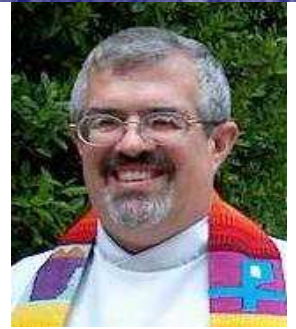


Christ Church Connection

CHRIST CHURCH EPISCOPAL



The Reverend Paul A.

February
2012

Our Vestry:

Sr. Warden:

Richard Sames

Jr. Warden:

Manuel "Meme" Salinas

Treasurer:

Genny Monteith

Lee Gignac

Joel Glass

Wilson Harris

Cliff Hogan

Destine Holmgreen

Juan Molano

Jamee Romo

Points of Interest:

- **Parish Luncheon**
February 5th
- **Diocesan Council in**
McAllen February 16-18th
- **Sunday School Assistants**
Needed - Ages 12 & up
(call the church office)
- **Ash Wednesday**
February 22nd

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Giving up "Hurry" for Lent

Genesis 2: 7 "Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."

I printed my "to do" list and it was 6 pages long, and is still not complete. I could feel my breathing speed up and get shallow as I scanned the list. The impulse to flip through it and try to get a few simple things crossed off quickly was almost overwhelming.

Instead, I took a deep breath and let it out slowly. Breathing slowly I prayed the serenity prayer and the kyrie.* I took another deep breath, and tried to let go of my anxiety and to imagine putting all my tasks into God's big hands.

I took another deep breath and prayed again. I thought about Lent, the church season

before Easter. I wondered if I could work on giving up busyness and hurry for Lent. I remembered the old wisdom my carpenter boss on a construction crew used to give me: "Slow down! Measure twice, cut once." And he'd look at me and say, "Frey, slow down more and measure 3 times!"

Moving too fast leads to costly mistakes and slows the work down rather than speeding it up.

"Breathing is so important." says the instructor on a yoga DVD that I often use to stretch and loosen my muscles and joints. Over and over she stresses that breathing deeply, intentionally, and slowly tells our bodies to slow down, and helps our minds to focus.

As I sit here and write this about Lent, I've decided to use those 5

weeks of Lent to practice slowing down with my body, my mind, and my spirit, and do things carefully.

It will be hard. Even as I write, the temptation to pick up the phone and make 3 calls, and to respond to 5 emails, and to put 3 more things on my "to do list" is growing. The gnawing sense that I have forgotten something important is sneaking in.

I'd better pray again!

* "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Lord have mercy. Christ have mercy. Lord have mercy. Amen.



Lay Ministry Calendar

February 2012

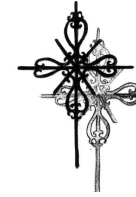


Date	Acolytes	Eucharistic Ministers	Lector	Ushers	Sunday School	Nursery
5 Parish Super Bowl Tailgate Luncheon	Q. Robinson C. Romo R. Rubio Leader: E. Rubio	8 a.m. C. Hogan 9 a.m. C. Almaguer 11 a.m. L. Gignac M. Gignac	9 a.m. F. Almaguer 11 a.m. P. Keck	M. Pease J. Robinson	R. Glassford	R. Bouvier S. Miles
12	M. Startz J. Glass A. Holmgreen Leader: J. Paul	8 a.m. A. Mente 9 a.m. C. Almaguer 11 a.m. S. Green M. Innis	9 a.m. F. Almaguer 11 a.m. G. Martinez	J. Glass J. Paul	L. Glass L. Chappa	M. Miles S. Miles
19	J. Paul C. Romo R. Rubio Leader: M. Gonzalez	8 a.m. C. Hogan 9 a.m. C. Almaguer 11 a.m. E. Holloway R. Salinas	9 a.m. F. Almaguer 11 a.m. M. Miles	C. Ferguson W. Harris	E. Rubio K. Alexander	R. Bouvier S. Miles
22 Ash Wednesday Services at 12 Noon & 7:30 p.m.			1 Reader Needed at Each Service			M. Miles S. Miles Childcare at 7:30 p.m. Service Only
26	A. Holmgreen T. Holmgreen Q. Robinson Leader: M. Gonzalez	8 a.m. A. Mente 9 a.m. C. Almaguer 11 a.m. M. Pease T. Summers	9 a.m. F. Almaguer 11 a.m. E. Rubio	A. Holmgreen J. Robinson	T. Sames J. Romo	M. Miles S. Miles



