



**Christ Church**  
Sixth and Main Streets  
Clarksburg, WV

# The Good News Weekly

**Christ Episcopal Church**

April 7, 2019

[www.christchurchclarksburg.com](http://www.christchurchclarksburg.com)

[www.stbarnabaschapel.com](http://www.stbarnabaschapel.com)

Office phone: 304-622-3694

Facebook: <https://www.facebook.com/Episcopalparishinclarksburg/>  
... to know, live, and share The Good News Story of Jesus Christ



**St. Barnabas Chapel**  
721 Hall Street  
Bridgeport, WV

## Upcoming Events

- 4/7/19 Holy Eucharist** at 10:00 a.m. at Christ Church  
**4/7/19 Holy Eucharist** at 5:30 p.m. at St. Barnabas  
**4/8/19 Vestry Meeting** at 6:00 p.m. at St. Barnabas **Please note the vestry meeting is on Monday at St. Barnabas.**  
**4/9/19 The Way of Love in Lent** at Christ Church  
     **5:30 Soup dinner**      **6:00 p.m. Lenten study**  
**4/14/19 Palm Sunday Eucharist** at 10:00 a.m. at Christ Church  
**4/14/19 Palm Sunday Eucharist** at 5:30 p.m. at St. Barnabas  
**4/14/19 Second Sunday Supper** at 6:30 at St. Barnabas  
**4/16/19 The Way of Love in Lent** at Christ Church  
     **5:30 Soup dinner**      **6:00 p.m. Lenten study**  
**4/18/19 Washing Feet and Stripping of Altar** at 6:30 p.m. at CEC  
**4/19/19 Good Friday Holy Eucharist** at 6:30 p.m. at St. Barnabas  
**4/20/19 Easter Vigil** at 6:30 p.m. at Christ Church  
**4/21/19 Easter Holy Eucharist** at 10:00 a.m. at Christ Church  
**4/21/19 Easter Holy Eucharist** at 5:30 p.m. at St. Barnabas

## Backpack Blessings Schedule

Pack after church on April 7  
 Driver to deliver bags April 11 – Corliss Barksdale  
 Shop for food on April 11 – Beth Sickles



## The Way of Love in Lent

All are invited to attend the Tuesday evening soup suppers and Lenten studies at Christ Church. Soup is served at 5:30 with the study following at 6:00. Rev. Nora is using "The Way of Love in Lent" materials from The Episcopal Church.

## Schedule for Easter Food Baskets

**April 7 and 14– Presentation of food for blessing** – Bring the foods you are donating to be blessed during the offertory.  
**April 14 – Pack the baskets** – Everyone can help pack the food baskets following the services at Christ Church and St. Barnabas.

## Easter Flowers at Christ Church

Easter lilies for Christ Church have been ordered. Please sign the donation sheet at church or call the church office to let Beth Ann know who you are giving flowers "in memory of" or "in thanksgiving for." A \$15 donation is suggested.



## Serving Ministries

### April 7, 2019 ~ 5th Sunday in Lent

- 9:30 a.m. Choir warmup**  
**10:00 a.m. Holy Eucharist Rite II** at Christ Church  
 Lector: Jody Morse  
 Ushers: Ben Barksdale and Dee Trimbach  
 Acolyte: Nate Critchfield  
 Altar Guild: Kitty Clovis, Jody Morse, Vicky Ashby  
**11:00 a.m. Pack Backpacks**  
**11:00 a.m. Coffee hour** in the parlor  
 Coffee hour host: Charisse Burns  
**11:30 a.m. Choir rehearsal**  
**5:30 p.m. Holy Eucharist Rite II** at St. Barnabas  
 Lector: Nancy Cotten  
 Ushers: Joe Martin  
 Altar Guild: Nancy Cotten

