Yours,
and I need Your help to change that.
I am open to Your guidance,
Your healing, and Your leading.
I want to be transformed by You
and to have my mind renewed in the process.
I know that this is not always easy,
but I am willing to put in the work to make it happen.
I thank You for Your patience and Your love,
and I ask that You please help me
to grow in my relationship with You.
I humbly ask these things in Jesus' name.
Amen.

Our Chapel Family Prayer List

O God, the Creator and Preserver of all mankind, we humbly beseech Thee for all sorts and conditions of men; that Thou wouldest be pleased to make Thy ways known unto them, Thy saving health unto all nations. More especially we pray for Thy holy Church universal; that it may be so guided and governed by Thy good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally, we commend to Thy fatherly goodness:

Archbishop Foley Beach;

Bishop Richard Lipka;

Canon Michael Penfield;

Father Chris Parrish;

Deacon Peter Vogel; and

Deacon Linda Bracken;

also all those who serve as Thy ministers in governing our nation and state, particularly:

President Joe Biden; and

Governor
Gavin Newsom;

as well as all those who are any ways afflicted, or distressed, in mind, body, or estate; especially those for whom our prayers are desired:

the soldiers, sailors,
marines, airmen,
guardians, border patrol,
coasties, police officers,
firefighters, and pilots

who protect us every day;

our persecuted Christian
brothers and sisters
throughout the world;

all refugees;

the leaders and people
of Ukraine;

all who are affected
by the war between
Hamas and Israel;

Jim and Edna Davis;

Joya de Rosset;

Debbie;

Scott;

Brittany;

Tanya Theiler;

Mark Quinn;

Lisa;

Ben;

Marion;

Flo;

Max;

Dan and Kendra Pack;
the Stanko family;

Yoshihiko Ikegami;

Mary Frances Reeves;

Mrs. Kitt;

Jon Carter;

Frank Capone;

Rose Handwerker;

Ann and Frank MacVoy;

Bishop Ilgenfritz;

Moe Martinez;

Victoria Grace;

Christina;

John and Heidi Donnelly;

Father Harley and Donna
Crain;

Carl;

Judith Boreham;

Marie and Wade;

Heather;

Susan;

Helen Vanderberg;

Farshad;

Deacon Herman and

Betty Roark;

Philip Slattery;

Patrick Slattery;

Gerald Glenn; and

Julie Sine;

that it may please Thee to comfort and relieve them, according to their several necessities; giving them patience under their sufferings, and a happy issue out of all their afflictions. And this we beg for Jesus Christ's sake. Amen.

* * *

Please note: This prayer list was current as of January 25th, and the people of St. Luke's will pray for each need until we are notified that it has been met. Please contact Father Parrish to add or remove names. Thank you!

A Prayer for Our Congregation

O GOD, Holy Ghost,
Sanctifier of the faithful,
visit, we pray Thee,
the Congregation of St. Luke's Chapel in the Hills
with Thy love and favour;
enlighten our minds more and more with the light of the everlasting Gospel;
graft in our hearts a love of the truth;
increase in us true religion;
nourish us with all goodness;
and of Thy great mercy keep us in the same,
O blessed Spirit,
whom, with the Father and the Son together,
we worship and glorify as one God,
world without end.
Amen.



Set your mind on things above, not on things on the earth.

Colossians 3:2

A Prayer for the MDAS Search Committee

Almighty God,
giver of every good gift:
Look graciously upon Thy Church,
and so guide the minds of those who shall choose
a Bishop Coadjutor for the Missionary Diocese of All Saints
that we may receive a faithful pastor
who will preach the Gospel,
care for Thy people,
equip us for ministry,
and lead us forth in fulfillment of the Great Commission;
through Jesus Christ our Lord.
Amen.

How Will You Serve?

The Christian life requires service to God, service to the family of faith, and service to the wider community. This list features some of the ways in which our parish offers opportunities for service. As our Annual Parish Meeting approaches on February 18th, please pray about how God would have you serve in the coming year.

Please note that as St. Luke's grows, so, too, must our ministries. If you see the need for additional ministries that can make use of your talents, please speak to the Reverend Chris Parrish, our Rector.



Acolytes

Acolytes serve during the worship service by assisting the priest at the altar. If you are interested in

joining this ministry, please see our Rector for more information and training.

Altar Guild

The Altar Guild procures and maintains supplies for worship services. Guild members prepare the altar for services and clean and put away its furnishings after use. If you wish to offer flowers, please sign up for the date of your choice on the Flower Chart in the narthex and let our Rector know your intentions. If you would like to serve on the Altar Guild, please speak to Father Parrish. Training will be provided.

