

Ash Wednesday

Ash Wednesday, in the calendar of Western Christianity, is the first day of Lent and occurs 46 days before Easter. It is a moveable fast, falling on a different date each year because it is dependent on the date of Easter. It can occur as early as February 4 or as late as March 10.

According to the canonical gospels of Matthew, Mark and Luke; Jesus spent 40 days fasting in the desert before the beginning of his public ministry, during which he endured temptation by Satan.^{[2][3]} Ash Wednesday marks the beginning of this 40-day liturgical period of prayer and fasting.

Ash Wednesday derives its name from

the practice of placing ashes on the foreheads of adherents as a sign of mourning and repentance to God. The ashes used are typically gathered after the palms from the previous year's Palm Sunday are burned.^[4]

This practice is common in much of Christendom, being celebrated by Catholics, Anglicans, Lutherans, Methodists, Presbyterians, and some Baptist denominations.^{[5][6]}

At Masses and services of worship on this day, ashes are imposed on the foreheads of the faithful (or

on the tonsure spots, in the case of some clergy). The priest, minister, or in some cases officiating layperson, marks the forehead of each participant with black ashes in the sign of the cross, which the worshipper traditionally retains until it wears off. The act echoes the ancient Near Eastern tradition of throwing ashes over one's head to signify repentance before God (as related in the Bible). The priest or minister says one or both of the following when applying the ashes:

Remember that thou art dust, and to dust thou shalt return.
Genesis 3:19

continued

Inside this issue:

PANCAKES	3
Church Staff and Vestry Members	3
EChO Stone SOup	5
Vestry Highlights	6
Book Club	7
Youth Taize	11
Calendar	14

Special points of interest:

- *The Full Monty!*
- *EChO Stone Soup*
- *Save the Date*

Ash Wednesday, continued

Turn away from sin and be faithful to the Gospel.

Mark 1:15

Ritual

The liturgical imposition of ashes on Ash Wednesday is a sacramental, not a sacrament, and in the Catholic understanding of the term the ashes themselves are also a sacramental. The ashes are blessed according to various rites proper to each liturgical tradition, sometimes involving the use of Holy Water. In some churches, they are mixed with a small amount of water^[7] or olive oil,^[8] which serve as a fixative. In most liturgies for Ash Wednesday, the Penitential psalms are read; Psalm 51 (LXX Psalm 50) is especially associated with this day.^[9] The service also often includes a corporate confession rite.

In some of the low church traditions, other practices are sometimes added or substituted, as other ways of symbolizing the confession and penitence of the day. For example, in one common variation, small cards are distributed to the congregation on which people are invited to write a sin they wish to confess. These small cards are brought forth to the altar table where they are burned.^[10]

In the Catholic Church, ashes, being sacramentals, may be given to anyone who wishes to receive them,^{[11][12]} as opposed to Catholic sacraments, which are generally reserved for church members, except in cases of grave necessity.^{[13][14]} Similarly, in other Christian denominations ashes may be received by all who profess the Christian faith and are baptized.^[15]

In the Catholic Church, Ash Wednesday is observed by fasting, abstinence from meat, and repentance—a day of contemplating one's transgressions. The Anglican Book of Common Prayer also designates Ash Wednesday as a day of fasting. In the medieval period, Ash Wednesday was the required annual day of penitential confession occurring after fasting and the remittance of the tithe. In other Christian denominations these practices are optional, with the main focus being on repentance. On Ash Wednesday and Good Friday, Catholics between the ages of 18 and 59 (whose health enables them to do so) are permitted to consume only one full meal, which may be supplemented by two smaller meals, which together should not equal the full meal. Some Catholics will go beyond the minimum obligations demanded by the Church and undertake a complete fast or a bread and water fast. Ash Wednesday and Good Friday are also days of abstinence from meat (mammals and fowl), as are all Fridays during Lent.^[16]

Some Catholics continue fasting throughout Lent,^[citation needed] as was the Church's traditional requirement,^[17] concluding only after the celebration of the Easter Vigil.

As the first day of Lent, Ash Wednesday comes the day after Shrove Tuesday or Mardi Gras (Fat Tuesday), the last day of the Carnival season.

