

# ANAM CARA


Holy Innocents' Episcopal Church Magazine



Volume 2, Issue 3 Lent 2016

[www.holyinnocents.org](http://www.holyinnocents.org)





*Holy Innocents is a community where the best of the Episcopal tradition is honored and creativity, innovation, diversity, and inclusion are embraced.*

We seek to extend the radical hospitality of Christ to all, whether in our buildings or through the web, in the hope that each person's spiritual journey can flourish from individual faith into communal compassion and action. Home to Holy Innocents' Episcopal School, our campus serves on many levels as an engaging, ever-renewing forum for people of all ages to gather, pray, celebrate, mourn, converse, reflect, learn, and teach.

Membership at Holy Innocents is based on desire. If you are baptized (or desire to be baptized), intend to make this parish your principal community of worship, and you will support the ministries of the parish, you may be recorded as a member of the parish. We offer several opportunities throughout the year when new members are welcomed on Sunday mornings. We also offer opportunities for adult Confirmation, Reception and Reaffirmation.

For more information on membership contact Caroline Fleming.

*Photos Taken By: Jon Kownacki*

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*from the rector*

# This is Love

**The Rev. Michael R. Sullivan**

Rector of Holy Innocents' Episcopal Church

When I think about the Gospel, I think love. While we can talk theology and all the other things that our faith discusses (and should), at the end of the day, love is the way.

God loves you whoever you are, whatever you've done, whatever level of faith you muster. Period. There are no exceptions to God's love. In Christ, we know that we are cherished and that nothing separates us. Nothing. The cross and empty tomb proclaim just how far God will go to express love, but honestly, I no longer see the cross and its work in my life from a standpoint of pain and suffering (although those surely were borne) but through the uncompromising, world changing love that endures in spite of any and every thing.

Such love demands accountability, however. How we respond to that love and its grace in our life must be examined. That's Lent for me. I ask: how am I loving? How am I seeking to change patterns of behavior that cut God's love off from me and others? How has my lack of trust in God's love hurt my ability to love others? These are the questions of this season. These are the questions we must ask because God loves us.

This Lent, focus on God's love and how that love is lived in your life. What needs pruning so you might love more? What needs rearranging in your head or heart to let God's love capture you?

Think Love this Lent. It is always God's gift.

## Ways to Remember God's Love

### Study

Study passages of scripture that contain the word "love." Try going to biblegateway.com and googling the word "love" for starters.

### Prayer

Take time to pray each day. Sit down in a quiet spot and meditate on the word "love" for 5 minutes. Then try 10. Try building up to 20 minutes each day.

### Conversation

Tell people you love that you love them. Tell them with words. Tell them with an old-fashioned note. Tell them with a collage. Just tell them.

### Forgiveness

If you've been holding a grudge or just can't find forgiveness in your heart for some thing or some one, go to the other person and tell them you love them, forgive them, and want to start walking in a new way.

### Notes

Write yourself a note from God. Let yourself imagine what God would say about God's love of you.

### Music

Find good love songs and sit with a cup of coffee or tea, taking in the words. What if those words apply to your relationship with God? Try Van Morrison's "Have I told you lately that I love you?"

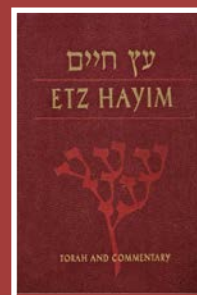
## RECTOR'S BOOKSHELF

Our rector has mentioned the following books recently in sermons or commends them to you for the spiritual journey



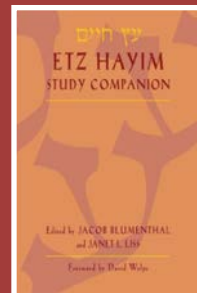
**The Jewish  
Annotated  
New Testament**

Amy-Jill Levine



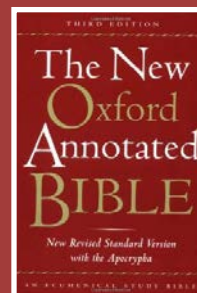
**Etz Hayim  
(Torah)**

RA/USCJ



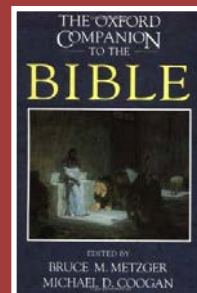
**Etz Hayim  
(Study Companion)**

RA/USCJ



**The New Oxford  
Annotated Bible**

Oxford



**The Oxford  
Companion to the  
Bible**

Oxford





# *clergy corner*

# My Grandpa John

The Rev. Lisa M. Zaina

Vicar

My Grandpa Zaina was a good man. And, he was a very generous man, but knew the value of a dollar.

He had quit school in 9th grade so that he could play semi-professional football and make a bit of money. As a young man, he played against Jim Thorpe. And then he was apprenticed to a pattern maker and spent his career in the steel industry.

He was a craftsman, and great with his hands, but even better with his heart.

From old photos, I can tell that he was fashionable as a young man. But, as he and my grandmother dealt with the realities of feeding a family on a tradesman's salary, he became accustomed to what was his signature outfit. He wore a crisply pressed work shirt, wool pants, and work shoes. They were either greenish gray, or greenish brown. And, in the winter, he always wore a gray wool coat with the monogrammed letters A.C. (for the Italian Athletic Club of which he was a member). This is the outfit that I remember most vividly from my childhood.

As he aged, he did get a little more fancy with his wardrobe, but shoes were never in the mix of lots of changes, except for the white ones for the summer!

All of a sudden, and quite frequently, we'd see him limping around in new shoes.

We asked Grandpa what he was doing with all of those new shoes. He responded by saying that they belonged to the old man who lived down the road. No telling how old "old" was since my Grandpa was in his early eighties.

