



# Annunciation *of Our Lady*

EPISCOPAL CHURCH

The Magnificat

Mar 2018

## Events



### Friday, March 2

Morning Prayer - 7am; Stations of the Cross - 7pm

### Saturday, March 3

Lenten mini-retreat, 8:30am-12noon

### Wednesday, March 7

Lenten Supper and program - 6:30pm

### Friday, March 9

Morning Prayer - 7am; Stations of the Cross - 7pm

### Sunday, March 11

Evensong, with reception to follow - 6pm

### Wednesday, March 14

Lenten Supper and program - 6:30pm

### Friday, March 16

Morning Prayer - 7am; Stations of the Cross - 7pm

### Wednesday, March 21

Lenten Supper and program - 6:30pm

### Friday, March 23

Morning Prayer - 7am; Stations of the Cross - 7pm

### Sunday, March 25

Palm Sunday, services at 8am and 10am

### Thursday, March 29

Maundy Thursday, service with Agape feast, 7pm

### Thursday, March 29 thru Friday, March 30

Altar of repose, 9pm thru 12 noon

### Friday, March 30

Good Friday services at 12 noon and 7pm

### Saturday, March 31

The Great Vigil of Easter, 8pm with reception following

### Sunday, April 1

Easter Sunday, service at 10am

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## Lent Program

Join us on Wednesday evenings this Lent for a potluck soup and salad supper, followed by a program and discussion. On February 21 and March 21, we'll be looking more deeply at some of the scriptures of Lent. On February 28, March 7, and March 14, we'll be joined by



local therapist/counselor, Sue Panger, who will be talking about False Guilt. The supper begins at 6:30pm, with the program following, from 7-8pm. Sign-up sheets for people to contribute soups, salads, etc., and to help with setup/cleanup, can be found on the communication wall in the parish hall.

Questions? See Rev. Elizabeth (re: program) or Mike or Deb Bill (re: supper).

## Saturday Lenten Prayer Morning



"I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God, it changes me." C.S. Lewis.

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference." Max Lucado.

"Is prayer your steering wheel or your spare tire?" Corrie ten Boom.

A morning of prayer and reflection:

**Saturday, March 3rd. 8:30am-9am** - Coffee and conversation. 9am-12noon - Prayer and reflection. Please sign up on the communication wall in the Parish Hall or call/text Rev. Linda Lutter at 847-340-3253.

## Support ASP:



On **March 4th and 11th**, we will be offering another opportunity to proclaim our "YES!" together!! We welcome you to stop by during both coffee hours to check out the awesome Annunciation t-shirts and polo shirts available for advance ordering. They will be lighter colored shirts and will be available in children's sizes and up to an adult 5x (and all at reasonable prices.) This year we are also selling black baseball caps with our logo on the front and "YES" on the back! All profits will be donated to help support the Appalachian Service Project. If you have any questions, please contact Sue Whipple or Miriam Berry.

## Choral Evensong



Join us on Sunday, March 11, 2018, at 6:00pm for an offering of Choral Evensong. Evensong is a beautiful service unique to the Episcopal



**March 18th , 5 pm**

**Full schedule and details on the website!**



Adult Forum meets between the 8am and 10am services. Sessions are held in the adult forum room, just off the parish hall, near the kitchen. Everyone is welcome to attend, and no advance preparation is needed; just come with an open mind and a willingness to participate in lively discussion!  
[2017-2018 Adult Forum](#)

## Rector's Study Groups

Rector's Study **Groups meet**  
Wednesday morning 10am  
Thursday evening 7pm.

**Study group will not meet during Lent and will resume after Easter with a new book.**

For more information, or if you have questions, please contact Rev. Elizabeth.