Bulletin Boards

The parish has three bulletin boards which are variously used to share news and to educate members. The Bulletin Boards ministry maintains and updates the displays.

Children's Loose Change Ministry

The Loose Change Ministry is designed to help the children of the parish learn how to live the Gospel by putting them in charge of their own ministry. Parishioners and guests may donate pocket change each Sunday by putting it in the designated jar in the narthex. When the jar becomes heavy, the change is counted and rolled, and the children decide for themselves how it can best be used.

Community Mission Projects

Once a quarter, the Vestry selects a special Community Missions Project and solicits donations to that project from the congregation. If you have a suggestion for such a project, please contact any member of the Vestry.

Community Outreach Committee

Community Outreach Committee members brainstorm and implement ideas to assist the parish in fulfilling our Lord's command to "go and make disciples" (*St. Matthew 28:19*) by inviting new people to worship with us and encouraging them to learn more about Christ by becoming members of His Church..

Cupboard Keeper

Cupboard Keepers regularly check and replenish kitchen and restroom supplies.

Easter Sunday Egg Hunt

Members of this ministry fill and hide plastic eggs for the traditional Egg/Treasure Hunt for our younger members on Easter Sunday.

Emergency Food Pantry

Donations of nonperishable foodstuffs are accepted each Sunday and delivered to the Downtown Palo Alto Food Closet for distribution to the needy in our area. Please place your donations of nonperishable foodstuffs in

How Will You Serve?

the wicker basket on the floor in the narthex.

Empty Pill Bottle Collection

Empty pill bottles with caps are sent to Matthew 25: Ministries for shipment in medical supply kits to underserved communities worldwide. A collection box is available in the narthex.

Facebook Fan Page

The Facebook Fan Page for St. Luke's Chapel in the Hills has two purposes: It gives our parish an additional presence on the Internet, and it provides another means of keeping in touch with one another. Once you join Facebook at <http://www.facebook.com>, use the Search tool on the Home page to find St. Luke's Chapel in the Hills and become a fan.

Flags

The Chapel's flagpole was erected on the site of the original Old Purissima Schoolhouse water tower. The marker at the base of the flagpole was donated to St. Luke's Chapel in the Hills by the Los Altos Hills Historical Society on December 17, 2021. Members of this ministry raise and lower the flags before and after services. If you wish to join this ministry, please see the Junior Warden.

Gardening

Gardeners install and maintain the plants around the grounds and keep the chapel's small

lawn tidy using the parish's lawnmower. If you wish to garden for God by serving in this ministry of beautification, please contact the Junior Warden.

Greeting Cards

The Greeting Cards ministry collects signatures for and mails birthday, anniversary, and other special occasion cards to members of the parish. If you are new to the parish, please see Kim Vogel to have your family's names and important dates added to the Greeting Cards ministry list.

Hospitality – Potlucks

The Potluck Hospitality Team hosts the parish's various special fellowship events, including the Pancake Luncheon, British Day, and International Day. They also coordinate food and beverage donations and organize set-up and clean-up crews.

Hospitality – Sunday Fellowships

The Sunday Hospitality Team hosts the fellowship period after each worship service, coordinates food and beverage donations, and organizes set-up and clean-up crews.

Housekeeping

Our Lord is a God of order, so it is only right that we keep His house neat and clean. Although the parish does employ a housekeeping service, some light weekly maintenance is still needed. Cleaning aids and tools

are kept in the sacristy, both restrooms, and the Kitchen closet for this purpose. If you are interested in serving in this important ministry, please contact the Junior Warden.

Joanna's Prayer Circle

Members of Joanna's Prayer Circle intercede daily as individuals for those who desire special prayers. If you would like to join in this ministry, please contact Julia McNeely. Joanna's Prayer Circle meets in McNeely Hall at noon on the second Sunday to seek the guidance of the Holy Spirit and to pray at His direction. *Please note:* If you would also like to have your Joanna's Prayer Circle request included in the weekly congregational prayer list, please complete a Prayer Request Card.

Lay Readers

The Lay Reader reads the Psalm, Old Testament lesson, and Epistle appointed for the day during the Holy Communion service and reads the Psalm and lessons and leads the congregation in prayer during Morning Prayer. If you are interested in serving as Lay Reader or if you have questions regarding this ministry, please see our Rector.

Martha's List of Parish Ministries

Martha's List is a directory of our many parish ministries and their chair-

How Will You Serve?