When asked why he was wearing the old man's shoes, he said that he was breaking them in for him since they hurt the old man's feet. And, that the old man wasn't quite as young as my grandpa, and wasn't nearly as mobile so the breaking in period took too long if the old man tried to do it himself. So, Grandpa would go and pick up the new shoes, wear them until they didn't hurt any longer, and then give them back.

Apparently, he got so good at this that all of the "old men

down the street" would ask him to break in their shoes for them. In fact, he ended up inheriting a pair when one of the owners died during the breaking in process.

My grandfather literally walked in other people's shoes. And, at times, they weren't even his size, and they hurt; but he was willing to help them out so that their shoes would fit them better.

As I began to think about Lent this year, I was wondering how I could best live into these days of preparation. What will my spiritual practice be as I consider how God became man and further committed Himself to us?

Then, I thought of Grandpa.

This Lent, I plan to commit myself to the spiritual practice of trying my best to put my feet into other's shoes. Especially when I think that the shoes they are wearing cannot fit my feet at all. Like Grandpa, I will be willing to experience the discomfort of trying to help others fit into their own shoes, as well as understand why their shoes can be so uncomfortable for them. And, perhaps why they are so uncomfortable for me.

It's a small step, but being willing to walk in their shoes may make our shared lives, and journeys, a time of great spiritual growth. Have a blessed Lent.

# “Best” Lenten Practices

The Rev. Buddy Crawford

Senior Associate Rector

*I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. (BCP, 265)*

For centuries the Church has called her people to prepare for the great festival of Easter by setting aside time to reflect on our lives, by being attentive to our spiritual well being through disciplining the body, and by contemplating the stories of faith handed down to us from our spiritual mothers and fathers. If you are like me finding time and space for quiet introspection is challenging. School, business, recreation, technology and a host of family obligations pull us in so many directions that we hardly have time to stop and take a deep breath. And finding time to engage in additional spiritual practices seems almost impossible. Yet that is what we are invited to do. And if truth were told there is wisdom in this request, it is what we need to do – at least for a season – to deepen our relationship with God.

Still, finding time is scarce, which means we have to be creative in discovering ways to be in the presence of God. Maybe it can happen while taking the dog for a walk or when cutting up vegetables for dinner. Maybe it can find time by getting up a few minutes earlier to read the bible with a cup of coffee or by staying up late with a glass of wine and reflecting on how our day's activities intersected with God.

Lenten disciplines can be family affairs, reading scripture stories with your spouse or kids and discerning together what they mean for today. Lent can be a time for getting together with friends and discussing a book on spirituality or scripture, sharing concerns and praying together - activities which are not only spiritually rewarding, but provide opportunities to strengthen friendships and build community.

You may consider finding a place of retreat. You don't have to travel to a monastery or a mountaintop (although those are good ideas!) you can come here – to Holy Innocents. On Tuesday at 12:15 and Wednesday at 7:30am we celebrate the Holy Eucharist in Christ Chapel. Our permanent Stations of the Cross in the narthex are always available for private devotions. The Oratory of the Holy Family is a place of prayer and reflection, to say the rosary or sit in silence.

There are many ways for us to live into the church's invitation to prepare ourselves for the celebration of Easter resurrection - I've only named a few. I think that the real hope of keeping a holy Lent is for us to cultivate a heart that is turned towards God.

St. Anthony of the Desert discerned this same truth and said,

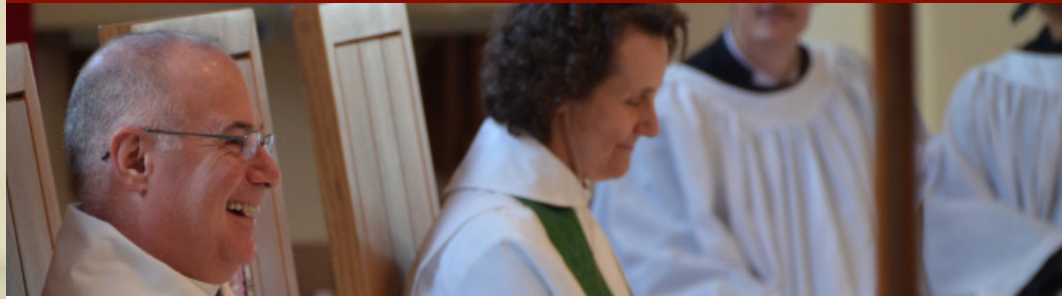
*'He who sits alone and is quiet has escaped from three wars: hearing, speaking, seeing: but there is one thing against which he must continually fight: that is, his own heart.'*

Blessing on your Lenten Journey.





# LENTEN SUNDAY FORMATION SCHEDULE



## SUNDAY, FEBRUARY 14

**The Rev. Buddy Crawford & Irma Guerra**

Faith Forum: Irma Guerra

Irma Guerra will be the featured speaker at the Adult Forum on February 14th. Irma is a postulant in the diocese studying for the priesthood. Irma will share her journey to the Episcopal Church and her call to be a priest in the fastest growing part of our church – the Hispanic community.

## SUNDAYS, FEBRUARY 21 - MARCH 13

**The Rev. Michael R. Sullivan**

The Whole Brained Child

Our rector is not an expert of parenting, but he has been practicing for 20 years. Parents will join him on Sunday mornings to explore the book The Whole Brain Child, a bestseller by Daniel Siegel. While reading the book is not mandatory, participants will discuss the 12 principles outlined in the book, adding perspectives from the Christian faith. Open to all parents with children of any age who want to share struggles and wisdom.

