

March 2026

# The Good News

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A Newsletter of St. Paul's Episcopal Church, Louisville, Kentucky



**Wherever we are, this is how we love God and God's People**

## From the Rector's Study

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**Fr. Andrew, Rector**

Beloved,

**W**e often say we are human beings having spiritual experiences. But are we? The Jesuit priest and theologian Pierre Teilhard de Chardin suggested something deeper: that we are spiritual beings having a

human experience. Our true nature, he believed, is eternal — temporarily inhabiting this earthly life. Lately, I have been reflecting on this as I grieve dear old friends.

When it comes to spirituality, we tend to rely heavily on our feelings as our baseline measure. We decide whether we

were “spiritually fed” based on how we feel after worship, outreach, or prayer. Our feelings become the judge, gauging sanctity and justifying the experience with details.

Have you ever had a blissful occasion that felt sacred? Conversely, have you ever walked away from something frustrated, saying, “I didn’t get anything out of it. It just did not feed me!” I have said it many times. Either way, we rely on feelings to interpret and validate what happened.

***But how often do we ask whether our internal gauge itself needs adjustment?***

Chances are, we all need tune-ups more often than we realize. Your vestry leaders can attest to that, as they help me recalibrate mine. When my spiritual well-being is compromised, my perception narrows, and vulnerable feelings create unhealthy noise. I am grateful for trusting, candid relationships with your leaders — relationships in which we are fearless enough to help one another adjust when needed.

Being “spiritual” — what does that even mean? Before rushing to conclusions, I invite us to pause. Does being spiritual require religion? Does it reject organized faith? Is it about kindness and compassion? Is it about connecting to

a higher power? Some use the word to affirm religious devotion; others use it to distance themselves from the Church. Some equate spirituality with warmth and gentleness; others conclude, “I’m not that kind of person — I must not be spiritual.”

The definition has shifted over time — from outward to inward, communal to individual, institutional to personal. Yet one pattern remains: we cling to our version and defend it. We build protective walls around what we call “spiritual.” But how can something rooted in the Spirit of God be confined by our limited perceptions — especially when fluctuating feelings govern those perceptions?

Christian faith offers something steadier. We proclaim at the burial office, “Life is changed, not ended.” The Spirit’s work transcends time, moving from one heart to another, generation after generation. As the Apostle Paul writes, “You show that you are a letter from Christ... written not with ink but with the Spirit of the living God... on tablets of human hearts” (2 Corinthians 3:3).

Our lives leave an imprint. We live on in others — as love or as harm. That is why spiritual discipline matters. Prayer, learning, serving, repenting, rejoicing in Christ — these are not optional extras. They recalibrate our hearts so that we are

shaped less by momentary feelings and more by the enduring Spirit of God.

Being spiritual is far more than feeling good. It is about being formed — and reformed — into people through whom Christ continues his work of renewal in the world.

Our Lenten journey continues. Let us keep our spirits exercised, our hearts open, and our human experience aligned with the eternal life already at work within us.

Faithfully,  
Fr. Andrew



## From the Deacon

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**Pete Womack – Deacon**

This year's sermon rotation schedule assigned me to Ash Wednesday, and in my [homily](#) on that day, I talked about developing a rule of life as a Lenten activity. If you are familiar with a rule of life, you may have heard it in the context of an Anglican monastic order (like the [Community of the Transfiguration](#) in Cincinnati) or community (like the [Brotherhood of St. Gregory](#)), and that can seem daunting. Certainly, there are people called to

participate or live in monastic orders and communities with fairly rigorous rules of life, but these groups do not define what is possible for us as members of a congregation. So, the task of developing a personal rule of life is at once a fulfilling response to a need and perplexing without some guidance. The immediate advice I would give is to talk to your favorite Rector on how to start a rule of life, but there are other ways to start that I have discovered.

