

ST ELIZABETH'S EPISCOPAL CHURCH



The Rt. Rev. Scott B. Hayashi, 11th Bishop of Utah
The Rev. Michael Carney, Vicar

SUNDAY WORSHIP, HOLY EUCHARIST 10:00 AM

Important Coronavirus update and information, page 8



Making Lunch

The Lunch Makers

Some people just get restless sitting around at home. Even when school and work are shut down, they need to find something good to do. Or as it happens sometimes, the good things find them.

When the Governor closed the schools, many people were concerned about the students who'd be missing meals. School lunches are still being offered, but most of the kids we know just couldn't get there without the bus.

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Celebrating Easter in 2020

Whatever else you can say, this is a different year than we've ever seen. The pandemic is bad enough and could get worse. Fear is running rampant, and it's hard for all of us to stay grounded. With the medical system already overwhelmed, we're depending on public health awareness to avoid a catastrophe. That's why the churches and schools are closed and everyone's staying home—and that's why we won't be celebrating Easter the way we usually do.

Isn't that sad? I'm grieving the loss of the joyful hymns and the sanctuary full of lilies and Leo's sunrise prayer to begin the big day. Without the egg hunt and a feast it just won't feel like Easter!

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Lunch Makers, from page 1

One of our church members offered to provide breakfasts, and that inspired a great idea.

Youth leader Becca Gardner and her nieces Pepper, Maria and Nehemiah Alanis decided to step up and make a difference. They went shopping in the church van and came up to the parish hall to make bag lunches. We texted the families of kids and teens we know from Art Empowers, who said they'd be thankful to have lunches. Only a few came to the church to pick them up, so SueAnn Cottonuts (Art Empowers leader, mother and grandmother to the lunch makers) helped them make home deliveries. We know these kids, have given them rides home many times. It was no problem to pull into the driveways, especially with lunches for everyone.

At first this was just a one-time experiment, but once Becca gets on a roll there's no stopping her. As the lunches were offered a second and third time, the word began to spread. A dozen kids in two Fort Duchesne households, a great-grandmother with friends, some elders here and there... Pretty soon fifty lunches a day were barely enough.

When I asked what motivated them, the lunch makers struggled to find the words. Maria said she enjoyed their tight assembly line: Pepper putting drinks in the sacks, Nehemiah and Becca making sandwiches, Maria handling the snack items. What went unspoken was their devotion to making a difference for others. Since it was announced that the schools will be closed for another month, they're thinking about including simple art materials in the bags to give the kids something to do besides watch television.

Amidst the avalanche of bad news all around us, the Facebook posts about the bag lunches drew many dozens of "likes" and "loves." A few were from church members, but mostly they came from the Ute community. People who were hungry, not for sandwiches, but for signs of hope in an anxious world. Many thanks to Becca, Pepper, Maria, Nehemiah and SueAnn for shining the light of Christ in a dark time.

Easter, from page 1

But I'm dedicated to protecting the elders, and clearly this is for the best. Isn't it strange to be giving up Easter Sunday as part of our Lenten fast? I'm bummed about that, but there's just no other way.

The silver lining is that we belong to a rich tradition which celebrates Easter every year for fifty days, seven Sundays. So how about this? Whenever we're finally able to gather together again in our sanctuary, let's make that our Easter celebration! We'll sing those hymns and get some flowers and hide eggs for the kids and have a feast. Because God is with us through good times and bad. The light of Christ is always shining. The power of the Spirit never weakens.

Easter is coming, and Christ will rise from the dead! Maybe not right on schedule (by the calendar), but right when we need him. For the moment, we'll just have to take that on faith.