Atoma - Latin for Indivisible, Atomic, that which cannot be cut.  
Atoma - "Annunciation" for Youth Group!  
Atoma - Mission - to provide a safe and fun space for our youth; to interact & socialize with one another, to develop friendships with peers who are being raised with a common set of values, and to comfortably comment on their

tradition in which Evening Prayer is set to music. The service includes readings, psalms, canticles, anthems, and prayers led by the choir along with congregational hymns. Altogether, Evensong offers an excellent opportunity to encounter God in worship with the beauty of song.

The parish choir has worked very hard preparing for this service, and we are very excited about bringing the tradition of Evensong back to Annunciation. Mark your calendars and invite your neighbors. Refreshments to follow!

## Upcoming Musical Events



Choral Evensong **March 11, 2018, 6:00pm**

Reception to follow

Extended Prelude **March 30, 2018**

15-minute extended prelude before the Evening Service

Beer and Hymns **April 27, 2018, 7:00pm**

BYOB and Bring a finger food to share!

Westley in Concert **June 10, 2018, 4:00pm**

Reception to follow

[Click to see the poster](#)

## Winter Farmer's Market



*Save the Date*

Annunciation, in partnership with Faith in Place, will be hosting a community Winter Farmer's Market on **Saturday, April 7, from 9am-1pm**. Faith in Place is an Illinois non-profit organization which partners with churches in support of various "green" initiatives, i.e. more locally sourced produce and other food goods. Look for more information in the coming weeks about vendors, and how to spread the word in your neighborhood. If you have questions, or are interested in helping with promotions, setup, or day-of hosting, please contact Jan Harastany or Rev. Elizabeth.

## Meditation: Listening to God.



Beginning in April, on the second and fourth Wednesdays of the month, Barbara Crowe will be offering instruction on meditation, followed by meditation practice time. The first session will take

place on **April 11**, in the chapel, from **7-8:30pm**. These instruction and practice sessions are open to everyone, whether you're new to meditation, or an experienced practitioner. Barbara draws on the meditation training she learned as part of the Tibetan Buddhist tradition; she also used meditation practices as part of her previous work. If you have questions or need additional information, please contact Barbara at 847-234-5408 or crowe2136@earthlink.net.

## NOTES FROM THE NURSE



Dale Sander, RN

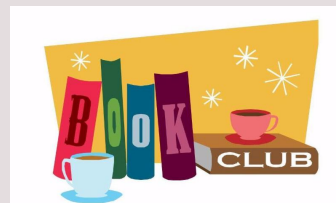
### Heart Smart

Health diet changes are hard. Here are some suggestions. Try a few!

faith & its role in their daily lives.

5th grade and up.

Come and play with us. Look to the Parish News for our next meeting or contact Beth/Bill Hagan if you have any questions.



### Book Club

**West** - Hibbard

Mon, March 5, 2018, 7pm-9pm

**East** - Potestas

Mon, March 19, 2018, 6pm-8pm



**Date:**

**Wednesday, March 28th**

**Time: 1:00pm-2:00pm**

**Location:** Lunch gathering for women of the parish at 1 pm. Location will rotate and date will be 4th Wed of each month. For reservations contact Jane Schaefer at 224-372-7940 or at [cs.js@comcast.net](mailto:cs.js@comcast.net)



## Appalachia Service Project:



Appalachia Service Project:  
Warmer, Safer, Drier

**LAST CALL!!** For the fourth year in a row, Annunciation is sending a team to Appalachia to help make someone's home warmer, safer, drier (the



## INSTEAD OF

Regular pasta  
White bread  
Whole milk  
Ground beef  
Steak  
Soda  
Coffee with half & half  
Regular chips  
Ice cream  
French fries  
Salt

## TRY

Whole-wheat pasta  
Whole-wheat bread  
Low fat milk  
Black beans  
Salmon  
Water  
Coffee with low fat milk  
Baked chips  
Frozen yogurt  
Baked with salsa  
Herbs and spices

The greatest need is to CUT BACK THE SALT! Stay well.

