

# THE ST. FRANCIS BULLETIN

## FROM THE RECTOR

*Fr. Len Giacalone*

In one sense the increased communication over the past couple of weeks is probably a good thing, although you may be tired of hearing from me. The last couple of communications haven't exactly been uplifting.

Ordinarily at this time of the year, my newsletter article would be almost completely about our Holy Week services at St. Francis. At this writing, that seems like a long shot at best. Barring a miracle from our heavenly Father, we won't be back in church any time soon. We will do our best to continue to offer you the Sunday service on line. And we will do our best to try to improve the quality of it. As I have already mentioned to you, Jim and Amy Crandell are responsible for putting the technical part of our operation together. Although the sound quality on the first live stream was not great, the reproduction on our website turned out quite nicely. We'll see how part two goes.

As I mentioned in my homily this past Sunday (for those of you who didn't hear it), I know we will get through this difficult time. If you're used to being out and about, this is a big adjustment. But it may also provide you an opportunity to finish Lent in a more productive way than you started (no judgment intended). As I mentioned to you last month, Lent is an opportunity for slowing down. The fact that the slow-down may be imposed is not necessarily a bad thing. What will we do with it? We could sit around and fret about not being able to do much. Or we could pray more, read the bible more, do some spiritual reading to try to enhance our pursuit of holiness. These are not things that just take up part of the day. They are beneficial to your life. Besides, it takes away the excuse that we don't have enough time to do

these things. If you have been thinking about how so and so may be doing, you might want to make contact with them. I don't know how many of you have asked me from time to time how somebody is. You might want to ask them yourself. I know that Sunday often provided you with the opportunity to socialize. Now you have to make that happen on your own. It takes a little extra effort but it's not that hard.

What I don't encourage any of you to do is to take risks that are unnecessary. Just being out in public can be hazardous to your health right now. So don't do it if you don't have to. If someone needs help and you can safely do so, please try. I have had an offer from one of our younger members to be of assistance to anyone who needs help. God bless her for that.

I encourage you once again to pray the prayer I sent you in last week's letter. If you have a BCP, it is on the top of page 45. If not, here it is again:

*O most mighty and merciful God, in this time of grievous sickness, we flee unto thee for succor. Deliver us, we beseech thee, from our peril; give strength and skill to all those who minister to the sick; prosper the means made use of for their cure; and grant that, perceiving how frail and uncertain our life is, we may apply our hearts unto that heavenly wisdom which leadeth to eternal life; through Jesus Christ our Lord. Amen.*

Finally, do not lose heart. We have a mighty God who loves us. We have a God who is more powerful than any disaster we can imagine. We have a God who gave His life for our lives. He will deny us nothing when we turn to Him with all our hearts, seek His mercy, and rest in Him. God Bless you all!

## **MAKING HOMES FALL-PROOF**

"Help, I've fallen, and I can't get up!" You knew exactly what I'm referencing, right? We've all seen that commercial at least a dozen times with different actors and actresses portraying the beleaguered elderly people. Sadly, the commercial has become a bit of a joke, with the laughable over-the-top delivery and incongruous contrast between the plight of the aged person and the seemingly sunny or safe settings.

But there is very little funny about an elderly person falling at home. According to the CDC, one out of four elderly people fall each year, and one out of five falls causes a serious injury, such as broken bones or head injuries. Over 800,000 patients a year are hospitalized due to a fall injury, and 300,000 are hospitalized for hip fractures. And beyond the injury or trauma caused by a fall is the serious worry about falling while alone. How long will it be, especially if an elderly person still lives in his or her home without regular care or visitors, before help can arrive?

While this is normally when the commercial jumps to selling an alarm or help signaling product (which may be beneficial in some cases), we are going to look at a much simpler action idea—making an elderly person's home fall-proof! Falls are often caused due to common hazards—clutter, throw rugs, loose cords, uneven steps, and unsteady handrails. There are a number of helpful checklists that you can use to either fall-proof your home or to make a loved one's home safe. While there are factors that make an elderly person more prone to falling, such as certain medications, vision problems, foot pain, or Vitamin D deficiency, taking simple, practical steps, such as installing grab bars inside or outside showers or tubs, setting up nightlights, or moving pantry items from higher cabinets to lower ones can prevent a dangerous situation. So, check in with aging and elderly family members, friends, or church members. Talk to them about some practical ideas to keep them safe, upright, and out of the hospital. I suspect they would much rather laugh at the cheesy commercial than experience it for themselves.