**The Rev. Buddy Crawford & Irma Guerra**

Liturgical Prayer in Spanish

Irma Guerra and The Rev. Buddy Crawford will lead a class in praying the services of the church in Spanish. We will concentrate on learning the pronunciation and rhythm of praying the Holy Eucharist Rite II. Bilingual materials will be given out in each class for continuing practice at home. This class will assist any of us interested in worshipping with the Hispanic congregations in our diocese.

**The Rev. Lisa M. Zaina,**

Dismantling Racism Series cont.

Fifty years ago, laws were changed to address issues of racism in this country. Yet, today, we still struggle with issues of prejudice and discrimination. The Diocese of Atlanta's Beloved Community: Commission for Dismantling Racism sponsored a resolution that was passed at Diocesan Council. Among many things, this critical Resolution encourages all faith communities to enter into discussions about race and how together, we, as a spiritual practice, can strive to dismantle racism.

It is in this spirit that Ursula Simmons, a member of the Beloved Community, and Lisa Zaina will be facilitating a discussion at Holy Innocents.

For the remaining weeks we will turn our attention to reading, and discussing Bryan Stevenson's Just Mercy.



# SHROVE TUESDAY PANCAKE COOKOFF

**Mark your calendar for  
Tuesday, February 9 at 6:00pm**

Make your registration online at the Holy Innocents' website!  
If you are interested in chef-ing a team, please contact The Rev. Will Stanley at the Church office.





# Ruminations on the Flower Guild

**Maidee Spencer**  
Flower Guild

My first exposure to arranging flowers in the church was a flower seminar led by the head of the Altar/Flower Guild at the Washington National Cathedral, Linda Rocklein. Flowers in Church have deeper meaning than their innate beauty. They are arranged in designs that enhance the architecture, furniture, seasons, and readings in our liturgy to celebrate Christ in our lives. At that time the cathedral's 140 member Flower Guild designed weekly for all ten altars. Linda's themes included building designs from the doors to the high altar to lead the faithful to the main cross in the sanctuary.

A good example is HI's 2015 Christmas designs—from the simple assemblage of greens, magnolia and giant cones on the monument sign outdoors; to the door swags and angel with a small bouquet in the narthex; the Asian-inspired shelves and the vine-covered font with the stone creche in the primary niche; the celebration of poinsettia urns and baskets with eucalyptus garlands and floral Pascal candle and torches; giant wreaths to be seen inside and outside our stained glass windows; the 5 wreath collections and amaryllis on the nave shelves and the garlands and swags that framed the organ, and from on high, the altar. Even in large mass arrangements in floor pedestals, flowers were designed including spaces “to let the butterflies through.” Solid masses don't allow the flowers to breathe.

In Washington, we learned about correct conditioning methods for many types of plant material and to help them last five days or more in dry sanctuaries; mechanics for tall designs and proper techniques to soak Oasis. (tip: don't push it down in the water—that creates air bubbles in the foam.)

Ideally the design team studies the readings for their service and plans a design to enhance or depict that reading. Some passages are easier to represent than others. The wonderful thing about the liturgy of the Episcopal Church is that there is something for everyone: sermon, organ music, choir, the readings,

prayers and the flowers. If you wander from one part of the liturgy, you have another option coming up for inspiration.

All this requires a plan and people to execute the plan. One of the most gratifying parts of working with the Flower Guild is friendship and camaraderie. Wonderful people love flowers. We pray for each other. And it means so much more to design flowers with a purpose: to enhance the services and the liturgy. We encourage each other and laugh about our sometime paltry efforts. We know that the Almighty is smiling at us; and sometimes is having a big belly laugh at our expense.

We each have jobs and assorted talents. We are organized into teams that serve for a specific week. Some people are confident designers. Others love helping a designer because they learn so much. And then there are those who serve: With very little training anyone can help with Thursday conditioning: prepping the plant material to take up water. Thursday teams also break down old nave designs and scrub buckets to prevent bacterial growth.

For me it is a privilege to work with such beauty-flowers from God's bounty and friends who bloom with creativity. Parishioners and clergy tell me such wonderful things to share with the Flower Guild about what our festival celebrations meant to them. If you would like to join us in our ministry please contact Jeannie Longley at [jeannielongley@gmail.com](mailto:jeannielongley@gmail.com) or if you would like to sponsor flowers any week of the year, please call Melody McNeil @ 404-255-4023.



*from the altar*







# Why Music?

**David Brensinger**

**Organist/Choirmaster**

I began my vocation in churches when I was 14 years old, just a few weeks prior to my 15th birthday. It was something I did all through high school, college, and as a supplement to my first career as a public school educator. In my mid-20s, I decided to deepen my interest, expand my abilities, and plan for a full-time vocation in the service of the church by obtaining my graduate degree in sacred music. This has now been my calling for nearly 45 years; 13 part-time and 32 full-time.

Having done this for that length of time, I sometimes need to remind myself that what I take for granted, others don't. So perhaps "what" rather than "why" is the first question.

What are the facets of the music program at Holy Innocents?

- Teaching children to sing and be leaders in the liturgy through the choir program.
- Choosing music—choral, congregational, organ, instrumental—that supports the message and theme of the liturgy as defined by the lectionary (appointed readings).
- Leading all choir members in presenting music that brings the best of that art as an offering, as representatives of the entire congregation, as another facet of our gifts (alms, bread, wine, music, flowers, etc.).
- Carrying on the tradition and heritage of the great music of the Church while also seeking to discover and present new music that will become a part of that heritage.
- Providing opportunities for outreach to the surrounding community through concerts and recitals which can draw people to our parish who might otherwise not come through our doors. (Certainly the ministry and presence of the Ventulett Gallery accomplishes this same goal.)

Now to "why." Well, because I believe God deserves it. In my experience, and despite our best efforts, the limits of the human mind will never be able to comprehend the glory of God. But what we can comprehend is the beauty of music, which comes from God and has the potential to take us beyond spoken words.

