



## SOMETHING “FUN” TO DO IN LENT—FOR ONCE!

Life is too short to always experience the onset of Lent as something dreadful. Seriously. How many years in a row can you give up something—or the same thing!—for six weeks, not counting Sundays, and have it be any different? Well, maybe some people can do that—but not the majority of people. Yet we all understand that Lent presents us with an opportunity to focus on our spiritual growth and development, to grow closer to God.

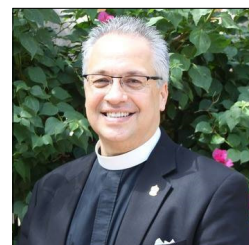
*Gratitude is a spiritual practice that leads to God.*

What if I told you that there is a way to grow spiritually, to grow closer to God that you will actually enjoy, if not find down right fun, in time? Such a thing exists: Keeping a Gratitude Journal. “What is a gratitude journal?” you may ask. Very simply put the basic practice is straightforward. Simply record two to three things that you experienced each day for which you’re grateful. Keep each entry simple and brief—just a single sentence will do. Or you could make a bulleted list! Your entries may “range from the mundane (‘waking up this morning’) to the sublime (‘the generosity of friends’) to the timeless (‘the Rolling Stones’).” (John Marsh, from *Greater Good Magazine Online*, Nov. 7, 2011.)

### How and When Do I Do This?

Many people find writing in a gratitude jour-

nal easiest to do before retiring to bed. You sit there and reflect on the day you’ve had and make your entries. No matter how rough one’s day was, or how life is treating you lately, we can *always* find something in each for which to be grateful. Additionally, journaling with regularity about the blessings in one’s life can strengthen and prepare us for any difficulty or hard time that shows up.



The best thing, too, is that it’s low-cost and easy to start—you can use any old notebook, or a journal, or other paper—notebook paper, perhaps. At Advent, we are providing you with a ready-made journal that should get you through Lent. Just pick one up in church, or in the office during the week!

### “What’s in it for me?” You Might Ask...

People who practice gratitude journaling on a regular basis report the following benefits:

- As with many other practices of gratitude, gratitude journaling can lower stress
- Can give you a new outlook on what is important to you in life, and what you truly appreciate
- Paying attention to what you write, people often discover a clearer picture of what they want to have more of in their life, and what they can let go of or do without

*(Con’t on Page 2)*

### ***Something Fun to Do in Lent (con't)***

- You become more self-aware as you learn more about yourself and what you love or appreciate
- Having a rough day? Reading through your gratitude journal can be a real pick-me-up, and a reminder of all the blessings you actually have and acknowledged

It goes without saying, a gratitude journal is for your eyes only—though you are free to share your thoughts and thanksgivings with whomever you choose. Some people have felt inspired to write a long-overdue Gratitude Letter—a letter of appreciation to a family member or friend thanking them all the good they have contributed to our lives. Have we thanked the people in our lives who have blessed us, perhaps unknowingly?

#### **Gratitude is a spiritual practice that leads to God.**

Gratitude—thanksgiving—is at the heart of our

weekly worship. After all, the Greek word for “thanksgiving” is *eucharisto*—it’s the Eucharist! We call it, “The Great Thanksgiving” for a reason; in recognition of all that we have, given to us by a generous and giving God, who loves us more than we can possibly imagine. Gratitude is an attribute that leads us to God, and makes us act more like Jesus, whose whole life was one big act of thanksgiving to God, and a reminder to us to express our own gratitude.

So, dear people of God: I invite you into the regular practice of gratitude journaling for Lent this year. May this easy to do exercise be the source of you drawing closer to God, closer to the imitation of Christ, in a most enjoyable, surprising way! *Happy journaling!*

Blessings and peace, Canon Timothy+



### **POTLUCK SCHEDULED FOR MARCH 10**

We will have a potluck brunch following the 10:00 AM worship service. The second Sunday of each month is an opportunity for all of us to bring health brunch items to share with one another.

*Last Names A-G*  
Salads/ Fruit

*Last Names H—M*  
Main Dish

*Last Names N—S*  
Desserts

*Last Names T-Z*  
Appetizers/Egg Dish



#### **NEWCOMERS' NEWS**

We are pleased to welcome new member, Barbara Ciciarelli, to Advent! You'll recognize Barbara by her big smile and the blue dot on her name tag. Please make her feel welcome to our growing family.

