

THE SHEPHERD STAFF



GOOD SHEPHERD EPISCOPAL CHURCH

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MARCH 2017

Have a Holy Lent

Lent
2017

Lent

Lent

Stations of the Cross

Each Friday in Lent @ 5:00 pm
(March. 3, 10, 17, 24, 31 & April 7)

We gather for devotions around the traditional stations of the cross. This is a timeless spiritual practice going back to the St. Helena, the mother of Emperor Constantine in the 4th century. We walk the 14 stations around the outside of the church with a meditation and prayer at each.

Lenten Bible Study: The Seven Words from the Cross Friday March 3rd, 10th, 24th & 31st,
@ 6:00 pm

After the Stations, we will have a light soup and salad supper and look at three t to reflect on. This is for everyone; no great background knowledge is necessary, just a willingness to ponder together how the story in the Bible intersects with the stories of our lives.

Featuring: 2 Parish Lenten retreats:

Saturday March 11 and March 25th,
9:00 am – noon

March 11:

Rev'd Canon Sandy Graham

We come to Jesus;

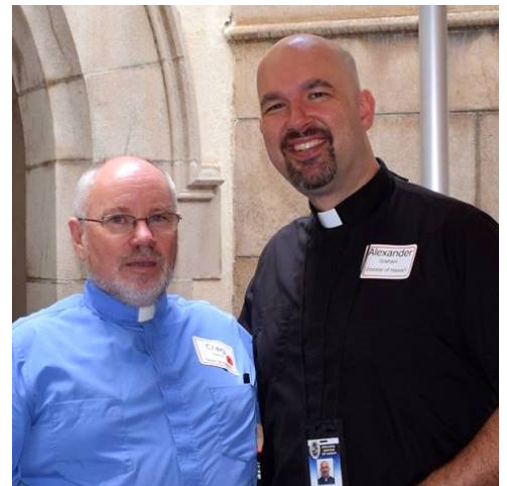
Evangelism in the pew;

Evangelism of the heart.

March 25th: They come to Jesus;

Life with a mission


Rev'd Craig Vance




Please join us for two parish faith renewal events as we consider being church in the 21st century, in our common life as a parish. A time to reflect, for silence, and to deepen our faith.

There will be a light breakfast served

****NOTE:** Please call the parish office to sign up where needed

	March 5 Lent 1	March 12 Lent 2	March 19 Lent 3	March 26 Lent 4
Lectors 9:00am	Rheena Campbell Shirley Evangelista	Gil Keith-Agaran Maggie Evangelista	Peter Lee	Youth
Intercessor 9:00am	Maggie Evangelista	Rheena Campbell	Peter Lee	Gil Keith-Agaran
Eucharistic Ministers 9:00am	Maggie Evangelista Peter Lee John Decker	Louise Aloy Marina Melchor Mary Lou Mellinger	Gloria Cajigal Eugenia Sitts Rheena Campbell	Sheena Agtagma Aaron Batulayan David Batulayan
Altar Guild Po'o	John Tomoso	Mary Lou Mellinger	Eugenia Sitts	Bessy Evangelista
Ohana Kitchen	Team 3 Gusman Ohana	St. Ann's Confirmants	Ka Ohana O Kamai	Kramp Ohana
Coffee Host	Bessy Evangelista	Needed	Needed	Needed

	April 2 Lent 5	April 9 Palm Sunday	April 16 Easter	April 23 Easter 2	April 30 Easter 3
Lectors 9:00am	Louise Aloy Briyana Steiff	Peter Lee Chancellor Brown	Rheena Campbell Shirley Evangelista	Youth	Gil Keith-Agaran Maggie Evangelista
Intercessor 9:00am	John Decker	Maggie Evangelista	Rheena Campbell	Peter Lee	Gil Keith-Agaran
Eucharistic Ministers 9:00am	Sergei Lampitoc Dolores Garcia Maggie Evangelista	Peter Lee John Decker Louise Aloy	Marina Melchor Mary Lou Mellinger Gloria Cajigal	Sheena Agtagma Aaron Batulayan David Batulayan	Eugenia Sitts Rheena Campbell Sergei Lampitoc
Altar Guild Po'o	Mary Lou Mellinger	John Tomoso	Bessy Evangelista	Eugenia Sitts	Mary Lou Mellinger
Ohana Kitchen	Marshalllese Congregation	Team 6 Brown's	Team 7 Idica's	Team 9 GSEC Youth	4ever Family N Friends
Coffee Host	Needed	Needed	POTLUCK BRUNCH	Needed	Needed

Province VIII Indigenous People's Network Winter Talk Reno, Nevada – January 13-15, 2017

The Rev. Paul Nahoa Lucas, Diocese of Hawai'i, Network Coordinator, Cluster II, Indigenous People's Network, Multi-Cultural Peace and Justice of Province VIII have invited me to Winter Talk for the last three years. Each time I was asked to speak about the ministries of Episcopal Church Women, better known as ECW.