Ash Wednesday, continued

Biblical Significance

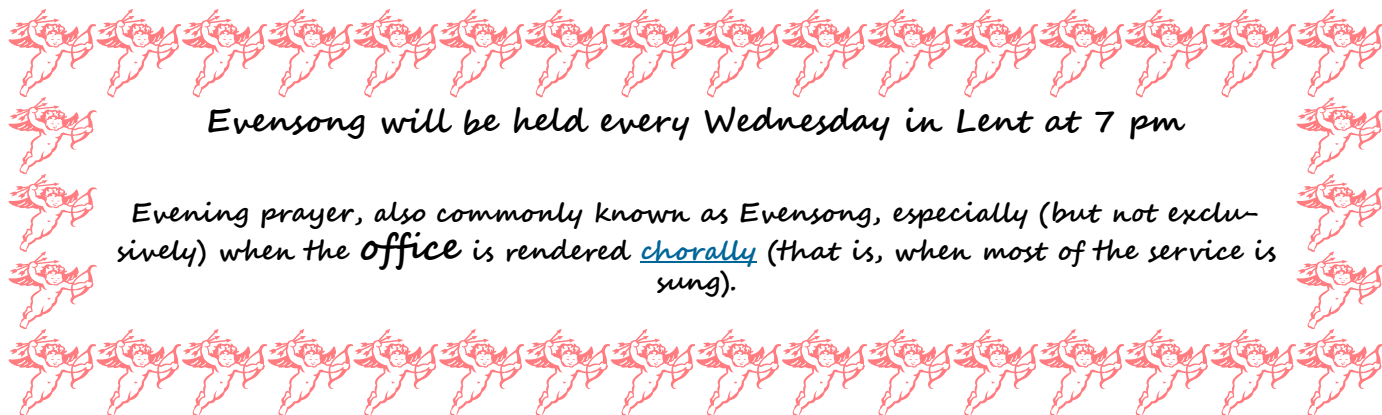
Ash Wednesday is a day of repentance and it marks the beginning of Lent. Ashes were used in ancient times, according to the Bible, to express mourning. Dusting oneself with ashes was the penitent's way of expressing sorrow for sins and faults. An ancient example of one expressing one's penitence is found in Job 42:3–6. Job says to God: "I have heard of thee by the hearing of the ear: but now mine eye seeth thee. The other eye wandereth of its own accord. Wherefore I abhor myself, and repent in dust and ashes." (vv. 5–6, KJV) The prophet Jeremiah, for example, calls for repentance this way: "O daughter of my people, gird on sackcloth, roll in the ashes" (Jer 6:26). The prophet Daniel recounted pleading to God this way: "I turned to the Lord God, pleading in earnest prayer, with fasting, sackcloth and ashes" (Daniel 9:3). Just prior to the New Testament period, the rebels fighting for Jewish independence, the Maccabees, prepared for battle using ashes: "That day they fasted and wore sackcloth; they sprinkled ashes on their heads and tore their clothes" (1 Maccabees 3:47; see also 4:39).

Other examples are found in several other books of the Bible including, Numbers 19:9, 19:17, Jonah 3:6, Matthew 11:21, and Luke 10:13, and Hebrews 9:13. Ezekiel 9 also speaks of a linen-clad messenger marking the forehead of the city inhabitants that have sorrow over the sins of the people. All those without the mark are destroyed.

It marks the start of a 43-day period which is an allusion to the separation of Jesus in the desert to fast and pray. During this time he was tempted. Matthew 4:1–11, Mark 1:12–13, and Luke 4:1–13.^[18] While not specifically instituted in the Bible text, the 40-day period of repentance is also analogous to the 40 days during which Moses repented and fasted in response to the making of the Golden calf. (Jews today follow a 40-day period of repenting during the High Holy Days from Rosh Chodesh Elul to Yom Kippur.)

In Victorian England, theatres refrained from presenting costumed shows on Ash Wednesday, so they provided other entertainments.

