

THE MISSION OF ST FRANCIS OF ASSISI ANGLICAN CHURCH IS TO PROCLAIM THE GOOD NEWS OF SALVATION IN JESUS CHRIST THROUGH SERIOUS DISCIPLESHIP, SACRED WORSHIP AND SELFLESS SERVICE

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## The Friars Quill

### AN INVITATION

#### TO THE OBSERVANCE OF A HOLY LENT 2017

*“I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and alms giving; and by reading and meditating on God's holy Word.”*

[ACNA Liturgy for Ash Wednesday]

This invitation is addressed to each one of us at the beginning of Lent on Ash Wednesday [March 1, 2017]

Lent is oftentimes referred to as a journey. Now when we set out on a journey we usually pack a bag. So, what do we pack in our Lenten bag? This invitation to the observance of a holy Lent provides us with a packing list:

*self-examination & repentance; prayer, fasting and alms giving; reading & meditating on God's holy Word*

This is evidently a short list for two simple reasons. The first reason is to make the journey easier. Our Lenten bag is to be packed with the bare essentials. To travel light we are to get rid of unnecessary baggage. We do this by serious self-examination and sincere repentance. In other words, we really examine the contents of our journey's bag and get rid of the heavy and burdensome load of our sins

The second reason for the short Lenten packing list is that the Church wants to give us the essential and time-tested provisions to put in our bag to make our Lenten journey holy and fruitful. These provisions consist of various forms: the classical Lenten disciplines of Christian tradition: prayer; fasting; alms giving; undergirded and enlivened by reading and meditating on God's holy Word.

This year, these Lenten provisions are made available by our Church of St Francis of Assisi.

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1. **SELF-EXAMINATION & REPENTANCE:** *Confession is available upon request before or after the services on Wednesdays, Fridays and Sundays.*
2. **PRAYER:** *Opportunities for worship and prayer: the Sundays' 9:30 Mass, the Wednesdays' 2pm Mass at O'Connor Woods, the Fridays' Soup Supper, Stations of the Cross and Reflection at St Francis.*
3. **FASTING:** *Fasting and Abstinence on Ash Wednesday and Good Friday; Abstinence (fasting optional) on all Fridays of Lent. Other practices of self-denial are encouraged.*
4. **ALMS GIVING:** *Lenten alms-giving envelopes are available. Proceeds will go to Food for Families, Families in Need, SAMS, homeless ministry, card and casserole ministries. Other concrete forms of 'alms giving' are encouraged such as: visiting the sick and bereaved, caregiving and the like.*
5. **READING AND MEDITATING ON GOD'S HOLY WORD:** *Opportunities: Catechism at 8:30 AM on Sundays; Defending the Faith Session at 6:00 pm on Thursdays; Lenten Reflections on Fridays of Lent at 6:00 pm. Also available ON LINE: [www.lentenreflections.com](http://www.lentenreflections.com) {by Bishop Robert Barron, auxiliary bishop of Catholic Archdiocese of Los Angeles}*

All these Lenten provisions demand a lot of sacrifices from all of us. But I want to add another appeal:

PLEASE TAKE THE LENTEN JOURNEY  
and  
SHARE THE PROVISIONS IN YOUR BAG  
with at least  
ONE OTHER PERSON

◆ Fr. Woodrow Gubuan



Shalom,

In the class I Don't Have Enough Faith to be an Atheist they talk about 5 consequential questions of life. They are 1. Origin: Where did we come from? 2.

Identity: Who are we? 3. Meaning: Why are we here? 4. Morality: How should we live? 5. Destiny: Where are we going? And these boil down to either God exist or he doesn't. The class gives evidence that God exist. As Christians we believe that God does exist and that Jesus, his son, the second part of the Trinity humbled himself and took on human flesh and died for our sins on the cross.

The season of Lent is to pray, fast, reflect and repent for the sins we have committed and that Jesus died for. I think these 5 question might be a good Lenten discipline to use for praying reflecting and repenting. Because each one points to the fact that God does exist and that we were made for a purpose that we have not fulfilled. Origin: we came out of the dust of which God breathed life in us. Identity: we should identify with Christ and what he did for us hence we are Christians. Meaning: we are here to have a relationship with God and to worship him. Morality: we are to live by God's wisdom and not that of man. Destiny: it lies in Christ that we shall be resurrected to continue to have the relationship that God made us for.