*Pat Carroll*

## CURSILLO WEEKEND SCHEDULED FOR SEPTEMBER 5-8, 2019

A Cursillo Weekend is an excellent way to continue your spiritual growth. The weekend is filled with talks and group discussions on many aspects of our Christian Faith; and there will be times for meditation, prayer, and singing, as well as good food and fellowship. General info about [Cursillo](http://episcopalcursilloministry.org) is available on their website ([episcopalcursilloministry.org](http://episcopalcursilloministry.org)). The Sept. 5 thru 8 Cursillo Weekend will be held at the [Franciscan Renewal Center](http://thecasa.org/about), 5802 E. Lincoln Drive, Scottsdale, AZ 85253 ([thecasa.org/about](http://thecasa.org/about)).

This will be a coed weekend; and it will be open to both, singles and couples. The cost (payable in Sept.) will be approximately \$250 per person, double occupancy; and approximately \$295 per person, single occupancy, which includes the cost of each person's sleeping accommodations and all meals. (Partial scholarships are sometimes available for those in need.) Space is very limited. If you are interested in attending, please contact Herb & Sue Norton as soon as possible (preferably via email and preferably by April 7), so the necessary application forms can be processed.

Herb & Sue Norton  
Cursillo Representatives at Advent Episcopal Church  
[hnorton@alum.mit.edu](mailto:hnorton@alum.mit.edu) or (623) 975-6896.



## BIBLICAL STORYTELLING COMES TO ADVENT

In February of this year, a new ministry began at Advent that focuses on learning Bible stories to be told in the liturgy on Sunday, or other services or Holy Days. *ADVENTures in Biblical Storytelling* has twelve people involved so far, including Canon Timothy, our mentor/coach. Meeting roughly twice a month, the goal this winter/spring is to learn the resurrection story from the Gospel of Luke for use in the Easter services April 20-21.

Of course, it's never too late to join in the fun! *ADVENTures in Biblical Storytelling* meets this month on Monday, March 11 and March 25, from 1:30 to 2:30 PM in Paine Hall. You're welcome to join us! Please notify Canon Timothy in the church office if you would like to attend, and he will help you get up to speed!

For more information, see: <http://nbsint.org/watchastory> to get a feel for what we are trying to do! *Come tell with us!*

## AZ Epsicopal Cursillo Invites you to A Mardi Gras themed Annual Fundraising Dinner and Silent Auction to benefit the Scholarship Fund

Come join us on Saturday, March 30, 2019  
from 6-9pm at St John the Baptist Church-Glendale  
4102 West Union Hills Drive, Glendale, AZ 85308-1702



Contact Kate Flavell at [kateflavell@juno.com](mailto:kateflavell@juno.com).

To make a reservation.

\$25.00 per person.

**Everyone is welcome!**

Auction items are needed-gift baskets, art objects, tickets to an event, gift cards, etc.

For more information please contact:

Betty Pugh-Zaleski @ (602) 359-4379  
or Deacon Debbie @ (208) 409-3517

## HAPPY BIRTHDAY!

*"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." Romans 15:13*

### **MARCH 1**

BARBARA WINTERBOTTOM

BETTY RILEY

### **MARCH 2**

HELEN SCHARSCHAN

### **MARCH 3**

EVELYN MEYER

KAREN THOMAS

### **MARCH 4**

TOMMY SMOCK, JR.

### **MARCH 6**

BARB HIGGENS

### **MARCH 8**

JOSEPH ANTOUN

JEFFREY HYATT

GRACE OVERTON

### **MARCH 9**

PATRICIA CARROLL

### **MARCH 11**

CHRISTINE WINANDY

### **MARCH 12**

ROGER COOPER

### **MARCH 13**

BRIAN COUVILLION

MARY JAYNE SWALLOW

### **MARCH 14**

CONSTANCE FORREST

### **MARCH 16**

SHARON DOYLE

### **MARCH 17**

RICHARD ARNOLD

MURIEL CHRISTENSEN

### **MARCH 19**

BETH DOMBEK

MAX HAWK

PAT KINDLE

### **MARCH 21**

JOAN DU CHEMIN

AMANDA WEESE

### **MARCH 22**

ERICA HUTCHINSON

JEANNE PEELE

GARY ENDEAN

### **MARCH 24**

NORMAN KELLN

CHRISTINE TURNER

### **MARCH 25**

MARGUERITE EVANS

### **MARCH 26**

SHANNON MCLAREN

### **MARCH 28**

PATRICIA CARTER-DIERS

## HAPPY ANNIVERSARY

JOSEPH AND CAROL MARQUIS, MARCH 18

MICHAEL AND HARRIET THURSTLIC, MARCH 19

DICK AND JEANNE SULLEY, MARCH 21

JACK AND CHARLOTTE STIEHL



## HOLISTIC STEWARDSHIP FOR LENT

**F**or centuries Christians have observed Lent with passionate devotion and prayerful attention to spiritual disciplines.

