



Lighthouse Has a New Look, Changes in Content

The recently formed Communications Team is focusing on getting relevant information to the people of St. Dunstan's in a timely way. Father Bob Lambert (Interim Rector), Beth Wroblewski (Parish Administrator), Gloria Alt (Lighthouse Editor), and Kathy Whitt (Websteward) met on February 18 to discuss various aspects of the parish communications process, including the weekly email, service bulletin insert, the Lighthouse and the St. Dunstan's website.

A number of changes are planned with the intent of making necessary information more available while reducing some of the duplications. Specific changes will be announced as plans develop.

The following items are especially important to Lighthouse readers and contributors:

--The deadline for submitting items for the Lighthouse will continue to be the 20th of each month.

--Items do not need to be submitted in article form unless the contributor prefers to write the article. In that case, the item will appear with the name of the contributor.

--Information not in finished article form can be sent to Gloria Alt at Lighthouse@stdunstans.com. Gloria is willing to draft the information into the appropriate form for publication.

--Christian Formation is one goal that will be given emphasis in the Lighthouse. Formation activities and opportunities will be announced and reported on. Additional content in the form of book reviews and reflections is being planned. Contributions by parishioners are welcomed.

--Building up the Body of Christ is a section where we can continue to learn more about one another via interviews, news about our neighbors and groups which meet at St. Dunstan's, news on parish life activities. Devotional helps will also be found in this section.

The whole Communications Team welcomes your feedback and ideas. Please see Gloria's letter at the end of this publication for more information. We look forward to serving you.

Holy Week Schedule

3/28 Palm Sunday - regular times (7:30 & 10:00 am)

4/1 Maundy Thursday - 9 am & 7 pm

4/2 Stations of the Cross - Noon

Good Friday Liturgy - 12:30 pm & 7 pm

4/3 Great Vigil of Easter - 8 pm

4/4 Easter Sunday - regular times (7:30 & 10 am)

The Great Vigil of Easter and Easter Sunday are baptism opportunities—please call St. Dunstan's Office for more information.

Thank You Evy

For the past several years the Lighthouse has been compiled and edited every month by Evy Gildrie-Voyles. Evy recently decided to step out of this role to focus on other important priorities. The people of St. Dunstan's wish to express their thanks to Evy for the many hours and the careful attention she so generously gave to this task.

Website Will Serve Parish, Community with Enhanced Content

Websteward Kathy Whitt is well underway with plans to give the St. Dunstan's website a fresh look. Content enhancements are planned to make the site look inviting in a way that will welcome people to St. Dunstan's. The announcements sections have been amplified with more time-sensitive information.



Oversight and Stewardship Ministries

Vestry Meeting Highlights

The vestry of St. Dunstan's met on Wednesday February 24, 2010 and the following important topics were among the items considered:

- the vestry discussed the search process with Canon David Pfaff
- the vestry thanks the committee chairs for the high quality reports that keep the vestry informed and help them get their work done
- the interim task force encourages parishioners to discuss the goals handout, and to come to the goals celebration on March 14
- the vestry reiterated its authorization that buildings & grounds may choose the best option for repairing the roof up to an amount of \$10,000.

--submitted by Elizabeth Wroblewski, Parish Administrator and Vestry Recorder

Volunteers for Nursery & Preschool Supervision are Needed.

Starting February 7th, volunteers will provide this service for parents and children from 9:45-11:15am on Sunday. Please contact Helen Lackore 608-233-3902 or Val McAuliffe 608-643-4838 if you can help.

Average Sunday Attendance for 2010:

Month	7:30	10	Combined	ASA 2009=84.7
January	18.5	61.5	80.3	82.5
February	22.5	66.5	89	85.5

The current seating arrangement in the Nave has **112 chairs** with **3 handicap places** for wheelchairs or walkers. Easter Day seating will be expanded by 13 chairs for a total of 125.

Did you know?

The Diocese of Milwaukee had the highest per capita giving in the Episcopal Church for Katrina Relief through the Episcopal Relief & Development!!!

Goals Celebration Will Give Focus to Future Plans

The people of St. Dunstan's are invited to explore, refine, and prioritize their goals for the parish at a Celebration of Goals event on March 14 at 11:15 am. Goals to be addressed are drawn from areas of Strengths, Dysfunctions, Missions, and Aspirations as identified by the Interim Task Force. The Task Force compiled the goals from a number of discussions, parish surveys and other pertinent data sources.