So perhaps a good Lenten practice is to focus on the core principles of each of these 5 questions and how we have strayed from them and wandered into sin. That by doing so we may return with Christ's help and have the relationship that the Father in heaven wants to have with us. The Great litany that will be sung on the first Sunday is a good reminder of how to meditate and reflect on these 5 questions with repentance prayer and fasting. This will help bring a much richer and fuller experience during Lent in which then will bring a much richer and vibrant Easter experience.

These 5 question when in relation to whether God exists or not has a deep impact on the way we act. If there is no God we can act different then if there is a God and that is the conflict of the world today. So I pray that during this Lenten season you will pick a practice that will help in your relationship with God. Leading to stronger and rewarding connection.

May the Peace of the Lord be always with You!  
Deacon Jeff Stugelmeyer



## Sacred Worship

### Communion Schedule



#### Sundays

9:30am St Francis of Assisi  
Fellowship Hall

#### Wednesdays of the Month during Lent

2pm O'Connor Woods Chapel  
3400 Wagner Heights Rd, Stockton



Child Care is Available each  
Sunday from 8:30am.

Please see an Usher for  
location.

### The Great Litany

On the First Sunday of Lent, many Anglican churches begin the liturgy with the Great Litany, often chanted in a procession winding about the worship space. Litanies are an ancient part of Christian worship, and remain of central importance in the various Eastern rites. The Great Litany was the first specifically Anglican form of public worship, being written by Archbishop Cranmer in 1544 and predating the first Book of Common Prayer, which was published in 1549.

It was used as early as the fifth century in Rome. It was led by a deacon, with the collects led by a bishop or priest. The Litany was the first English language rite prepared by Archbishop Thomas Cranmer. It was first published in 1544. Cranmer modified an earlier litany form by consolidating certain groups of petitions into single prayers with responses.

The Litany's use in church processions was ordered by Henry VIII when England was at war with Scotland and France. It was printed as an appendix to the eucharist in the 1549

BCP. The Litany was used in each of the three ordination rites of the 1550 ordinal, with a special petition and concluding collect. The 1552 BCP called for use of the Litany after the fixed collects of Morning Prayer on Sundays, Wednesdays, and Fridays. The 1928 BCP allowed the Litany to be used after the fixed collects of Morning or Evening Prayer, or before the Eucharist, or separately. The 1928 BCP included a short Litany for Ordinations as an alternative to the Litany. The 1979 BCP titled the Litany "The Great Litany" (p. 148), distinguishing it from other litanies in the Prayer Book.



### STATIONS *of the* CROSS

Please join us for Soup Supper,  
Stations of the Cross and short  
Meditation on All Fridays in Lent

The evening begins at 6pm with  
soup. We then move into walking  
the Stations of the Cross around  
6:30pm.

After the Stations of the Cross a  
short reflection is made on "The  
Seven Last Words of Jesus"

The Evening concludes around  
7:30pm

# Serious Discipleship



**Choir: Upcoming Rehearsals:**  
April 9<sup>th</sup> - 8:30am

**Coffee Hour Hosts:** Sign up on calendar behind food table

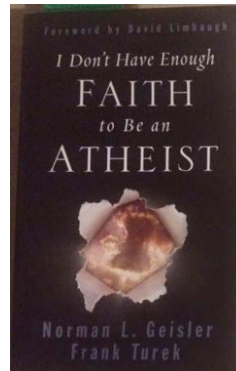
**Altar Guild:** Tues, March 21<sup>st</sup> at 10am

**Daughters:** Sat, March 11<sup>th</sup> at 10am

**Other Ministry Opportunities**

- Acolyte
- Lector
- Prayer Team
- Collection Counter
- Hospitality
- Usher
- Flowers
- Homebound Ministry
- Senior Ministry