A successful rule of life involves daily commitment and prioritization above nearly everything else. This means committing time on a daily, weekly, and monthly basis to perform or participate in something that brings prayer and scripture directly into our lives. This is not to say that we need to “pray unceasingly” as Paul says in [1Thessalonians 5:17](#) or to spend hours reading scripture, or mentioning God, Jesus, or scripture in every conversation. In this case, quantity is not better than quality because we can develop a false sense of having a deep spiritual life as we are consumed by spiritual practices. That is a self-centered piety that is focused on appearances or checking boxes, not on building a spiritual life. The work God calls us to in the world looks little like our worship in church ([Matthew 25:34-40](#) is

one example), and it is that work that becomes a part of our rule of life. What is more important is quality: learning to pray (or, recite [Morning Prayer](#)) without distractions or a sense of duty, or using a bible study guide as you read scripture, or putting into practice what we read ([Matthew 6:1-21](#) comes to mind).

A rule of life starts best as a desire to find something meaningful in our lives, or to make them more meaningful. That desire may be for something light like saying a prayer from the [Book of Common Prayer](#), and that is a good place to start. But, we can't be complacent and satisfied with just that. We must also pay attention to what is happening in and around us and look for ways to respond to those things with words and actions that come from prayer and scripture. This is a natural, organic growth of a rule of life that fits like a puzzle-piece into our lives as if it had always been there. Once building a rule of life has begun, there is the task of maintaining it. This is done best in a community, an assembly of the body of Christ where we learn of the rules others live by and share our rule. There is also a need to examine the different parts of a rule of life to see if it still accomplishes what it did when it was adopted, and if not, it can be laid aside for

another part. Our rule of life has to be relevant to situations, needs, and concerns and continue to provide meaning to our spiritual life and to the world. So, a rule of life is not something to build and then set on a shelf under a dust cover. It is a tool that shows wear and tear but always remains sharp and effective.



## From the Vestry

**Connie Sublett – Jr. Warden**

**A**s I sit down to write this article for this edition of, The Good News I first want to thank everyone for having faith in me to serve as secretary of St. Paul's Vestry this past year. I am reminded of how I felt a year ago at this time. As some of you may know, I don't do well with change and I am perfectly comfortable staying in my box. Well that was all about to change. I had just been elected to serve as secretary on the vestry here at St. Paul's. What was I thinking!!

When I was a member of St. Alban's, I served as secretary on the vestry, but that had been many years ago. Things certainly had changed a lot. Everyone was very kind telling me you will do fine, and

serving on the vestry now is a lot different than it used to be. One of my biggest concerns was that I hadn't used a computer for something like this for many years.

I guess you can teach an old dog new tricks, at my age I was surprised to learn that with help and encouragement I could learn so many new things. I am extremely grateful to Suzie and Kathy for all of their help and always being there to answer all my questions. I also learned that even if I made a mistake it wasn't the end of the world and Fr. Andrew, who introduced me to the wonderful world of Google Docs and brought me out of my Microsoft Word box. Thanks for all of my Google Docs training sessions. It paid off I won't be using Microsoft Word anymore!

Last but by no means least, serving on the vestry has helped me to grow in my faith and get to know my church family better. We truly are a family here at St. Paul's.

As I begin my year as Junior Warden, I hope to gain more knowledge and insight into the workings of St. Paul's and to be there to help and support our Senior Warden with anything that she needs.



## **From the Organist - Choirmaster**

**David Paul Gibson – Organist - Choirmaster**

**F**or this month of Lent, I share a simple poem.

### **Lent**

Malasada\* Day was merrily spent  
 Shrove Tuesday, Mardi Gras - many  
 names are given  
 To this final day before the season of Lent  
 When around the world Christians are  
 shriven.

Now, "Dust thou art, unto dust thou shalt  
 return"  
 Are words that are solemnly spoken  
 As with prayer and fasting people inwardly  
 turn Ashes on their head as a mindful  
 token.

It seems this message can be taken to  
 heart  
 No matter one's religion or philosophy  
 Self reform and reflection are a vital part  
 Of creating a healthy society.

So, during this Lent let us choose to fast  
 From divisiveness and animosity  
 We can foster a cohesiveness that will last  
 And nurture our beloved democracy.

Molly Moore

\* Malasada is a Portuguese doughnut without a hole.

The Portuguese came to Hawaii in the 19th century to work on the sugar plantations and have remained to contribute to the rich cultural tapestry of our islands.

Wishing you the quiet blessings of this Lenten season.