http://en.wikipedia.org/wiki/Ash_Wednesday

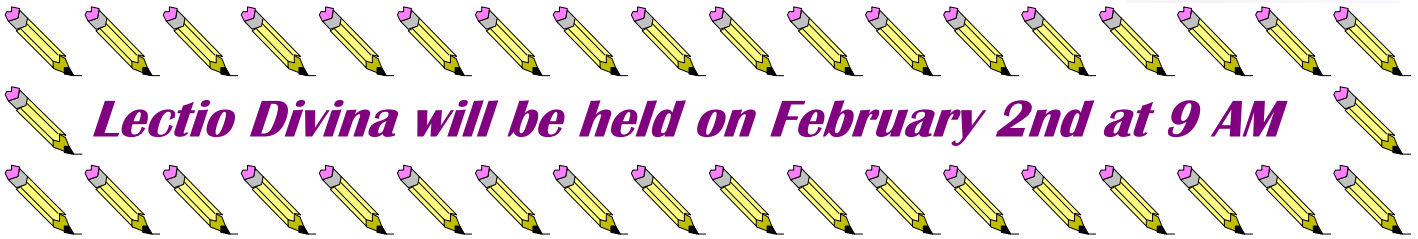


Evensong will be held every Wednesday in Lent at 7 pm

*Evening prayer, also commonly known as Evensong, especially (but not exclusively) when the **office** is rendered **chorally** (that is, when most of the service is sung).*

Check This Out!!!

JOIN THE THEOLOGICAL INQUIRY CLASS LED BY FR. MARK USING FREDERICK BUECHNER'S BOOK "**WISHFUL THINKING: A THEOLOGICAL ABC**". THE CLASS IS HELD IN STEWART LOUNGE (IN ST. MARK'S) BETWEEN SUNDAY SERVICES FROM 9:00 TO 10:00.



Lectio Divina will be held on February 2nd at 9 AM



SHROVE TUESDAY PANCAKE SUPPER

FEBRUARY 12

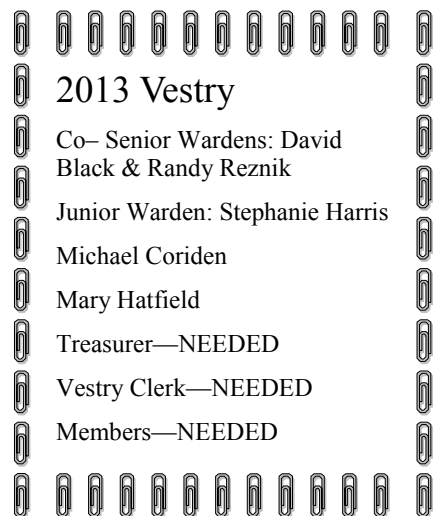
5:30 PM—7:00 PM

KING'S CAKES, GAMES, FUN AND FELLOWSHIP

Church of the Transfiguration Staff and Vestry

Priest in Charge - The Rev. Mark Norris
 marknorris@juno.com
 303-674-4904 ext. 11
 Parish Administrator—Jerri Avery,
 303-674-4904
 Organist & Choir Director—Bob Coursen,
 303-674-4904
 Director of Children's Ministries—Janet
 Reznik, 303-674-9253
 Building & Grounds Administrator—
 Ken Schmidt, 303-598-6128


Office Hours
 Monday 1-5
 Tuesday 10-5
 Wednesday 12 -7
 Thursday 10-5
 cotransfig@gmail.com
 www.church-transfig.net
 www.colorado-weddings.org

