

# The Sunday Epistle

St. Paul's Episcopal Church  
March 19, 2023

THE  
EPISCOPAL  
CHURCH  
*welcomes you*

*To Know Christ · To Worship Christ · To Serve Christ · To Make Him Known*

## WELCOME TO ST. PAUL'S!

We're so glad you're worshipping with us today whether in person or via live-stream! If you're joining us for the first time, please enter your information in the Visitor's Book in the church entrance or send an email to [info@stpaulslynchburg.org](mailto:info@stpaulslynchburg.org) and we will reach out to you. If you are looking for a church home, we hope you will consider St. Paul's. Please visit our website at [www.stpaulslynchburg.org](http://www.stpaulslynchburg.org).

## Lent



**WEDNESDAYS, MARCH 22—29**

**Evening Prayer &  
Holy Eucharist 5:30 PM  
Lenten Program 6:15 PM**

(a light supper will be provided)

During Lent we will focus on the organizations that currently receive financial or other forms of support from St. Paul's. We will hear about the organizations' reach and impact and have opportunities to engage in activities to further the mission of our community partners. Look for Sunday visitors to share community updates and visit with us after the Sunday 10:00 AM service, Wednesday evening Lenten programs, and weekly community engagement.

**March 22—Jennifer McCarthy from Daily Bread will be the speaker.  
Nina Salmon, host**



## HOLY WEEK WORSHIP SCHEDULE

### April 2—Palm Sunday

8:00 AM—Blessing of the Palms  
& Holy Eucharist, Rite I

10:00 AM—Holy Eucharist, Rite I

### April 6—Maundy Thursday

7:00 PM—Holy Eucharist, Rite I

### April 7—Good Friday

12 Noon—Reflections on the  
Passion Gospel

5:00 PM—Stations of the Cross

### April 9—Sunday of the Resurrection— Easter Day

8:00 AM—Holy Eucharist, Rite I

10:00 AM—Holy Eucharist, Rite II

## Faith in Action

## Lent @ St. Paul's

Each week on Sunday, after the 10:00 AM service, we'll feature a different hands-on service/outreach opportunity for anyone who would like to participate. **Birthday Box assembly for Meals on Wheels** will take place in the Undercroft every Sunday throughout Lent.

### Faith in Action opportunities:

**March 19: Boys and Girls Club** (specifics of project TBD...paint, indoor or outdoor yard clean-up...?)

**March 26: Interfaith Outreach ramp building** (tentative)

Contact **Nina Salmon+** for more information.

[nsalmon@stpaulslynchburg.org](mailto:nsalmon@stpaulslynchburg.org)

## Celtic Evening Prayer & Eucharist

**Sunday, March 19**

**5:00 PM**

*"Let my prayer be set forth in your  
sight as incense, the lifting up of my  
hands as the evening sacrifice."  
Psalm 141:2*

### MARCH 19 –26

#### Sunday, March 19

*The 4th Sunday in Lent*

**8:00 AM—HE, Rite I**

**10:00 AM—MP & HE, Rite I**

**5:00 PM—Celtic Evening Prayer  
& Eucharist**

#### Wednesday, March 22

**Evening Prayer & Eucharist  
6:15 PM Lenten Program in the  
Undercroft**

(A light supper will be provided)

#### Sunday, March 26

*The 5th Sunday in Lent*

**8:00 AM—HE, Rite I**

**10:00 AM—HE, Rite I**

**All services are In Person  
and Live Streamed.**

### PARISH HEALTH



**March 19-25  
is National  
Poison  
Prevention  
week.**

Household  
cleaning

agents, prescription medications, pesticides and other items can pose serious hazards to the health and well-being of our families and even our pets. This week is dedicated to raising awareness about poison control centers and the Poison Help Hotline (1-800-222-1222), which is available to everyone. Whether it is a question or an emergency, Poison Help can provide life-saving information when people need it most. Calling a Poison Center is faster and more accurate than an internet search.