The yellow Goals handout sheet is available in the gathering area. Everyone is encouraged to read, discuss, and pray about this information, and bring their feedback to the Goals Celebration. This will allow an Action Plan to be developed that will be vital in the process of calling a new Rector. The goals are also posted on our website in the Interim section at www.stdunstans.com.

Anyone with questions can contact Fr. Bob Lambert, rector@stdunstans.com, or Shirley Laedlein, sslaedlein@charter.net.

***Christian Formation Ministries*****Programs, Worship, Resources Offered by St. Dunstan's During Lent**

Parishioners and visitors will be able to take advantage of many opportunities for education, worship and spiritual growth during the coming weeks.

St. Dunstan's Lenten Program will be based on *Strength for the Journey* by Diana Butler-Bass. Evening and daytime discussion times will be offered. Evening discussions are on Thursdays beginning February 18. Holy Eucharist will be celebrated at 6 pm with a potluck following at 6:30. The *Strength for the Journey* discussion will be at 7 pm. The daytime discussions are on Wednesdays beginning February 24 at 1 pm (no service or meal).

Please contact Valerie McAuliffe, (608) 963-7630; valmca@merr.com if you would like to purchase a copy of the book for \$13. She may also be aware of copies available to borrow. Although the series has begun, participants are still welcome for any of the remaining discussions.

The Wednesday Morning Book Group will be reading *The Last Week: What the Gospels Really Teach About Jesus' Final Days in Jerusalem* by Marcus Borg and John Dominic Crossen. Everyone is invited to join the group which meets at 9:30 am on Wednesdays. If you would like a book, contact Valerie McAuliffe at (608) 963-7630; valmca@merr.com. The book costs \$10.

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The Way of the Cross: A solemn liturgy for walking and praying the journey of Jesus from his condemnation to his being laid in the tomb will be lead each Friday during Lent at Noon.

2010 Lenten Meditations is a free devotional booklet from Episcopal Relief and Development (ERD) available in the Gathering Area. Contributions to ERD can be made at any time by writing a check to St. Dunstan's with "ERD" on the memo line or putting cash in an envelope with ERD" written on it.

"Your Life is Holy Ground" A Lenten Quiet Day led by Sr. Ignatia and Mthr. Hilary of the order of Julian of Norwich will be offered at St. Dunstan's on Saturday, March 6, 9 am - 3 pm. Lunch, snacks, coffee and tea will be provided. There is no charge for the day, but please sign up on the bulletin board or contact the office at 238-2781 or office@stdunstans.com so the program organizers know how many to provide for. For more information call Susan Fiore, AOJN, at (608) 845-2413 or (608) 772-2413.

Worship, Study, Action Are Key Themes in Diocese Lenten Program at Grace Church

Wednesday evening February 24, over 40 people from 4 congregations joined together at Grace Episcopal Church for Evening Prayer, a meal, and a discussion with Bishop Steven Miller about how to more fully become who God is calling us to be.

Bishop Miller talked about how, both as the Church and as individual Christians, we are to engage equally in (1) weekly, communal worship, (2) Christian formation and study, (3) action through our words and deeds and service to others. He stated how it is necessary for both us and the greater faith community to worship together every Sunday morning. He suggested that we each add a time of daily prayer into our day, perhaps using the "Daily Devotions for Individuals and Families" found in the Book of Common Prayer. The Bishop also suggested being more intentional about our own spontaneous prayers.

The program will meet each Wednesday through March 24 at Grace Church. Homework for March 3 challenged participants to think about what we are already doing in the three areas of Worship, Study, and Action.

--submitted by Darby Puglielli, Christian Formation Director, Grace Episcopal Church

Special Event at St. Andrew's Church Helps Kids Learn About Holy Week

Christian adults experience Jesus' last days through a series of services during Holy Week: Palm Sunday, Maundy Thursday, Good Friday and Easter. The Children's Walk Through Holy Week condenses this week-long pilgrimage into an interactive multi-sensory storytelling event on a scale more readily accessible to children.

The Walk will take place March 20, 9:30-12:00 at St. Andrew's Episcopal Church, 1833 Regent St. The day will begin with children learning the songs they will sing during the Walk. Then kids will break into two groups, alternately experiencing the Walk and engaged with other seasonal activities. The time concludes with a light lunch.