Neurologist Oliver Sachs wrote in his book *Musicophilia*: "Music doesn't represent any tangible, earthly reality. It represents things of the heart, feelings [that] are beyond description, beyond any experience one has had. The feeling of the holy, the sacred, the wonderful, the mystical...is conveyed very powerfully in music."

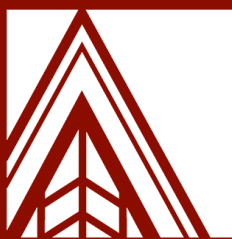
And our participation in the music of the liturgy—be it offering untrained voices with our best effort in the hymnody, or presenting the most elegant and eloquent anthems and organ compositions—gives us a chance to approach (in the words of the doxology) the "God from whom all blessings flow." I hope you'll embrace your part in the music of Holy Innocents. Isn't that what God deserves?

# Holy Innocents' Episcopal Church Annual Parish Retreat 2016

FRIDAY, APRIL 15 - SUNDAY APRIL, 17



Holy Innocents is bringing our Parish retreat **Closer to Home** this year. Our annual parish **"Homecoming"** retreat will be held at **Callaway Gardens on April 15-17, 2016.**



HOLY  
INNOCENTS'  
EPISCOPAL  
CHURCH

**Confessional Time**  
**Friday, March 25**  
**1:30pm - 3:00pm**

The clergy of Holy Innocents' Episcopal Church will be available to hear confessions from 1:30pm - 3:00pm on the afternoon of Good Friday, March 25.

Each confession will last a total of 15 minutes and upon arrival you will be directed to one of the four stations provided in the church.

Register online at the Holy Innocents' Website. Be sure to register early as there are very limited times available.







# From the Chancel Rail

The Rev. Buddy Crawford  
Associate Rector

## *Why do we fast during Lent?*

To fast is to abstain either entirely or partially from food to enhance our spiritual or physical health. Many religions use fasting as a practice of drawing nearer to God. Ancient Jews fasted before and during certain holidays. By the time of Jesus many Jews fasted on Tuesdays and Thursdays each week. Early Christians designated weekly fast days on Wednesday and Friday, Friday specifically to recall the passion and death of Jesus. Over the centuries it became customary to fast before receiving communion – a practice I still remember being done by older parishioners when I was a child. And I am sure many of you remember that the Fridays in Lent meant abstaining from meat and having fish sticks for lunch.

Fasting is used as a sign of our contrition, as a means of cleansing and preparation for holy days and remembering the work of God in Christ. The Book of Common Prayer designates the weekdays of Lent and Holy Week and all Fridays except in the season of Christmas and Easter, as days of “special devotion” with “special acts of self denial” – meaning fasting or giving up something we enjoy. The purpose of these special acts, are a reminder for us to keep our focus on God, to crave a deeper relationship with the one who loves us enough to go to the cross to show us that love.



*Remember that you are dust,  
and to dust you shall return.*

*(BCP, 265)*

# ASH

## WEDNESDAY

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FEBRUARY 10  
7:00am, 12:15pm,  
6:00pm, 7:30pm



HE  
HAS  
RISEN





# HOLY WEEK & EASTERTIDE

## Service Schedule

### **SUNDAY OF THE PASSION: PALM SUNDAY, MARCH 20**

8:00am - Liturgy of the Palms and the Holy Eucharist  
9:00am - Liturgy of the Palms and the Holy Eucharist  
11:15am - Liturgy of the Palms and the Holy Eucharist  
6:00pm - Liturgy of the Palms and the Holy Eucharist

### **DAILY EUCHARIST, MARCH 21 - MARCH 23**

7:30am - Holy Eucharist (Christ Chapel)  
6:00pm - Holy Eucharist (Christ Chapel)

### **MAUNDY THURSDAY, MARCH 24**

7:30pm - Proper Liturgy with Foot Washing and Stripping of the Altar  
9:00pm - Vigil of the Blessed Sacrament (Christ Chapel)

### **GOOD FRIDAY, MARCH 25**

12:00pm - Proper Liturgy with Reserved Sacrament and Veneration of the Cross  
6:00pm - Stations of the Cross for Families (Nave)  
7:00pm - Stations of the Cross (Narthex)

### **THE GREAT VIGIL OF EASTER, MARCH 26**

8:30pm - Solemn Holy Eucharist

### **THE SUNDAY OF THE RESURRECTION, EASTER DAY, MARCH 27**

7:30am - Holy Eucharist (Christ Chapel)  
9:15am - Festival Holy Eucharist (Nave)  
11:15am - Festival Holy Eucharist (Nave)  
6:00pm - Celtic Eucharist (Christ Chapel)





HOLY  
INNOCENTS'  
EPISCOPAL  
CHURCH

LENTEN PREACHING SERIES  
Wednesdays 6:30pm  
Christ Chapel  
FOLLOWING THE PARSON'S TABLE

This Lent, join us in Christ Chapel on Wednesday evenings for a series featuring Atlanta's best known preachers. A simple service of prayer and music will begin at 6:30pm and end no later than 7:00pm.

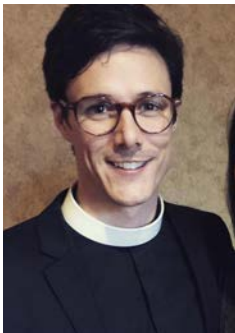
Add this important time together to your Lenten practice and let God expand the boundaries of your heart.

# Guest Preachers



**February 17**  
**Dr. Beth Sarah Wright**  
**Interim Director of Admissions at HIES**

Dr. Wright is current Interim Director of Admissions at HIES. Originally from Jamaica, she has lived and studied worldwide, from Edinburgh, Scotland to San Juan, Puerto Rico. In her speaking engagements and writing, Wright tackles issues of faith and depression, the stigmas of mental illness and the role telling your story plays in healing. She holds a PhD in Performance Studies from New York University, a BA (magna cum laude) from Princeton University in Sociology and Afro-American studies, and an MPhil in Anthropology from Cambridge University. She is the spouse of our Bishop.