Fr. Lucas shares that the concept of gathering during winter, to talk, to tell stories, to share and to learn while the earth is resting is an ancient tradition among indigenous peoples. It has been a tradition for Indigenous ministries in the Episcopal Church for a long period of time. Gatherings have evolved to include educational and leadership training, workshops, special celebrations and it remains a place where we can continue to talk and share and expand on our successes and challenges for the future.

On Friday the 13th at high noon, we gather in the "Spirit of the Circle" and began with a welcome and prayer from the Rev. Reynelda James, elder with the Pyramid Lake Paiute Indian Nation, and ordained deacon in the Diocese of Nevada. Other members of the Paiute Nation greet us with a warm welcome and with cultural songs and dances.

We then start to build the Province VIII Winter Talk altar. Each participant is invited to introduce themselves and contribute something to the altar. Something that represents where they come from, a celebration, a thanksgiving or a memorial, something tangible which best represents each of our presence at Winter Talk. By the time all 33 of us were done, we had a beautiful altar filled with photos of loved ones, artwork, a feather fan, beaded jewelry, rocks, oils, bottled salmon, crosses, kukui nut leis, bracelets, a bible, prayer books and so much more. The altar is placed in the center of the room with all participants surrounding four sides facing each other. The altar remains as such until we adjourn on Sunday afternoon.

It is now 4pm and I am the first guest speaker at this gathering. I share a little about the history of ECW and how it has evolved over the years to include affiliates; UTO, CPC, DOK, GFS, WOV and Women to Women. I have folders prepared with handouts filled with information on how to get started with their own ECW group. I included a copy of A Vision for Episcopal Church Women. Other handouts included Helpful Tidbits, Health & Vitality, Recruitment-All Women Welcome, A Focus Group Event sheet, and ECW planning handouts #1, 2 & 3. I also included a copy of our ECW Prayer, Women to Women brochure, a Fall 2016/Winter 2017 copy of Communique', a CPC, UTO brochure and a UTO bumper sticker.

In conclusion of my talk, I shared my own personal journey over the years and how after 17 years of attending The

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Congratulations to those celebrating their special day ! March

Chun Mi Akana	03/01
Chancellor Brown	03/01
Xander Davis	03/02
Rhianvyen Pascua	03/02
Layton-Isaiah Alpuro	03/11
Clarita Corpuz	03/11
Gloria Dela Cruz	03/12
Rogelio Dinong	03/12
Cindy Akana	03/13
Sigrid Latayada	03/14
Marisa Acidera	03/15
Troy Adzuara	03/15
Arianna Bueno	03/15
Marcelino Ibanez	03/17
Vincent Gusman	03/18
Ernesto Pasalo	03/18
Virginia Pasalo	03/23
Marilyn Butay	03/24
Elizabeth Agpoon	03/26
Paxton Sitts-Leyva	03/27
Karen Tugas	03/29
Dutch Akana	03/31
Luke Brown	03/31

03/07 Spencer & Rowena Enomoto
 03/11 Mervin & Kalani Holokai
 03/16 Marilyn & Moreno Butay



Good Shepherd Episcopal Church, I was finally received. I shared my story about attending my first ECW annual meeting in Honolulu. From then on, how I became involved in all aspects of women's ministry. I wanted to let them know that they are very much needed and their talents can be used in so many areas within their church. I wanted to encourage them, inspire them and empower them to become motivated to begin their journey as ECW in their own communities.

All of the Paiute Indian women were so moved and touched by my sharing they asked if I would meet with them before dinner. We had great conversations of how they had already started thinking about bringing the women in their church together to do outreach in their community. I vowed to give them my support and to help as best I can. I will be sending them some prayer beads for their elders and with instructions on how they can start making some. They want to start a "lap blanket" ministry for new moms and for elders. I will gather fabric from members to help them get started and by God's grace; I hope we can help them with some seed money to start their outreach ministry. This is a wonderful way to reach out to our sisters in Christ that could use a helping hand.