Children 3 years old through 5th grade are welcome. The Walk is best done in age-associated groups so the storytelling can be adapted to the spiritual and cognitive

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development of the children. Therefore pre-registration is most helpful. Please contact Ruth Kearley (Children's Ministry Coordinator, St. Andrew's Episcopal Church) to register your child or to volunteer: family@standrews-madison.org or 729-4050.

A Reflection from Father Bob

Following "the Way" of Jesus: Mary & Martha

As Jesus and his disciples were on their way, He came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "You are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." (Luke 10:38-41)

Personal Reflection: Am I more like Mary or Martha?

St. Dunstan's Reflection: What is the personality style of St. Dunstan's? Is it more like Mary, Martha or someone else?

Ministry Reflection: What can I do to give thanks for the style and ministry of someone else at St. Dunstan's?



Outreach Ministries

Domestic Abuse is Topic of March Outreach

The Outreach moments for March will be March 7th, 2010, at both services. LuAnn Engle, Family Advocate at Domestic Abuse Intervention Services (DAIS) and Rebecca Lovell, Shelter Coordinator, will speak about the goals of their organization and let us know how the community can help.

Member Churches are Working Together for MOM 9000 Challenge

As part of the Annual Feinstein Challenge, Middleton Outreach Ministry (MOM) is inviting all Member Churches to work together to raise 9000 lbs of donated food and personal care products and \$9000 in financial donations.

For the 12th straight year, the Feinstein Foundation will divide up \$1 million among hunger-fighting agencies nationwide in order to promote giving to organizations like MOM who have a food pantry serving the most needy in our community.

The Challenge runs for two months – March and April. At the end of April, MOM reports its total donations and subsequently receives a portion of the \$1 million. The more donations MOM receives in March and April, the more Feinstein money we will receive in May! Anything you can give will help MOM receive a larger portion of that \$1 million.

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How can you help? Whether you prefer to participate in a food drive or to simply write a check during March and April, either way it will make a larger impact now thanks to the Feinstein Challenge. We will hold a food drive in March ending on March 21st with “Stuff the Minivan” after the 10:00 service! Look for grocery bags with lists near the front door of church. Or, if you would like to write a check, please make it payable to St. Dunstan’s with “Feinstein” in the memo. No donation is too small to make a difference, especially as MOM opens up the Pantry to clients on an “as needed” basis rather once every 30 days. Thank you!
 ---submitted by *Laura Bloomenkranz*

MOM Distribution Center/ Food Pantry Open Houses

Want to see where your food donations or dollars are going? Please visit the Pantry and Clothing Closet at these times:

Tuesday, March 2nd: 4:30-6:30 p.m.

Wednesday, March 10th : 4:30-6:30 p.m.

Location: 8710-12 Montclair Drive, Middleton Business Park.

Questions? Contact Laura Bloomenkranz at 836-5121



Building Up the Body of Christ

Deacon Laura Norby Says Goodbye on March 7

Please come to either service March 7 to worship for the last time with Deacon Laura. In keeping with her desire for a low-key farewell, some simple celebrations and tributes are being planned. Laura requested and was granted a sabbatical, and will be on non-parochial status beginning March 8, 2010. She will remain active in many ministries within the diocese. Read more about her plans in next month’s Lighthouse.

Shepherding Care = Pastoral Care

If you or someone you know would like to be visited at home or elsewhere by a layperson or clergy for any reason, please contact the Parish Office at 608.238.2781 or office@stdunstans.com. St. Dunstan’s would be delighted to see that they are visited. All of God’s Sheep matter to St. Dunstan’s.

Devotional Helps From Father Bob

Fasting is a common spiritual discipline

Fasting has continued from the Hebrew people through the early church. It fell into some disfavor because it became linked with excessive ascetic practices involving rigid

regulations and extreme self mortification. Recently, the spiritual practice of fasting has been renewed in the church.

While fasting may have some physical benefits it is not a diet aid. "Prayer and fasting" is to help people focus on God. When one is satiated with food, it can be difficult to be in touch with one's deeper spiritual hunger and the hunger of the world for God. Fasting can be an aid in increasing awareness of personal and the world's dependence on God and his gifts of creation.