*Beverly Wilson, RN*  
Parish Nurse

## A Very Special "Shoe Box"

**BIRTHDAY BOXES!** As a part of our Lenten focus outside the walls of St. Paul's we are helping *Meals on Wheels* to provide birthday boxes for their clients throughout Lent.

**We are asking, in addition to items from the list below, for boxes and birthday wrapping paper.** Please bring your items by the church office (open 9am-2pm Mon-Fri) or to church on Sundays.

### Birthday Box items

Please DO NOT include any food items or candy (as many of their clients are on restricted diets), or heavily scented items (like candles or potpourri) due to allergies.

Hand soap/shampoo	Scotch tape
Small pack of tissues	Nail Clippers/File
Shave cream w/disposable razor	Small stuffed animal
Deodorant/Lotion	Playing Cards
Toothpaste & tooth brush	Socks
Pens/Stationery	Comb/Hairbrush
a book of stamps	Nightlight
Small puzzle/Word find book (preferably large print)	Mouthwash

## St. Paul's



**St. Paul's youth in grades 6-12** are invited to participate in the **Spring Youth Event** on Monacan land at St. Paul's Episcopal Mission, Bear Mountain in Amherst County. Bring your tent and sleeping bag and join us for a weekend under the stars (cabins are available for those not wanting to camp). Activities will include small groups, messy games, a campfire, and lots of acres to explore! On Sunday morning, we will join the people of St. Paul's for worship.

### Event Information

**Date:** April 14-16

**Location:** St. Paul's Episcopal Mission, 2009 Kenmore Rd, Amherst, VA 24521

**Check-in:** Friday, April 14, 6:00-7:00 PM (Dinner will be served.)

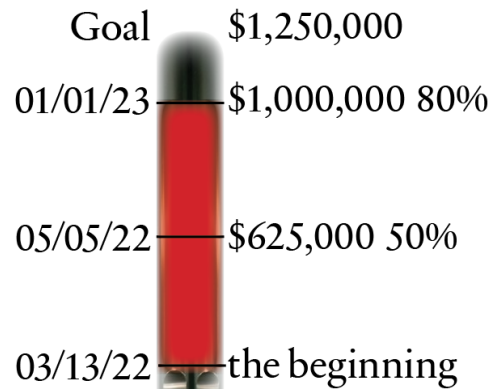
**Pick-up:** Sunday, April 16, 11:30 AM following the worship service

**Cost:** \$50 (includes Friday dinner, 3 meals on Saturday & Sunday breakfast)

**Parents are responsible for transportation.**

**Registration link:** <https://dioswva.wufoo.com/forms/zelnj20e8ynox/>

## BICENTENNIAL ORGAN FUND



New address, phone number, email? Children grown and no longer living in your home? Please remember to contact the church office so that our records are current and you don't miss out on what's happening at St. Paul's. Thanks! [grhodes@stpaulslynchburg.org](mailto:grhodes@stpaulslynchburg.org)

## "AGING IN YOUR COMMUNITY"

St. Stephen's Episcopal Church, Forest, in partnership with the Alzheimer's Association, is hosting an **"Aging in Your Community" seminar on Tuesday, April 11 from 10:00 a.m. - noon.** Aging in Your Community is an event that provides a platform for seniors in the Bedford, Forest and Lynchburg areas to hear from expert panelists on resources, services, and programs available to them. This free event is designed to help seniors stay informed so they can maintain their independence and overall well-being. Our expert panelists represent a wide range of organizations and services in the community, including healthcare providers, social service organizations, and community groups. The event will consist of a panel discussion, followed by a Q&A session where seniors can ask questions and receive feedback from the panelists. Audience members will be able to provide feedback and share their experiences with resources and services in the community.

To register please visit:

<https://tinyurl.com/utyxe8kh> or call (800) 272-3900.