These faith practices strengthen our souls and open our hearts to the resurrected Christ at Easter.

This year try developing a sense of holistic stewardship for your life. Stewardship, of course, looks at how we use not just our financial abundance but all the blessings that God has given us – our health, our family and friends, our faith, our time, our intelligence, and so on.

Just as holistic medicine takes a “big picture” view of physical health as a dynamic interconnection of our body’s systems, holistic stewardship helps us see and appreciate all our gifts in relationship to one another.

For instance, how does your stewardship of time interact with your stewardship of your relationships or health? How might

more-thoughtful stewardship of your time improve your relationships or your health? How might better stewardship of time, relationships and health improve your financial abundance?

When you examine your stewardship of these and all your gifts in dynamic interconnection with one another, you can find more meaning and purpose as a disciple of Jesus.

To get there, for the days of Lent focus on just five major categories of the blessings God has given you easily remembered by the shorthand word FAITH.

**Family and friends** – nurturing relationships.

**Abundance** -- finance and material possessions.

**Intelligence** – your mind and special talents.

**Time** -- living fully 24/7.

**Health** – physical and emotional wellness.

Spend 15 minutes every day to prayerfully ponder and meditate on these FAITH blessings. A prayer journal or notebook may help you process and connect.

- Take stock of your blessings in each category, thanking God for them.
- Reflect on how they interrelate to give you joy and purpose and meaning.
- Ask God to help you use these gifts more wisely and fully for God’s purposes.
- Imagine God blessing and enriching your life as you learn to steward these gifts in a way that they will support and enhance one another.

This Lent, let holistic stewardship help you envision your gifts and life more fully in God’s reality, the reality called the Reign of God. It’s the Reign that Jesus preached and proclaimed, and that he brought to fulfillment with the victory over death that we celebrate at Easter.

--Rob Blezard

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### ST. MARY’S FOOD BANK

February Donations:

Food = 207 lbs.

Final count for the Advent Hunger Tree = 350 lbs

Year To Date Food = 610 lbs.

Dollars = \$118

Thank you for your generous support to the Advent Hunger Tree last December and early January. Remember that 1 in 4 children go to bed hungry each night and 1 in 7 adults do the same here in Arizona. Your help makes a real difference in the lives of so many. May God bless you in your ongoing ministry to help feed the hungry.

## ADVENT MINISTRIES

### **THE BEST FOR LESS RUMMAGE 2019 SALE**

The ECW and the Men's Club would like to thank all of the volunteers who helped make the rummage sale a success. Our "Advent Village" gathered and worked tirelessly to sort, price and stage the wonderful donations we received. The profits from the sale will be shared by the ECW and the Men's Club Outreach budgets.

Many thanks & Blessings,  
Barb Wolfe  
Tom Wolfe  
Chuck Smith  
Sharon Navratil



### **LUNCH & LAUGHS**

Resumes on March 7 at  
11:30 AM. Call Sharon  
Mather at (623) 214-0154  
for more information. See  
you there!

**MEMORIAL BRICKS** have been installed in a new location in the Advent Memorial Garden. We feel very happy with the new location and look—being memorials themselves, they add a nice touch to the area. We also have room to add new bricks. For anyone interested in purchasing a memorial brick, the cost is \$70, a slight increase over the original cost due to an increase in the engraving process. If interested, please contact Flavia Nomicos, at [fnomicos@cox.net](mailto:fnomicos@cox.net) and she will help you process your order. When a minimum of 25 bricks have been purchased, a new order can be submitted. Be sure to see the bricks in their new location and thank you for your interest!

*Flavia Nomicos*



### **SHROVE TUESDAY PANCAKE DINNER**

**March 5**

Tickets may be purchased on  
Sunday and in the church office

Monday and Tuesday from 8:30 AM—1:30 PM.