**February 24**  
**The Rev. Timothy Sommer Seamans**  
**HIES Lower School Chaplain**

Lower School Chaplain and former staff assistant at HIEC, Timothy is well known and loved throughout our community. Passionate about sharing God's love in different contexts, Timothy has worked as chaplain in the boarding school setting of the Taft School, in the interfaith setting of the Yale University Chaplain's Office, and in the Anglican setting of Peterhouse College at Cambridge. In addition to educational ministry, Timothy is concentrated on practicing Christian discipleship through radical hospitality, community service and celebration, and engaging the religious imagination. In the past, Timothy worked as a high school English teacher and a nanny in Chicago, where also he earned a degree from Chicago Theological Seminary (Master of Arts in Religion).



**March 2**  
**The Rev. Canon John Thompson Quartey**  
**Canon for Ministry in the Diocese of Atlanta**

Canon Quartey, often called "JTQ," is Canon for Ministry in the Diocese of Atlanta. He came to us from New Jersey where he served in parish ministry. Before that, he served as Associate Rector for Youth and Family Ministries at Christ Church in Ridgewood, NJ, and as Chaplain for Pastoral Care and Director of the Community Outreach Program at St. Paul's School in Concord, New Hampshire. JTQ earned his Bachelor of Science degree in Accounting from Rutgers University in Newark, NJ and Master of Divinity from the General Theological Seminary, New York City. His children attend HIES.



**March 9**  
**The Rev. Donna Mote**  
**Chaplain at Atlanta's Hartsfield Jackson Airport**

Donna Mote is the chaplain at Atlanta's Hartsfield Jackson Airport. Just imagine being the spiritual presence at the world's busiest airport and you have begun to see what a challenging call she has to serve a "city" approaching 300,000 passengers each day, plus the 60,000 employees! Donna brings humor and love to her stories of ministry and is returning to HI after numerous requests from parishioners.



**March 16**  
**Rabbi Phil Kranz**  
**Senior Emeritus Rabbi at Temple Sinai**

Philip N. Kranz served as Temple Sinai's Senior Rabbi from 1980 until his retirement in June of 2006, when he became Rabbi Emeritus. Prior to coming to Atlanta, he served for nine years as rabbi of the historic Chicago Sinai Congregation. Rabbi Kranz remains active at Sinai, teaching, writing and overseeing collection building in Temple Sinai's Rabbi Philip N. Kranz Learning Center. Phil is loved throughout our community. A little known fact, he sang in an Episcopal choir in college and still shows up for Evensong at HIEC from time to time.



# All Things Bright and Beautiful

## My First Year on the Altar Guild

**Jeff Liipfert**

**Altar Guild Member**

Over the past year I've been told many times by members of the Altar Guild and Clergy at Holy Innocents' how thankful they are for my participation in the Altar Guild. While I do try to actually be helpful and learn quickly, I often feel that any appreciation I received should be directed in its entirety to the many women who have contributed to the group long before me... some from the beginning of Holy Innocents in Sandy Springs.

I had only been a member of Holy Innocents for a few months when Michael called upon us in a Sunday Forum to volunteer for one of the many groups that contribute their time and energy to the church. As a 30 something male, the odds I would put my name on the usher sign-up sheet were pretty high, but I really wanted to be with my family during services and admittedly felt that I could manage the once a month commitment that the Altar Guild required. Mostly I was led by the inspiration of a very special memory.

I'm often asked by fellow members of the Guild what drove me to join the group and I recalled the memories of helping my mom with Altar Guild as a child at my home parish, St. Andrews in Ft. Valley, GA. It is a small church and the Altar Guild usually consisted of a few women who would take turns cleaning and caring for the altar, vessels and linens. I would help her polish the brass altar railing and pick wax out of the linens. I can still smell the brass polish, hear the clinging of the pin that held the sliding rail in place, and feel the wax under my fingernails. It is a beautiful little church and she cared greatly for it. Like some of our own Altar Guild members she would have been doing it for more than 40 years today.

It has been over twenty years since my mom passed away and as memories fade and meld together it can be difficult to recall such small moments. My time on Altar Guild has given me the gift of reconnecting with these memories and reflecting on that special time with my mom. Amid all the preparing on Saturdays and cleaning on Sundays, I had found a moment that I could feel connected to her and remember how she loved and cared for all things.

Whether counting every wafer, eliminating every wrinkle, arranging every Prayer Book and Hymnal, ensuring every candle and torch has a flame, or returning the remaining wine to the ground... it is care and compassion that the Holy Innocents' Altar Guild puts into everything they do, no matter how insignificant it may seem. Their purpose and mission truly embodies the spirit of Holy Innocents' as their love is reflected in all the small things and the knowledge and memories they pass down make it an even more beautiful place as the years pass.

The many women of the HIEC Altar Guild are all wise and wonderful and I am truly thankful for the opportunity to serve our congregation alongside them and for the compassion they've shown in welcoming me into their group.







*childrens ministry*



# “Give It Up” or “Add It On”

**Wynn Henderson**  
Director of Children's Ministry

We are fast approaching the season of Lent. It is the 40 days (not counting Sundays) between Ash Wednesday and Easter, and is supposed to reflect the 40 days that Jesus was in the desert praying and resisting temptations from Satan. It is not a tradition that is in the bible, but evolved over time as a season, beginning in the 5th century, when Christians focused on simpler living, prayer, and fasting in order to grow closer to God.

