



St. Mary Magdala Spiritual Center is the ministry center of The Community of the Cross, an intentional community of Christians affiliated with the Orthodox-Catholic Church of America. ALL ARE WELCOME



St. Mary Magdala Spiritual Center

FIRST SUNDAY

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2800 Rolston Street, Fort Wayne, IN 46825

LENT IS HERE

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Sunday Liturgy

10:00 AM
2800 Rolston Street
Fort Wayne

All are Welcome!

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This Wednesday begins the 40 day period of penance and fasting known as Great Lent. Let's start with a little factoid - The word Lent itself is derived from the Anglo-Saxon words lencten, meaning "Spring," and lenctentid, which literally means not only "Springtide" but also was the word for "March," the month in which the majority of Lent falls. In Greece it's common for people have a picnic and celebrate Lent by flying kites - at least that's what I heard a long time ago.

Since the earliest days of the Church, there has been a period penance and fasting during the time leading up to Easter. It's a time when persons who wanted to join the Church took part in instruction along with their penance and fasting. While there were different practices in the early Church in different regions of the world, by the end of the fourth century, a 40 day period of fast and penance was pretty universal in both East and West.

Once the 40 days were set up, it was a matter of what do we fast from. In 604 Pope Gregory said we have only one meal a day and we abstain from flesh, meat and all things that come from flesh, such as milk, cheese, and eggs. Eventually a smaller meal was allowed during the day to keep one's strength up for manual labor and eventually these rules were relaxed totally to the point where most Western Christians abstain from meat on Ash Wednesday and Fridays during Lent.

For Orthodox Christians who follow the Julian Calendar, Great Lent is more strict as the faithful are expected to abstain from meat, meat byproducts, poultry, eggs, and dairy products during the entire Lenten season. Most Eastern Jurisdictions put out a list of foods that one is allowed and most lists would make a vegan proud. As is true for all of Orthodoxy, it is regional and depends on local customs but no meat, no cheese, no dairy products, no eggs. Lots of beans, fruits, seeds and nuts, and the list of healthy foods goes on and on.

So I'm usually asked, what do we do as members of OCCA? Do we refrain from all these products or what? OCCA has always left that up to the faithful to decide for themselves - what is a fitting sacrifice for you to the Lord? Some choose foods and reduce their intake; some decided to set aside a meal each week or each day and give the money they would have spent to the poor; some take food to the park and

feed the homeless or help those in need. Some decide to spend more time in spiritual reading or prayer. One website I came across had a neat theme. It said Lent should be a time for fasting but also a time for feasting - sounded good so I'll share some of it with you.

FAST from judging others; FEAST on the Christ within them.

FAST from emphasis on differences; FEAST on the unity of life.

FAST from thoughts of illness; FEAST on the healing power of God.

FAST from words that pollute; FEAST on phrases that purify.

FAST from discontent; FEAST on gratitude.

FAST from anger; FEAST on patience.

FAST from pessimism; FEAST on optimism.

FAST from complaining; FEAST on appreciation.

FAST from negatives; FEAST on affirmatives.

FAST from unrelenting pressures; FEAST on unceasing prayer.

FAST from hostility; FEAST on non-resistance.

FAST from bitterness; FEAST on forgiveness.

FAST from self-concern; FEAST on compassion for others.

FAST from personal anxiety; FEAST on eternal Truth.

FAST from discouragement; FEAST on hope.

FAST from facts that depress; FEAST on verities that uplift.

FAST from lethargy; FEAST on enthusiasm.

FAST from suspicion; FEAST on truth.

FAST from thoughts that weaken; FEAST on promises that inspire.

FAST from shadows of sorrow; FEAST on the sunlight of serenity.

FAST from idle gossip; FEAST on purposeful silence.

FAST from problems that overwhelm; FEAST on prayer that undergirds.

I think each of us can find something in here that would help us on our spiritual journey.

+John

LENT AT ST. MARY MAGDALA'S

We will be having a film each Sunday after Liturgy during Lent. The films are from the CONSPIRE 2017 series at the Center for Action and Contemplation where Fr. Richard Rohr has his ministry. The theme this year is Transformation. The first Sunday will be a film featuring Fr. Rohr and the next two weeks will feature Ken Wilbur, an American scholar who writes on psychology, philosophy, mysticism, ecology and spiritual evolution. I think you'll enjoy him.

The next two weeks we will have Rev Angel Kyodo Williams, a Buddhist priest and then the last week we will finish with Fr. Rohr. I hope you will enjoy this series.

REMEMBER IN YOUR PRAYERS

Prayers of gratitude for my surgery being over and apparently successful - will find out in another week or so but at least I can see with binocular vision again.

Please remember in prayer Fr. David Allen who lives in Albuquerque and who is fighting cancer and has been for quite some time. God give him and his wife, Grace, patience and healing.

We have many among us who also need prayers for healing. Remember Jim Tobolski, Joni Weber, Dick Hurley, Buzz Buchman, Joan North, and all in our community who are ill and those who are helping care for those who are ill.

Pray for all people in those places that are experiencing or have experienced violence, destruction or any other events causing suffering.

Pray for victims of violence and injustice. Pray most of all for justice - justice would prevent so much of the misery and problems that we face in our world and in our communities.

Pray for a sense of outrage at the violence, greed and waste in our world.

Remember all of the Church in your prayers, each of us is struggling with something. We all have challenges as we go on our journeys.

