

**Uniting in Worship.
Welcoming in Grace.**



ST. GEORGE'S EPISCOPAL CHURCH

February 2021

Volume 28, No. 2

This is a free publication
for members and friends.

www.stgeorgesonline.org

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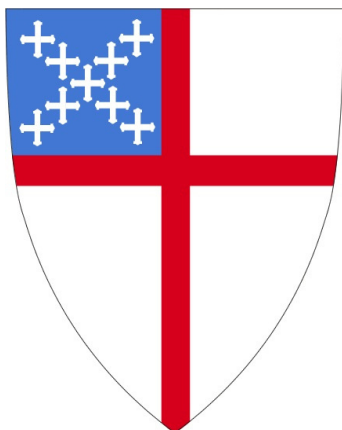
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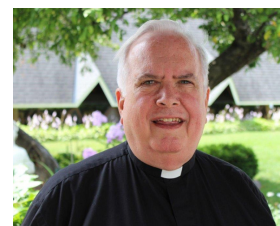
Monday - Thursday

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SYSTEMIC RACISM IN OUR MIDST

by Rev. Tom Gehlsen



Since the horrific police killing of George Floyd, the determination of protesters in Minneapolis and around the country helped to unlock a moment of intense, inspiring reckoning on racial injustice, anti-Blackness, and police violence in the U.S., fueling interest in understanding how racism operates on a systemic scale. The Episcopal Church has made it part of its ministry to address and become educated on this issue.

Systemic racism, which refers to the systems in place that perpetuate racial injustice, has three primary components to its definition.

1. It is historically specific, meaning the systems maintaining racial injustice change over time and are sometimes based on location.
2. Systemic racism is a distinctly structural phenomenon, meaning the practices and behaviors that perpetuate racism within a system are baked into the system itself. This also means that regardless of intention, most people participate in some way with the systems that are in place.
3. Where the systemic racism exists, if the system provides advantage for some, it disadvantages others. In the U.S., we live in a culture of white supremacy. This benefits those who are white, and disadvantages everyone else.

Where does systemic racism occur? In short everywhere.

During the season of Lent I hope we can, through Adult Ed time, delve into this all important topic.

Ask the Rector!

This is your opportunity to ask all those questions you may have about the church, faith, religion or whatever is on your mind. Questions and their answers will be posted in the next newsletter.

Send questions to Sarah Schulte

schultemsb@yahoo.com

and indicate if you would like your name included with the question. Don't be shy, all questions are welcome!





EDUCATION UPDATE

by Heather Whitesell Education Coordinator

Education Update

The seasons of Advent and Christmas both went whizzing by and a tumultuous year is behind us. Young people are returning to school and sports. In Chapel we have been focusing on the coinciding weekly Gospel and the kids are proving to be quite artistic! February is the month of LOVE so I offer this prayer:

Dear God, Thank you for my home and for my entire family. Thank you for the love you give to each one of us so we can share it with others. Help us to live a happy life!



PARISHIONER PROFILE

Parishioner Profile of the Month: Fran Bly

I grew up in small rural communities in Iowa and Minnesota as the oldest of five children. My father was a minister and mother was school librarian. As long as anyone can remember I wanted to be a nurse. After high school I attended St Barnabas Hospital School of Nursing and later Augsburg College. As an RN my clinical practice was in geriatrics however the greater number of years I worked in health care management. I retired from the Minnesota Department of Human Services in 2012. As a 50+ year member of Gethsemane Church in downtown Minneapolis I served as Sunday School teacher, jr and sr warden, altar guild member, and janitor. In the diocese I served as delegate to convention, chair of the Standing Committee and chair of the Trustees for Episcopal Homes. Along this path I met Diane McGowan which is part of what led me to St George's. Charlie and I live in south Minneapolis. We enjoy life to the fullest including classical music, opera, theater, history, playing bridge and travel. One of the things we miss during this pandemic is not being able to entertain friends in our home. We share four children and nine grandchildren who we miss seeing most of all. When this lockdown ends we plan to jump in the car for a long road trip!

1. What is your favorite item you've purchased this year? The favorite item I've bought this year is a new expansion tank for our boiler - keeps the heating system working!

2. What book is currently on your nightstand? No books on my nightstand as I could never stay awake long enough to read one page. However, there is a pile of books by a chair in the living room. I enjoy mysteries especially Donna Leon series set in Venice and Martin Walker series set in a small village in France. Last fall I read a number of books on racism some of which were discussed on Bishop Loya's Tuesday zoom. The latest fun book that I recommend is a memoir by Deborah Madison "An Onion in My Pocket". Madison is author of mostly vegetarian cookbooks and lived many years in a Zen Buddhist community in California.

3. If you could live anywhere in the world for one year, where would it be? If I could live anywhere in the world for one year it would be in Spain. We traveled there for a month and still have lots left to see and experience.

4. Coffee or tea? Coffee in the morning and tea in the afternoon.

Do you have someone you would like to see covered in a parishioner profile? Or would you yourself like to give it a go? Contact either Sarah Schulte, Rachel Santos, or Jill Burns.