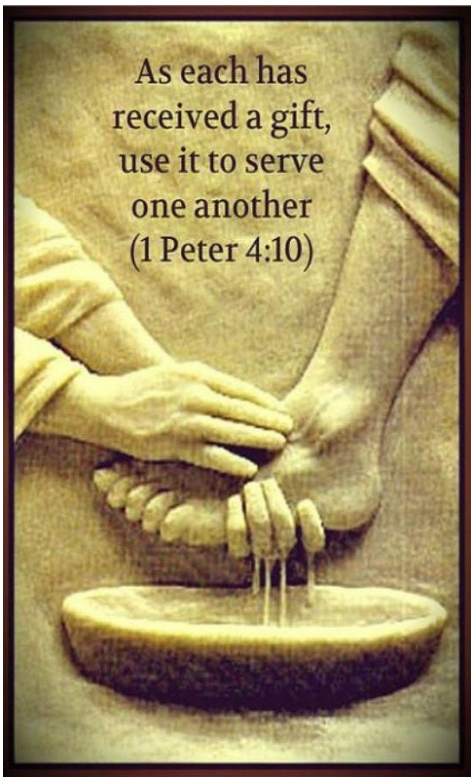
persons as well as a library of detailed histories of and how-to manuals for these ministries. The aim of Martha's List is to provide resources to ministerial leaders and to ease the transition for new leaders.

"Monkey Toy" Hosiery Collection

A group of volunteers at the Los Altos Senior Center meets weekly to make sock monkey dolls which they give to every child under the age of seven who is admitted to Lucille Packard Children's Hospital. In support of their efforts to cheer these sick children, our parish collects clean nylon pantyhose and knee-high stockings with which to stuff the dolls. Please give your donations to Lee Ann Vojvoda.

Parish Directory/ Mailing List/ Parish E-mail

St. Luke's maintains a mailing list of those who have asked to receive our newsletter and a private-to-the-parish e-mail list. These tools are extremely helpful in ministering to the needs of the parish and keeping us connected as a family. Please be sure to give Kim Vogel your updated contact information as soon as any part of it changes.



Parish Newsletter

The Hillside Messenger is published monthly. The newsletter is named in reference to *Isaiah* 52:7. If you wish to submit an item for publication, please e-mail it to Kim Vogel. *Note:* Father Parrish has final approval of all submissions.

Parishioner Outreach Committee

Parishioner Outreach Committee members work to assist the parish in fulfilling St. Paul's admonishment in *Romans* 12:15 to "rejoice with those who rejoice, and weep with those who weep." They serve as a contact point around which the entire Chapel Family may swing into action for its own.

Pew Minder

The Pew Minder ensures that each set of pews has adequate books, offertory envelopes, prayer request cards, pens, and tissues.

Photographers

Photographers help us capture our special events so that they may be shared via our website, our newsletter, and our bulletin boards.

Pop-top Collection

Lee Ann Vojvoda collects can tabs for a square dancing friend. Collecting just the tab from cans translates into money that is used to purchase wheelchairs for kids at the Shriners Hospital in Sacramento. The wheelchairs are given to needy families for their children at no

cost to the family. Anyone can help by saving and donating just the tab/pop-top of any can. If you would like to contribute to this wonderful cause, start saving those tabs/pop-tops! When you have a bagful, give it to Lee Ann.

Prayer List

Those who desire to have their prayer requests remembered at the altar during worship services and by the parish in private devotions are asked to either complete a Prayer Request Card (in the pew racks) or to contact Father Parrish. The people of St. Luke's will pray for each prayer request until we are notified that the need has been met. Please keep Father Parrish informed of any updates to the Prayer List. Thank you!

Special Committees

The Vestry maintains an Advertising Committee and a Finance Committee to serve the parish. If you feel called to serve in a special capacity, please let our Rector know of your interest.

Sunday School Leadership

Sunday School for children six years old and under meets during the Sunday worship service.

Telephone Prayer Meeting

Telephone Prayer Meetings are held on Fridays at 10:00 AM. If you would like to join this

How Will You Serve?

group, please let Father Parrish know.

Ushers

Members of this special ministry stand in the narthex prior to worship services in order to greet worshippers, hand out bulletins and sermons, and encourage visitors to complete a Welcome Card and sign the Guest Book. They also collect and present the congregation's offerings and direct

traffic flow to and from the Altar Rail during Holy Communion. If you would like to participate in this ministry, please speak to Deacon Vogel.