Some Practical Tips:

- a. Have a focus or purpose for your fast. For example, you could focus on the people of Haiti or St. Dunstan's clarity and prioritizing of its goals. Praying to God, "What do you want from me?" can be a useful practice.
- b. Set a prescribed period of time for the fast. The length of time can vary from hours to days, depending on the type of fast and purpose.
- c. Set a pattern of what may and may not be consumed during the fast. Increasing the consumption of water and juice is frequently recommended. Meat, high sugar items, and caffeine are frequently not consumed.
- d. Set times of prayer to be used during the fast. Repetition of a particular prayer reminding you of your focus or the use of the Daily Office or Devotions are frequently used.
- e. Be prepared for emotional land mines. Have a plan of action to address increased tension, worry, irritability with others, or other temporary changes in mood and behavior. Sometimes the use of the Serenity Prayer or talking to someone can help reduce these feelings and help you return to your focus of the fast.
- f. Have a plan to end the fast with gratitude and a gentle return to your normal foods without a binge following your fast.

What is it like to be a Benedictine monk?

Come & See

Worship & Pray

Work & Learn

With the monks at St. Gregory's Abbey,

Three Rivers, Michigan

If you are male, 18-45 and can stay for at least two weeks in July.

The only charge is \$25

novicemaster@saintgregorysthreerivers.org

Chocolate Factory – Bring a Friend

Saturday March 27

Join the Fun and Fellowship from 8 am to 5 pm Saturday March 27. Be a part of the St. Dunstan's' Chocolate Factory. Sign up on the bulletin board for as many hours as you can help, or email Dianne at 1pdrmccoy@att.net or 276-7762. Take this opportunity to share St. Dunstan's with a friend. We will need all the help we can get! Will you join us? All proceeds will go to sending youth to Church Camp.

Pre-order your chocolates on the order form in the gathering space. Flavors include; Butter Cream, Coconut Cream, Peanut Butter, Chocolate Truffle, and Chocolate Truffle Mint. The price is \$7.

St. Dunstan Chocolatiers Part of Long Tradition

For as long as many of us can remember, the Easter and Christmas holidays have held a special kind of anticipation—picking up our orders of delicious handmade chocolates. It's a safe bet that once friends and family taste these stellar treats, they'll be asking us to order some for them too.

Dianne McCoy recently reminisced about the chocolate making tradition, and tells us more about the fun—and sometimes folly—of the chocolate making process. “We began with a few women and a big kitchen pot, trying to mix the centers by hand.” She believes that the tradition started in Easter 1994, the first year that The Rev. Patrick Raymond came to St. Dunstan's.

Many hands are needed for the numerous tasks of preparing and dipping the chocolates, and packaging and cleaning up. Beforehand, planning, shopping and setting up must be done. Dianne encourages both novice and “experts” to sign up to help. “The fellowship is the best part,” she says. “The fun we have when we work together, sharing each other's company, and catching up while working and playing together, is the best.”

The occasional blooper or miscalculation occurs, she admits, recalling once finding trays of undipped centers after everyone else had cleaned up and gone home. She remembers another time underestimating ingredients, which necessitated a private chocolate making session at the McCoy home with Paul and Robin helping out. Generally, any snafu is quickly forgotten amid the atmosphere of laughter and joking.

Along with the good times, chocolatiers also have the satisfaction of knowing that the proceeds from the sales of their creations have benefitted many individuals and groups. Funds have been given to Camp Webb, MOM, and to youth who have gone on the Appalachia Service Project and Wispack youth trips, as well as a donation to Mother Mo at the time of her sabbatical. Dianne guestimates that the project has brought in from \$700 to over \$1200 each year of its operation.

So see what the fun is all about and sign up to help make chocolates on Saturday March 27. And don't disappoint your loved ones—preorder as soon as possible.

Camp Webb Outdoor Ministry

Camp Webb is an outdoor ministry of the Episcopal Diocese of Milwaukee. Programs are offered during the summer at Lutherdale Camp in Elkhorn, WI, for youth entering grades three through 12. St. Dunstan's offers camperships for all St. Dunstan's youth attending Camp Webb (contact Father Lambert for campership information). Counselor opportunities are also open. Discounts for early registration. More information and registration is available at www.campwebb.org.



Liturgy and Music Ministries

Stations of the Cross ---- Noon on Fridays in Lent

A solemn liturgy for walking and praying the journey of Jesus from his condemnation to his being laid in the tomb will be lead each Friday during Lent at Noon. It is hoped that stations will be hung by 3/5. These stunning depictions in glass and brass were made by Dr. Thomas Leonard.