David Paul Gibson



## From the Preschool

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**Erin Dykes - Director**

St. Paul's Family,

**A**s I write this article there are snow flurries falling outside, and as usual, the Preschool is ready for winter to be OVER! While the snow is beautiful and we can appreciate and learn so much about it with the children, the need to get outside and use our large muscles for big body play reigns supreme. Thankfully last week the snow and ice left us long enough for the children to get out to our beloved playground. The fresh air and exercise do all of us so much good!

February was busy but always presents an opportunity for our students to “share the love”. We had class Valentine’s Day parties with valentine exchanges, games, and special snacks. The following week we invited our students’ fathers (or other special adult guests) to attend “Doughnuts with Dads”. The children always enjoy bringing their guests in to enjoy doughnut holes from King Donuts, and then they decorate their cardboard stick horses for future use at our Derby event. Thank you to Premier Packaging for donating these custom-designed and cut stick horses year after year for St. Paul’s Preschool. They are always adorable when they make their racing debut in May.

March in the Preschool will be equally busy and fun. We are preparing for a “Queen for the Day” Morning with Mom experience for the children and their moms (or other special guest) to enjoy. This event will take place on March 9<sup>th</sup> and 10<sup>th</sup>, and we can’t wait to have our special guests join us for a muffin breakfast and some Derby hat-making fun with their children.

We will again partner with Goodwin Greenhouse of LaGrange again in March/April for our annual Flower & Vegetable Plant Sale. Our order form for 2026 is being customized with Goodwin’s

offerings now and will be available in mid-March. While this sale is quite an endeavor for our small program to undertake, the results are always well worth the effort. Goodwin's plants are top quality, and we are always happy to partner with another small, local business. Orders will be due on Friday, April 3<sup>rd</sup>. We'll take delivery of our entire order on Wednesday, April 22<sup>nd</sup>, with pickup opportunities ensuing. We will make sure to have the order form to Robyn in the Parish office in plenty of time to get your copy. As always, we appreciate your

support of the Preschool via this fundraiser.

We continue with steady tours and enrollment for the '26-'27 school year, and many of our classes are full with waiting lists. If you know of someone looking for a Preschool home, please send them our way. We would love to give them a tour and show them why "Everyone Loves St. Paul's!"

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# Pray, Learn, Serve, and Rejoice at St. Paul's

## *We Pray*

### **Pray for All**

During this challenging time, please be intentional about setting a time to pray. Pray for those on the prayer list. (pg. 12)



## *We Learn*

### **Ecclesiastical Bits & Bytes Technology and Theology with Fr. Andrew**

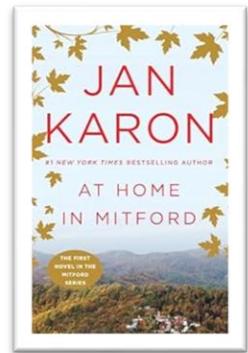
Are you feeling intimidated with your computer, tablet, and smartphones? Are you frustrated with virtual meetings? Greetings favored one. Do not be afraid for the Lord is with us. Contact the office to set up an appointment.



### **Wednesday Book Club At Home in Mitford, by Jan Karon**

11:00 AM - 12:30 PM Conference Room

This book is a warm, character-driven novel set in a small North Carolina town, centered on the gentle and thoughtful Episcopal priest Father Tim Kavanaugh. Through everyday moments, humor, and quiet faith, the story explores themes of community, grace, and unexpected love. It's a comforting, uplifting read that celebrates ordinary life and enduring relationships.



### **Adult Formation (Sunday)**

Sundays | 9:00–10:15 a.m.

Before we lift our voices in prayer and song, we gather around the Word.

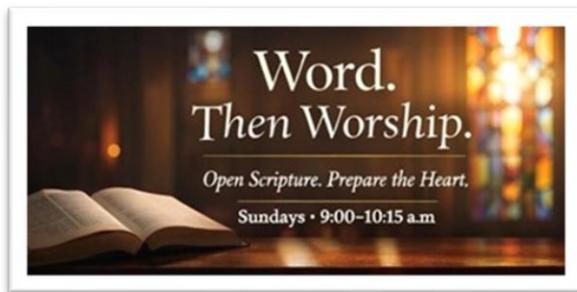
Each Sunday morning, we explore the appointed lectionary readings for the day — Old Testament, Psalm, Epistle, and Gospel — listening for themes, asking honest questions, and discovering how God’s Word is speaking into our lives right now.