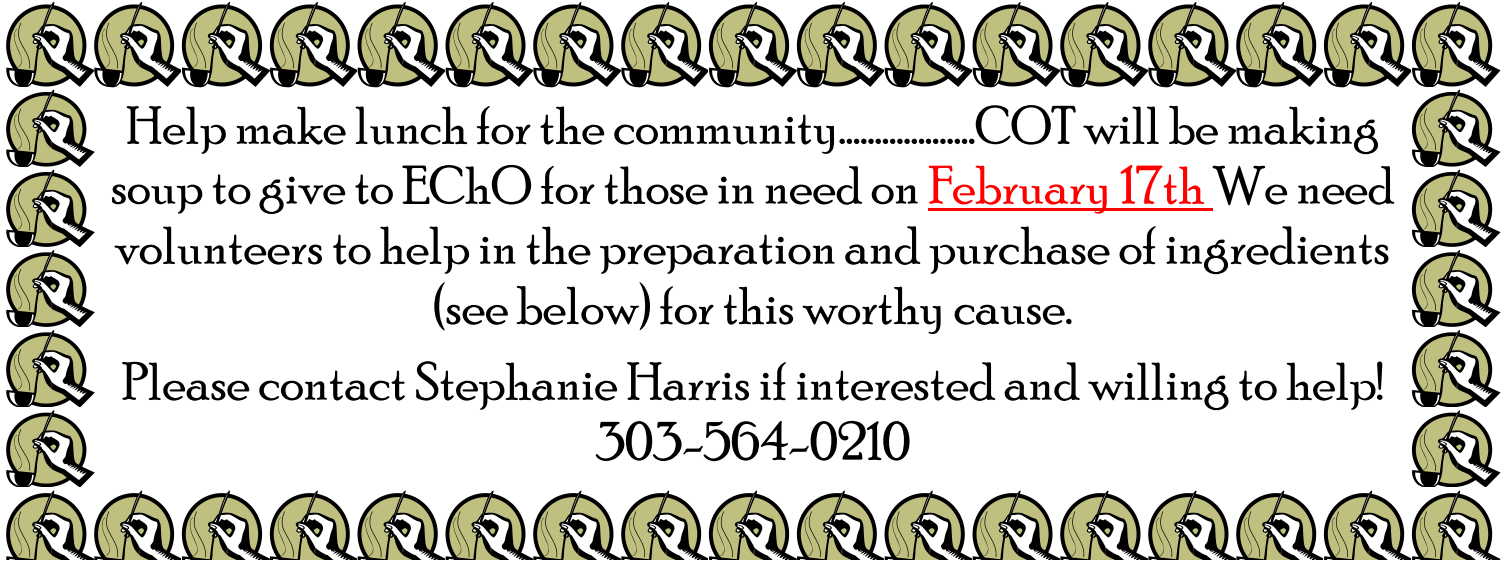

2013 Vestry
 Co- Senior Wardens: David
 Black & Randy Reznik
 Junior Warden: Stephanie Harris
 Michael Coriden
 Mary Hatfield
 Treasurer—NEEDED
 Vestry Clerk—NEEDED
 Members—NEEDED

SOUP'S ON, EChO Stone Soup



Soup Ministry

Homemade soups in the freezer are available for parishioners and friends that are sick, shut-in or need some TLC. Feel free to give soup to someone you see at church that is hurting, or take soup to someone you are going to visit. The soups are in the freezer on the east wall of the kitchen.



Help make lunch for the community.....COT will be making soup to give to EChO for those in need on **February 17th** We need volunteers to help in the preparation and purchase of ingredients (see below) for this worthy cause.

Please contact Stephanie Harris if interested and willing to help!

303-564-0210

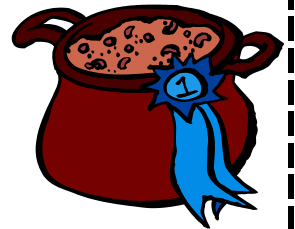
Black Bean, Sweet Potato & Quinoa Chili

- | | |
|--|--|
| 1 tablespoon olive oil | 1 onion, chopped |
| 5 garlic cloves, chopped | 1 1/2 tablespoons chili powder |
| 1 tablespoon ground coriander | 1 14.5-ounce can fire-roasted tomatoes |
| 1/2 pound dried black beans, rinsed well | 1 teaspoon dried oregano |
| 1 chipotle chile from canned chipotle chiles in adobo, minced | |
| 2 teaspoons kosher salt + more to taste | |
| 1 1/2 cups sweet potatoes (2-3 small), cut into 1/2-inch cubes | |
| 1/4 cup quinoa, rinsed and drained | |

Heat the oil in heavy large pot over medium heat. Add the onion and cook until soft and beginning to brown, 6-7 minutes. Add garlic, chili powder, and coriander and stir. Cook together for 1 minute.

Stir in the tomatoes with their juices, beans, chipotle pepper, and oregano. Add 5 cups of water and bring to a boil. Reduce heat to low, cover with lid slightly ajar and simmer until beans are flavorful and tender, anywhere from 2 - 4 hours (depending on the age of your beans).

After 1 1/2 hours of cooking, add the sweet potatoes, quinoa, and salt. Place the pot's lid back on slightly ajar and allow to simmer on low heat until the beans are soft and the sweet potatoes and quinoa are cooked through. Add more water if the chili becomes too thick. Season to taste with salt and pepper. Serve with sour cream, cilantro, and green onion.



Multiply amounts by 8 for EChO Stone Soup

Annual Meeting & Vestry Highlights



Annual Meeting Notes

The Church Annual Meeting—January 27, 2013

- The church is no longer in imperiled status! Letter from Bishop Right Reverend Robert O'Neill included with attendee packet
- Parish Vision included in attendee packets
- There will be a discernment process for Fr. Mark's status as Priest-in-Charge. Discernment will help to provide decision making insight to Fr. Mark's role as Priest in Charge to Priest of Transfiguration.
- Episcopal Day School of Evergreen (EDSE) status update— there is a waiting list for students!
- Approval of 2013 budget—anticipated to be in the black!
- Ideas for increasing membership and community involvement

Thank you for attending!