Most of you know that Lent begins on Ash Wednesday after Mardi Gras or Carnival. What do they have to do with Lent? Well, in the olden days people practiced a simpler lifestyle during Lent and didn't want to be enticed by the sweets, meats and other distractions in their house. So they would clean out their closets and throw a big party – Mardi Gras – to get rid of those temptations. Many other people would – and still do – give up meat on Fridays and eat only vegetables or fish. Carnival comes from a Latin word meaning – without meat.

Many people, however, don't give up something they love, but add something to help others. Below are several ideas and suggestions.

- 1.) Apologize to someone. We think of Lent as a time to seek forgiveness from God, but look for it from someone else too.
- 2.) Perform random acts of kindness. Think of ways you can show God's love to others and spread love and compassion.
- 3.) Serve people in need. Look for an opportunity to volunteer.
- 4.) Visit the lonely. Are there people who live alone in your neighborhood? In a nursing home? Take an afternoon and go visit them.
- 5.) Throw a party for no reason. Invite your friends, family and the lonely. Give everyone an opportunity to be together just for fun.
- 6.) Tell others you love them. No one ever tires of hearing that.
- 7.) Tell others thank you. Say it in person or send a note. Express your gratitude.
- 8.) Serve in worship. Read during the service, acolyte, usher, teach Sunday School, join the altar guild or the flower guild. There are so many opportunities to serve and you'll make new friends.
- 9.) Thank God for your blessings and pray for others.

There are many ways we can celebrate the season of Lent. We can give something up or take on something new. There is no right or wrong answer - you just need to find the right thing for you and your family. Just remember, Lent is a chance to reflect, repent and grow closer to God.



# Dismantling Racism: A Reflection

The Rev. Will Stanley  
Curate

The phrase “dismantling racism” is a perfect encapsulation of the reality that is racism in our world... our country...our state....our city...our family...our selves. None of us are born racists. None of us inherently are wired to see the amount of pigment in another one’s skin and attach a particular value (or lack thereof). Within each unit—no matter how large or small—the construction is the same. It is created, it is constructed, within ourselves, our communities, our world. And it is a symptom of the thing that we in the church still call “sin.” As our own Bishop, +Robert, wrote in a pastoral letter in 2014:

“You know that racism, in all its forms, is sin. It is founded on a lie and is therefore an affront to God, an abuse of power and a demonic spirit. Racism is depravity and deviance from Jesus’ example and teaching about the sanctity of human dignity and the oneness of the human family.”

So the task before us is one of deconstruction, of dismantling. We need to prepare ourselves for this work. The most unhelpful disposition to have in this process would be to think that any of us are ever completely immune to racism. For the same is true for sin. Like sin, all of us are affected by racism, and yet all of us have the ability to intentionally take down its structural power over and within us.

I’m thrilled that the youth of our parish are present with us on this journey, to help us along the way. They have much to teach us. We ALL have much to learn from one another.

May God “guide [our] feet while [we] run this race.”



A photograph of a man, likely a priest, wearing glasses and ornate white and blue vestments with gold embroidery. He is looking down with his hands clasped. The background is a warm, textured wall. A dark cable is visible behind his head.

# *youth ministry*

The Friends of Music at Holy Innocents Presents

# The Crystal Trio

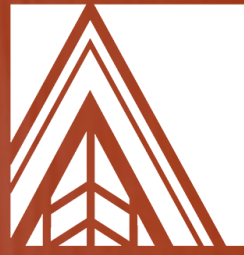
Friday, March 4 at 8:00pm.

This unique group from Russia plays popular classical works on special glass instruments: Verraphone, Glass Harp, & Glass flute.

This event is FREE, and you are cordially invited to attend!







HOLY  
INNOCENTS'  
EPISCOPAL  
CHURCH

## LENTEN QUIET DAY Saturday, March 12

“Preparing for Holy Week  
through Music”

Led by:  
The Rev. Will  
Stanley



How can one prepare for the holiest week of the year? Join the The Rev. Will Stanley for a Lenten quiet day on **Saturday, March 12** from **9:00am-1:00pm**. Eight days before Palm Sunday—the beginning of Holy Week—we’ll spend time preparing for the days ahead through music composed across the centuries for the liturgies of Palm Sunday, Maundy Thursday, and Good Friday. Listening, prayer, conversation, and silence will be the ingredients of our time together. Please bring a brown bag lunch, and coffee, tea, and water will be provided.

Come and join us! No reservation required.





*mission @ hiec*



# Let's Give Up “~~Outreach~~” For Lent

The Rev. Joshua Case  
Associate Rector for Mission

Here's a challenge: Let's give up “Outreach” for Lent

What if I told you that the best thing you could do to prepare yourself for serving God's mission in Easter-tide, or even Pentecost for that matter, was to give up age-old notions about “outreach” for Lent? What if I suggested that the shift in talking about our work in the world from “outreach” to “missional neighboring” was so vital, that future of the church in the 21st century (and beyond) would demand it?

You see the term “outreach” has in itself a set of colonial sensibilities that very often go unchecked, unprovoked, and leave most church folk looking more like saviors of the world than neighbors to those in need. And while no one would ever accuse most people of actually believing they could save the world, “outreach” by its very definition evokes notions of power vs. powerless, haves vs. have-nots, us vs. them. My friends, we may never have meant to create such a world out of such an innocent term, in fact, I'm convinced we inherited it; however, if we are to be the church of and for the people of the 21st century, we have to let go of our weary struggle to do “outreach” and embrace our rightful place as simply Christian neighbors living missionally in the world.

Think about it, what would happen if those who we sought to serve were not merely the recipients of our charity, but those who have the greatest capacity and vision to be architects of their transformation in the world? What if our neighboring was so transformative, so entrepreneurial, that we could only partner with people for six months, because they no longer needed us anymore? What if we were such good neighbors, that people wanted to move to our city, and would do anything to stay here simply because Sandy Springs, and Atlanta was a holy place for all God's children?

