

March 2017



Holy Family Episcopal Church

Lenten Lock-In

As has been tradition for the past several years, the Holy Family Youth Group had a Lenten Lock-in on Friday, March 24th. In earlier years, the evening focused primarily on fasting and meditation to better understand Lent.

For this year's event, the evening began with a traditional middle eastern meal that took many youth and adults outside of their daily food choices. After some time to get to know one another, participants enjoyed some additional fun and fellowship in the outdoors with beautiful spring weather, before gathering around the fire pit for some time of focused discussion with our deacon, songs led by the youth, and s'mores for dessert.

The evening slowed down again when we joined together to bring the evening to a close with Compline and an outreach project at an area hospital. We were settled in for the evening after all of these wonderful activities just after midnight. The event ended after a hearty breakfast on Saturday morning with discussion of another lock-in.

Our Mission: We bear witness to the Light of Christ by serving as the heart and hands of Jesus, nourishing people and transforming lives.

Our Vision: To be the Good News of Jesus Christ in our community.

Holy Family is part of the Episcopal Diocese of Indianapolis and the worldwide Anglican Communion.



Youth Leadership

Marty Blake, Director
Susie Beard
Carol Bruns
Ruth Everett
Jolene Johnston
Ben Paden

Join us!

Youth Group - 9 AM
Sunday mornings

Monthly dinner
meeting

(dates vary)

Sunday evenings
5:30-8:00 PM



What Did Jesus Eat?

During Lent we decided to create a mealtime experience for our youth to share that centered around foods in the Bible. Although we usually think of the ancient Hebrews and early Christians eating only “manna from heaven” and the often-quoted “loaves and fishes,” the Bible tells us that a cornucopia of delicious foods fed the inhabitants of the Jordan River Valley. The people of the Holy Land were simple folk—farmers, fishermen and carpenters—who ate uncomplicated yet wholesome food that never goes out of style. Everyone was encouraged to sample the variety of fish, vegetables, fruits, nuts, grains, legumes, and spices that are traditional to that region of the world.

“Then God said, “Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you; and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, I have given every green plant for food”; and it was so.”

Genesis 1:29-30



Foods in Scripture



Apples (Song of Solomon 2:5)
 Almonds (Genesis 43:11; Numbers 17:8)
 Butter (Proverbs 30:33)
 Cheese (2 Samuel 17:29; Job 10:10)
 Cinnamon (Exodus 30:23; Revelation 18:13)
 Cucumbers (Numbers 11:5)
 Dates (2 Samuel 6:19; 1 Chronicles 16:3)
 Dill (Matthew 23:23)
 Fish (Matthew 15:36; John 21:11-13)
 Flour (2 Samuel 17:28; 1 Kings 17:12)
 Garlic (Numbers 11:5)
 Grapes (Leviticus 19:10; Deuteronomy 23:24)
 Grape Juice (Numbers 6:3)
 Honey (Exodus 33:3; Deuteronomy 8:8; Judges 14:8-9)
 Lentils (Genesis 25:34; 2 Samuel 17:28; Ezekiel 4:9)
 Milk (Exodus 33:3; Job 10:10; Judges 5:25)
 Olives (Isaiah 17:6; Micah 6:15)
 Olive Oil (Ezra 6:9; Deuteronomy 8:8)
 Onions (Numbers 11:5)
 Raisins (Numbers 6:3; 2 Samuel 6:19)
 Salt (Ezra 6:9; Job 6:6)
 Unleavened Bread (Genesis 19:3; Exodus 12:20)

Our guests enjoyed their Mediterranean feast around a large, cross-shaped table setting. Our atmosphere included candlelight and traditional music in an effort to create a total “Upper Room” environment.



Many of Holy Family’s Youth Group members brought a friend to this event. It was a wonderful time to share fellowship with others from our community, growing in friendship through questions and open discussion.