This is not a lecture, but a conversation. Together we prepare our hearts for worship by dwelling deeply in Scripture. Whether you are new to Bible study or have been reading the lectionary for decades, your presence and perspective matter.

Come early. Open the Scriptures.

Let the Word shape your worship.

All are welcome.



## ***We Serve***

### **Calvary Episcopal Church Food Pantry**

Please join us at St. Paul’s Episcopal Church each Sunday from 9 am – 12 pm for the Sunday Service food collection.

All food is counted and delivered to Calvary on Thursday morning after collection. If you would like to volunteer to help with driving and delivery, contact Ray Brown or David Dawkins.

Current Total: 188,673 items donated.

Please be a part of this amazing ministry by bringing items to the Sunday “SERVICE” at St. Paul’s or sending in your monetary donation!

St. Paul's parish has generously donated over \$19,643.35 to the Calvary Food pantry since June 2020. Make checks payable to St. Paul's.

## *We Rejoice*

### **Website**

Communication is the key to a successful ministry. Be sure to check out the website to keep up to date on church activities.

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## Prayers and Thanksgivings

*Please contact the office to include names on the prayer list by the 15<sup>th</sup> of each month. Names will be listed for 30 days (short term prayers) or if requested 3 months (long term prayers). Fr. Andrew and the weekday prayer group prays for each person by name every day.*

### **Healing, Comfort, Relief, Protection, and Hope**

Family of Tadayuki Yosa (Cousin of Fr. Andrew Shirota), Family of Jane Delgado Shadid, Jim Latimer, Tricia Wimberg (Friend of David & Kathy Dawkins), Family of Philip A. Walker (Brother of Fr. Roger), Family of Lidia Lower (Mother of Mae Fleming), Ann Ford, Beverly & Janet (Friends of Donna Coliz), Fr. Edward Weiss (Friend of David & Kathy Dawkins), Family of Judith Dannemiller, Sally Gunther (Friend of Theresa Myers & Ann Ford), Bunny Parnell (Friend of Sue Benner, Donna & Al Smith), Don & Joy Hauss, Lance & Sharon Nelson, Sharon Williams, (Friend of Peggy Pryse), Diane Hart (Sister of Dale Miner), Megan Pazarro (Friend of Betty Waddell), Takako, Yoshi, Haruki, Hamu, Yuichi, & Matthew (Friends of Fr. Andrew), Anne & Glenn Pyle, Caleb Dykes (Son of Erin Dykes), Maureen & Joe Solan (Parents of Jason Solan)

### **Serving in the Military**

2nd Lt. Kyle Sears (Grandson of Arlene Buckner), Christopher Neal (Son-in-law of Monica Bell), Anthony Polio (Grandson Wanda Wiegand), John Phipps (Nephew of Ray Keller), Matt Hartmann, Luke Hartlage (Son of Linda Hartlage, preschool teacher), Jennifer & Joe Venghaus, Lt. Erin Jones (Niece of Rex Jones), Jack Holz knecht (Grandson of Joan Holz knecht)

### **Homebound**

Betty Reed, Mary Ellen Pinto, Lorna Larson, Donna Coliz, Jane Delgado-Shadid, James & Mae Fleming, Andy & Pam Phillips, Vincent & Verbal Angelico, Sue Brotherton

### **Anniversaries**

Alan & Barbara Johnson (3/11), Rick & Kathy Robbins (3/27)

### **Birthdays**

Glenda Blair (3/1), David Paul Gibson (3/3), Betty Waddell (3/4), Richard Baker (3/6), Peggy Pryse (3/14), Steve Derossett (3/16), Lori Smith (3/23), Ellie Stump (3/26), Kelly Yurt (3/26), Alex Miner (3/27), Kaden Moore (3/27), Nancy Piedmonte (3/29), Eric Heun (3/31)

## **The Season of Lent 2026**

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***Lent is a sacred season in which we are drawn through acts of penance and purification more deeply into the heart of Christ.***

Lent (Latin: *Quadragesima*, 'Fortieth') is the solemn Christian religious observance in the liturgical year in preparation for Easter. It echoes the 40 days Jesus spent fasting in the desert and enduring temptation by Satan, according to the Gospels of Matthew, Mark and Luke, before beginning his public ministry.

