



THURSDAY, MARCH 4

# WEEKLY CONNECTION

ST. TIMOTHY'S WEEKLY NEWSLETTER



"In this image, I wanted to freeze-frame the destruction Jesus ignites, forcing us as viewers to focus on the process of dismantling and destroying an oppressive system. For those who willingly or unwillingly benefit from systems of oppression, it may feel threatening and terrifying to see them all come tumbling down. But for those held within the unrelenting grip of injustice, it must be completely and utterly liberating. Again and again, Jesus shows us that his movement is about overturning systems of oppression to bring forth God's beloved community on earth. Again and again, liberation movements throughout history pursue this same goal. Will we join Jesus in the overturning, or like the disciples, question his methods?"

— from the artist statement for "Overturn" by  
Lisle Gwynn Garrity | @sanctifiedart

## THIS WEEKEND

**Sunday, March 7**

**The 3rd Sunday in Lent**

9:45 AM Children Living the Word on Friends of  
St. Timothy's Facebook group

10:15 AM Service of Holy Eucharist on YouTube [\(link\)](#) or  
<https://bit.ly/3rhB200>

**MAKE SURE TO CLICK ON THE [SUBSCRIBE](#) BUTTON!**

11:15 AM 4th & 5th Grade Bible Class on Zoom

Our service will be accessible through YouTube, our Facebook page and our website.

Contactless communion is available from 11-11:30 am.  
Please enter the circle drive using the entrance closest to Ashworth.

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## 2ND OFFERING PARTNER

Our 2nd Offering partner for March is  
**Women at the Well!**

Did you know the church is in prison? Women at the Well is our sister congregation, a United Methodist congregation within the walls of the women's correctional institution in Mitchellville, Iowa. One of the pastors involved in this ministry, Rev. Paul Witmer, will be with us this Sunday to share with us about the many years of weekly worship, supportive community, faith nurture groups, and aftercare we have offered to the women there. Maybe you'll find your own place in prison—in ministry with these women, our sisters in Christ.



# FORMATION & SPIRITUAL PRACTICES DURING LENT

## WEDNESDAY MORNINGS IN LENT

### 7 am on Zoom

you are invited to Morning Prayer + Study every Wednesday through Lent. Bring your beverage of choice to Zoom each week as we experiment with different group and individual spiritual practices suggested by the Litany of Penitence from the Ash Wednesday service (BCP 267-268).

Lent is a season of hope because the invitation from God to reflect is transforming us to live as new creations. For more details or to answer any questions contact Abigail Livingood at [discovery@sttimothyiowa.org](mailto:discovery@sttimothyiowa.org) or 515-501-2500.

Here is the [link](#) to the Lent page on our website. There you can find links to the Zoom session and all of the resources for the weekly calls.

## CONTEMPLATIVE KNITTING

Our knitting & crocheting continue!

If you'd like to join us in Lent with this spiritual discipline, please do.

The idea is to commit to something that involves knitting and praying for 40 days. You can commit to sitting and knitting for five minutes a day or knitting an inch a day or whatever works for you.

Feel free to use the devotionals from A Sanctified Art on the Lent page of our website: [sttimothyiowa.org/lent-at-st-timothys/](http://sttimothyiowa.org/lent-at-st-timothys/)

You are welcome to post your progress or comments in our Friends of St. Timothy's group on Facebook.





### Making & Praying with Anglican Prayer Beads

March 22, 6:30 pm + March 27, 10 am

**Mary Clare Evans** - a faith-centered artist who strives to inspire and encourage fellow seekers through prints, rosaries, and Christian jewelry - is willing to teach us via Zoom how to craft Anglican Prayer Beads (kit included) and, along with Mary Cole-Duvall, share the history and practice of praying with Anglican prayer beads.

**March 22, 6:30 PM or March 27, 10 AM**  
\$25 per person includes kit | payable to St. Timothy's

Register TODAY!  
<https://www.signupgenius.com/go/70A0C44ABA62AA6F58-anglican>

Details - Zoom meeting link, when to pick up kits - will be sent after you register  
Question? Contact Mary+ at [rector@sttimothyiowa.org](mailto:rector@sttimothyiowa.org)