You see, my friends, being a Christian neighbor is about more than just not doing “outreach.” Indeed, participating in missional neighboring is about being a citizen partner who develops the gift of empathy that leads to mutuality. Yes, empathy that leads to mutuality. What “outreach” can not capture and what our mission calls us to most, is to dare to know our neighbors so fully, that we do not have to wonder what the hypothetical “they” are experiencing because we know their names, we know their faces, we know their stories.

What might happen if Holy Innocents gave up “outreach,” that is, its capacity to be great at fixing, and walked alongside our neighbors to ask them what they needed in their lives to thrive. In truth, only they know what they need; all they would like for us to do really, is make this place so holy, that even we would dare to live, eat, work, and play where they are required to do so.

So let's try it together: Let's give up “outreach” for Lent. Let's try to simply get on with the work of missional neighboring in the world. When you see someone and you think that might be a good “outreach” opportunity, stop yourself and ask, “what great dignity in them can I celebrate?” When some stops and asks for some change or some help, don't just say no and scurry off, prepare yourself, know where help is and please, please, ask their name. When you hear of an issue in Sandy Springs that needs to be addressed, pray about it, think about it, do something YOURSELF about it...after all, it's your neighborhood.

Oh that God might create a space in us for resurrection to emerge. And who knows, with a little prayer, and a dash of faith, maybe just maybe our missional neighboring will make Georgia a little holier of a place for all God's children.



# *news and events*



# The Ventulett Gallery

**Peggy Stapleton**  
Ventulett Gallery Committee

## HISTORY

During the recent church renovations, the familiar man in the black cowboy hat, architectural genius, Tom Ventulett, along with our Rector Michael Sullivan, had the brilliant idea of transforming a hallway into a vibrant home for constantly changing art exhibits. The gallery opened in 2012, and has since hosted a stream of shows, opening about every 6 to 8 weeks.

For each show, there is an opening reception, attended by our parishioners, as well as friends and art lovers from around the region.

## PARISHIONER INVOLVEMENT

Gallery curator is Jerry Stapleton, assisted by a board of directors, all volunteers. The feet-on-the-ground belong to those volunteers, who coordinate receptions, take pictures of the gallery receptions, communicate news of the gallery, scout for exciting artists and serve as hosts at gallery openings. These men and women bond with each other and with visitors to the gallery. We love having new volunteers. Contact Peggy Stapleton ([pstape.ps@gmail.com](mailto:pstape.ps@gmail.com)) if you are interested in volunteering.

## SELECTING ARTISTS FOR GALLERY SHOWS

Exhibits are curated and managed by the Artists Selection Board: Judie Jacobs, art instructor at Holy Innocents' Episcopal School and former gallery owner; Susan Westmoreland, prize-winning local painter, along with Jerry and Peggy Stapleton who takes applications for space in the gallery. Many thanks to Beth Tarkington who has served on the artist selection board, curated shows and been a featured artist at the gallery. The board is always open to high quality artworks. Applications are available on [www.ventulettgallery.com](http://www.ventulettgallery.com).

## SUPPORTING ARTISTS

Ventulett Gallery supports artists by displaying their works to a wide array of parishioners, school children, visitors to Holy Innocents and neighbors, thereby affording a large audience for high quality works. Our students are able to see art as a part of everyday life.

Most artworks are available for sale. A percentage of the art sold goes to the church, enabling the maintenance of the gallery, and with the remainder being applied to Outreach projects. The past couple of years, the Gallery Committee has voted to apply these funds to the Pastor's Discretionary Fund, to help folks in the community who are in distress.

## HOSPITALITY

Ventulett Gallery fulfills a top goal at Holy Innocents, that of Hospitality. Invitations to the gallery are offered to neighbors, friends and art lovers throughout the community. We repeatedly find that sharing a love of the arts is a major touchstone for 'loving your neighbor'.

## GRANT FOR MUSIC

Sally and Pete Parsonson have graciously funded a grant for musical enrichment of Gallery openings. John Martin, noted guitarist for receptions and concerts, from Carter Center to Woodruff Arts Center, graces the gatherings with his nimble fingers and a wide variety of guitar selections.

Holy Innocents' staff, notably Carol Johns and Andre' McIntosh are the bulwark of gallery activities, handling the administrative set up, communications and PR, technical support and making posters, updating the website, and heaven-knows what else.







# Camp Mikell

**Elaine Morgan**  
Junior Warden

*Rise and shine and give God your glory glory . . .  
It only takes a spark to get a fire going . . .  
And they'll know we are Christians by our love, by our love...*

Ahhh, the soundtrack of my childhood summers. Singing with 100 other campers at the end of a day filled with 4-square, swimming, and tie-dye. Forty years after I attended Camp Mikell for the first time as a 5th grader, I remain physically and spiritually connected to this gem which serves as the camp for the Diocese of Atlanta. I want to share my thoughts in the hope that you will consider Camp Mikell for your child or grandchild this summer. It has my heart and I want to “pass it on.”

Camp Mikell is in Toccoa, Georgia and is where my parents sent me for a “let’s see how it goes” week which ultimately changed my life. This is the camp that is predominately responsible for how I approach friendship, community and the Gospel in my life today. I was active at camp for 13 consecutive summers, and ultimately served on the summer staff for 4 years during college.

Camp Mikell is basic in its facilities and programming and is not aimed at developing the perfect baseball pitch or tennis swing. But its beauty is in the focus of building community, celebrating the individual, and connecting to God through our shared Episcopal heritage. It is friendship, laughter and acceptance and I believe it is how God wants us to be with each other.