Respectfully submitted by: Louise Aloy - ECW President
 Diocese of Hawai'i

Head of the Church	- Our Lord Jesus Christ
Bishop	- The Rt. Rev. Robert Fitzpatrick
Priest	- The Rev. Craig Vance
Assisting Priest	- The Rev. Linda Decker
Assisting Priest	- The Rev. John Tomoso
Sr. Warden	- K. Peter Lee
Jr. Warden	- Alex Davis
Vestry 2017	- Ricky Melchor
	- Marilyn Oura
	- Shelley Womack
Vestry 2016	- Jeanne Abe
	- Bessy Evangelista
	- Lucy Santiago
Vestry 2018	- Gloria Cajigal
	- Marie Paul
	- Susan Tomoso
Vestry Clerk	- Lucy Santiago
Delegates	- Dutch Akana
	- Michelle Akana
	- Louise Aloy
	- Gloria Cajigal
	- K. Peter Lee
	- Susan Tomoso
Treasurer	- Edward Evangelista
Acolyte Master	- Pacifico Evangelista
Queen Emma	
Athletic Club	- Lawrence Kauhaahaa
ECW Co-Chair	- Louise Aloy
	- Eugenia Sitts
ECW Secretary	- Gemma Calvan
ECW Treasurer	- Cora Brown
Music Director	- Ferdinand Cajigal
Parish Secretary	- Cora Brown
Bookkeeper	- Lani Scott
Building/Ground	- Alex Davis
Evangelism	- Mark & Eugenia Sitts
Fellowship	- needed
Formation	- Basilia Evangelista
Outreach	- needed
Pastoral Care	- needed
Stewardship	- needed
Worship	- Pacifico Evangelista
Youth/Young Adults	- Gloria Cajigal
Youth Council Pres.-	- Kimberly Taroma
Youth Council VP	- Kody Calvan
Youth Council Sec.	- Shandi Agpoon
Youth Council Tres.-	
9th Grade Rep.	- Britley Case
10th Grade Rep.	- Jacob Akana
11th Grade Rep.	- Joseph Lampitoc
12th Grade Rep.	- Sheena Garo
College Rep.	- Princess Cainguitan

*THE DEADLINE FOR THE SHEPHERD STAFF NEWSLETTER ARTICLES & INFORMATION IS DUE ON THE 10TH OF EVERY

Ideas for Lent:

Give Something Up

It is traditional to fast during Lent. You can give up a small pleasure or fast for 24 hours once a week, the purpose of which is to prepare for the feast of Easter. Some people give up small pleasures: chocolate, alcohol, desserts, meat...

Take something on

- The Daily Office. Pray the daily office – morning and evening prayer on your own. This website has the readings so you can do it online. Talk to Craig or Linda or Hau'oli or Peter if you would like some help getting started. Join Fr. Craig on Wednesday mornings. (<http://www.missionstclare.com/english/index.html>).
- Read a psalm and pray at dinner every day during Lent with your family
- Read a spiritual classic or the Bible (ask Craig, Linda or Hau'oli for ideas)
- participate in the Stations of the Cross
- attend the Lenten Bible Study and renewal day

Do something Green

- Change your lightbulbs to compact fluorescents, or better yet, LED's ; look into solar hot water or electricity
- start recycling.

Give to the poor, or to an organization you believe in

- A Cup of Cold Water, for example
- Make a special donation to the church

Go to Church

Every Sunday. Invite a friend, be on time! :-)

• Sing in the Choir for Lent and Easter

talk to Ferdinand

Attend all of the Holy Week services

Maundy Thursday, April 13th. Foot washing service and stripping of the altar

Good Friday: April 14th Stations of the cross, 5:30; Good Friday Liturgy, 7:00 pm

Easter Vigil: Sat. April 15, 8:00 pm, the highpoint of the liturgical year

Easter Sunday Sunrise service; 6:00 am

Easter Sunday April 16th 7:00 am and 9: 00 am.

• Confession

Episcopalians also practice confession. If you want you can ask to meet with Craig or Linda to hear your confession and pronounce an absolution. The sage Anglican advice on this is “all may, some should, not must.”

•Give up technology

Do something with a real person instead, get into nature, take a social media fast, stop checking your phone, stop texting while driving...