February Birthdays

- 1 Tom Harmon
- Landon Rousselow
- 8 Betty Bauer
- Steve Monroe
- 9 Bob Jones
- 10 Kitty Reese
- 16 Donald Janke
- 20 Aaron Holbach
- 24 Tom Hutton
- 26 Jan Hagerman
- 27 Alissa Swartwood
- 29 Jane Jacobson



Condolences

We extend our sympathies to the families who have lost loved ones recently, and we pray for strength, healing, and peace for those in mourning. Kitty Reese's brother, Edward Haakinson died on January 5, 2021. Please keep Kitty and her family in your prayers.



Our prayers go out to Tom Boe on the recent passing of his brother Jim due to complications from Covid-19.





OFFICE HOURS AT ST. GEORGE'S

From Memorial Day to Labor Day ----

Monday - Thursday 8:30 am - 1:30 pm

From Labor Day to Memorial Day

Monday - Thursday 8:30 am - 1:30 pm

Heather Grieger's Hours:

Monday, Wednesday, Thursday

6:30 pm - 8:30 pm

Tuesday 6 pm - 8 pm



SAVE THE DATE!

A reminder to mark Sunday February 28th as the date for St. George's Annual Meeting. This year the meeting will be virtual due to the pandemic. It will be after the service that day. Please be attentive to upcoming information regarding the process and procedures for the meeting, but please mark the date now!

The Prayer Chain

Then you will call upon Me and come and pray to Me, and I will listen to you.
Jer 29:12

St. George is blessed to have an active prayer chain! 15 dedicated members work to keep those who request it surrounded by prayer. If you, or someone you know, is in need of prayer, do not hesitate to reach out to either Deacon Diane, Fr. Tom or Leslie O'Donnell and your prayer request will be passed on to the team. All requests are kept confidential. People are usually kept on the prayer list for 30 days, but can absolutely be prayed for longer as requested. Also, if you are interested in helping out with this important ministry, new people are always welcome and appreciated! Contact Leslie if you would like to learn more.

ALTAR GUILD

by Kathleen Boe, Rector's Warden



Altar Guild in time of Covid

One of my joys with church is serving on the Altar Guild.

The Altar Guild is the behind-the-scenes crew that makes sure the altar is set up and ready for our services. The polished silver, pressed linens, flower decorations and lit candles are all the work of the Altar Guild. One of the most special experiences is preparing the Sacrament to be blessed during the Eucharist.

With services streamed from Fr. Tom's office, the need for Altar Guild has been minimal. Fr. Tom has handled much of it himself, with the occasional assist from Bill Stromberg.

As we contemplated moving our services back to the Sanctuary, the Altar Guild was once again called upon to help set up the services. However, we have reformed to take appropriate precautions in this Covid era. No longer are multi-household teams meeting to prepare the altar. In the process, a couple of our Altar Guild members have decided to back out of helping for now. But, we have also gained a few people (thanks Gregg Jacobson and Paul Santos)!

Once we return to streaming services from the Sanctuary, we'll have either one or two people from one household handling the set ups. Bill has graciously agreed to handle the clean up after the service.

I treasure the ritual of preparation and the companionship of my fellow team members and I do look forward to a time when we can gather again as a whole team. I truly appreciate everyone's dedication to this service.

If you've ever wondered about the mystery behind getting the church ready for a service - contact me. It is a sacred and reverential service for the church and we always welcome new people.

ZOOM ETIQUETTE FOR PARISHIONERS

by Kathleen Boe and the Covid-19 Response Team

We are so thankful to see your faces on Zoom and appreciative of the technology that allows us to gather virtually. Now that we have several months of Zoom under our belt, we thought it would be helpful to mention a few tips for parishioners. Please take a few minutes to read the guidelines below.

1. Position yourself in a room with minimal background noise (i.e. no noisy pets, clocks, etc)
2. Check your Zoom picture. Place your camera at least 18" away from your face to allow us to see your face and some background.
3. Check your lighting — we'd love to see your face. Lighting directly on your face or in front of you is helpful. Background lighting only can put you in the shadows.
4. Many of us are choosing to have a snack or a cup of coffee during our coffee hour. Please be courteous of others. The Zoom camera and sound, if too close, can pick up some unwanted images and sound.
5. For discussion or conversation activities, you should be able to mute and unmute yourself at will. When in a large group (such as Sunday Forum) we can all keep the unintended noise down by muting ourselves until we have something to say. Just unmute to talk.

If you need help with any of these instructions, please contact Tom Boe at thomas.f.boe@gmail.com or at 763-404-2616. Thank you for joining us on Zoom!



Check out the events in February!

