March 2017

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THE GRACEVINE

Birthdays for the Month of March

3/13 - Nelson Flores
3/16 -Nathan Spadone
3/17 - Jesse Gay
3/20 - Chase Hudlow
3/22 - Lloyd Loftis
3/31 - Doward Hudlow

March Anniversaries

3/16 - Philip Montgomery & Paula Dittrick

Coffee Hosts for March

3/5 - The Kimbrough's
3/12 - Nina Davey & Youth
3/19 - Lisa Bullock
3/26 - Burlingame's

Flowers for March

None during Lent

LIVING WELL THROUGH LENT

Listening with all your Heart, Soul, Strength, and Mind

after church group study

Sundays, March 5 – April 9

11:45 am – 12:30 pm in the Parish Hall

This Lent, we will study the Living Compass LIVING WELL model as a way to prepare for the new life of Easter through discerning what it is we need to more deeply listen to in order to make room for the new. We will hear the voices of Bishop Doyle and Rev. Bob Flick, along with other writers, as we reflect on all areas of life – heart, soul, strength, and mind. This will be reflection time both individually and as a group, with the hopes that we will all grow closer together in our walk with God.

Hope you will join us!

The Living Compass resources were generously provided to us by The Reverend Bob Flick and the Episcopal Health Foundation of the Diocese of Texas.

March 2017 Letter from Vicar

Dear Grace Church family and friends,

As we embark on a new Lenten season, this is a time set apart for us to reflect on the state of our bodies, minds, hearts, and souls. This is one of the main topics of my upcoming book, *On the Yoga Mat: Embodied Spirituality for Discovering the Kingdom Within*, which will be published in late spring, God willing! I have diligently been working on the topics of wellness and spirituality over this past year as we created YogaMass®, as I spent hours and hours writing, and as we walked together in life's ups and downs, joys and sorrows, health and illness.

This Lent, I invite you to join in on a community focus on wellness as it relates to our Christian walk. As St. Paul said, "Do you not know that you are Gods' temple and that God's Spirit dwells in you? … For God's temple is holy, and you are that temple" (1 Corinthians 3). This too, is a topic of my book, and one that speaks to me in the depths of my heart, for it is God's Spirit that dwells in each of us that allows us to respond to Jesus' call to be salt and light. This Lent, let's strive to remember in our daily walk that in Christ, we are the temple of God. This good news indeed changes everything.

In Christ's love,

gena+

Baldwin Needham; Bertha Spadone; C.L. Johnson, intrepid gardeners!!

Thank you to all who make Grace so special!

2nd Saturday's Working in the Community Garden

Saturday, March 11th
9:00 am

Dirt Makes You Happy

Good soil contains more than nutrients and worms, it also has a natural antidepressant: Mycobacterium vaccae which gardeners inhale or have topical contact with.
"Studies indicate that the substance mirrors the effect on neurons that drugs like Prozac provide. Mycobacterium antidepressant microbes in soil are also being investigated for improving cognitive function, Crohn's disease and even rheumatoid arthritis."
So, get out and make mud pies, or better, come join us at Grace Garden and get your hands dirty and your spirits lifted.

Resource: Identification of an Immune-Responsive Mesolimbocortical Serotonergic System: Potential Role in Regulation of Emotional Behavior," by Christopher Lowry et al., published online on March 28, 2007 in Neuroscience.

Labyrinth and Prayer Garden Landscaping

During February, we installed all the buried systems that will support this sacred space. These include buried water supply to several hose stations inside the perimeter fence - similar to what we had done for the community garden. (Having a hose bibb below grade is a tidy installation, and protects the pipes from freezing). We also laid conduit with low-voltage wiring to LED lights, which has turned out quite well. Our objective was to not have light shine in people's eyes, yet still be able to have evening gatherings where people could walk the labyrinth, gather in the prayer garden area.