For an extensive elderly home safety checklist see - [americaninhomecare.com/blog/2017/09/25/elderly-home-safety-checklist](http://americaninhomecare.com/blog/2017/09/25/elderly-home-safety-checklist)

## **NEWSLETTER DELIVERY OPTIONS**

- Receive the newsletter via e-mail with a printable version attached
- Pick up a printed copy on the table at the entrance to the church (once we can get back in).
- Have a copy mailed to your physical mail box (cost to the church is 50 cents)
- View newsletters on our website.

To change how you receive the newsletter, contact Amy Crandell in person or via [e-mail](mailto:amy@stfrancis.org).

## **40 DAYS FOR LIFE**

Thanks to the seven St. Francis members who volunteered to pray in front of one of the abortion clinics in Austin until the COVID-19 pandemic reaction closed down the prayer vigil.

We had a good showing at the 40 Churches for 40 Days adoption day on Saturday, March 14. Seven St. Francis members came out for an hour or more over the course of the 12 hours.

## **LENTEN FOOD DRIVE**

Thanks to everyone who donated food for the benefit of the Food Pantry at St. Louis the King of France Catholic church. Although we collected food for only three weeks, we had one grocery cart filled with food items. Bea De la Rosa was quite appreciative of what we could do. Perhaps, when we gather together again, we can finish up the food drive.

## **DIOCESAN ALTAR GUILD ANNUAL MEETING**

St. Francis had a good representation at the annual meeting of the Diocesan Altar Guild on March 7, 2020 at Church of the Holy Comforter in Cleburne. Six of our Altar Guild members mostly carpooled for the 150+ mile trip, arriving in time for the Holy Communion service with Bishop Reed as the celebrant. They joined a packed house of about 85 altar guild members from around the diocese in a vendor fair, followed by a presentation by the Rev. Darryl Pigeon. The talk was about the difference between seeing and perceiving with a reminder that the members need to focus on Jesus Christ and his sacrifice for them as they go about their Altar Guild duties. One quote made everyone think and pause:

"Beware of anything that competes with loyalty to Jesus Christ.

The greatest competitor of devotion to Jesus is service for Him."

A delicious catered buffet luncheon followed the presentation with tables wonderfully decorated with one of the member's tea collection and beautiful floral arrangements on the buffet table.

At the annual meeting, Donna Hunt indicated that one of the goals of the Vestry this year was to increase St. Francis attendance at Diocesan events. Thanks to these members for helping to fulfill this goal.

It was noted that the St. Francis members traveled the longest distance to attend the annual meeting.

## UPCOMING DIOCESAN EVENTS

Mark your calendar to consider attending these diocesan events. Some people are already considering attending.

- Fall Congress of the Annual Diocesan Women's Conference, September 19, 2020 at Christ the King and All Saints, 3290 Lackland Ave, Ft Worth.
- Men's Conference, typically held the first weekend in February 2021.

## COMPLYING

with the Stay at Home - Work Safe Order

On Tuesday, March 17, the City of Austin and Travis County issued an order that groups of more than 10 could not gather together. The previous order of no more than 250 people allowed us to continue to meet. We had no choice but to cancel services at St. Francis. Later, the City of Austin's Stay at Home - Work Safe order extended the prohibition of public gathering to April 13 - the day after Easter.

The vestry discussed actions to take and on March 22, St. Francis joined the growing number of churches who are live streaming and recording their services. Statistics on how many watched most of the video on March 22 are a little hard to decipher, but perhaps more than 60 people watched all or most of the video on our Facebook page and web site.

St. Francis will continue to offer Facebook live stream of the Holy Eucharist service at 9:30 a.m. You don't have to be a member of Facebook to see a live stream. Simply click on this link to go to our Facebook page: [facebook.com/StFrancisAustin](https://facebook.com/StFrancisAustin) and you will see the video. If you are on Facebook, the live stream video should be the first post on the page.

About 90 minutes after the service completes, a video of the service will be posted on our website: [stfrancisaustrin.org](http://stfrancisaustrin.org). This doesn't involve Facebook at all.