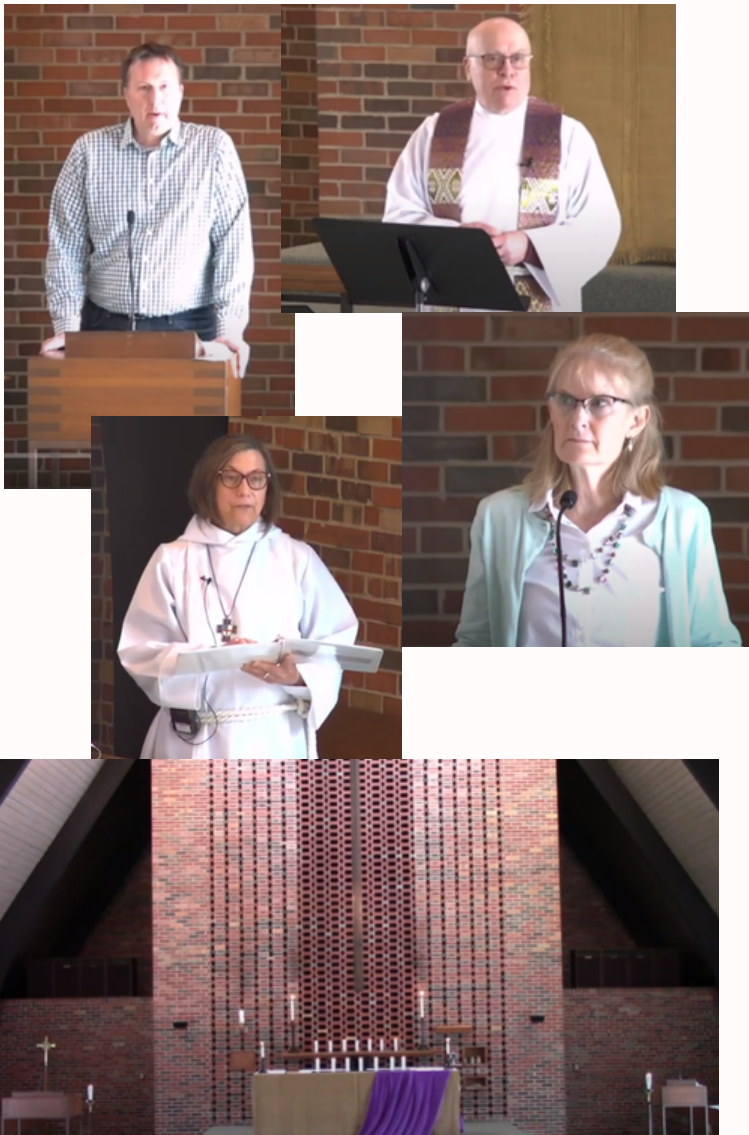
## REGISTER TODAY:

<https://www.signupgenius.com/go/70A0C44ABA62AA6F58-anglican>

# AROUND ST. TIMOTHY'S

## WITH GRATITUDE

- To our liturgical ministers for last week's service: Presider - **Mary Cole-Duvall**, Preacher - **Pat Genereux**, MC - **Abigail Livingood**, Lector/Litanist - **Elizabeth Slocum**, VROW- **Darin Krantz**, Organist - **Don Agee**, Vocalist - **Dan Montgomery**, Altar Guild - **Amy Rech**, Service Chat MC - **Suzy Coen**, and A/V Wizards - **Neil Guy & Tammy Guy**;
- To our youth CLW, Bible Story, and Faith in Action leader last week, **Heather Preston**.



## PRAYERS OF THE PEOPLE

**For or those in service to our country:** Scott, Jack, Zach, Marshall & Reece;

**For those seeking ordination:** Abigail Livingood;

**For those who are sick or in need of healing:** George, Rosemary, Marty, Jovan, Kris, Troy, Lu, Sandy and Millie;

**For those celebrating a birthday:** Joe Kucera, Zachary Slocum, and Jacque Rambo;

**For those awaiting the birth of a baby:** Katy & Nik Pappas, Selby & Rob Waskom, and Nasa & Uzo Okpokiri;

**For those to be married:** Sarah (Larson) & Alex, Dana & Zach (Slocum), and Molly & Joe (Brennan) and Vanessa & David (Rice);

**For those participating in our Discovery Course:** Mel, Alan, Julie, Mara, Denise, Sarah, Marcy, Sarah, Harry;

**For our 2nd Offering Partner in March:** Women at the Well; and

**For the Episcopal Church in Sudan & South Sudan especially Archbishop Samuel and Bishop Richard and their families.**



Subscribe

Don't forget to subscribe to our  
YouTube Channel at:

<https://www.youtube.com/c/SaintTimothyslowa>

# MORE AROUND ST. TIMOTHY'S

## NEW MONUMENT SIGN

Watch for an exciting improvement to our church campus coming this Spring!

The vestry has approved a new sign which will replace the current aged sign along Ashworth Avenue. West Des Moines zoning regulations will require the new sign to be moved slightly to the north of the current sign. The sign will be highlighted with dusk to dawn lighting which will enhance our presence in the community. Space for a banner at the top of the sign will allow us to publicize special services and events throughout the year. Following installation of the sign, the area will also be landscaped.