We broke out an old concrete sidewalk and dug 28 circular foundation holes for seven concrete benches: for now these have empty 8" diameter form tubes in them. And we laid crushed decomposed granite pathways and gathering areas with weed-barrier underneath, in all the places that will not have topsoil. None of it could have been done without the help of two formerly homeless men, Clarence and Greg, who now gratefully do honest paid work. They have the strength and persistence that was needed for this heavy work.

Early March topsoil will be delivered and wheel-barrowed into areas for sedges, ground cover, ferns, shrubs, grasses … Nancy Hannan and Gordon Lee can rattle off the variety of plants planned. The plantings may happen during week-days as well as in the weekends. Later in the month the benches will arrive and be bolted down, and memorial bricks laid all around the Albert Ebaugh memorial rock. April 2nd will be the day we will bless the space and honor his memory with many of his family. Later in April will be an interfaith evening Labyrinth walk - more to come on that from Helen Rose Ebaugh.

By Bob Andrew, Junior Warden

Christian Education

ADULT FORMATION & CHRISTIAN EDUCATION

Sundays @ 9:00 am	***Spirituality and the Life of Trees,*** a study based on Peter Wohlleben's book, *The Hidden Life of Trees,* led by Rev. Dr. John and Rev. Gena (Parish Hall)
Sundays @ 9:00 am	Contemplative Prayer with Gospel Reading Lectio Divina (Conference Room)
Sundays @ 11:45 am	Lenten Study - ***Living Well Through Lent*** *Listening with all your Heart, Soul, Strength, & Mind*
Wednesdays @ 6:00 pm	*Joan Chittister: Essential Writings by* Mary Lou Kownacki *&* Contemplative Prayer
2nd Saturday @ 11:00 am	Prayer and Potluck: Gospel Reading Lectio Divina, led by Cheryl Kimbrough (bring a dish to share)

CHILDREN'S MINISTRY

Sundays @ 10 am	Godly Play (Godly Play Room) - Children join the worship service to receive Holy Communion, led by Christie Hudlow

YOUTH GROUP (6TH-12TH GRADES)

Sundays, after church	Youth Group Gathering: Fellowship, Fun, and Study

What's Happening for Seniors in MARCH

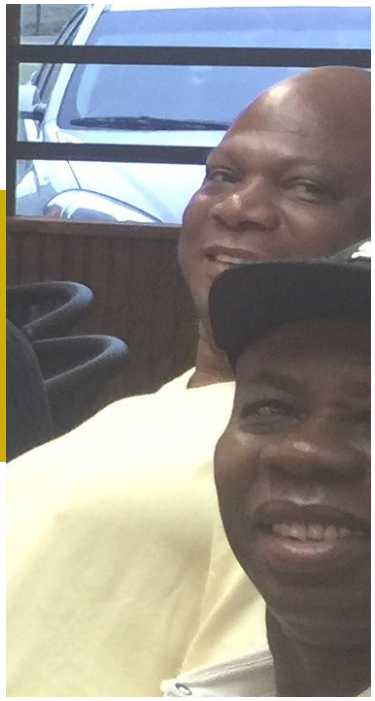
Senior's Luncheon
Tuesday,
March 14th

ESCALANTES

Meyerland Plaza
Sign up in the Parish

Morning Prayer
Mondays
9:00-9:30 am

Holy Eucharist
Rite II
Thursdays



Remembering our friend Nigel Zingula at the February Men's Breakfast.
Nigel at top
Eddie at bottom

Bishop's Warden's Corner

By Cheryl L. Kimbrough

Thank you for the opportunity to serve as your delegate to Council. It was an exhilarating experience. I encourage you to log on to epicenter.org and listen to the audio of Bishop Doyle's sermon from the Opening Eucharist, the three plenary talks and the Bishop's address. Also read Carol Barnwell's Wrap-up - Missional Church is Focus of 168th Council.