The connection to the Episcopal Church is present at camp each morning in activities designed by a volunteer “Dean’s” staff, often lead by an Episcopal priest with support. Discussions on the sacraments, creation, baptism and other liturgical themes set the tone for a week of activities that are inclusive, active and filled with creativity and silliness. It is community with one another and with God. At the edge of a creek, the Eucharist is celebrated under a tall canopy of trees. In the evening, Compline is shared under a starlit sky after a bonfire with s’mores. God is omnipresent in every encounter and in the days and weeks following camp with memories and new songs.

Of special note is “mini camp” for rising 1st or 2nd graders to attend for two nights with a parent. It’s the perfect way for both the child and parent to test the waters for the summers ahead. For older campers, the 6-day sessions are grouped by age with cabins on “boy’s hill” and “girl’s hill”. College students who are active in their home parishes comprise the summer staff who handle programming and ensure the wellbeing of all campers as noted by the American Camping Association, an entity which emphasizes camp safety.

I would love to share insight with anyone wishing to learn more and look forward to Holy Innocents having a strong presence at Camp Mikell this summer! Visit [campmikell.com](http://campmikell.com) for schedule, FAQs and registration.

# Upcoming Events

## *Tuesday, February 9*

### **Shove Tuesday Pancake Cookoff and Liturgy**

6:00 pm - 7:30 pm

## *Wednesday, February 10*

### **Ash Wednesday**

Service Times

7:00 am      12:15 pm

6:00 pm      7:30 pm

## *Sunday, February 14*

### **Valentines Day**

All Day

### **Faith Forum: Irma Guerra**

10:10 am - 11:00 am

## *Monday, February 15*

### **President's Day**

Church Office Closed

## *Wednesday, February 17*

### **Lenten Preaching Series**

6:30 pm - 7:30 pm

## *Thursday, February 18*

### **Women's Time Out**

7:00 pm - 8:30 pm

## *Friday, February 19*

### **Men of HI Third Friday**

7:00 am - 8:15 am

### **Friday Night Crowd**

6:00 pm - 8:00 pm

## *Sunday, February 21*

### **Sunday Formation Classes**

Dismantling Racism

Liturgical Prayer in Spanish

The Whole Brained Child

10:10 am - 11:00 am

## *Monday, February 22*

### **Brown Bag Bible Study**

12:00 pm - 1:00 pm

## *Wednesday, February 24*

### **Lenten Preaching Series**

6:30 pm - 7:30 pm

## *Sunday, February 28*

### **Sunday Formation Classes**

Dismantling Racism

Liturgical Prayer in Spanish

The Whole Brained Child

10:10 am - 11:00 am

## *Monday, February 29*

### **Brown Bag Bible Study**

12:00 pm - 1:00 pm

## *Tuesday, March 1*

### **Prayer Shawl**

7:00 pm - 9:00 pm

## *Wednesday, March 2*

### **Lenten Preaching Series**

6:30 pm - 7:30 pm

## *Thursday, March 3*

### **Ventulett Gallery Reception**

6:00 pm - 8:00 pm

## *Wednesday, March 18*

### **Lenten Preaching Series**

6:30 pm - 7:30 pm



***Friday, March 4***

**Friends of Music Concert:  
Crystal Trio**

7:00 pm - 8:30 pm

***Sunday, March 6***

**Sunday Formation Classes**

Dismantling Racism

Liturgical Prayer in Spanish

The Whole Brained Child

10:10 am - 11:00 am

***Saturday, March 12***

**Lenten Quiet Day**

9:00 am - 1:00 pm

**More information on these and  
other events can be found on the  
Holy Innocents' Website.**

## **Holy Week & Eastertide**

***Sunday, March 20***

**Palm Sunday**

Service Times

8:00 am

9:00 am

11:15 am

6:00 pm

***Monday, March 21***

**Holy Week**

Daily Eucharist Service Times

7:30 am

6:00 pm

***Tuesday, March 22***

**Holy Week**

Daily Eucharist Service Times

7:30 am

6:00 pm

***Wednesday, March 23***

**Holy Week**

Daily Eucharist Service Times

7:30 am

6:00 pm

***Thursday, March 24***

**Maundy Thursday**

Service Times

7:30 pm

***Friday, March 25***

**Good Friday**

Service Times

12:00 pm

6:00 pm

7:00 pm

**Confessional Times**

1:30 pm - 3:00 pm

***Saturday, March 26***

**Easter Vigil**

8:30 pm

**Easter Vigil Reception**

10:00 pm

***Sunday, March 27***

**Easter Day**

Service Times

7:30 am

9:15 am

11:15 am

6:00 pm

***Monday, March 28***

**Easter Monday**

Church Office Closed

# SAVE THE DATE

# VACATION

# BIBLE SCHOOL

The fun begins June 6th and ends June 10th, from 9:00 am - 12:00 pm  
each day at Holy Innocents Episcopal Church.

The adventure includes music that will wow your ears, interactive Bible fun, super science, cool crafts, hands-on mission work, delicious snacks, great games and more. To be a part of all the excitement, please sign up your children and contact Wynn Henderson to volunteer.

Stay Tuned for our exciting theme announcement.





# HOLY INNOCENTS' STAFF

## Staff Information

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The Rt. Rev. Robert C. Wright,  
*Diocesan Bishop*  
The Rt. Rev. Keith B. Whitmore,  
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Elaine Morgan Jr. Warden  
David Calhoun, Past Sr.  
Warden  
Greg Binney  
Debbie Brock  
Brent Farnham  
Johnny Foster  
Will Kelly  
Alesa McArthur

Liza Mooney  
Rachel Shunnarah  
Andy Toledo  
Thomas Worthy  
Youth Vestry:  
Isabel Draper  
William Perry  
Treasurer:  
Rick Shunnarah

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