Michael

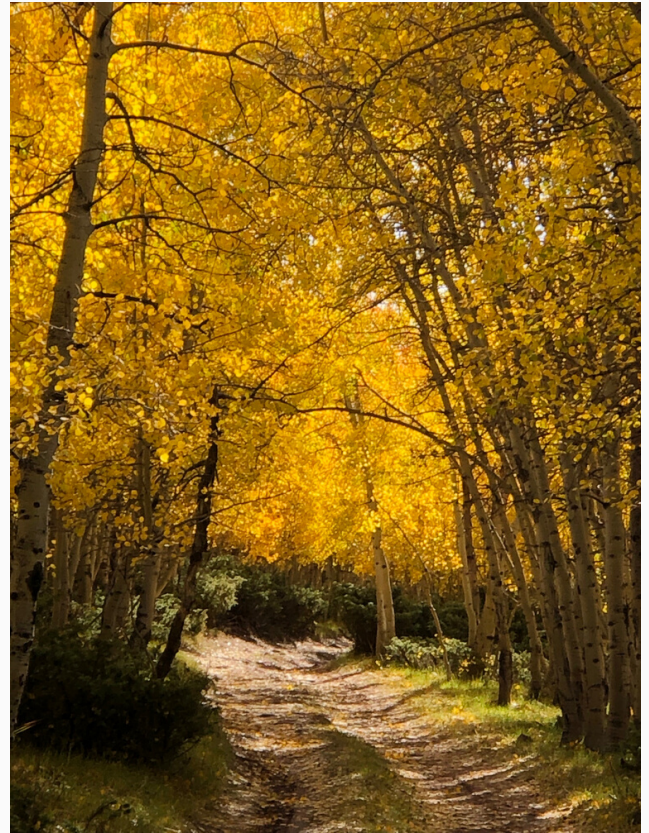
Times and Seasons

For every thing there is a season...

*a time to weep, and a time to laugh
a time to embrace, and a time to refrain from embracing
a time to seek, and a time to lose
a time to break down, and a time to build up
a time to keep silence, and a time to speak (Ecclesiastes 3)*

What time is it now?

*a time to make sacrifices to protect the elders
a time to connect with our loved ones in new ways
a time to stay home day after day
a time to give up going to restaurants and worship services
and ball games
a time to talk on the phone and laugh and watch old
movies
a time to read and pray and release our fear
a time to be thankful for grocery clerks and nurses
a time to appreciate small blessings, like sitting in the sun
or eating a simple meal*



The elders know life is always in motion

*that one season follows another
that the cold of winter is followed by the heat of summer
that leaves fall from the trees and then sprout again
that this too shall pass*

Always remember

*that in the midst of these changes our Creator is beside us, above us, within us
that our ancestors knew many hard times, and yet we are here
that "there is no fear in love, for perfect love casts out fear" (1 John 4:18)
that "hope is a long-distance runner, in there for the duration" (Steven Charleston)
that "light shines in the darkness, and the darkness does not overcome it" (John 1:5)
that "faith, hope and love abide, and the greatest of these is love" (1 Corinthians 13:13)
that every day is a gift to be thankful for*

Michael

A Traditional Ute Prayer Ceremony

by Forrest Cuch

At the urging of two federal agencies on our reservation, Bureau of Indian Affairs and Indian Health Service; Sundance, Sweat Lodge, and Native American Church leaders were urged to call a prayer meeting ceremony to call urgent attention to the dangers of the Coronavirus, also referred to as Covid-19. We were also urged to discuss the need to remind people, especially the youth, of the dangers of alcohol and drugs; and the devastation they have caused on the reservation.

Thanks to the leadership of Sundance chiefs, Gerry Tapoof and Henry Howell, a successful prayer meeting ceremony was conducted on Sunday, March 22 at the Tribal Sundance grounds. About 35-40 people were present. A small prayer fire was lit and drumming accompanied the ceremony. This powerful, inspiring, and far-reaching ceremony created a positive sense of well-being for everyone present, a demonstration of the spiritual strength of the Ute Indian people.

Strong words of encouragement and informative advice were offered by the chiefs. They urged our people to wash their hands frequently and avoid large gatherings. If ceremonies are conducted, they must exercise caution and social distancing is advised. Rafael Kanip and Jonas Grant also offered comforting words and reminded all gathered to have faith in God and practice their traditions at this difficult time. Zelda Murray encouraged people to make a habit of praying every morning, noon and night and also to teach the children to do this.