**Deacon Jeff has begun a Thursday Night Series called "Defending the Faith"**



**Meet from 6:30 – 8:00pm in our hall**

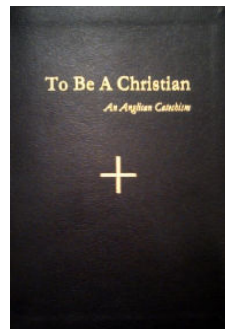
Our Diocese of San Joaquin Website:  
<http://www.dioceseofsanjoaquin.net/>

Diocesan Newsletter:  
<http://www.dioceseofsanjoaquin.net/san-joaquin-anglican.html>



**St Francis Church has begun the Anglican Catechism for all who would like to be Baptized or Confirmed at 8:30am on Sundays**

**For more details or talk to Deacon Jeff or Cyndi Telander**



St Francis uses Flocknote to send emails to our parishioners with notices and information.

If you do not receive these notices, we do not have your email. Please put it in the offering plate with your name, or call the church office 565-0648



**Then watch your emails!!!**



## Selfless Service



Don't forget to sign the cards on the back table for our homebound and sick



### March 5<sup>th</sup>

Genesis 2:4-9, 15-17, 25—3:7

Psalms 51

Romans 5:12-22

Matthew 4:1-11

### March 12<sup>th</sup>

Genesis 12:1-9

Psalms 33:12-22

Romans 4:1-17

John 3:1-16

### March 19<sup>th</sup>

Exodus 17:1-7

Psalms 95

Romans 1:16-32

John 4:5-42

### March 26<sup>th</sup>

1 Samuel 16:1-13

Psalms 23

Ephesians 5:1-14

John 9:1-13, 28-41

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*We're on the Web!*

*Visit us at:*

[www.stocktonanglican.org](http://www.stocktonanglican.org)

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## Potluck!!

In Months where there is a Fifth Sunday it will be Friendship Sunday with a potluck lunch after our service at 9:30am.

Please bring your favorite dish to share table ready with a utensil along with a friend!!!

Then next one will be April 30th

## Feeding the Homeless under the Freeway





### March

3 <sup>rd</sup>	Meriam Matulac
4 <sup>th</sup>	Cyndi Telander
5 <sup>th</sup>	Sandra Bradbury
	James Aaron
8 <sup>th</sup>	Daralyn Tejano
9 <sup>th</sup>	Audrey Tan
10 <sup>th</sup>	Marybeth Massod
11 <sup>th</sup>	Jose Rosal Jr
21 <sup>st</sup>	Janice Van Ornum
25 <sup>th</sup>	Claude Smart
31 <sup>st</sup>	Jeff Stugelmeyer



### March

10 <sup>th</sup>	Mr & Mrs Randy Hamilton
22 <sup>nd</sup>	Mr & Mrs Dan Tejano

## Date Night with your Spouse

By Greg Smalley

Here's a news flash: you and your spouse will grow closer as you spend time *together* doing things that you *both* enjoy.

Sure, it's true to a certain extent that "opposites attract." But married couples who go the distance tend to be those who are able to connect through shared experiences and passions. Isn't that what Date Night is all about?

There are several things to consider when it comes to spending enjoyable time together in marriage. In order to maximize their value, your shared experiences as a couple need to have the following characteristics:

- **Regularity**—Scraping out a Date Night once every three months isn't going to cut it. You need to make time on a regular and consistent basis to enjoy one another's company.
- **Variety**—Doing the same thing over and over can become monotonous. This is true in every area of life. What once was fun and invigorating can become a mere routine. So spice up your couple time with a wide range of interesting pursuits.
- **Adventure**—You don't have to become Indiana Jones or Lara Croft in order to introduce a sense of adventure into your time together. You don't have to plan something elaborate or expensive, either. Maintaining a sense of adventure simply

means including an element of the new, the unusual, or the unexpected.

- **Fun**—This might seem obvious, but it's more important than you think. Research shows that couples who engage in *fun* activities together enjoy deeper intimacy. So whatever you do during your Date Nights—and during other moments when you're enjoying leisure time as a couple—make sure it's FUN!