- Ask if anything needs to be done around the church
- Make time for people you care about.
- Make time for people you don't care about
- Be the first to talk with someone you don't know at church.
- Practice random acts of kindness
- Forgive someone, or ask forgiveness. Call them or write them to tell them
- Tell someone you love them
- Repent!
- Lose weight
- Lose your addictions
- Go for counseling
- Be nice, practice random acts of kindness
- Say thank you
- Give up grumpiness for Lent
- Love yourself

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>MARCH 2017</div>						
5 7:00am Holy Eucharist 9:00am Sunday School 9:00am Holy Eucharist 10:00am Choir rehearsal 10:00am Youth Council 10:00am Stewardship Mtg 12:30pm Ohana Kitchen 1:00pm Marshallese Full Gospel 5:00pm Tongan Congreg.	6 3:30pm QEAC 5:30pm Filipino folk dance	7 5:30pm Discernment	8 7:00am Morning Prayer 3:30pm QEAC 5:30pm Pilgrims	9 5:30pm Evensong	10 5:00pm Stations 6:00pm Lenten Bible Study	11 9:00am "They Come to Jesus" w/Sandy Graham 5:00pm Holy Eucharist
12 7:00am Holy Eucharist 9:00am Sunday School 9:00am Holy Eucharist 10:00am Choir rehearsal 12:30pm Ohana Kitchen 1:00pm Marshallese Full Gospel 5:00pm Tongan Congreg.	13 3:30pm QEAC 5:30pm Filipino folk dance	14 5:30pm Long Range Planning Mtg	15 7:00am Morning prayer 3:30pm QEAC 5:30pm Pilgrims	16 5:30pm Evensong	17 5:00pm Stations	18 5:00pm Holy Eucharist
HAWAIIAN ISLAND MINISTRIES						
19 7:00am Holy Eucharist 9:00am Sunday School 9:00am Holy Eucharist 10:00am Choir rehearsal 12:30pm Ohana Kitchen 2:00pm Marshallese Full Gospel 5:00pm Tongan Congreg.	20 3:30pm QEAC 5:30pm Filipino folk dance	21 5:30pm Vestry Mtg	22 7:00am Morning prayer 3:30pm QEAC 5:30pm Pilgrims	23 12:00pm Staff Meeting 5:30pm Evensong	24 5:00pm Stations 6:00pm Lenten Bible Study	25 9:00am "They Come to Jesus" w/Fr. Craig 5:00pm Holy Eucharist
Department of Education - SPRING BREAK						
26 TAIZE SUNDAY 7:00am Holy Eucharist 8:00am Acolyte practice 9:00am Holy Eucharist 10:00am Choir rehearsal 12:30pm Ohana Kitchen 1:00pm Marshallese Full Gospel 5:00pm Tongan Congreg. 6:00pm Newcomers Social	27 PRINCE KUHIO 3:30pm QEAC 5:30pm Filipino folk dance Parish office closed	28	29 7:00am Morning prayer 3:30pm QEAC 5:30pm Pilgrims	30	31 5:00pm Stations 6:00pm Lenten Bible Study	



For the Love of God

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Address Service Requested

Worship Schedule

Saturday Eucharist 5:00 p.m.

Sunday Eucharist 7:00am & 9:00am

Wednesday Morning Prayer 7:00am

Thursday Evensong 5:30pm

Centering Prayer: A Road to Radical Optimism

Saturday, March 18, 2017, 9am-2pm

Holy Innocents Episcopal Church, 561 Front Street, Lahaina

Br. Jim Vorndran, Facilitator

What is centering prayer? How does centering prayer help us live in the spirit of radical optimism? Why is this such a radical idea? Br. Jim will introduce and review the basics of centering prayer. There will be two periods of centering prayer during the program. Together we will sit in stillness. Together we will discern the importance of living in the spirit of radical optimism.

Brown bag lunch
Snacks and drinks provided.
Calabash

For more information and to register contact Paula Baldwin
baldwinp808@gmail.com

Jim Vorndran is a Marianist brother who has practiced and taught centering prayer for 40+ years. He was trained by Thomas Keating, Basil Pennington and William Meninger, at the Trappist monastery in Spencer, Mass. Jim moved from Maui 4 years and is currently living in the Marianist retirement center in Cupertino, CA. where he is also teaching and volunteering at VISTA Center for the blind and visually impaired.

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1866-2016

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