Christ Church Episcopal

February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> New Leaven Prep 8-11 AA - 12 Noon Al-Anon - 5:30 p.m.	<i>2</i> New Leaven Service 8:30 Distribution 10-12 Al-Anon - 12 Noon	<i>3</i> NA - 6 p.m.	<i>4</i> Adventists 9-1 p.m. Al-Anon - 10 a.m. Adventists 5-8 p.m.
<i>5</i> 8:00 English Service 9:00 Spanish Service 11:00 English Service Parish Super Bowl Tailgate Luncheon	<i>6</i> AA - 12 Noon NA - 7 p.m.	<i>7</i> Al-Anon - 12 Noon Adventists - 7 p.m.	<i>8</i> New Leaven Prep 8-11 AA - 12 Noon Al-Anon - 5:30 p.m.	<i>9</i> New Leaven Service 8:30 Distribution 10-12 Al-Anon - 12 Noon VESTRY 6:30 p.m.	<i>10</i> NA - 6 p.m.	<i>11</i> Adventists 9-1 p.m. Al-Anon - 10 a.m. Adventists 5-8 p.m.
<i>12</i> 8:00 English Service 9:00 Spanish Service 11:00 English Service	<i>13</i> STFB Distribution 9 a.m. AA - 12 Noon NA - 7 p.m.	<i>14</i> Al-Anon - 12 Noon Adventists - 7 p.m.	<i>15</i> New Leaven Prep 8-11 AA - 12 Noon Al-Anon - 5:30 p.m. NA - 7 p.m.	<i>16</i> New Leaven Service 8:30 Distribution 10-12 Al-Anon - 12 Noon <div style="border: 2px solid red; padding: 2px; display: inline-block; color: red; font-weight: bold;"> Diocesan Council (McAllen) OFFICE CLOSED </div>	<i>17</i> NA - 6 p.m.	<i>18</i> Adventists 9-1 p.m. Al-Anon - 10 a.m. Adventists 5-8 p.m. AA - 7 p.m.
<i>19</i> 8:00 English Service 9:00 Spanish Service 11:00 English Service	<i>20</i> AA - 12 Noon NA - 7 p.m.	<i>21</i> Al-Anon - 12 Noon Adventists - 7 p.m.	<i>22</i> New Leaven Prep 8-11 AA - 12 Noon Ash Wednesday Services 12 Noon & 7:30 p.m.	<i>23</i> New Leaven Service 8:30 Distribution 10-12 Al-Anon - 12 Noon	<i>24</i> NA - 6 p.m.	<i>25</i> Adventists 9-1 p.m. Al-Anon - 10 a.m. Adventists 5-8 p.m. AA - 7 p.m.
<i>26</i> 8:00 English Service 9:00 Spanish Service 11:00 English Service	<i>27</i> AA - 12 Noon NA - 7 p.m.	<i>28</i> Al-Anon - 12 Noon	<i>29</i> New Leaven Prep 8-11 AA - 12 Noon Al-Anon - 5:30 p.m.			



CHRIST CHURCH EPISCOPAL

2320 Lane Street Laredo, Texas 78043-2711

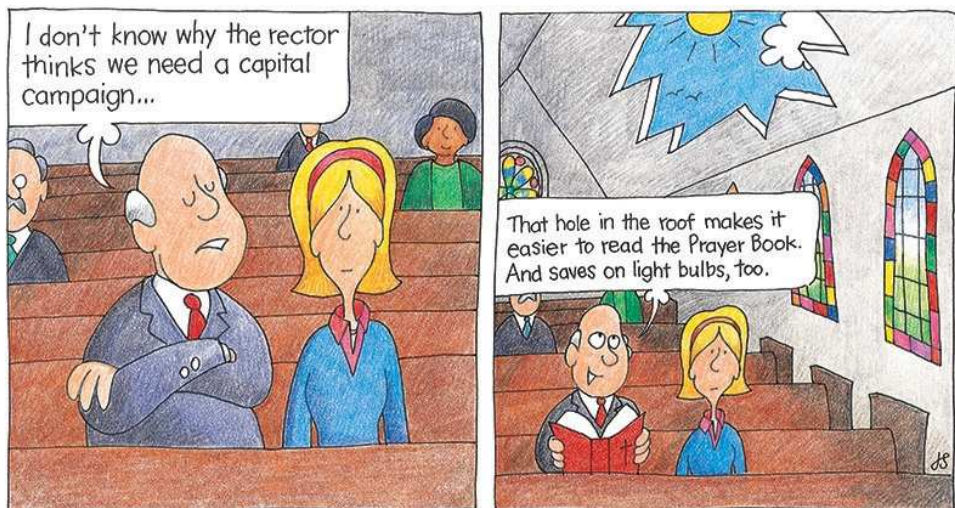
Phone: (956)723-5714

Fax: (956)723-1846

E-mail: cclaredo@bizlaredo.rr.com

Website: www.cclaredo.com

Life at St. Swithin's . . .



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Coming Up . . .

Sunday - February 5th:

Parish Super Bowl
Tailgate Luncheon

February 10-12th:

Marriage Enrichment Retreat
@ Mustang Island

February 16-18th:

Diocesan Council (*McAllen*)

February 22nd:

Ash Wednesday Services
12 Noon & 7:30 p.m.

March 1-4th:

Cursillo #256 @ Camp Capers

March 15-18th:

Mustang Island Family Camp

April 27-29th:

Men's Nails & Prayers Retreat
@ Camp Capers