

MARCH 2024

# TIDINGS

The Church of the Good Shepherd  
Cashiers, North Carolina

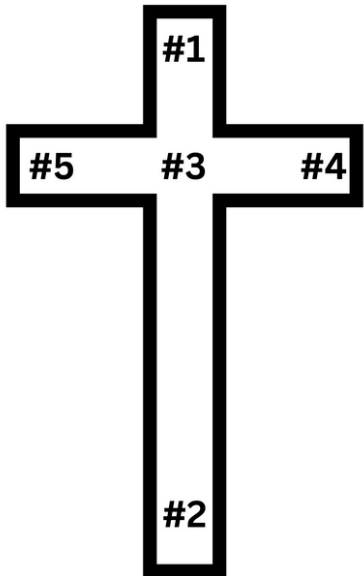


## IT'S STILL LENT

Another month, same church season. Lent. A time for 'self-examination and repentance, prayer, fasting and self-denial.' This issue of Tidings has much to do with one of those points: prayer, including this cover page and the prayers for your use on page three.

At one point, the disciples asked Jesus plainly, "Lord, teach us to pray." He gave them the Lord's Prayer. Since then, people of faith have been praying in expanding ways.

One way to pray that I learned I have shared before. It's praying the way of the cross. With the words, "Take up your cross and follow me," fresh on my mind, it made sense to re-share this method of prayer for this Lent and always. The numbers on the picture of the cross represent the order of this prayer, from the top of the cross as #1 to the left arm of the cross at #5. Note: prayers for ourselves are last!



To say more, it goes like this. There are different types of prayer, principally adoration, praise, thanksgiving, penitence, oblation, intercession, and petition. The Catechism on page 856 of the Book of Common Prayer outlines all this.

At the top of the cross, the part that points heavenward, are prayers of Adoration, Praise, and Thanksgiving. Adoration is the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence. We praise God, not to obtain anything, but because God's Being draws praise from us. Thanksgiving is offered to God for all the blessings of this life, for our redemption, and for whatever draws us closer to God. Start at #1, the top of the cross, with these prayers.

Step #2, the earthly end of the cross, come prayers of penitence, in which we confess our sins and make restitution where possible, with the intention to amend our lives.

At the center of the cross, position #3, where Jesus offered himself for our sins, we make Oblation, an offering of ourselves, our lives and labors, in union with Christ, for the purposes of God.

On the right arm of the cross, position #4, we pray for others. These are called intercessions, much like the prayers of the people on Sundays are intercessions. Think and pray for all the other people out there besides you, and pray for them.

Lastly, at position #5, the left arm of the cross, is petition, in which we present our own needs, that God's will may be done.

Take 10-15 minutes each day, quiet your mind and heart for a moment, ask the Spirit to guide you, and use this prayer. I hope you will find it draws you closer to God and helps you to consider all the matters of life that ask our prayers.

Rob +

## MARCH BIRTHDAYS

1 BILL NEWBOLD  
1 LINDA WOOD  
1 NAN GREGORY  
3 BILL PUMP  
3 MITCHELL ACHEY  
3 CORABEL SHOFNER  
5 MARSHA GOODMAN  
6 LAMAR COLE  
6 JUDY BROOKFIELD  
6 BECCA WOOD  
6 MARILEE LIPINSKI  
7 SHUG SOLD  
8 SCOTT TURNER  
9 CARY MCKINNEY  
10 DICK MEYERS  
11 CAROLINE RIVERS  
11 MINOTT RIVERS  
14 LIZ LANE  
15 BRIEN PETERKIN  
15 LINDA QUICK  
15 LISA ROMFH  
17 SALLIE PETERKIN  
17 ROBERT JOHNSON  
18 CLAYTON LASSITER  
18 PAM MCMILLIN  
19 ANN HOYERMAN  
20 CRIS HAYES  
21 JIM MANLEY  
21 ANN LEA  
22 WALLY SEINSHEIMER  
22 POLLY USELTON  
23 MARY FREEMAN  
23 KEN MEYER  
24 WINIFRED DAVIS  
24 MARGARET WASSON  
24 BILL CANBY  
24 PRESTON WALLIN  
26 BRAD NANVICK  
26 BRUCE VORSANGER  
29 LINDA STONE  
30 RALPH GREENE  
31 MAIZIE BELSER  
31 RACHEL DYER