We're not suggesting that your marriage should be all fun-and-games, all the time. But building your relationship on mutually enjoyable experiences will leave you better equipped to weather the storms when they come.

### DATE NIGHT

Remember, always *act like you're trying to get a second date!* Sometimes in marriage we forget that we need to pursue and "woo" our spouse. So dress up a bit. Be polite and open doors. Compliment one another. Be affectionate – hold hands, cuddle and steal kisses. Remember to protect your date night by cutting off any real arguments and agreeing to talk about the issue at a later time.

Step 1: Go someplace *different* for dinner.

Instead of visiting the same familiar locations and eating the same old food, pick somewhere new or try a different type of cuisine.

Step 2: Enjoy your time together!

Your assignment for this Date Night is simple: do something that you both enjoy! If possible, select an activity that has the elements of adventure, variety, and fun in it, as described above. Here are a few ideas to get you started:

- Play a round of miniature golf or Frisbee golf
- Take a cooking class together
- Attend a sporting event (but remember, this needs to be something you both enjoy!)
- Go ballroom dancing
- Go shopping at thrift stores and find some new treasures
- Visit an amusement park and enjoy the Ferris wheel—or tempt fate on the roller coaster!

Step 3: Relax and unwind.

After your activity, relax and emotionally connect by talking about what you learned during your conversations throughout the evening. Answer the following questions. Be sure to keep your responses positive, uplifting and encouraging. - What was your favorite part of the evening? - What is the one thing you learned tonight that you didn't know about me before? - What are some of the things we enjoy doing together? What memories do these activities evoke? What are some new activities that we'd like to consider for a future date? How can we make sure that we make spending enjoyable time together a regular part of our marriage?

Step 4: Home Sweet Home

As you drive home, spend time planning your next date. Also, think about additional ways you can foster fun times together. Once you get home, however, it's up to you what happens next. Have a great final adventure!

March 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>Ash Wednesday</b> Imposition of Ashes 2pm – O'Connor Woods 7pm St Francis Church	<b>2</b> Defending the Faith – 6:30pm	<b>3</b> Soup Supper, Stations of the Cross, Meditation 6pm	<b>4</b>
<b>5</b> <b>First Sunday in Lent</b> 8:30 Catechism 9:30 Holy Eucharist	<b>6</b>	<b>7</b>	<b>8</b> 2pm – O'Connor Woods Holy Eucharist	<b>9</b> Defending the Faith – 6:30pm	<b>10</b> Soup Supper, Stations of the Cross, Meditation 6pm	<b>11</b> Daughters Meeting 10am Set Clocks Forward
<b>12</b> <b>Second Sunday in Lent</b> 8:30 Catechism 9:30 Holy Eucharist	<b>13</b>	<b>14</b>	<b>15</b> 2pm – O'Connor Woods Holy Eucharist	<b>16</b> Defending the Faith – 6:30pm	<b>17</b> Soup Supper, Stations of the Cross, Meditation 6pm	<b>18</b>
<b>19</b> <b>Third Sunday in Lent</b> 8:30 Catechism 9:30 Holy Eucharist	<b>20</b> <b>St Joseph(Trans)</b> 2 Samuel 7:4, 8-16 Psalm 89:1-29 Romans 4:13-18 Luke 2:41-52	<b>21</b> Altar Guild Meeting 10am	<b>22</b> 2pm – O'Connor Woods Holy Eucharist	<b>23</b> Defending the Faith – 6:30pm	<b>24</b> Soup Supper, Stations of the Cross, Meditation 6pm	<b>25</b> <b>The Annunciation</b> Isaiah 7:10-14 Psalm 40:1-11 Hebrews 10:5-10 Luke 1:26-38
<b>26</b> <b>Fourth Sunday in Lent</b> <b>Laetare Sunday</b> 8:30 Catechism 9:30 Holy Eucharist 11:00 Bishop's Committee Meeting	<b>27</b>	<b>28</b>	<b>29</b> 2pm – O'Connor Woods Holy Eucharist	<b>30</b> Defending the Faith – 6:30pm	<b>31</b> Soup Supper, Stations of the Cross, Meditation 6pm	

**The Messenger**

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