## From Our Rector



Rev. Elizabeth Molitors



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[Read on](#)

## From Our Deacon



Linda Lutter

Annunciation has an abundance of ministries ...

[Read on](#)

## From Our Musician



Director of Music  
Westley Hodges

Music in Lent ...

[Read on](#)

## From Our Sr. Warden

Mike Bill

Lent, what does it mean to you? ...

[Read on](#)



## From Our Jr. Warden

Maggie Attiyeh

tagline for the Appalachia Service Project organization). Trip dates are Saturday, April 14 thru Saturday, April 21. If you are interested in being part of the crew and want to learn more, please contact Rev. Elizabeth (emolitors@yahoo.com or call/text 847-727-0862) by March 1st. Whether you are a skilled tradesperson or a complete novice when it comes to home repair, your gifts are welcome - all you need is a willingness to learn and try!

## Feed My Starving Children

for I was  
**hungry**  
and you  
gave me food...  
Matthew 25:35

If you would like to be a part of this ministry of feeding the hungry please join us. Mark your Calendars ... Here are the Saturday dates,

9:00 am to 11:00 am  
+March 24, 2017

**Last Saturday every Month**

God's Peace and Blessings!  
text/call @ 847-340-3253  
Linda.lutter@hotmail.com



**PADS ~ Hot Meal Program  
Friday, March 16th**

Our next PADS meal will be on March 16th. On the menu will be Roasted Chicken, Red Potatoes and Gravy, Mixed Vegetables,

It's just like riding a bike, right?

Read on



## Outreach Central

The penguin people are back for our next installment of Outreach Central. First, have you been noticing that our flyers and other printed materials have penguins somehow involved? Well, that is now our Outreach mascot. We chose a penguin because they are very interesting creatures that mate for life and the males do most of the raising of the young. What's not to love? So, like "Where's Waldo," look for our penguins.

Thank you for making Souper-Bowl Sunday a rousing success. You all contributed 322 cans of soup for the Warren Township Food Pantry. Way to go, people!!!!

So, what's happening in March? Well, we will be delivering Starbucks food every Monday, Wednesday and Friday to women's shelters and the Salvation Army. We will be providing services to the Sunrise Assisted Living residents and providing a PADS meal on March 16. And, we will be packing food at Feed My Starving Children on Saturday, March 24. All of these activities are ongoing on a regular basis. Please support them if you can.

But, what might be new this month? Well, actually there is something new. In order to again help defray the costs of the Appalachia Service Project mission trip on April 14 - 22, we will be selling baseball hats and lighter colored shirts. Sales will be held on March 4 and 11 with delivery around, but not on, Easter; just in time for the team to get them before they depart. Last year we were able to defray over \$500 worth of the trip's cost. (Each person going pays over \$300 for the opportunity to go help others who have compromised housing in the Appalachian area.) It is a wonderful ministry but it costs money. Those of us who aren't going can help by purchasing, then wearing, these shirts and caps. So watch the weekly newsletter/bulletin for more information.

Mark your calendars for...

Coming up on April 7 will be the Bunco Night for Huntington's Disease hosted by the Hucker family. This is the fifth year for this fundraiser. Last year they raised \$1130 with over 25 people attending the event. It is a lot of fun.

The walk will actually take place in Naperville on May 20 and, if you would like, you can join the Huckers on the walk. Please see Andy to get more information on joining the walk.

The Gurnee Days parade will occur in August. This will be an awesome opportunity for Annunciation's parishioners to get out there and show the town who we are. It is also a great time to wear those new shirts and ball caps. We have had some terrific ideas from people already and look for more ideas to come. A meeting will be set up in April to gather ideas and get our presence designed. Last year we had a lot of people walking but THIS year will be even better.

During the summer we are also planning an event to "mix things up". Stay tuned to see what that might mean....