## MARCH ANNIVERSARIES

8 TIM & JULIA BOEVE  
8 JEFF & JENNIFER RUSSELL  
9 BRENT & ELIZABETH SMITH  
9 WELDON & MICHELLE HOLCOMBE  
11 ROBERT & MARSHA GOODMAN  
12 ADRIAN MENENDEZ & VERONICA ESCALANTE

17 THOMAS & BUFF ADAMS  
19 BOB & MILLIE LATHAN  
23 ROB & CAROL HUNTER

## TRANSITIONS

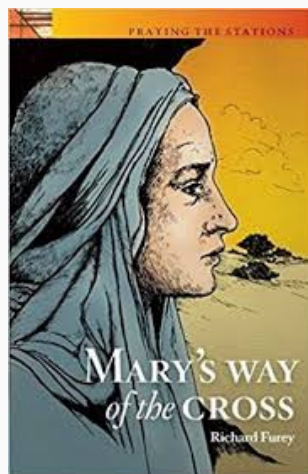
### New to Good Shepherd

Rob & Lori Vezina      Fred & Rochelle Hogeman  
Brian & Sara Lavelle

### Deaths

Beverly Fowler  
Ann Viehman

## PRAYING THE STATIONS OF THE CROSS WITH MARY



I was introduced to this devotion by a friend who "discovered" the Stations of the Cross with Mary while attending a retreat. I was, and continue to be, so thankful for this gift.

Praying the Stations of the Cross with Mary is an insightful look into Mary's love and devotion for her Son and the role she played in the Passion of our Lord. It tells the story of the Crucifixion from the viewpoint of a mother. We feel her anguish, her confusion, her feelings of helplessness as well as her great faith. These stations make Jesus' Passion very real.

In these prayers, we are asked to contemplate our own relationship with Jesus, the Blessed Mother and our neighbor, calling us to repentance, acceptance, and a deepening of our faith.

Please plan to join us during Holy Week in the Sanctuary as we pray the Stations of the Cross with Mary, the mother of Jesus.

*Doreen Hastings*

Stations of the Cross with Mary will be held on Tuesday, March 26 at 3pm.

## SHROVE TUESDAY & FAMILY CELEBRATIONS



IF YOUR BIRTHDAY OR ANNIVERSARY IS MISSING PLEASE CONTACT ELLEN AT 828-743-2359 OR GOODSHEPADMIN@FRONTIER.COM





## PRAYERS FOR THE EVENING

We offer this selection of prayers for the evening, with a Lenten theme of confession, but for all times for gratitude, praise, strength, and adoration.

Glory be to thee, my God, for all the blessing of the past day, for thy presence ever with me, for the love of family and friends, for every kindness shown me by others, for the satisfaction of my work and for the knowledge that I am held safe in thy hand whatever happens. I lift my heart in love and gratitude to thee, dear father, praising thee that thou has made me thy child through Jesus Christ.

(George Appleton)

O Lord, my God, thank you for bringing this day to a close; thank you for giving me rest in body and soul. Your hand has been over me and has guarded and preserved me. Forgive my lack of faith and any wrong that I have done today, and help me to forgive all who have wronged me. Let me sleep in peace under your protection, and keep me from all the temptations of darkness. Into your hands I commend my loved ones and all who dwell in this house. I commend to you my body and soul. O God, your holy name be praised.

(Dietrich Bonhoeffer)

O Jesus, King of the poor, shield this night  
those who are imprisoned without charge, those who have 'disappeared'.  
Cast a halo of your presence around those who groan in sorrow or in pain.