ALL EVENTS ARE ONLINE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 11am – GBD (Zoom)	4	5	6
7 9 am - Hymn of the Day (Zoom) 9:30am – HE, Rite II (Zoom)	8 7 pm – Finance (ZOOM)	9	10 11am – GBD (Zoom) 7pm – Peer Support	11	12	13
14 9 am - Hymn of the Day (Zoom) 9:30am – Morning Prayer (Zoom)	15 12pm – Women of St. George (ZOOM) 7 pm – Vestry (ZOOM)	16 Ash Wednesday Service (ZOOM)	17 11am – GBD (Zoom) Distribution of Ashes (Church Alley)	18 10:30AM – Welcome Committee Mtg	19	20
21 9 am - Hymn of the Day (Zoom) 9:30am – Morning Prayer (Zoom)	22	23	24 11am – GBD (Zoom) 7pm – Peer Support	25	26	27
28 9 am - Hymn of the Day (Zoom) 9:30am – Morning Prayer (Zoom) St. George's Annual Meeting						

GOSPEL BASED DISCIPLESHIP

11:00 am Every WEDNESDAY

<https://zoom.us/j/397934453>

Meeting ID: 397 934 453

You may also join audio by phone: +1 312 626 6799



Key:

GBD – Gospel Based Discipleship HE – Holy Eucharist CEB – Christian Education Building
LL – Library Lounge G – Garden

Sunday Worship AND Hymn of the Day

Join Sunday worship service a bit early to participate in Hymn of the Day.

9:00am Hymn of the Day

9:30am Sunday Worship Zoom Meeting for both:

[Link for Sunday Worship](#)

Meeting ID: 141 788 041

Passcode: 205714

You may also join audio by phone: +1 312 626 6799

Love bears all things,
believes all things,
hopes all things,
endures all things



MINISTERS OF THE EUCCHARISTIC ASSEMBLY

	February 7 Fifth Sunday after the Epiphany	February 14 Holy Eucharist Last Sunday after the Epiphany	February 17 Ash Wednesday	February 21 First Sunday in Lent	February 28 Second Sunday in Lent
Readings	Isaiah 40:21-31 Psalm 147:1-12, 21 1 Corinthians 9:16-23 Mark 1:29-39	2 Kings 2:1-12 Psalm 50:1-6 2 Corinthians 4:3-6 Mark 9:2-9	Joel 2:1-2, 12-17 Psalm 103 2 Corinthians 5:20-6:10 Matthew 6:1-6, 16-21	Genesis 9:8-17 Psalm 25:1-9 1 Peter 3:18-22 Mark 1:9-15	Genesis 17:1-7, 15- 16 Psalm 22:22-30 Romans 4:13-25 Mark 8:31-38
Lectors	Lindsay Benjamin	Darlynn Benjamin	Sarah Schulte	Jean Wayne	Mark Schulte



A Bit of History

by Camille Schroeder

Oh, how I miss Supper club. A time to enjoy delicious food, to enjoy conversation with many St. Georgites and a time to get to know others in the congregation even better than we do. We even have music once in awhile.

In the past, St. George's has had "Supper Club" in a variety of ways. One of the first was Tandem. This was a supper club of sorts but had a requirement that the cumulative ages of the couples did not exceed 70. The group was for the "young at heart." That was back in the '60s and '70s. Then came house meetings. Several parishioners would open their homes on a given date and would host dinner for several people in the parish. Again a great way to get to know others in the church. House meetings were held in the mid- '70s. Then came Strictly Social. Same idea: food, conversation, and getting to know you better. This was in the late 70's. And then came Supper Club and that's what we have at this time. There was another social group called The Big Kids. This group was for what we would probably have called millennials in today's language. This was an "active" group and I know they went canoeing but I haven't found any other record of their activities. So, St. George's has always had groups that enjoyed socializing with each other. And, guess what? We still do. Hope we get back to Supper Club before too long.



Thank you for all the Sympathy cards and wishes. My brother, Ed passed away after a long time suffering with Alzheimer's. There will be a service for him when COVID restrictions are lifted at his church in Webster, Wisconsin. -Kitty Reese

Cathedral Music Series

The Cathedral of St. Mark's is hosting an online music series. The concert series and the Organ Lecture series will be livestreamed on the Cathedral website <http://www.cathedral.org/concerts>, on the Cathedral Saint Mark's Episcopal Cathedral - Home | Facebook and on their Music Series (boxcast.tv) page.

Next: Saturday, February 13, 7:30pm, features Soprano Kristi Bergland presenting a program of songs for the season.

A BOOK SHARE

by Mary Kuhfeld

Princes at War

By Deborah Cadbury

Published in 2015 in the US by PublicAffairs

First published in Great Britain in 2015 by Bloomsbury Publishing

Princes at War, is a detailed account that begins with two English princes, brothers, on the eve of World War II. The older, Edward, has been king 325 days, but he is about to abdicate; and the younger, Albert, is terrified because he is next in line and absolutely, positively knows he is not fit to be king. Edward is considered to be the most popular, the handsomest, the most competent Prince of Wales in English history. (Well, I think Edward I would win that contest.) He is knowledgeable, well traveled, and charms everyone he meets. The ladies swoon, a woman brags in a hit song, "I've danced with a man who danced with a girl who danced with the Prince of Wales." But Edward VIII has a scandalous secret: he is in love with an American woman who has been divorced – twice – and both her husbands are alive (in fact, the second one is still not quite divorced from her) – and he is determined to marry her himself. As King, Edward is Head of the English Church, which prohibits marriage to a person with a living former spouse. The Archbishop of Canterbury and the Prime Minister and Parliament are agreed: he may continue with her as his mistress (though they are far too well bred to say so out loud), but he is forbidden, as King, to marry her. His solution? He will abdicate. This is unprecedented; the Empire is shaken to its roots. In the presence of this three brothers, Albert, Henry, and George, the Dukes of York, Gloucester and Kent, Edward (known in the family as David – confusing, isn't it? And you don't know a quarter of it!) signs the Instrument of Abdication. Albert signs as understanding the Crown will pass to him, and the other two sign as witnesses. For Edward, the nightmare is over, but Albert's is just beginning. Albert will choose to be called George – the Sixth of that name – and will reign through the most difficult years of England's history. And at the start, he has a debilitating stammer, is painfully shy, and has a crippling inferiority complex. How he overcomes all this with the warm support of everyone close to him and then, slowly, wins the admiration and love of the country is a grand story. And how Edward begins at once to show the world England escaped by a hair's breadth a disaster of immense consequences. Ms. Cadbury had access to documents, including diaries, which open our eyes to the authentic characters as well as the history of this perilous time, is a fascinating read.