Upcoming Youth Group Events

April 22: 5-8 PM Spaghetti Supper & Silent Auction

July 16-22 (*tentative*): Youth Exchange Mission Trip

Holy Family Episcopal Church Youth Group
Marty Blake, Director of Youth Ministry
mblake@hfec.org

Find us online! HFEC Youth Group



Campfire with Deacon Cathy



Due to unseasonably-warm weather, we held Evening Prayer around a bonfire. Deacon Cathy's theme for the prayer was Fire. We followed the mention of fire through the scriptures, starting with Exodus, and moving through the New Testament. As we prayed, we saw how we are called to be a light in the dark places of the world. We ended with quiet meditation, serenaded by the songs of the birds.

Exodus 13:21 "And the Lord went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by day and by night."

Exodus 19:18 "Now Mount Sinai was wrapped in smoke because the Lord had descended on it in fire. The smoke of it went up like the smoke of a kiln, and the whole mountain trembled greatly."

Luke 3:16 "John answered them all, saying, 'I baptize you with water, but he who is mightier than I is coming, the strap of whose sandals I am not worthy to untie. He will baptize you with the Holy Spirit and fire.'"

Acts 2:3 "And divided tongues as of fire appeared to them and rested on each one of them."

Matthew 5:14-16 "You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.



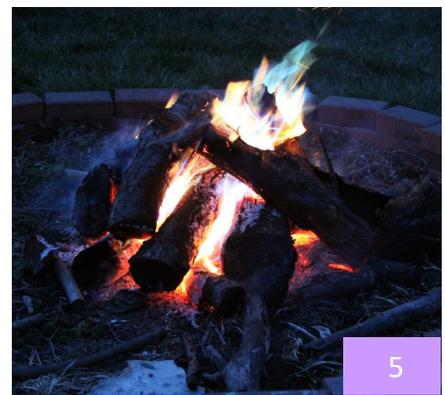
Songs and S'mores



Fun and Fellowship



As the evening grew darker we turned to songs and games from our Waycross Camp songbook. We also enjoyed s'mores made over the fire.



Compline



Prior to the service project of the evening, we gathered in fellowship in the narthex of the church. Comfortably seated in chairs and sofas, one of our senior youth group members, Abby Galvin, led us through Compline. Traditionally, this service of evening prayers is said immediately before retiring for the night. Since our outreach project was scheduled for so late in the evening, we took the time to pray and discuss this important component of the Daily Office prior to our departure.

Although many of the Holy Family Youth Group members were very practiced in this portion of the Book of Common Prayer, we had a wonderful discussion with the friends that joined us. We discussed the parts of the Book of Common Prayer, the differences and similarities between Episcopalians and other Christian denominations, and how the Daily Office, including Compline, is a way to interact within our faith through common prayer. As we came to the close of the prayer service and discussion, we were very aware of the following passage as it pertained to those we were going out to serve immediately after:

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Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.

[The Book of Common Prayer](#)

Serving the Community

A core focus of our Lenten lock-in is to serve those who keep us safe or help those in need during the night as we are enjoying fellowship, fun, and prayer with each other. This year's focus was on the emergency room staff at IU Saxony hospital. Several youth donated food items, and we delivered a hot meal consisting of lasagna (meat and veggie), salad, brownies, and drinks to the hospital at midnight.

While in in the ER, the youth were given a tour of the department with an emphasis on the trauma procedure room. Our project was facilitated by HFEC parishioner, Dr. Doug Tannas, and led by his colleague, Dr. Sal Migliore. Dr. Sal and his staff showed youth major components and supplies that they use to help the sick and wounded in their most critical time of need. Dr. Sal also demonstrated ultrasounds of the eyeball, heart, gallbladder, and carotid artery and jugular veins on willing volunteers from our group.

This service project was mutually beneficial for our youth at the lock-in and for the IU Saxony ER staff on night shift. Our youth were amazed and inspired, and the ER staff felt appreciated. It is truly a blessing to fulfill Holy Family's mission of serving as the heart and hands of Jesus as we grow our youth through education and service to others.



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