January 21, 2013

- *Stephanie Harris has been voted in as the new Junior Warden*
- *Thank you to Emil Gadeken for his service as Junior Warden*
- *Thank you to Sara Gadeken for her service as Vestry Clerk*



ALL PARISHIONERS ARE WELCOME TO SIT IN ON THE OPEN SESSIONS OF THE VESTRY MEETINGS.



The Transfiguration Book Club

Monday, February 25th from 6:30—9:30 PM in the Church

February's Book: *Team of Rivals* by Doris Kearns Goodwin

All are invited to join in on this fun and interesting group—ladies AND gentlemen!

Even if you have never come to any of the meetings before, please come.....and bring friends!

Please bring a snack and drink to share

If you have question or concerns, email
Shelley Black—Shelley_Black@att.biz
Kit Snyder—snyderkit@hotmail.com



The March Book is: *Old Cape Magic* by Richard Rousseau

Bring your friends! -- we would like to grow our attendance to include others in the Evergreen community.

Church Welcome Packets

Please contact Stephanie if you would like to help make welcome packets for parish visitors (future members!!)

We will meet after the 10:15 service on Sunday, February 10th to discuss ideas!

Thank you to Floy and Mary Jean, who have already volunteered!



ASH WEDNESDAY SERVICES

FEBRUARY 13TH

10:00 AM & 7:00 PM



!!!NEEDED!!!

ACOLYTES, USHERS, LECTORS, READERS, VESTRY MEMBERS, CHOIR MEMBERS, SUNDAY SOCIAL TIME LEADERS, BREAD BAKERS, ALTAR GUILD



HELP WANTED

Prayers



Anointing and Healing Prayers

Anointing and healing prayers are offered by Father Mark and the Daughters of the King during the 10:15 service on the last Sunday of each month. All are welcome to come to the front of the church after communion for this special offering. This month the prayers will be on February 24th.

Morning Prayer Service

sponsored by the Daughters of the King and in fellowship with EDSE is offered on **WEDNESDAY** mornings at 8:30 AM in the church. The Daughters and Friends of the Episcopal Day School extend an invitation to all to attend this wonderful service. Please feel free to walk the Labyrinth after.

Evening Prayer Service

also sponsored by the Daughters of the King is offered on the second and fourth Mondays of each month at 5:30 pm in the Chapel of St. Mary and St. Joseph. The next Evening Prayer services will be February 11th and 25th.

Winter Festival at Evergreen Lake

February 9

9AM—10 PM

<http://www.evergreenwinterfestival.com>

Evergreen Lake will shine from 9 am to 10 pm, when Evergreen Park & Recreation District (EPRD) holds the second annual Winter Festival at Evergreen Lake, brought to you by Never Summer — a jam-packed day and night of outdoor activities for all ages. Enjoy watching or participating in a Ski and Snowboard Rail Jam, pro and amateur Ice Bike races, the Snowman Walk, family activities, food, drink and vendors -- capped by a spectacular fireworks display over Evergreen Lake.

Evergreen Lake Park, 29612 Upper Bear Creek Road, Evergreen, CO 80439

Contact Information

720-880-1010

Fees/Admission

\$10 general admission 13-plus, 12 and under free. \$50 VIP ticket.

Registration for athletic competition additional

Save the Date

Eric J. Park and Stephanie E. Harris



Saturday, June 1, 2013

3:00 pm

Church of the Transfiguration

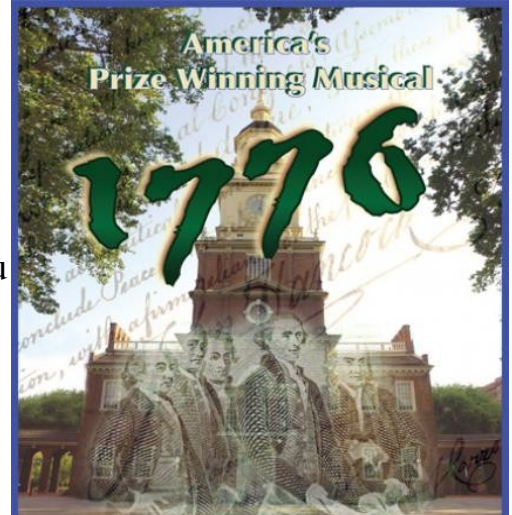
Evergreen, Colorado

All Performances at Center Stage, 27608 Fireweed Drive, Evergreen, CO
Friday and Saturday Performances at 7:30pm; Sunday Matinees at 3:00pm

In a review of the 1969 original production of 1776 the
New York Times wrote: "...1776 is a most striking,
most gripping musical. I recommend it without reservation.