ST. LOUIS PARK EMERGENCY PROGRAM (STEP)

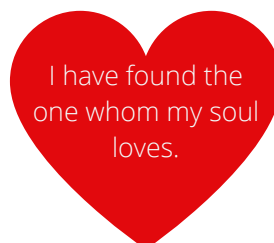
by Camille Schroeder

STEP is a vital emergency program in St. Louis Park. It provides help to all who are experiencing needs of all sorts. Food is a high need item. Canned meats, beans, chili, and peanut butter are needed. Canned fruits, cereals, pasta and pasta sauce, condiments, coffee, tea, spices, bar soap, shampoo, deodorant, first aid supplies, toothpaste and toothbrushes, and toilet paper all are needed. In other words, anything that you would use in your home would help someone who is experiencing a challenge in providing for their home. Just be sure that it is non-perishable. Help is also available for those who need cash to pay for their rent or mortgage. Social workers meet with each client and help determine the client's needs. The social worker can direct the client to all sorts of agencies that can help.

You can drop off food at the red door at the rear of the STEP office during office hours. Just ring the bell and a volunteer will accept your donation and give you a receipt. Office hours are Mon. and Wed, 8 to 4; Tues. 12 to 7; Thurs. 8 to 3; and Fri. 8 to 12.

At this time, because of COVID-19, STEP is not accepting clothing.

Should you wish to donate money, checks should be made out to STEP and mailed to STEP, 6812 W. Lake St., St. Louis Park, MN 55426. Please note on the check memo line if you want your donation to go to something particular. Many thanks for helping out.



Answer Rector Question

Q.: How does prayer play a role in what is going on in our country?

A.: This is a question that could take reams of paper to answer. One of the issues with prayer is that we usually pray at times of great need or when a serious matter arises. The current situation in our country reflects the serious matter needing prayer. Prayer is a pathway to God in building mostly our relationship with God. However, most will enter into prayer when there is a crisis, as mentioned. This becomes a matter of us wanting to control the situation to a better end. Prayer isn't magical or a "hocus pocus" manner of conversation.

We do not know the will of God. If we did we would be PERFECT with no need to control as our faith would carry us into deeper relationships. We can ask and request answers that fit our life and relationships, but the key factor in a prayer of petition is that only God can answer in His time and in line with His will. In many instances God allows situations to play out so a better outcome will enhance our lives and, in this case, our country.

My favorite prayer is the Prayer of Serenity. The part that's deeply meaningful is: "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." So, our prayers should be a daily happening in order to build personal relationships and relationships on a broader scale. The difficult part is, it's God's will and not our controlling will.

WELCOME COMMITTEE

As we continue to reach out to St. George parishioners, we want to make sure all information is up to date. If you have a change in your contact information, please send your updated phone number, address, and/or email to Sarah Schulte at schulteMSB@yahoo.com or 612-201-5731. Thanks!

If you have a request for "thinking of you" cards and notes, Jane Sandsmark is writing the cards of support to our parishioners. Please email, call, or text any request for cards of support to Jane. Mjsandsmark@gmail.com 952-221-4004 Thank you!

ST. GEORGE'S IS EVERYWHERE!

by Tom Boe

Opening up our community

You may know that Kathleen and I were in North Carolina for a few weeks in January. Still, we worshiped, learned, and socialized with our St. George's community every Sunday. We also regularly participated in other St. George's activities: Gospel Based Discipleship, Vestry, and a variety of meetings. A year ago we wouldn't have been able to do any of that, but Zoom opened up new possibilities for us to remain connected with our community.

We're not alone. Others who spent part of this past year elsewhere have been fully engaged with the community through Zoom. And we've expanded our community beyond the traditional concept of parish. Folks like Diane Blake in Arkansas and Jim and Mary Alice Troyer in Southern Minnesota have become part of our virtual community this year, joining us faithfully each Sunday. This wider opportunity for involvement is a happy surprise from the Holy Spirit during this awful time. But we don't want that opportunity to evaporate once most of us can gather again in the building. The "Wiring" project goes way beyond allowing us to Zoom from the Sanctuary this year. It's about enabling people to join us in worship, learning, service, and fellowship even if they're sick, incapacitated, tightly scheduled, or out of town.