### April 14, 2019 ~ Palm Sunday

- 9:30 a.m. Choir warmup**  
**10:00 a.m. Holy Eucharist Rite II** at Christ Church  
 Lector: Bill Saviers  
 Ushers: Ben Barksdale and Tom Walsh  
 Acolyte: Nate Critchfield  
 Altar Guild: Kitty Clovis, Jody Morse, Vicky Ashby  
**11:00 a.m. Pack Backpacks**  
**11:00 a.m. Pack Easter Food Baskets**  
**11:00 a.m. Coffee hour** in the parlor  
 Coffee hour host: Mary Beth Paugh  
**11:30 a.m. Choir rehearsal**  
**5:30 p.m. Holy Eucharist Rite II** at St. Barnabas  
 Lector: Kipp Martin  
 Ushers: Joe Martin  
 Altar Guild: Kipp Martin

## Easter Flowers at St. Barnabas

As we have done the past few years, you are invited to bring flowers or a plant for the Easter service. You may take it with you after the service or leave it to be planted in front of the church when the weather is warmer.



## April 7, 2019 – Lent 5 (C) Life Transformed: The Way of Love in Lent - Rest

Drawing on the ancient practice of setting aside Lent as a period of study and preparation for living as a Christian disciple, we are pleased to present weekly teachings from *Life Transformed: The Way of Love in Lent*.

Learn more at [episcopalchurch.org/life-transformed](http://episcopalchurch.org/life-transformed).

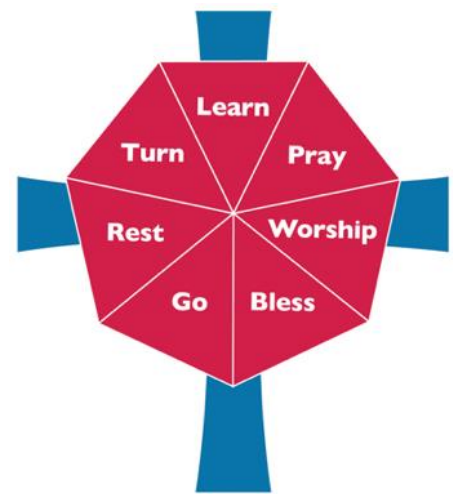
### READ Ezekiel 37:1-14

We do not live in a culture that encourages REST. All too often, we are forced to work harder and longer hours, and it shows in our health. Yet, from the beginning, God – who rested on the seventh day of creation – set rest into the pattern of all life. Truly practicing the Way of Love means spending time with God in sabbath rest. Not everyone has the luxury of long breaks and vacations, or even days off. Still, we can help each other find ways internally to pause and receive the gift of sabbath. The act of rest and restoration is a part of the cycle of rebirth that is God’s hope for us and gift to us.

In the exciting story of the Valley of the Dry Bones, we hear the way God sent God’s breath, the Holy Spirit, onto a field of bones. That very breath was enough to reanimate them and bring them back to fullness of life. Making sabbath rest has the same impact. Sabbath rest provides the opportunity for God to refresh us, to breathe new life into us. When we neglect sabbath time with God, we can begin to feel withered and tired, just like those dry bones. This is no coincidence. When we constantly run from activity to activity without breathing and returning to God, we become depleted and dry.

The gospels record numerous times when Jesus retreated to a place of sabbath to reconnect with God and to receive the strength he needed to continue his ministry. In Luke 5 when the news about Jesus spread and crowds gathered around him, Jesus withdrew and prayed. Studies have shown that people who take regular breaks from work have higher rates of creativity and productivity. It should come as no surprise that the ritual of baptism follows the pattern of death into life – that is the sabbath cycle in action.

**REFLECT:** It has been said that we don’t take a sabbath, but rather make sabbath. Rest is an intentional act. Do you currently have a practice of reserving a block of time each day, week, or month for sabbath rest? If so, how does it restore you? If not, what has the effect of that lack felt like? Lent is a chance to reevaluate our patterns of living. Is God calling you to explore the gift of sabbath this Lent?



**THE WAY OF LOVE**  
*Practices for Jesus-Centered Life*