## PRAYING AT HOME

An excellent resource for Morning and Evening Prayer is "Cradle of Prayer". Led by a priest and cantor using the 1928 Book of Common Prayer, it's a wonderful way to refresh your mind, heart, and soul as we walk in the path of our Lord together- especially during these uncertain and trying times.

Go to [cradleofprayer.org/this-weeks-prayers](http://cradleofprayer.org/this-weeks-prayers) and click on the day of the week.

Morning and evening prayer in the written form are also available at [CommonPrayer.org](http://CommonPrayer.org).

Many of the churches in the diocese are having online services. The diocese compiled this page of resources: [fwepiscopal.org/worship-resources.html](http://fwepiscopal.org/worship-resources.html)

Remember this verse and prayer:

"God is our refuge and strength, an ever present help in time of trouble" (Psalm 46)

O GOD, merciful and compassionate, who art ever ready to hear the prayers of those who put their trust in thee; Graciously hearken to us who call upon thee, and grant us thy help in this our need; through Jesus Christ our Lord.

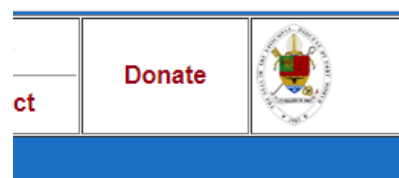
Amen.

## YOUR PLEDGES

During this time, it is essential that you do the best you can to maintain your pledges, both to the general fund as well as our building fund. Our financial people have indicated that the best way to do this is to send your contributions to the church at the mailing address:

**3401 Oak Creek Drive, Austin, TX 78727**

There is also the option to make your contributions on line on our website. Just click the donate button on the top right.



and follow the instructions. We are not, at the present time, in dire straits. But it may not take long to get there without your continued support.

# SPIRITUAL COMMUNION

*When unable to attend Mass*



✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

OUR FATHER

## Collect

Let the power of the Holy Spirit come upon me, O Lord, I beseech thee: that he may both mercifully cleanse my heart and defend me from all adversities. Through Christ our Lord. Amen.

## The Epistle (Revelation 3:20)

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

## The Gospel (St. John 15:5)

I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

*Take a moment to think of the failures of the past week: recall any sins you have committed since your last Communion and offer them to Christ.*

## Act of Contrition

O God, I am very sorry that I have sinned against thee who art so good. Forgive me for Jesus' sake, and I will try to sin no more.

## Act of Reception

In union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee

sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

Come Lord Jesus, dwell in thy servant in the fulness of thy strength, in the perfection of thy ways, and in the holiness of thy spirit, and rule over every hostile power in the might of thy Spirit, and to the glory of thy Father. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

## Act of Praise and Thanksgiving

✠ Blessed, praised, and adored be Jesus Christ on his throne of glory in Heaven, and in the most Holy Sacrament of the Altar. Amen.

## Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me;  
Blood of Christ, inebriate me;  
Water from the side of Christ, wash me;  
Passion of Christ, strengthen me;  
O good Jesus, hear me;  
Within thy wounds hide me;  
Suffer me not to be separated from thee;  
From the malicious enemy defend me;  
In the hour of my death call me,  
And bid me come to thee.  
That with thy Saints I may praise thee  
For ever and ever. Amen.

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

## APRIL SUNDAY READINGS

### 4/5 Palm Sunday (link)

- Palm Gospel: Mt. 21:1-11
- Isaiah 45:21-25
- Psalm 22:1-11
- Philippians 2:5-11
- Matthew 26:36-27:66

### 4/9 Maundy Thursday (link)

- Exodus 12:1-14a
- Psalm 78:14-25
- 1 Corinthians 11:23-32
- John 13:1-15

### 4/10 Good Friday (link)

- Isaiah 52:13-53:12
- Psalm 22:1-11
- Hebrews 10:1-25
- John 18:1-19:37

### 4/11 Solemn Easter Vigil (link)

- Genesis 1:1-2:2
- Genesis 22:1-18
- Exodus 14:10-15:1
- Isaiah 55:1-11
- Ezekiel 36:24-28
- Romans 6:3-11
- Matthew 28:1-20

### 4/12 Easter Sunday (link)

- Acts 10:34-43
- Psalm 118:14-29
- Colossians 3:1-4
- John 20:1-18

### 4/19 1 after Easter (link)

- Acts 2:14a, 22-32
- Psalm 111
- 1 Peter 1:3-9
- John 20:19-31

### 4/26 2 after Easter (link)

- Acts 2:14a, 36-47
- Psalm 116:10-17
- 1 Peter 1:17-23
- Luke 24:13-35

#### *Notes on the readings:*

- St. Francis follows the 1979 BCP Lectionary for the lessons We are in Year A. The text read at the service is from the Revised Standard Version of the Bible.
- Each of the listed Sunday's readings is linked to the corresponding page on LectionaryPage.net.
- The Sunday collects and text of the psalms are generally from the 1928 Book of Common Prayer.