It makes even an Englishman's heart beat faster. . ."

The story surrounding the events of the signing of the
Declaration of Independence will be presented with
sharp humor, warmth, insightfulness and brilliant
music by 27 actors from the Denver area. Whether you
love history, music or you simply love to laugh, this
award-winning musical will make your heart beat
faster as well.



Looking for something to do for Valentine's Day?!
Stage Door presents The Full Monty!!!!



The Full Monty!

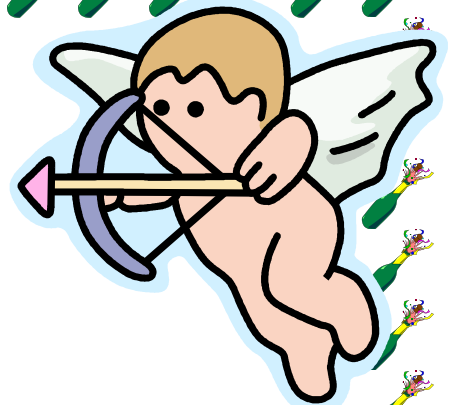
In this Americanized musical stage version adapted from the 1997
British film, six unemployed Buffalo steelworkers, low on both cash
and prospects, decide to present a strip act at a local club after seeing their wives' enthusiasm for
a touring company of Chippendales...only to find that the only way they will attract the audience
they need is to go "full monty."

Performances Feb 1-16; Fridays and Saturday evenings at 7:30 pm, plus a Feb 9 matinee at 2:00
pm. A special Valentine's Night performance takes place on Thursday, Feb. 14 at 7:30 pm!

Tickets \$18 -\$22. Rated R – No one under 17 admitted without parent.

25797 Conifer Rd # 814, Aspen Park, CO 80433-9053

<http://www.stagedoortheatre.org/the-full-monty-feb-1-16/>



Taize: A Pilgrimage of Trust on Earth

A Message from the Diocese:

I'm excited to share with you a unique opportunity for young adults, age 18-35 to participate in a wonderful spiritual retreat. The Lakota people of Pine Ridge, South Dakota, are welcoming the brothers of Taize, France in hosting "Taize: A Pilgrimage of Trust on Earth" on May 24-27, 2013. The outdoor gathering will include meditative prayer together three times a day, Bible study, workshops, small group sharing, and meals together, provided by the local Lakota people. The event is meant for young people aged 18-35, a voice rarely heard in the church or in society. Young adults, mentors, and clergy from the Diocese of Colorado have coordinated efforts to provide an opportunity for any young adult, within the Episcopal Church and beyond, to attend this gathering as part of a larger community.

Individuals can register to attend on their own, and individual groups can do so as well. However, our hope is that both individuals and groups would choose to be part of our diocesan contingency in order to foster community among each other that we may grow and develop after the event. Plus, we take care of the logistics!

To register for "Taize: A Pilgrimage of Trust On Earth" as part of our diocesan contingency, please visit <http://tinyurl.com/YATAize13>. The registration deadline is April 1, 2013, though we encourage early registration, as the event is predicted to fill up. The cost of \$80 includes the \$50 retreat fee plus a \$30 travel expense per person. Scholarships are available if the cost is prohibitive. Please just contact Catie Greene (cgreene@coloradodiocese.org) for more information.

For more information on the event, please visit http://www.taize.fr/en_article14640.html. This web page includes links to the schedule for the weekend and its own independent registration page, should participants choose to register to attend on their own.