Pray for those who are unemployed or under employed, for those who are lonely and alone.

Honor the earth, the waters and the sky and do

what you can to stop pollution.

Pray for an end to genocide, apartheid and the displacement of people from their lands all over the globe. Let go of any form of racism, sexism, homophobia, agism and other forms of hatred and bigotry.

Pray that we may all grow stronger to be able to witness to the true Gospel message, a message of good news that God is Love and we who love God love our neighbor - God is here and we are one - all else is failing.

Pray for our country and for all those who feel excluded for any reason.

THE RARE AND ROYAL COLOR OF LENT

By Archbishop Peter

The barge she sat in,
like a burnish'd throne,
Burned on the water:
the poop was beaten gold;
Purple the sails, and so perfumed that
The winds were lovesick with them....

(William Shakespeare, *Antony and Cleopatra*, Act II, Scene 2)

In just a few days, green decor in church will be changed to purple. This rich, seductive color has quite a history both ancient and modern. In Rome, only the emperor could wear an entirely purple toga. Across the Mediterranean Sea, Queen Cleopatra had purple sails on her royal barge (and then, if that wasn't enough, had the sails perfumed). Even if some envious Roman or Egyptian wanted to use purple in any form, they probably couldn't afford it.

Purple was made, for centuries by harvesting Murex sea snails, crushing them and extracting the secretions. Enormous amounts of snails were required and modern excavations near Tyre uncovered literally mountains of crushed shells. For one gram of dye about 10,000 snails were destroyed. The word "purple" is itself found in the Latin form of the name for the sea snail.

Purple had a long run as a color to adorn the elites. But by 1450 CE, about the same time that

Constantinople fell to the Muslims, the murex snails declined rapidly from overharvesting. And with the snails gone, so did the color disappear. Other colors could be made from natural ingredients (plants and insects), but not purple.

Four hundred years later, an Englishman, William Perkins, was curious about what might be done with residue coal tar. He distilled it, and the result was a "brilliant purple dyestuff" which was colorfast on both wool and cotton textiles. He changed careers from being a chemist to a textile manufacturer. And became rich.

The mid-19th century was one of enormous industrial invention, and within a few years other manufacturers also began production not only purple but other colors. French, English, and German factories all sought new, synthetic dyes created from aniline, the chemical compound. BASF, a German chemical supply company, is one of those first industries to develop aniline and azo dyes.

Did the snails ever reappear? And what did those long-suffering people do when they no longer could purchase purple textiles?

And in Central America, Aztecs also obtained purple from snails; however, they obtained the fluids needed then returned the snails to their habitat. The ancient color is still available. Good!

The almost as regal color of red became the go-to hue. It is still so in some communities. It's my favorite at the moment.

I am grateful for the Celeste Williams of the University of Houston and Wikipedia for educating me on the color purple, its history and manufacture.

Women Who Run with the Wolves and Cello ~ Part III

Tuesday ~ March 5, 2019

7:00 to 8:30 PM at St. Mary Magdala Spiritual
Center

Clarissa Pinkola Estes' stories of the Wild Woman archetype and the soulful sounds of the cello will find us exploring "The Red Shoes." How do we craft with love an authentic life according to the unique needs of the individual soul? The handmade life is the result of deep, intuitive listening. Come join us as we connect to our deep, inner voice through the story of the "The Red Shoes" and the warm, rich, meditative sounds of the cello.

COST: \$20

PRESENTER: Jane Heald is a professional cellist with the Fort Wayne Philharmonic, a teacher, author and composer exploring ways to share the cello in more intimate settings. She will be assisted by Teresa Roberts and Emily Guerrero.



Dance of Unity,

Dance of Peace

**Rumi, Sufi Music &
Whirling Dervishes**

Saturday, March 9, 6:30 PM
Plymouth Congregational
Church



Tickets \$20

13th century Persian, Jalal al-Din Rumi, is America's best-selling poet of the last decade. Founder of the "Whirling Dervishes," his mystical poetry paints poignant, beautiful images of the unity of all Being, harmony with all creation, and; Divine Love.

Come & See!

READINGS FOR MARCH

Transfiguration Sunday March 3, 2019 (Last Sunday before Lent)

Exodus 34:29-35 Psalm 99
2 Corinthians 3:12-4:2 Luke 9:28-43a)

First Sunday in Lent March 10, 2019

Deuteronomy 26:1-11 Psalm 91:1-2, 9-16
Romans 10:8b-13 Luke 4:1-13

Second Sunday in Lent March 17, 2019

Genesis 15:1-12, 17-18 Psalm 27
Philippians 3:17-4:1 Luke 13:31-35

Third Sunday in Lent March 24, 2019

Isaiah 55:1-9 Psalm 63:1-8
Corinthians 10:1-13 Luke 13:1-9

Fourth Sunday in Lent March 31, 2019

Joshua 5:9-12 Psalm 32
2 Corinthians 5:16-21 Luke 15:1-3, 11b-32

Fifth Sunday in Lent April 7, 2019

Isaiah 43:16-21 Psalm 126
Philippians 3:4b-14 John 12:1-8

CLERGY FOR FEBRUARY

Mar 3	Jim+	Transfiguration
Mar 6	Pidge	Ash Wednesday
Mar 10	Jim+	1st Lent
Mar 17	Charlene+	2nd Lent
Mar 24	Cliff+	3rd Lent
Mar 31	+John	4th Lent
April 7	Cliff+/Anita	5th Lent