Starting later this year, we hope to gather once more for in-person meetings and activities in the Conference room, the Library, and the Parish Hall. But we'll also have internet service and the necessary equipment there so that participants can join from elsewhere. The same will be true, of course, for worship. If you're incapacitated or away for some reason two years from now, you'll still be able to participate meaningfully with your St. George's community in worshiping, learning, working, and socializing together.

What's the status with the sanctuary?

On Christmas Eve we had a system set up in the sanctuary that worked well technically. But on Christmas Eve and on the following Sunday we had two different "operator error" issues with audio. We identified and fixed those. Unfortunately, I left town soon thereafter with my Macintosh computer and we have yet to get a Windows machine working well in there.

We're certain we can fix this, but it's going to require more research and more tweaking. In the meantime we won't be subjecting the congregation to any more experiments during Sunday worship. Fr. Tom will remain in his office "chapel" until we're 100% solid in the sanctuary. Until then, be assured that we're on it and that our goal to open up this community for the future goes far beyond changing the location of Zoom worship on Sundays.

Virtual worship goal: Easy, high-quality, livestream worship

Our virtual worship objective is to "livestream" services onto Facebook and our St. George's website. The application we'll use to do that is called OBS. We already employ OBS "behind the scenes" now to power Zoom services from the sanctuary. On its own, without Zoom, OBS would provide us with:

- Higher quality video and audio than Zoom•
- Ability to integrate text and video together onscreen (vs. flipping between text slides and worship video)
- Easier presentation and management, especially once we get most folks back in the sanctuary and are serving a smaller audience "outside."
- St. George's TV. Anyone with a computer, smartphone, or tablet can simply click a link to go to a webpage and watch the service. No Zoom training or operations for participants. The web page with the livestream video would also have a Zoom link for Sunday's more participatory activities (Hymn of the Day, Sunday Forum, Coffee Hour).

We plan to have this livestream system up and running in March, after I've returned to Minnesota.



Do everything in
love.

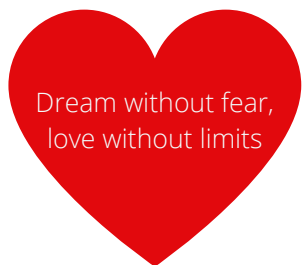
GETTING TOGETHER



Worship can be like an old song, one that we know and love to sing together — "Happy Birthday," "America the beautiful," "Amazing Grace." Singing together, worshipping together: we need it. Fortunately, we can join together in our minds, hearts, and souls, even when we can't be in the same room.

We share a lot of songs in our faith, and looking deeper into them can stir feelings of unity, humility, awe, and worship. Each Sunday we explore a different Hymn of the Day at 9am by Zoom. We learn a little about the people who created them, we explore the text, and we sing — me at the piano and everyone on the call in their home, muted. Then we talk, sharing thoughts and feelings.

When we get back to worshipping together in our beautiful sanctuary, we'll have experienced so much in this time of tribulation. But stronger we will emerge, and more united, and more appreciative of each other and the love that has brought us through. And the music.



Potluck of days past

"There is a story about a St. George's potluck, before our time. We joined in 1990, so this must've been in either in the 70's or the 80's. Anyway, they didn't post any lists, it was an old fashioned "bring whatever you'd like" potluck. They wound up with 19 dishes to share: all desserts!"
-contributed by Harry Kelley

LOOKING FOR LENTEN REFLECTION OPPORTUNITIES? BELOW ARE TWO PROGRAMS PRESENTED BY THE BROTHERS OF ST. JOHN THE EVANGELIST AND ARE OPEN AND FREE TO ALL.

The Prayer I Need This Day

After the last year in which churches around the world have been closed and congregations scattered, the SSJE Brothers invite you to "Come, Pray." Join us in the receiving the daily gift of prayer — at home or wherever you find yourself. Across the weeks of Lent, listen in as Brothers discuss the rich and varied ways we pray, together in church and in our personal prayer. Then join us for worship, exploring a rich array of live-streamed services, culminating in the glories of Holy Week. *"Come, pray in me the prayer I need this day."*

The series is centered on a weekly 20-minute video and invites participants to explore and experience diverse prayer practices alongside the Brothers through joining our regular, live-streamed worship, special services, and online teachings.

To sign up for the weekly email: [SSJE.org/subscribe](https://ssje.org/subscribe) and select **"Monastic Wisdom for everyday living"**

Praying with the Gospel of John - Beginning February 9, 2021.

This eight-week retreat and course of study will provide an overview of the Gospel of John and introduce participants to its major themes.

The Fourth Gospel is at the heart of the "Johannine spirituality" lived by the Brothers of the Society of St John the Evangelist. It is a spirituality of love and intimacy, of abiding in Jesus and in the Father, of laying down of one's life in service of others, of being sent into the world to reveal God's love to those who don't yet know it, and of witnessing to what we have seen and heard so that others may find the joy and love that God so wants to give them.

More information and to register: [SSJE.org/prayingjohn](https://ssje.org/prayingjohn)

ASH WEDNESDAY FEBRUARY 17, 2021 SERVICE

As we continue to move through the pandemic, which is our big challenge, we have Ash Wednesday creeping closer to us. Below is the service for the blessing and distribution of ashes for this year. As you will notice it is in two separate parts:

A) On Tuesday, February 16th we will have a service of scripture, prayer and blessing of ashes. This will be a zoom gathering to begin the season of Lent with prayer and meditation.