FOOD BANK



Evergreen Christian Outreach

Needs List-February 2013

Small Peanut Butter

Toothpaste

Hearty Soups

Boxed Pasta

Mac & Cheese

Toilet Paper

Spaghetti Sauce

Sugar

Cold Cereal

Tuna

Canned fruit

Laundry Detergent

Tooth Brushes Dish

Liquid Soap

Helper Meals

Canned Vegetables

Bar Soap

Stuffing Mix

Instant Potatoes



Other Items for St. Raphael's House*

Coffee Makers

Telephones

Pots & Pans

Mens Jeans

Spoons & Forks

King & Queen Bedding

Vacuum Cleaners

Blenders, Toasters, Microwaves

Tarps

Blankets

Winter Clothes

Hats, Gloves, Scarves

Note: *No after hours donations accepted due to fire and safety requirements. Thank you for your cooperation and your donations.*

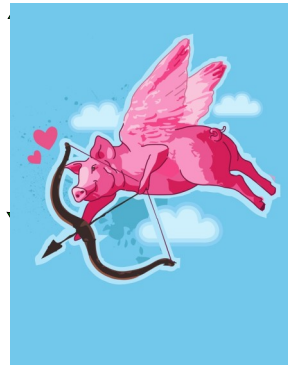
Volunteers Always Needed!

Call: 303-670-1796

Open Mondays 10-6

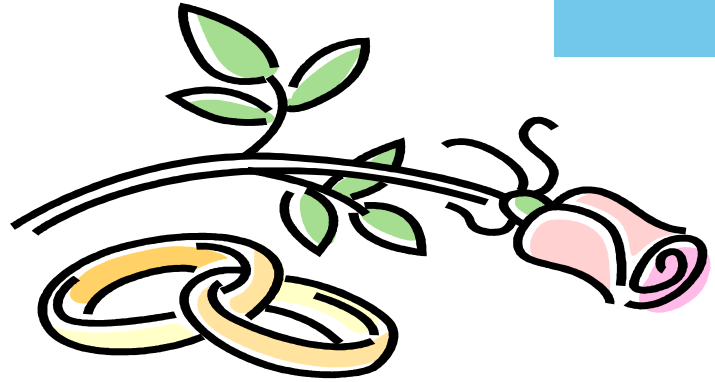
Open Tuesday, Wednesday & Thursday 10-4

Celebrate!!!



February Birthdays

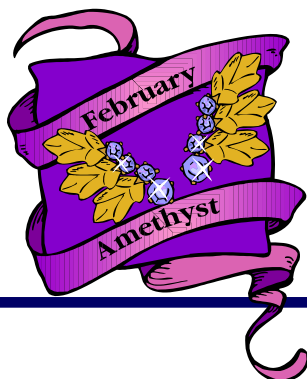
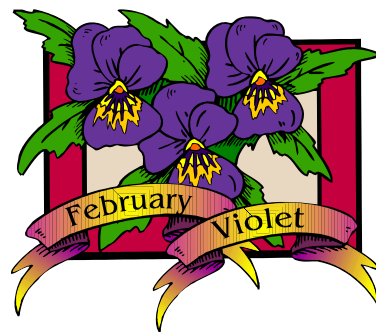
Karen Coriden	2/5
Cort Langworthy	2/8
David Black	2/11
Jamie Williams	2/13
Walter Hane	2/14
Jane Wilson	2/16
Steven Peters	2/18
Barbara Houston	2/21
Liz Jones	2/21