Gerry called upon me to say a few words. I told those gathered that a few days ago, I witnessed two eagles flying together, one was a golden eagle, the other was a bald eagle. The golden eagle was flying clockwise, while the bald eagle was flying counter-clockwise. I'd been told the golden eagle represents the native people while the bald eagle represents white folks. I stated that I saw it as having to do with relationships between our two peoples. In other words, there have been two different and opposing cultures taking place.



One culture, the dominant culture, has been in control and has been colonializing the native people with no consideration of what the native culture has to offer. The dominant group has had its way but now it is encountering problems. The values of materialism, greed, violence, destruction of the earth, and war have taken their toll. Whereas native people have always valued the act of sharing and caring for the earth. Hence, it might be time for the dominant group to consider the ways of the native people.

After these prayers, a pipe ceremony took place among the pipe carriers; after which drummers gathered around and sang three Sundance songs, including a closing prayer song. People were encouraged to come to the fire and get blessed with smoke from cedar that was tossed on the fire. It was a powerful memorial gathering!

Thankfulness

What can we do when fear grabs hold of our hearts? Buy more toilet paper? Blame the previous president? Wait for someone to tell us what to do?

Maybe that moment is an opportunity, a chance to ground ourselves.

Where can we begin? Let's start with the wonders of Creation, Creator God's first and greatest blessing.

Pull back your curtains and watch the sun rise. (It's not as early as it was in the winter.) Step outside and breathe the fresh air. Give thanks for the gift of another day.

Thankfulness will chase the fear away, at least for a moment. Then we can see what's next.

Michael



Recycling Is Easy in Vernal

We all go to Vernal sometimes, right? So why not save up your aluminum cans, plastic bottles and cardboard for one of those trips? There's no sense throwing things away that could be recycled.



Aluminum cans, assorted paper and cardboard can be left at one of the blue recycling trailers, either behind Vernal Middle School or beside the IFA store on the east side of town.



Plastic bags and bottles can be recycled at Walmart It's easy!



Art Empowers

In our last newsletter you heard that Arts-Kids and Arts-Teens now have a new name: Art Empowers. After taking a winter break the program began again for one glorious day, before the schools closed temporarily and we did too. We're eager to be back as soon as they're open, which we hear will happen on May 1.

We had so much fun that day: the kids were eager to be back, and there were more of them than we've ever had before. You can see from their photos how much they enjoyed mask-making, as well as time outside playing with their friends. Thanks to a generous gift from the Diocese of Utah we now have three vehicles, so we were able to transport more kids than before. We're grateful to have the same wonderful team of adult leaders, and I know this one day was a sign of great things to come. Thanks to all the families who participate—we love spending time with your kids and teens!



Photo Gallery



Photos from upper right:

Our Lenten season was cut short this year, but we still enjoyed journaling.

Forrest and Michael spoke to the Episcopal Church's Executive Council along with Cornelia Eaton and Angela Goodhouse-Mauai.

Everyone loves Clifford Duncan's book *One Voice Rising*.

Aveah remembers what worship looks like.

Roxlyne celebrated her birthday at church!

Facts about Coronavirus Covid-19



- No one is immune—it could spread to anyone
- It's especially dangerous for elders (as in the Seattle nursing home)
- People with no symptoms can be carriers
- Once it gets established, it's very hard to control (like Italy or New York)
- Hospitals are already overwhelmed, and it's just getting started

What can we do to protect the elders?



- Stay home whenever possible
- If you must go out, protect yourself and others by wearing a mask
- Don't gather in groups larger than 10 people (schools and churches are closed—follow their example)
- Don't touch or shake hands with people outside your household, stay 6 feet apart if you're together
- When in doubt, wash your hands (or use sanitizer)
- Stay connected with your friends and loved ones by phone, Facebook, Facetime, etc.
- Practice healthy living habits (do exercise, don't binge)
- Pray in whatever way you're drawn to (we all need spiritual grounding)

St. Elizabeth's Mission

Noochu (the people) of St. Elizabeth's welcome you to worship, share hospitality and grow in God's love to better serve the church and community.