B) On Wednesday, February 17th we will have the distribution of ashes as called for in our liturgy. Here's how we will accomplish the distribution: at a specific time named, Diane and myself will be standing at the East end of the alley behind the church. I am asking those who wish to receive ashes to drive down the alley from the West entrance, stop at the end, receive ashes and move on.

Ash Wednesday doesn't call for a celebration of a sacrament, just a sacramental, in this instance the outward sign of spiritually moving through the season of Lent. As we know Lent is a time for us individually to enter our souls', be introspective and be reconciled to a new life that we will celebrate at Resurrection time, Easter Sunday.

VIRTUAL POTLUCK

Thanks to the St. George members who contributed recipes for our Annual Meeting Virtual Potluck! We hope you will try cooking up something from the varied and scrumptious-sounding recipes we received.

"When we are generous in welcoming people and sharing something with them - some food, a place in our homes, our time - not only do we no longer remain poor: we are enriched."

-Pope Francis

TORTILLA ESPANOLA - A TRADITIONAL SPANISH DISH -PAUL SANTOS

INGREDIENTS

Potato (Cut in thin Circles) / I like the Yellow variety
Eggs (Scrambled) see directions below
Onion (Sliced)
Garlic (Minced)
Paprika (Sweet / Smoked / Hot.....whatever you have) I use a mix of Smoked and Sweet
Salt
Pepper
Olive Oil

DIRECTIONS

The amounts for this are kind of left to each individual taste !

You are looking for an Egg mix with Potatoes and Onions
NOT a Potato - Onion mix with a little Egg. Enough to fill a good size Cereal bowl is good for 2 people to split or 1 hearty appetite
Slice Potato / Potatoes and boil till soft.....then drain.

Sauté Onions and Garlic till soft. Amount is up to you...a nice blend of potatoes and onions that you would use for say Hash Brown or Home Fries. Combine Potatoes and Onions in a bowl.

Add Paprika / Salt / Pepper to taste. You should taste the Paprika for sure. A little over-seasoned is OK, because adding the Egg will make it just right.

Add Raw Scrambled Eggs One at a time ...until you get the texture I mentioned above..... Err on the side of too wet..... In the end it is an Egg dish.

Add Olive Oil to sauté pan on medium or a smidge higher temp and heat till hot, but not scorching. The size will depend on your Egg - Potato mix.....You want to fill up most of the pan. You don't want a Big pan with a thin little layer of Egg. I use a small Cast Iron Pan.

Pour all the mixture into the pan and let cook for 30 seconds or so..... Then starting checking for doneness by lightly scraping the pan to release the egg from the sides.

Once the Egg has released from the sides and you can lift the mixture up a bitand If it is browning you are ready to turn over.

To turn over..... Take a plate that is quite a bit larger than the pan and place it on top of the pan.....then grab the pan with one hand, while holding the plate with the other hand and flip the pan over.....dumping the Egg mixture onto the plate (it will still be a bit liquidy at this point.) and uncooked side will be on the bottom.

Now place the pan back on the stove.....then take the plate your holding with the Egg mixture and slide the mixture back into the pan so the un-cooked side that is on the bottom will stay that way and thus finish cooking.

Check the bottom of the mixture for brownness as you did early. You can repeat the flipping process another 1 or 2x if you wish.....it will be easier each time, because there it will be more solidified.

Place finished Tortilla Espanola on a plate. You can eat it...hot / room temp or cold from the fridge. Try it all 3 ways and see which you like best. In Spain it can be served all 3 ways as well. Disfrútaló!
PABLITO

PECAN PIE - HARRY KELLEY

Here is my family recipe for pecan pie.

I'm the 3rd generation baker; it's gone through a few changes, but remains pretty much the same recipe that my grandma used to make.

Use 9" ceramic, pyrex, or glass pie plates.

Ingredients: 1 Pillsbury Refrigerated Pie Crust
1/4 pound raw pecans (at least)

Filling: 9 ounces corn syrup (yup, that's 1 cup plus one ounce)
1/2 cup granulated sugar
4 tablespoons melted butter (1/2 stick)
3 eggs, slightly beaten
1 teaspoon vanilla
1/4 teaspoon salt

Note: you really want to double this recipe. No, seriously, you do. So plan on doubling all ingredients right from the get go.
Preheat the oven to 425 degrees. Allow refrigerated pie crusts to sit at room temperature for at least 20 minutes before handling.

In large mixing bowl, combine all of the filling ingredients (doubled, right?), mix until the butter has been absorbed in the filling, set aside. (Note: the eggs should only be slightly beaten before adding to the filling, otherwise, the texture will be too much like custard.)

Unroll the refrigerated pie crusts. Generously flour one side of the crusts. Set in a 9" pie plate, with floured side down. Prepare the edges of the crust as you normally would (I normally cut the edges to match the pie plate, then crimp them, but whatever is best for you).

Give the filling a final stir to incorporate the melted butter, then pour half into each pie plate (you doubled it, remember?).