## APRIL CALENDAR

*(All Events Are Tentative. Nothing will be at the church until the governor and mayor remove their order).*

### **Sundays**

9:30 a.m. Said Holy Communion

Sunday School for Youth

9:40 a.m. Choir Rehearsal

10:30 a.m. Adult Catechesis

11:00 a.m. Holy Communion with music. *On the first Sunday of the month, we have Morning Prayer before the Holy Communion service.*

### **Tuesdays**

7:00 p.m. Confirmation Class

### **Thursdays**

7:00 p.m. Evening Prayer

### **1st Friday, April 3**

7:00 - 9:00 p.m. Games Night

### **1st Saturday, April 4**

9:00 a.m. Prayer Service for our Nation

### **2nd Monday, April 13**

6:00 p.m. Vestry meeting

### **3rd Friday, April 17**

Noon Mothers' Prayer Group

### **3rd Monday, April 20**

7:00 - 8:30 p.m. Readers of First Things group meeting.

### **4th Friday, April 24**

6 p.m. Mobile Loaves and Fishes Food Truck Run

## APRIL ANNIVERSARIES

- |    |                          |
|----|--------------------------|
| 5  | Roy and Nancy Jones      |
| 11 | Dale and Mary Boswell    |
| 17 | Mack and Margery Lindsey |
| 22 | Susan and Michael Jones  |

## APRIL BIRTHDAYS

- |    |                                |
|----|--------------------------------|
| 4  | Lewis Armstrong                |
| 8  | Robert Bernard                 |
| 10 | John Goodrich                  |
| 11 | Keira Leigh Kristo-Reinking    |
| 14 | Morgan McCormick               |
| 20 | Ray Merrill                    |
| 21 | Jim Crandell                   |
| 24 | Donna Hunt, Samantha Armstrong |
| 30 | Constance DeBord               |



ANGLICAN CHURCH  
IN NORTH AMERICA

## ST. FRANCIS ANGLICAN CHURCH OF AUSTIN

*A parish of the Episcopal Diocese of Fort Worth*  
Diocese Office: 2900 Alameda St.

Fort Worth, TX 76108

<http://www.fwepiscopal.org/>

**Bishop:** The Rt. Rev'd Ryan Reed

**Rector:** The Rev. Canon Len Giacolone

**Music Director:** Betty Lin Gallardo

**Parish Administrator:** Mark Rambin

**Treasurer:** Grady Collins

### **Vestry Officers**

**Senior Warden**      **Junior Warden**

Donna Hunt              Jim Britt

**Secretary**

Libby Ibañez

### **Vestry Members**

Jim Britt, Donna Hunt, David Kristo-Reinking

Doug Cooper, Jim Crandell, Michael Ready

Libby Ibañez, Christina Hatley

Fr. Len Giacolone

## St. Francis Anglican Church

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[StFrancisAustin.com](http://StFrancisAustin.com)

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[@StFrancisAustin](https://www.facebook.com/StFrancisAustin)

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## ST. FRANCIS' MISSION STATEMENT

- We are a community of believers in the Gospel of Jesus Christ whose mission it is to spread that Gospel in what we preach and in the way we live.
- We are called to know the Word of God, to act on it in our lives and to share it with our brothers and sisters in the world.
- We are determined to uphold the ancient faith of our ancestors in the Anglican tradition, to offer traditional Christian values based on the Holy Word of God and to be faithful witnesses to the person of Jesus in the Austin Community.
- St. Francis parish is dedicated to the presence of Christ in the lives of the poor, the needy, the sick, to each other and to all those to whom Jesus comes to minister in his life on earth.
- As a community of believers, we intend to entrust our growth in love, in faith and in resources to the generosity of God.