Lent is a new opportunity to examine our relationship with God and each other and to follow the example of Jesus, who remained true to the end. If we are ever to change our behavior, we must first allow for God to change our hearts. Lent is a season of repentance, prayer and fasting. During this solemn and expectant time, we remember the sacrifice Jesus made in giving his life for all humanity.

In many ways, Lent is about dying: dying to self as you embrace the Cross of Christ; dying to the world as you live as a citizen of heaven; dying to material wants and sensual pleasures that you may be raised by God to new heights; dying to fleeting things so that you may take hold of eternal life. And all along, it is God who sustains you, gives you strength and directs your path. Lent, then, is a journey into the wondrous and beautiful heart of God. So that we may experience this Lenten Season in the best of ways, our goal for the 2026 Season of Lent is to present material that challenges us to grow in our faith and strengthen our relationship with Jesus and those around us.

**Stations of the Cross each Friday at 3:00 PM thru April 03.**

**Labyrinth is available 24/7/365 for individual or group prayer and meditation.  
Please speak with the Rector about leading a group at either opportunity.**

## Lenten opportunities for learning, spiritual growth, and fellowship

03/01	Sunday	8 & 10:30	Mass, Lent II
03/04	Wednesday	2:00 PM	Lenten Brunch & Theme*
03/06	Friday	3:00 PM	Stations
03/08	Sunday	8 & 10:30	Mass, Lent III
03/11	Wednesday	2:00 PM	Lenten Brunch & Theme*
03/13	Friday	3:00 PM	Stations
<b>03/15</b>	<b>Sunday</b>	<b>8 &amp; 10:30</b>	<b>Mass, Lent IV</b>
03/18	Wednesday	2:00 PM	Lenten Brunch & Theme*
03/20	Friday	3:00 PM	Stations
03/22	Sunday	8 & 10:30	Mass, Lent V
03/25	Wednesday	2:00 PM	Lenten Brunch & Theme* (Annunciation)
03/27	Friday	3:00 PM	Stations

### Holy Week

03/29	Palm Sunday	8 & 10:30	Palm Procession, Holy Eucharist, Rite I
03/30	Monday in HW	12 Noon	Noon Prayer
03/31	Tuesday in HW	3:00 PM	
04/01	Wednesday in HW	TBA	

### The Paschal Triduum

04/02	Maundy Thursday	5:30 PM	<i>The Liturgy for Maundy Thursday</i>
04/03	Good Friday	3:00 PM	<i>The Liturgy for Good Friday</i> & Stations of the Cross
04/04	Holy Saturday	3:00 PM	<i>The Liturgy for Holy Saturday</i>
04/05	Easter Sunday	8 & 10:30	<i>The Sunday of the Resurrection</i>

Each Sunday in Lent, the adult formation group will meet from 9:00—10:15 AM in the conference room. \*Additional information concerning Wednesday brunch and the Lenten theme will be forthcoming, so stay up to date by reading the weekly Friday newsletter and Sunday bulletin.

## Leadership

### Senior Class ('27)

Suzie Aebersold  
Meg Mrozowski  
Tom Yurt

Senior Warden  
Worship  
Stewardship

### Middler Class ('28)

Connie Sublett  
Ruth Ellen Flint  
Cheryl Young

Junior Warden  
Outreach  
Fellowship

### Junior Class ('29)

Jerry Powell  
Carol Schusterman  
Penny Southwick

Secretary  
Formation  
Buildings & Grounds

DMLO Firm

Treasurer/Accountant

Robyn Fischer  
David Paul Gibson  
Erin Dykes

Parish Administrator  
Organist - Choir Master  
Director of Preschool

The Rev. Pete Womack  
The Rev. Roger Walker  
The Rev. Andrew Shirota  
The Rt. Rev. Terry White

Deacon  
Priest Associate  
Rector  
Bishop of Kentucky

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March 2026

SPREAD THE GOOD NEWS



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*Return Service Requested*