Webmaster

This ministry oversees the parish website at

[http://
www.StLukesChapel.
church](http://www.StLukesChapel.church)

The goal of the website is two-fold: to attract inter-

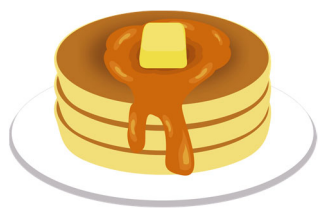
ested persons to St. Luke's Chapel in the Hills and to provide news and information to our members via the Internet.



Parish Postings

Please join us on Quinquagesima Sunday, February 11th, for Morning Prayer at 10:00 AM and a Pancake Brunch in anticipation of the beginning of Lent following the worship service. (Yes, there is a big football game on this day, but— as kick-off isn't until 3:30 PM— there should be plenty of time for all of us to enjoy this special time of fellowship and still get home in time to watch the game.)

Please notify Bridgitte Parrish of the dish you plan to contribute, Thank you!



Lent begins on Ash Wednesday. February

14th. Father Parrish will celebrate Holy Communion with a Penitential Office and Imposition of Ashes at 7:00 PM.



The 2024 Annual Meeting of the Parish of St. Luke's Chapel in the Hills will take place following Holy Communion on Sunday, February 18th. At this meeting, the parish will hear reports from its officers, review and approve a budget for the coming year, and elect officers to its Vestry. Please make every effort to avoid using your proxy ballot for this meeting. Come in person, and cast your own votes for the good of our Chapel Family!



The Spring Ember Days are Wednesday, February 21st; Friday, February 23rd; and Saturday, February 24th. These days are set aside for fasting and prayer for those about to be ordained to Holy Orders in the Church (see *St. Luke 10:2* and the *Prayer for the Increase of the Ministry* on page 39 of the *Book of Common Prayer*).



Parish Postings

Congratulations to Caroline Stone, who attained the rank of Eagle Scout on Sunday, January 7th! Your Chapel Family are all very happy for you.



Thank you, Ben Taaffe, for becoming the

Chapel's newest Lay Reader! Ben's first day of service was Sunday, January 28th, when he assisted with the Office of Morning Prayer.



Our Community Mission Project for the first quarter

is to collect funds for the repair or replacement of the fence separating our driveway from our neighbor. When donating to this project, please write *Chapel Fence* on your check memo line or offertory envelope. Thank you!



Upcoming Events

Friday, February 2nd: The Presentation of Christ in the Temple

Telephone Prayer Meeting
10:00 AM

Sunday, February 4th: Sexagesima

Holy Communion with Holy Unction
10:00 AM

Friday, February 9th

Telephone Prayer Meeting
10:00 AM

Sunday, February 11th: Quinquagesima

Office of Morning Prayer
10:00 AM

Pancake Luncheon
following the worship service

Joanna's Prayer Circle Meeting
12:00 PM

Wednesday, February 14th: Ash Wednesday

Holy Communion with Penitential Rite and Imposition of Ashes
7:00 PM

Upcoming Events

Friday, February 16th

Telephone Prayer Meeting
10:00 AM

Sunday, February 18th: The First Sunday in Lent

Holy Communion
10:00 AM

Annual Parish Meeting
following the worship service

Wednesday, February 21st

Ember Day

Friday, February 23rd

Ember Day

Telephone Prayer Meeting
10:00 AM

Saturday, February 24th

Ember Day

Sunday, February 25th: The Second Sunday in Lent

Office of Morning Prayer
10:00 AM

Friday, March 1st

Telephone Prayer Meeting
10:00 AM

Sunday, March 3rd: The Third Sunday in Lent

Holy Communion with Holy Unction
10:00 AM





The Hillside Messenger

A PUBLICATION OF
ST. LUKE'S CHAPEL IN THE HILLS
ANGLICAN CHURCH

A PARISH OF
THE CONVOCATION OF THE WEST,
PART OF THE
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ALL SAINTS IN
THE ANGLICAN CHURCH
IN NORTH AMERICA

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«AddressBlock»

Worship Schedule

St.

Luke's Chapel in the Hills is a traditional Anglican parish which uses the 1928 edition *Book of Common Prayer*. We invite you to join us for worship and fellowship soon!

*"A place
where the Bible is taught."*



*Biblical in teaching.
Liturgical in worship.
Loving in practice.*

First, third, and fifth Sundays of each month

Holy Communion
(with Healing Service on First Sundays)
10:00 AM

Second and fourth Sundays each month

Office of Daily Morning Prayer
10:00 AM

Please note that Holy Communion will be celebrated on Feast Days occurring on second and fourth Sundays.

If you cannot join us physically in the Chapel,
please contact Father Parrish
to be added to each service's Zoom invitation.