So, look for more details coming soon on Bunco Night, the parade and

Cottage Cheese, Dinner Rolls and dessert to be provided by Barbara Crowe. Look for opportunities to support the March PADS meal by signing up on the Communication Wall. See you in the Kitchen!

Our February 16th meal we served a total of 33 guests - 21 women, 8 men and 4 children. Thank you to everyone who donated, cooked, delivered/served or donated monetarily: Elizabeth Molitors, Andy and Darlene Campbell, Lisa Kleine, Andrea Lindblad, Mary Haviland, Jan Harastany, Cindy and Dave Hibbard, Mike Bill and Steve Kulbis, and Susan Schrunk for providing dessert. ~ Cheri Johnson

### Mardi Gras Re-CAP



### [Banana Foster French Toast Recipe](#)

its preparations and what we are mixing up.

Do you have any questions, comments or want to volunteer? Contact Sue Whipple, Deb Gallinger or Miriam Berry.

Miriam Berry, Outreach Communications

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See you on Sundays!



**Rector**  
Rev. Elizabeth Molitors

About an hour outside of the college town where I was to drop off my only child for freshman year, I posed the Big Question (well, questions) that seemed befitting for such a momentous occasion: are you ready? Do you have everything you need? Do you know what you need to know? Have I imparted all the advice and wisdom you require to make your way in the world?  
Them: "Yes."

Me: "Really??? What did I say?"

Them: "You taught me to ask, 'Where's it going to land?'"

Some background: In the house where we lived for 18 years, where my child learned how to cook, the kitchen was *very* small; incredibly so. The only working counter space was less than two feet wide. We had a work table in the kitchen, which could be pressed into service for food preparation, but that was our eating table / grocery-unpacking spot / homework space, so it was seldom a cleared-off area. All this meant that whenever you took a hot pan out of the oven, you needed to think and plan ahead as to where you were going to set whatever it was you were holding. Hence the question/phrase, 'Where's it going to land?' (Note: our most creative solution: cooling trays of cookies inside the dryer. See photo.)



be  
also

you

The phrase, which began as a simple reminder about a logistical problem in the kitchen, morphed into a bigger, existential question, suitable for all occasions. It's a question that prompts you to look ahead, to think through steps and consequences. It's an invitation to be playful, and deliberate. And even though I now have considerably more counter space, it's still a question I pose often, applied to both my personal and church lives.

So, as I look around Annunciation and think of her people, her programs, and her physical space, I'm always mulling on that question. Does everyone have a place to 'land'? Do we have ways of welcoming people, connecting them, making them feel fully a part of this expression of the Body of Christ in Gurnee? Where are the gaps? Who are we overlooking?

Here's one gap I see: a 'landing place' for those who have died; in other words, a columbarium.

If you're not familiar with the term, a columbarium is a structure - kind of a wall - that has niches or recesses which hold cremated remains. (The word columbarium comes from the Latin word for dove, as the niches resemble the spaces where (domesticated) doves make their nests.) Many churches, Episcopal ones included, incorporate columbaria into the interior of their building or into their landscape. Columbaria provide not only a resting (landing) place for those who have died, but also serve as a place of connection and prayer for the family, friends, and parishioners who knew and loved those people. It's a way to physically embody the term we use on All Saints' Day when we talk about being one with the "great cloud of witnesses" who have gone before us.

I understand from parishioners who have been around since Annunciation moved 25+ years ago from its Green Bay Road location to our current location, that a columbarium was considered when the building was first being designed, but for various reasons, that wasn't able to happen. We now

have an opportunity to take up the idea of a columbarium again, in part due to a generous gift that can serve as seed money for this project. We also have an energetic (and newly retired project manager) person, Jane Penticoff, who has agreed to lead a team to make this idea a reality.

In the coming months, look for ways that you can be involved in this venture. We'll need people to visit churches in the Chicago diocese to get ideas for how a columbarium works in their space. We'll need input and feedback about design. We'll need people to think through the logistics and administration of such a space\*\*. We'll need people to help with how to communicate, to get the word out about what a columbarium is and why it might be a good alternative to a commercial cemetery for those who have been or plan to be cremated.