Many thanks to the Design Committee which recommended the design approved by the vestry, with the unique St. Timothy's cross that identifies church communication prominently featured. We hope to dedicate the new sign as well as the new columbarium wall on Pentecost, May 23rd.



We continue to be grateful for the generous spirit that permeates our community. Here are ways you can continue to give:

### Online:

[www.sttimothyiowa.org/giving](http://www.sttimothyiowa.org/giving)

### By Mail:

St. Timothy's Episcopal Church  
1020 24th St., W. Des Moines IA 50266

## GRIEF & RENEWAL

Is a Grief Support group for me?

Before you decide, hear these comments: "I found listening to others who have gone through this very helpful." "I guess I just needed to talk." "Listening to someone else's story reassured me what I'm feeling is normal."

By offering a safe, relaxed, no-pressure environment, St. Timothy's Grief & Renewal Group allows individuals who have suffered a loss an opportunity to gather with others who share common concerns or experiences.

Because grief has no timeline, some attending have experienced a recent loss, while for others it has been years. And while no one's grief is alike, the support and insight one gains from those who found themselves in similar circumstances is often helpful. Do we tear up? Sometimes. Do we laugh? Most times.

The intent is not therapy but restorative. Grieving is not forgetting your loved one but rather, learning to do so more effectively. Sometimes, we find the occasional quiet support is just what we need.

If you are interested or have questions, please contact Wava Shirbroun at [2ongoldenpond@gmail.com](mailto:2ongoldenpond@gmail.com)



Graphic Design by Lauren Wright Pittman  
Original photography by Lisle Gwynn Garrity  
| A Sanctified Art LLC | [sanctifiedart.org](http://sanctifiedart.org)

# SAVE THE DATE



## MAUNDY THURSDAY

April 1 | 7 pm

Livestreamed service followed by  
distanced communion  
in the circle drive



## GOOD FRIDAY

April 2 | Noon & 7 pm

Noon - Recorded Service  
7 pm - Livestreamed service



## EASTER DAY

April 4 | 10:15 am

Livestreamed service followed by  
distanced communion  
in the circle drive



# About the again & again theme

## *In Lent,*

we're reminded that, again and again, suffering and brokenness find us. We doubt again, we lament again, we mess up again. Again and again, the story of Jesus on the cross repeats—every time lives are taken unjustly, every time the powerful choose corruption and violence, every time individuals forget how to love. With exacerbation we exclaim, "Again?! How long, O God?" And yet, in the midst of the motion blur chaos of our lives, God offers a sacred refrain: "I choose you, I love you, I will lead you to repair." Again and again, God breaks the cycle and offers us a new way forward.

This theme provides a clear invitation in a time when much is unclear. Even if worshipping apart, we come to God again and again with our prayers, our dreams, our hopes, and our doubts. Even if from a distance, we will continue to be community to one another—especially when it's hard—by choosing each other over and over again. We will continue to love God with the same persistence God chooses and claims us. Our sub-theme, A Lenten Refrain, speaks to the ways God can make music of our lives. "Refrain" also reminds us that Lent is a season of abstaining from certain practices in order to take on new rhythms and habits.

In this season, we need rituals—both old and new—to remember and be transformed. Embodied practice builds muscle memory. Repetition helps retrain our neural pathways. We need the 46 days of Lent because this season shapes us into more faithful disciples.

Join us this Lent as again and again, we bring all of who we are to God and trust that God will meet us, time and again, along the way.

- Rev. T. Denise Anderson | Rev. Lisle Gwynn Garrity | A Sanctified Art LLC | sanctifiedart.org

## WHY THE AMPERSAND?

"As we began working on Again & Again, our brainstorming led us to hone in on the ampersand, an ancient symbol with thousands of visual iterations. No matter how the ampersand appears, its meaning still translates.

After some quick research, we learned that the ampersand was first used in graffiti in Pompeii—a city buried in volcanic ash, and yet whose story lives on. This changed how we looked at the theme; the ampersand began to represent God's holy 'and.'

When we feel helpless and hopeless, 'and' encourages us to lift our weary eyes to search for more. In a culture overrun by extremes, either/or thinking, and polarizing politics, this holy 'and' reminds me that we are always more—that there is always more. We are broken and beautiful. Joy and grief can coexist. Historical, systemic oppression persists and God is guiding us closer to liberation and wholeness. The future feels bleakly uncertain and we are granted sacred moments that sustain us in the present.

This Lent, let us practice the power of 'and'—especially when 'again?!' feels like our never-ending cry of lament."

- Rev. Lisle Gwynn Garrity  
Founder, Creative Director