**\$10 pr/person**

**MARCH 2019**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	8:00 AM Holy Eucharist- no music 9:00 AM Lectionary Bible Study - Conf Room 9:00 AM Sunday School - East Hall 10:00 AM Holy Eucharist with Music 11:30 AM Vestry Meeting - North Hall	8:30 AM Helping Hands Kitchen & Paine Hall 10:30 AM "Falling Upward" Book study 2:00 PM Advent Biblical Storytelling 2:00 PM AI Anon Meeting - North Hall	8:00 AM Happy Hat Hookers Kitchen & North Hall 10:30 AM "Falling Upward" Book study 2:00 PM AI Anon Meeting - North Hall	2:00 PM Claire Garrigues Service of Remembrance 1:00 PM EIM - Conference Room 6:00 PM Holy Eucharist with Anointing	10:00 AM AI Anon - North Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kenyama - Gospel of John - North Hall 7:00 PM AA Variety Group	7:30 AM Choose to Lose - Paine Hall 8:30 AM Journey Mentor Meeting - Conference Room 1:00 PM EIM - Conference Room 6:00 PM Holy Eucharist with Anointing	8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen
3	8:00 AM Holy Eucharist- no music 9:00 AM Lectionary Bible Study - Conf Room 9:00 AM Sunday School - East Ha 10:00 AM Holy Eucharist with Music 2:00 PM Hymn Sing and Ice Cream Social	8:30 AM Helping Hands Kitchen & Paine Hall 10:30 AM "Falling Upward" Book study 2:00 PM AI Anon Meeting - North Hall	8:00 AM Men's Club Regular Mtg - Paine Hall 10:30 AM "Falling Upward" Book study 2:00 PM AI Anon Meeting - North Hall	8:00 AM Parish Visitors - North Hall 10:30 AM Journey Mentor Meeting - Conference Room 12:00 PM Ash Wednesday Service 1:30 PM EIM - Conference Room 6:00 PM Holy Eucharist with Anointing	9:30 AM HEP meeting - conf room 10:00 AM AI Anon - North Hall 11:30 AM Laughs & Lunch - Paine Hall & Kitchen 1:00 PM Bell Choir Practice - Church 1:30 PM Kenyama - Gospel of John - North Hall 7:00 PM AA Variety Group	7:30 AM Choose to Lose - Paine Hall 8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen	8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen
10	UTO Spring ingathering 8:00 AM Holy Eucharist- no music 9:00 AM Lectionary Bible Study - Conf Room 9:00 AM Sunday School - East Ha 10:00 AM Holy Eucharist with Music 11:30 AM Food & Fellowship Potluck	8:30 AM Helping Hands Kitchen & Paine Hall 10:30 AM "Falling Upward" Book study 2:00 PM Advent Biblical Storytelling 2:00 PM AI Anon Meeting - North Hall	12:00 PM Broom Buddies-Bread Cancer support education advocacy - North Ha 1:30 PM Advent Biblical Storytelling 2:00 PM AI Anon Meeting - North Hall	9:00 AM ECW Board Meeting - North Hall 10:30 AM Journey Mentor Meeting - Conference Room 1:00 PM EIM - Conference Room 4:30 PM Journey to Easter program 5:00 PM Holy Eucharist with Anointing 6:00 PM Lenten Soup and Bread	10:00 AM AI Anon - North Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kenyama - Gospel of John - North Hall 7:00 PM AA Variety Group	LUMINARY DEADLINE 7:30 AM Choose to Lose - Paine Hall 8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen 5:00 PM St. Patrick's Day Dinner	8:00 AM Set-Up for St. Patrick's Day Dinner 8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen 5:00 PM St. Patrick's Day Dinner
17	8:00 AM Holy Eucharist- no music 9:00 AM Lectionary Bible Study - Conf Room 9:00 AM Sunday School - East Ha 10:00 AM Holy Eucharist with Music 11:30 AM DOK meeting - Conference Room 2:00 PM NW Valley Friends of AIDS	8:30 AM Helping Hands Kitchen & Paine Hall 10:30 AM "Falling Upward" Book study 2:00 PM AI Anon Meeting - North Hall	8:00 AM Finance Committee - Conference Room 9:00 AM Men's club social breakfast - Tiwoli Gardens	9:00 AM Finance Committee - Conference Room 10:30 AM Journey Mentor Meeting - Conference Room 1:00 PM EIM - Conference Room 4:30 PM Journey to Easter program 5:00 PM Holy Eucharist with Anointing 6:00 PM Lenten Soup and Bread	10:00 AM AI Anon - North Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kenyama - Gospel of John - North Hall 7:00 PM AA Variety Group	7:30 AM Choose to Lose - Paine Hall 8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen	8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen
24	8:00 AM Holy Eucharist- no music 9:00 AM Lectionary Bible Study - Conf Room 9:00 AM Sunday School - East Ha 10:00 AM Holy Eucharist with Music 11:30 AM Vestry Meeting - North Hall	8:30 AM Happy Hat Hookers Kitchen & North Hall 10:30 AM "Falling Upward" Book study 2:00 PM Advent Biblical Storytelling 2:00 PM AI Anon Meeting - North Hall	8:00 AM Finance Committee - Conference Room 9:00 AM Men's club social breakfast - Tiwoli Gardens	9:00 AM Finance Committee - Conference Room 10:30 AM Journey Mentor Meeting - Conference Room 1:00 PM EIM - Conference Room 4:30 PM Journey to Easter program 5:00 PM Holy Eucharist with Anointing 6:00 PM Lenten Soup and Bread	10:00 AM AI Anon - North Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kenyama - Gospel of John - North Hall 7:00 PM AA Variety Group	7:30 AM Choose to Lose - Paine Hall 8:00 AM Prep for Vet Program - Kitchen 9:00 AM AI Anon - North Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kenyama - Gospel of John - North Hall 7:00 PM AA Variety Group	8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen
31	8:00 AM Holy Eucharist- no music 9:00 AM Lectionary Bible Study - Conf Room 9:00 AM Sunday School - East Ha 10:00 AM Holy Eucharist with Music	8:30 AM Helping Hands Kitchen & Paine Hall 10:30 AM "Falling Upward" Book study 2:00 PM AI Anon Meeting - North Hall	8:00 AM Men's Club Regular Mtg - Paine Hall 10:30 AM "Falling Upward" Book study 2:00 PM AI Anon Meeting - North Hall	9:00 AM Parish Visitors - North Hall 10:30 AM Journey Mentor Meeting - Conference Room 1:00 PM EIM - Conference Room 4:30 PM Journey to Easter program 5:00 PM Holy Eucharist with Anointing 6:00 PM Lenten Soup and Bread	9:30 AM HEP meeting - conf room 10:00 AM AI Anon - North Hall 11:30 AM Laughs & Lunch - Paine Hall & Kitchen 1:00 PM Bell Choir Practice - Church 7:00 PM AA Variety Group	7:30 AM Choose to Lose - Paine Hall 8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen	8:30 AM Alar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine Hall/Kitchen