Starting with the outer edge of the pie plate, place the pecans in concentric circles around the plate. You should have room for 3 rows of pecans on each pie. Take the broken pieces of leftover pecans and "heap" them in the middle of the pie.

Place the pies next to each other in the middle oven rack. Bake for 8 minutes at 425 degrees. Turn the oven down to 350, and bake for 32 - 35 additional minutes, until the edges of the pie start to become golden brown. My mother was a stickler for the time!

Cool on a cooling rack for 2 hours, then cover with aluminum foil and place in refrigerator. The pies will need at least four hours in the refrigerator before they are set.

Serve cold. Absolutely serve cold. The pies will stay fresh in the refrigerator for up to 4 days, properly covered with foil.

*** A fun variation is Chocolate Pecan Pie. Simply add 1 1/2 ounces of unsweetened baking chocolate, melted and cooled, to each pie. So since you're doubling the recipe, use 3 ounces of chocolate.

CINNAMON ROLLS

- RACHEL SANTOS

This was my first stab at making cinnamon rolls and I used this recipe from Taste of Home website. I was very happy with the way they came out! Be generous with the filling and the frosting and you will have some delicious rolls to enjoy with your coffee!

Ingredients

- 1 package (1/4 ounce) active dry yeast
- 1 cup warm whole milk (110° to 115°)
- 1/2 cup sugar
- 1/3 cup butter, melted
- 2 large eggs, room temperature
- 1 teaspoon salt
- 3-1/2 cups all-purpose flour

FILLING:

- 3/4 cup packed brown sugar
- 2 tablespoons ground cinnamon
- 1/4 cup butter, melted, divided

FROSTING:

- 1/2 cup butter, softened
- 1/4 cup cream cheese, softened
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1-1/2 cups confectioners' sugar

Directions

1. Dissolve yeast in warm milk. In another bowl, combine sugar, butter, eggs, salt, yeast mixture and 2 cups flour; beat on medium speed until smooth. Stir in remaining flour to form a soft dough (dough will be sticky).
2. Turn dough onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Mix brown sugar and cinnamon. Punch down dough; divide in half. On a lightly floured surface, roll 1 portion into an 11x8-in. rectangle. Brush with 2 tablespoons butter; sprinkle with half the brown sugar mixture to within 1/2 in. of edges. Roll up jelly-roll style, starting with a long side; pinch seam to seal. Cut into 8 slices; place in a greased 13x9-in. pan, cut side down. Cover with a kitchen towel. Repeat with remaining dough and filling. Let rise in a warm place until doubled, about 1 hour. Preheat oven to 350°.
4. Bake until golden brown, 20-25 minutes. Cool on wire racks.
5. For frosting, beat butter, cream cheese, vanilla and salt until blended; gradually beat in confectioners' sugar. Spread over tops. Refrigerate leftovers.

WHAT ABOUT FREEZING? (AHEAD OR AFTER) Yes, you can freeze cinnamon rolls! To freeze unbaked rolls, cut as directed but don't allow to rise. Tightly cover and freeze in a single layer for up to two weeks. When ready to use, thaw in the refrigerator overnight. The next morning, bring to room temperature and allow it to rise until doubled in size. Bake as directed. To freeze baked rolls, bake as directed and cool. Tightly cover and freeze. When ready to use, thaw overnight in the fridge. The next morning, cover and bake at 350° for 20 minutes. Let cool and frost.

UNBELIEVABLE BLUEBERRY FRENCH TOAST

CASSEROLE - JANE JACOBSON

- Prep Time: 25 minutes
- Cook Time: 50 minutes
- Total Time: 9 hours, 30 minutes
- Yield: serves 12

There's not one word more perfect than "unbelievable" to describe this overnight blueberry french toast casserole. Perfect make-ahead recipe for busy mornings!

Ingredients

- 1 (12-14 ounce) loaf french bread, sourdough bread, or challah*
- 1 cup (180g) fresh or frozen blueberries*
- 8 large eggs
- 2 and 1/4 cups (540ml) whole milk
- 1/2 teaspoon ground cinnamon
- 3/4 cup (150g) packed light brown sugar
- 1 Tablespoon (15ml) pure vanilla extract

STREUSEL TOPPING

- 1/3 cup (69g) packed light brown sugar
- 1/3 cup (42g) all-purpose flour (spoon & leveled)
- 1/2 teaspoon ground cinnamon
- 6 Tablespoons (86g) unsalted butter, cold and cubed
- optional: extra blueberries, fresh fruit, maple syrup, and/or confectioners' sugar for topping

Instructions

1. Grease a 9x13-inch pan with butter or spray with nonstick spray. Slice then cut the bread into cubes, about 1 inch in size. Spread cubes into the prepared baking pan and top evenly with blueberries. Set aside.
2. Whisk the eggs, milk, cinnamon, brown sugar, and vanilla together until no brown sugar lumps remain. Pour over the bread. Cover the pan tightly with plastic wrap and stick in the refrigerator for 3 hours – overnight. Overnight is best.
3. Preheat oven to 350°F (177°C). Remove pan from the refrigerator.
4. Prepare the topping: Whisk the brown sugar, flour, and cinnamon together in a medium bowl. Cut in the cubed butter with a pastry blender or two forks. Sprinkle the topping over the soaked bread.
5. Bake for 45-55 minutes or until golden brown on top. I usually bake it for 45 minutes because I like it softer. Serve immediately. Cover leftovers tightly and store in the refrigerator for 2-3 days.