Below is a synopsis paraphrasing Carol's wrap up of the Council:
More than 900 delegates, clergy and visitors gathered for the Episcopal Diocese of Texas' 168th Council, theme of being "missional" and building "missional communities". A standing room only congregation gathered for opening worship at Trinity Galveston on Thursday, February 9, 2017. Delegates approved the hiring of an assistant bishop, passed a $10.7M budget, continued to clean up Canons to reflect actual practices and delete outdated language and elected new members to the Executive Board and new deputies to the 2018 General Convention. Plenaries challenged delegates to read Scripture with a new eye, commit to holy habits and to make a point of knowing one's neighbors.

The Diocese also bid farewell to Canon Mary MacGregor, who retired this week. In a fitting tribute, Bishop Andy Doyle, presented MacGregor with a water well for a poor community in Tanzania to honor her many years of dedication to the Diocese.

The Rt. Rev. Mariann Budde, Bishop of Washington, D.C. gave the sermon at the Friday Eucharist. Bishop Budde, noting the achievements of the Diocese of Texas, encouraged those present to "testify to what you've seen," and continued, "We need one another's sight and testimony."

The Diocese's new CFO, and newly elected treasurer, Linda R. Mitchell, reported that the current balance sheet reflected cash and marketable securities up to more than $200,000 and that the Diocese is debt free.

Congregation news:
South Congress Episcopal Community (SoCo), a parochial mission of St. David's, Austin. (new) San Romero Episcopal Church, is currently meeting at St. Christopher's, Houston. (new) St. Barnabas, Houston's, request to be remitted to mission status.

The Diocese is in talks with Holy Emmanuel CSI (Church of South India) to possibly accept them as a mission congregation of the Diocese.

The Magdalene Community

Second Sundays,
4:00-5:30 pm
Grace Episcopal Church
Sunday, March 12th
All are welcome!

JOIN WITH US FOR YOGA & MEDITATION

GENTLE YOGA
Saturdays from 9:00 -10:00 am
Parish Hall
QIGONG
Mondays from 9:30—10:15 am Parish Hall

FLOW YOGA
Tuesdays from 5:00 - 5:55 pm
In the Church

CONTEMPLATIVE PRAYER
Wednesdays at 6:00 pm
Sundays at 9:00 am

Gala Evening at Grace Will Feature Renowned Speaker

On Saturday, April 22, 2017, at 7:00 p.m., Grace will host a gala evening featuring The Very Reverend J. Pittman McGehee, D.D., who will speak on *The Four Corners of Embodied Spirituality: We Are Bio-Psycho-Social-Spiritual Beings*. As an Episcopal priest and Jungian analyst, Dr. McGehee is well known in the Diocese of Texas and far beyond for his warmth, humor, and engaging insight as a speaker in the fields of psychology and religion. He is an inspiring author of books, poetry, and essays, with his books including *The Invisible Church: Finding Spirituality Where You Are; Raising Lazarus: The Science of Healing the Soul; Words Made Flesh: Selected Sermons by The Very Reverend J. Pittman McGehee;* and *The Paradox of Love.* For 11 years, Dr. McGehee served as Dean of Houston's Christ Church Cathedral. He now resides in Austin, Texas, where he is in private practice as a priest/psychoanalyst and teacher/lecturer. He is an adjunct lecturer at the University of Texas, an adjunct instructor at Saybrook University, and a faculty member of the C. G. Jung Institute in Zurich, Switzerland. We are thrilled to have Dr. McGehee join us for this evening that will raise funds to benefit our ministries at Grace.

Following Dr. McGehee's talk, plans call for a reception featuring great conversation and delectable hors d'oeuvres. There will be a silent auction, offering a wonderful array of items. For baseball fans, the auction will include an authenticated baseball signed by Yogi Berra and inscribed with his famous phrase, "It ain't over till it's over!" and a baseball bat signed by Nolan Ryan! There will also be a wine "pull," where participants make a donation for an opportunity to pull a great bottle of wine from the wine pull rack.

Mark your calendars now for an inspiring and fun evening that will help further God's work here at Grace. Watch for more details in the coming days!