Protect those whose livelihoods are threatened. Encourage those forbidden to worship.  
Encompass our little ones gone hungry to sleep, cold and fitfully waking.  
Guide your witness for peace. Safeguard your workers for justice.

Encircle us with your power, compass us with your grace, embrace our dying ones,  
support your weary ones, calm your frightened ones.  
and as the sun scatters the mist of the hills, bring us to a new dawn,  
when all shall freely sit at table in your kingdom,  
rejoicing in a God who saves them.

(Kate McIlhagga)

God, my Father, you know all that has made up today: its joys, perplexities; its promises broken; its opportunities not seized. O God, forgive me for my share in these things today: for my slowness to respond; for my fullness of mind; for my eyes lifted afar when beauty was all about me. O God, strengthen me with greater dependence: only in your way of life is satisfaction; you have made me for yourself; you have set me in this wonderful world to love and serve you [with gladness and singleness of heart]. God, bless my coming-in this night as you blessed my going-out at the day's beginning.

(Rita Snowden)

Ere thou sleepest, gently lay  
Every troubled thought away.  
Put off worry and distress,  
As thou'st puttest off thy dress.  
Drop thy worry and thy care  
In the quiet arms of prayer.  
Lord, thou knowest how I live;  
All I've done amiss, forgive.  
All the good I've tried to do,  
Hallow, bless, and carry through.  
All I love in safety keep,  
While, in thee, I fall asleep.  
(source unknown)

The Reverend Robert B. Wood, Rector  
rwood.gs@gmail.com  
The Reverend Alison Schultz, Assistant Rector  
The Reverend Toby Summerour, Adjunct Priest  
The Reverend Steve Hines, Adjunct Priest

**Vestry Officers:**

Peter Keck, Senior Warden                      Fred Halback, Junior Warden  
Irv Welling, Treasurer                      Ellen Albright, Clerk

**Vestry:**

Ruth Russ                      Rose Mary Achey                      Nancy Watson  
Kevin Rowland                      Tylor Field                      Ed Henson  
Sharon Stricker                      Carol Treichel                      Lynn Jones  
Vic Brandt

**Staff:**

Ellen Albright, Parish Administrator  
goodshepadmin@frontier.com  
Michelle Price, Finance & Accounts Manager  
Michael Yannette, Director of Music  
Donna Patton, Nursery & Office Assistant  
Skip Ryan, Bazaar Barn Manager  
Cari Sanders, Communications Director

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*Lent.*  
events and activities



**HOLY WEEK**

**March 6**

**5:30 pm** | Wednesday in Lent (What is Sin?)  
(5:30 Evening Prayer; 6:00 Supper & Program)

**March 13**

**5:30 pm** | Wednesday in Lent (Love & Dishonesty)  
(5:30 Evening Prayer; 6:00 Supper & Program)

**March 20**

**5:30 pm** | Wednesday in Lent (What is our part?)  
(5:30 Evening Prayer; 6:00 Supper & Program)

**March 24 Palm Sunday**

**9am & 11am** | Palm Sunday services at COGS  
(Trumpeter and Fred & Ed at the 11am service)  
**2pm** | Cashiers Community Chorus at the Village Green

**March 25**

**12pm** | Community Service at Christ Aglican

**March 26**

**12pm** | Community Service at Grace  
**3pm** | Stations with Mary at COGS

**March 27**

**12pm** | Community Service at Glenville Wesleyan  
**5:30pm** | Seder Supper at COGS

**March 28 Maundy Thursday**

**12pm** | Community Service at Cashiers UMC  
no Noon Service at COGS  
**5:30 pm** | Maundy Thursday service at COGS

**March 29 Good Friday**

**Noon** | Good Friday Service at COGS  
**4pm** | Stations of the Cross at the Village Green

**March 31 Easter Sunday**

**7am** | Sunrise Service at Village Green Commons  
**8am, 9:30 am, & 11am** | Easter Services at COGS

**Mark your calendar  
for these Lent &  
Holy Week  
activities!**