Notes

1. Make Ahead & Freezing Instructions: Prepare the topping in advance, cover tightly, and store in the refrigerator. Sprinkle over the soaked bread before baking. For freezing, prepare the recipe through step 4 (without preheating the oven) and freeze for up to 2 months. Thaw overnight in the refrigerator then bake as directed. Baked casserole can be frozen up to 3 months. Thaw overnight in the refrigerator and warm up in a 350°F (177°C) for 35 minutes or until warm in the center.
2. Half Batch: This recipe can easily be halved in an 8 or 9-inch baking pan. The bake time will be slightly less, around 30-35 minutes.
3. Bread: Day-old, crusty bread is perfect for french toast casseroles. I typically use a loaf of challah bread that I slice and let sit out overnight. You'll wind up with about 12 cups of cubed bread. A little more or less is OK.
4. Fruit: Instead of blueberries, try strawberries, raspberries, or blackberries. In the fall, try cranberries or thinly sliced apples or pears. So many options!

CHILIES AND EGGS-KITTY REESE

We have previously made this for the Annual Meeting.

- 10 eggs
- 1/2 cup flour
- 1 tsp. salt
- 1 pint small curd cottage cheese
- 1/2 cup melted butter
- 1 pound Monterey Jack cheese, shredded
- 2 - 4oz. cans of diced green chilies

Beat eggs. Add all ingredients except the cheese and chilies.
Beat again. Fold in cheese and chilies.

Pour in a buttered 9x13 pan and bake at 350 degrees for 35 minutes or until set and brown on top.

**MEDITERRANEAN DIP
-SARAH SCHULTE**

This is more of an assembly than a cooked dish, but it is a crowd-pleaser!

- Hummus (8 oz container)
- Pesto (1/2 cup or 8 oz container)
- Cucumber, seeded and diced
- Red onion, diced small
- Pickled pepperoncini or banana peppers, chopped
- Kalamata olives, sliced
- Crumbled feta cheese
- Sun-dried tomatoes, sliced
- Pita chips for dipping

I have found that assembling this dip in a pie plate works the best and keeps things tidier than on a flat plate. Start with your hummus and spread it around to fill the bottom of your dish. Next, make a layer of the pesto. Continue adding each ingredient, ending with the tomatoes. You can add ingredients to taste, and after the hummus and pesto, the other layers are sprinkled on rather than true layers. You should be able to see all of the chopped ingredients so that it looks colorful. Don't forget the pita chips for dipping!

**KALE APPLE CRANBERRY SALAD
-LESLIE O'DONNELL**

- 1/2 head of cabbage chopped
- 1-1/2 cups broccoli chopped
- 1-1/2 cups kale chopped
- 2 apples diced
- 1/2 c celery diced
- 1/2 c raisins
- 1/4 cup sunflower seeds
- Lemon Poppy Seed dressing.

Mix all ingredients and enjoy!

**EGG VEGETABLE CASSEROLE
-KATHIE BROWN (RECIPE BY TWO PEAS & THEIR POD)**

Yield: serves 16
Prep time: 10 minutes
Cook time: 35-40 minutes

Ingredients:

- 18 eggs
- splash of skim milk
- salt and pepper to taste
- spike seasoning
- olive oil
- ½ red pepper, diced
- ½ yellow pepper, diced
- ½ red onion, diced
- 1 cup fresh spinach, chopped
- 3 Roma tomatoes, diced
- 1 cup mozzarella cheese, shredded
- parmesan cheese, shredded

1. Preheat oven to 350 degrees.
2. In a large bowl, whisk together the 18 eggs. Add a splash of milk. Add salt and pepper to taste. We also used Spike seasoning, 1-2 teaspoons. If you don't have this, try Italian seasoning instead.
3. In a large skillet, sauté the peppers and onions in a little bit of olive oil.
4. Add in the spinach for a minute or two.
5. Grease a glass 9x13 Pyrex dish and pour the eggs into the dish. Add the peppers, onions, and tomatoes and stir everything together in the pan.
6. Stir in the mozzarella cheese and make sure everything is evenly distributed.
7. Bake at 350 degrees for 35-40 minutes or until eggs are set and golden.
8. Sprinkle the casserole with parmesan cheese if you wish.
9. Enjoy!

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ARTISTS IN RESIDENCE

Christina Christensen, mezzo
Soprano

William Vaughn, Bass

VESTRY

Kathleen Boe, Rector's
Warden; TBD, Parish Warden; :

Lindsay Benjamin, Jane
Sandmark, Sarah Schulte,
Cyprian Troyer, Jill Burns, Gregg
Jacobson, Bruce Becker and
Rachel Santos

CLERK OF THE VESTRY

Laura Harmon

PARISH TREASURER

Connie Kotula

SUNDAY SERVICES ARE NOW ONLINE WITH ZOOM



I hold you in my heart, for
we have shared together
God's blessings.

My command is this: Love
each other as I have loved
you."

Be devoted to one
another in love. Honor
one another above
yourselves.