I love the burial liturgy we use in the Episcopal church; the language throughout the service is beautiful and moving and hopeful. But my favorite part comes near the end, at The Commendation:

*You only are immortal, the creator and maker of mankind;  
and we are mortal, formed of the earth, and to earth shall we  
return. For so did you ordain when you created me, saying,  
"You are dust, and to dust you shall return." All of us go down  
to the dust; yet even at the grave we make our song: Alleluia,  
alleluia, alleluia.*

*Give rest, O Christ, to your servant with your saints,  
where sorrow and pain are no more,  
neither sighing, but life everlasting.*

The Ash Wednesday liturgy, which marked the beginning of our Lenten season, reminded us of our mortality, our fragility, and the limited time we have here on earth. In a couple of weeks, our Holy Week and Easter services will tell us about how mortality is overcome by resurrection, that death is not the final place we land. A columbarium holds together that whole story, of ashes and rising, of finitude and glory.

**\*\* Note:** after some preliminary investigation, we've learned that due to zoning restrictions in Gurnee, an outdoor columbarium is not an option, so we would be looking to have our columbarium indoors (i.e. the chapel).

Want to know more? Contact Jane Penticoff or Rev. Elizabeth



**Deacon**  
Linda Lutter



Annunciation has an abundance of ministries for us to take part in ... kind of something for everyone. There is one ministry we have that is particularly precious to me and that is the one of the Prayer Ministers. Every Sunday there will be a prayer minister waiting in the Chapel at Communion to pray for our specific personal concern(s). Is there something going on in our life or in the life of a friend or relative that tugs at your heart? Perhaps sharing your heavy heart with a Prayer Minister will help alleviate the pain or shed light on the problem or just be a great way to vent and let another carry the burden for awhile. The Prayer Ministers are trained to listen with their hearts and pray the words our Lord gives them to pray. It is just a few moments of sharing your concerns as best as you can ... the prayer minister will anoint you with oil in the sign of the cross and with God's help they will pray for your concern. The wonderful thing that transpires in those few minutes could be that their prayer might bring on new light ... their words might bring about healing to you. The prayer ministers are open to what God wants them to say ... to help you. Sharing with others is always helpful in conflict ... sharing with Prayer Ministers is helpful and a blessing to you both. God's Peace.



**Director of Music**  
Westley Hodges

## Music in Lent

This will be my twelfth Lenten season serving as a musician in the Episcopal Church. Before I started in the Episcopal Church, I worked for several Baptist Churches. I wanted to share with you my thoughts on Lent and the music we sing during this reflective season. The first Episcopal Church I served, St. Patrick's Episcopal Church in Long, Beach, MS, was destroyed by Hurricane Katrina months before I accepted the position as Director of Music. Not only was this church destroyed in Katrina—it was also destroyed in 1969 by Hurricane Camille.

Serving a parish that had been affected by a significant natural disaster like they were taught me so much about my life and my vocation. We had church every Sunday in a gymnasium, and almost every parishioner had a job as part of the set-up and teardown procedures each Sunday. Most of the parishioners of this parish also lost their homes in the hurricane and were dealing with trying to work with insurance companies and rebuild or move. This didn't stop people from coming to church and being faithful members of the Episcopal Church.

I say all of that to say, I am thankful to be here and I am thankful for our church and all of the beauty that surrounds us.

When I walk into Annunciation on Sunday Mornings and turn on the lights, I always have a sense of wow—we have a beautiful church.

In Lent, we are going to simplify some of the accompanying instruments we use so we can celebrate our voices and truly hear the words of the hymns we are singing. Music is a huge part of the liturgy—well, it is the liturgy. What do we say liturgy is? The work of the people. In Lent, we will rely on our voices to carry the music. But, don't fear—there will still be piano and organ, just not as present as other seasons. So, as we journey through this season of Lent, I encourage you to lift up your voice and song and sing these great words of our faith.