Learn more about the Stations of the Cross at these Episcopal websites:

http://www.episcopalcafe.com/lead/liturgy/the_way_of_the_cross_1.html

http://www.ecva.org/wordimage/multimedia/way_of_the_cross/way_of_the_cross.htm

Prayer Watch in Holy Week

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There will be a prayer watch from Maundy Thursday evening, April 1st, after the evening service, through the time of services on Good Friday, April 2nd. The time increments are 30 minutes and will overlap so there is someone there at all times. Reading material is available. A sign-up sheet for this watch will be on the bulletin board on March 7th. This watch provides a time to reflect on the meaning of Holy Week and where we are on our spiritual journey. Questions: Connie Ott 798-3688

Hymn of the Month

**Come my Way, my Truth, my Life;
Such a way as gives us breath;
Such a truth as ends all strife;
Such a life as killeth death.**

George Herbert, Hymnal 1982, #488



Newsletter Editor Needs Your Help

As part of the new Communications Plan, I would like to make the Lighthouse a publication that will not only provide announcements but inspire us, inform us, and help us to feel more fully members of the Community of St. Dunstan's. I would like seekers and newcomers who find this publication in our church to be inspired and welcomed by what they find here. And I would also like all current members to know what is going on and to celebrate their involvement and the history of this place. I am taking guidance from the views expressed in the Goals handout given to us by the Interim Task Force.

We may not choose to be, nor might it be possible for us to be, involved at the same level in worship, church activities, and planning. Some of us have been here for years, maybe

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since the beginning. Others of us found St. Dunstan's more recently in our search for a church home. We have two services at this point, and some of us may not know very many people in the "other" service. I think parishioners believe that this should not be a place where only certain people or groups are "in the know" about our past, present, and future life together. I welcome any thoughts or opinions you might have about this new direction.

For upcoming issues, I'd especially like to hear from you about the following topics that might be written about. If you can help, please call or email me; I'd like to ask you about your experiences or thoughts:

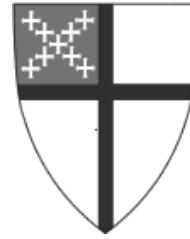
- ❖ Are you a graduate of the Education for Ministry (EFM) program, either here at St. Dunstan's or elsewhere? We'll soon be gearing up our recruiting efforts for next fall's group, and I'd like to share some stories of your EFM experiences.
- ❖ Do you have a reaction or opinion about the recent Isthmus cover story about the Grace Shelter and Porchlight? Many people here at St. Dunstan's have generously contributed time, effort, and money to both organizations. I personally felt that the article was in some respects inaccurate and negative, and definitely gave short shrift to the efforts of the dozens of community volunteers who help every year.
- ❖ A regular feature is being planned on the parishioners of St. Dunstan's--"Know Your Dunstonians" (or a better title if I get an idea for one!) It will involve a brief, friendly profile of a member or family attending church here, so that others can get to recognize and know them. Of course, you may decline to participate, and nothing overly confidential will be asked. I will be sending an email or making a call to three or four people in the early part of each month, and if requested will give you the text of the item about you well in advance of publication so that I can change it if you want me to.
- ❖ Do you have any special memories of Deacon Laura? We'll be publishing an interview and appropriate tribute next month.
- ❖ A new regular column will appear next month, "Meeting God in my Day". A different parishioner each month will contribute a piece on what a typical—or untypical—day was like for them recently—and share with us the unique challenges, joys, and opportunities that taught them something about their relationship with God.
- ❖ Are you participating in Communities of Hope training? Are you willing to share how this is going for you?
- ❖ There are many avid readers in the congregation. Would you like to choose and review a book on contemporary spirituality? A Christian classic?

I will put some "contributor's guidelines" on the website as soon as possible. I am very eager to hear what you think of these plans, and what your reaction is to this first issue of the Lighthouse under the new format.

---submitted by Gloria Alt (608-370-6113) Lighthouse@stdunstans.com



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6205 University Avenue
Madison WI 53705



Phone: 608-238-2781; website www.stdunstans.com
The Rt. Rev. Steven Miller, Bishop of Milwaukee
The Rev. Bob Lambert, Interim Rector
Elizabeth Wroblewski, Parish Administrator
Martin Ganschow, Music Ministries Leader
Valerie McAuliffe, Senior Warden; Shirley Laedlein, Junior Warden