# Advent

EPISCOPAL CHURCH

Connect + Inspire + Transform

## CHURCH LEADERSHIP

The Rt. Rev. Kirk S. Smith  
Bishop of Arizona

The Rev. Jennifer A. Reddall  
Bishop-Elect of Arizona

Rev. Canon Timothy M. Dombek  
Rector  
[timothy@adventaz.org](mailto:timothy@adventaz.org)

## AFFILIATED CLERGY

Rev. Brian Couvillion  
Rev. Canon Geoffrey Dibbs  
Rev. Dr. Janet Gooltz  
Rev. Sandy Chilese  
Rev. Deacon Debbie Greenleaf  
Rev. Deacon Meg Lewis

## NEW ADVENT OFFICE HOURS

Monday thru Thursday  
8:30 AM—1:30 PM

Friday  
8:30 AM—12:30 PM

## ADVENT EPISCOPAL CHURCH VISION

Fewer lonely people, fewer hungry people; more peace, joy, and love in the lives of those we serve.

## ADVENT VESTRY

John Long, Sr. Warden  
Harry Roumell, Jr. Warden  
Neal Haskell, Treasurer  
Carol Teays, Clerk

## VESTRY MEMBERS

Melinda Case  
Kim Haskell  
Danny Hayes  
Jan Hendrix  
Sharon Navratil  
Flavia Nomicos  
Diane Prueher

## MUSIC DIRECTOR

Eldon Wold, Jr.

## PARISH ADMINISTRATOR

Kimberlee Stevens  
[kim@adventaz.org](mailto:kim@adventaz.org)