**Senior Warden**  
Michael Avery Bill

**Lent**, what does it mean to you?

I often think back to my son reflection on going to church why do they always tell the same stories? It gets boring and I always know how its going to end. From a practical point he was right on spot and given the technology we now have we can always Google it if we don't know. As a parent I would reply that life is a journey and the stories we know the answer to, are somehow transformed to our own life conditions that are always changing, with health, wealth or lack of it, aging, and relationships.

I sometimes think that we take things for granted, true we are created in God's Image but not necessarily the mental reasoning, capacity, and knowledge that our creator has. But we are constantly bombarded by folks that like to put themselves on the same platform of God and tell us this is what God meant by scripture. I feel the task of deciphering the meaning of scripture is by the person reading or listening to it.

Back to **Lent**, it is described as a short religious season begins before of the beginning of spring (New Life) it was a time of fasting with more overtones these days of giving up something. The internet search gave me the five most popular items to give up in random surveys, they are (Junk Food, Alcohol, sex, complaining, and worry). I hope your **Lent** is more than that.

In our tradition of faith at Annunciation we have many ways that can lead you on your Lenten journey, we have the Wednesday Lenten talks with breaking bread together, Stations of the Cross, the wonderful services on Sundays and Holy Days, our Rector's great sermons, and the comradery of each other through this yearly journey in our lives.

There are other resources that I use and highly recommend them, the Society of St. John the Evangelist has a daily video that is titled "Meeting Jesus"; which is also recommended by our Bishop and Michael Curry our Presiding Bishop and Primate of the Episcopal Church in the United States. You can subscribe to this by going to [www.ssje.org](http://www.ssje.org) or it is also on [www.youtube.com](http://www.youtube.com) using the thread of "**Meeting Jesus in the Gospel of John**".

Bishop Michael Curry said we are the Episcopal Branch of the Jesus Movement so let's make this **Lent** different.

Yours in Christ



**Junior Warden**  
Maggie Attyhia

It's just like riding a bike, right? Being a Warden, that is...Since I have served as a warden in the past, then it should be easy to step back into the role. Maybe...I think I should think of being Warden through the lens of riding a bike...

One of my favorite things in the summer is watching the Tour de France. This is a 23 day cycling race that takes men around the whole of France, riding 100 miles a day up mountains and over cobblestones until they finally reach the Champs Elysee in Paris. Yes, professional cycling, like many sports (even curling!) has been plagued by doping scandals, but I can't help it...The Tour just grabs me.

In order to survive a race that long, the riders have to pace themselves. A steady tempo down a long flat road or up a steep mountain lane is crucial. Continually speeding up and slowing down is disruptive, uses a ton of energy and is hard on your body, especially when the going is tough. The same is true for wardening, I think...A steady attitude...not panicking, not too lackadaisical will serve me well.

Sometimes people are surprised to learn that major cycling tours are team sports. Each team member takes turns riding in the front of the group to take the brunt of the force of air that they ride into. The ones behind ride in the slipstream, conserving energy until it's their turn to take the lead. This way everyone makes it to the end of the day's stage. If someone had to do the whole day alone, they would never make it. I don't have to work too hard to connect this to working with the Vestry and Rev Elizabeth. The Vestry, as I have already seen, is a great group of people who all have strengths to share and who are willing to speak up and take the lead. This is a group that respects and supports each other and this Parish is so blessed that they each said "yes" to the call.

Finally, to stay on your bike, you need balance. When we taught our kids to ride, that was the toughest part. Stay upright! Balance! This is so important as anyone gets involved in parish work. That means remembering why I am doing this, asking for help and looking for joy and fun in serving. Joy and fun. What is the point otherwise? Just like riding a bike!