February Anniversaries

Brian and Susan Page
February 3

Russell and Polly Boley
February 12

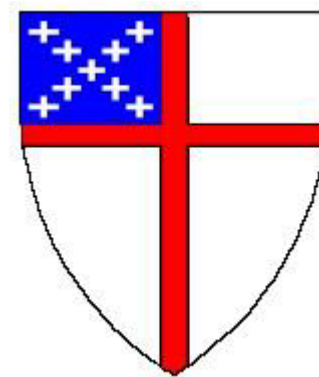


February 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Church</i></p> <p><i>Douglas Hall</i></p> <p><i>St. Mark's</i></p> <p><i>Meadow</i></p> <p><i>Chapel</i></p> <p><i>Stuart Lounge</i></p>					<p>1</p> <p>6-9 <i>Evergreen Players</i></p>	<p>2</p> <p>8 am <i>AA</i></p> <p>9 am <i>Lectio Divina</i></p> <p>1-5 <i>Evergreen Players</i></p>
<p>3 8 am <i>Holy Eucharist</i></p> <p>9 -10 <i>Theological Inquiry</i></p> <p>10:15 am <i>Holy Eucharist, Sunday School</i></p>	<p>4</p> <p>9-3 <i>EDSE</i></p>	<p>5</p> <p>9-3 <i>EDSE</i></p> <p>6-7 <i>Property Committee</i></p> <p>6-9 pm <i>Evergreen Players</i></p>	<p>6</p> <p>8:30 <i>Morning Prayer</i></p> <p>9-3 <i>EDSE</i></p> <p>7:30 pm <i>AA</i></p>	<p>7</p> <p>9-3 <i>EDSE</i></p> <p>6-9 <i>Evergreen Players</i></p> <p>7 pm <i>Choir</i></p>	<p>8</p>	<p>9</p> <p>8 am <i>AA</i></p> <p>6-9 <i>Evergreen Players</i></p>
<p>10 8 am <i>Holy Eucharist</i></p> <p>9 -10 <i>Theological Inquiry</i></p> <p>10:15 am <i>Holy Eucharist, Sunday School</i></p>	<p>11</p> <p>9-3 <i>EDSE</i></p> <p>5:30 pm <i>Evening Prayer</i></p> <p>6-10 <i>EChO Board Mtg</i></p>	<p>12</p> <p>9-3 <i>EDSE</i></p> <p>5:30-7 <i>Shrove Tuesday Pancake Supper</i></p>	<p>13 8:30 <i>Morning Prayer</i></p> <p>9-3 <i>EDSE</i></p> <p>10 <i>Ash Wednesday Service</i></p> <p>7 <i>Ash Wednesday Service</i></p>	<p>14</p> <p>9-3 <i>EDSE</i></p> <p>6-9 <i>Evergreen Players</i></p> <p>7 pm <i>Choir</i></p>	<p>15</p>	<p>16</p> <p>8 am <i>AA</i></p> <p>1-5 <i>Evergreen Players</i></p>
<p>17</p> <p>8 am <i>Holy Eucharist</i></p> <p>9 -10 <i>Theological Inquiry</i></p> <p>10:15 am <i>Holy Eucharist, Sunday School</i></p>	<p>18</p> <p>9-3 <i>EDSE</i></p> <p>6:50 <i>Vestry</i></p> <p>6:30 -9:30 <i>Evergreen Chorale</i></p>	<p>19</p> <p>8-3 <i>EChO</i></p> <p>9-3 <i>EDSE</i></p> <p>6-10 pm <i>Friendship Bridge</i></p>	<p>20</p> <p>8:30 <i>Morning Prayer</i></p> <p>9-3 <i>EDSE</i></p> <p>7 <i>Evensong</i></p> <p>7:30 pm <i>AA</i></p>	<p>21</p> <p>8-4:30 <i>EChO</i></p> <p>9-3 <i>EDSE</i></p> <p>6-9 <i>Evergreen Players</i></p> <p>7 pm <i>Choir</i></p>	<p>22</p>	<p>23</p> <p>8 am <i>AA</i></p> <p>1-5 <i>Evergreen Players</i></p>
<p>24</p> <p>8 am <i>Holy Eucharist</i></p> <p>9 -10 <i>Theological Inquiry</i></p> <p>10:15 am <i>Holy Eucharist, Sunday School</i></p>	<p>25 9-3 <i>EDSE</i></p> <p>5:30 <i>Evening Prayer</i></p> <p>6:30 <i>Book Club</i></p>	<p>26</p> <p>9-3 <i>EDSE</i></p>	<p>27</p> <p>8:30 <i>Morning Prayer</i></p> <p>9-3 <i>EDSE</i></p> <p>7 <i>Evensong</i></p> <p>7:30 pm <i>AA</i></p>	<p>28</p> <p>9-3 <i>EDSE</i></p> <p>6-9 <i>Evergreen Players</i></p> <p>7 pm <i>Choir</i></p>		

**THE CHURCH OF THE
TRANSFIGURATION**

P.O. Box 1630
Highway 74
Evergreen, Colorado 80437
303-674-4904



We're on the Web!
www.church-transfig.net

Newsletter Submissions

Please contact Stephanie Harris with ideas, suggestions and monthly reports for the newsletter. Monthly reports to be submitted no later than the 22nd of each month.

sharris7@hotmail.com



**Have something to add to the newsletter?!?!
Please contact Stephanie (see contact information to the left).**

**Upcoming ideas for pages: recipe exchange,
community coupons, trivia and games**

**ALL IDEAS WELCOME AND
ENCOURAGED!!!**