



Lent 2026

## **Fasting During Lent and the Trump Administration**

Some folks decide to fast during Lent, eating only one regular meal and two other meals that are so small that together they don't equal one full meal. Some people abstain from meat. Some people fast and abstain only on Ash Wednesday and Good Friday, others abstain from meat on those two days as well as on every Friday during Lent. Other people, who have opted for something much more severe, fast and abstain every day during Lent, or every day except Sundays. In our country, some denominations require fasting and abstinence to one degree or another, but only between the ages of 14 and 59. And be grateful you weren't around in ancient Jewish days, where fasting was used extensively, or during one of the centuries that encouraged scourging yourself to clear you sins away. We have it easy.

What about Episcopalians? You can check the Episcopal Church glossary of terms at <https://www.episcopalchurch.org/glossary/fast/> or on page 265 in the Book of Common Prayer: *The BCP recommends fasting for the season of Lent, which Christians should observe "by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's Word"* (BCP, p. 265).

As is usually the case in our Episcopal Church, no one will condemn you for skipping this recommendation. No one is making lists.

Many folks give up smoking, drinking, or chocolate as breaks in their usual practices, exercising denial. Many, many people these days to give up meanness, or cursing, or deceit, or gossip, working toward higher ways of expression, of clearing their souls by clearing their behavior, consciously allowing more space for God, and inviting God to move into those spaces. Many people also move toward positive actions rather than denying themselves negative behavior, choosing efforts to love our neighbors as ourselves. Every day. During every opportunity. And they feel better about themselves and their relationship with God by capturing opportunities to live as Jesus has called us. Christianity is not for sissies (CINFS).

But wait. Thanks to the Big Beautiful Bill, many families will be forced to fast and abstain for financial reasons each and every day. The bill won't kick in until after the next presidential election (2028) because no one who voted for the BBB wants to lose votes during the upcoming midterms or the next Presidential election. If we don't see it, it won't be true, right? But as soon as it does take place, our weekend backpack preparers' work and our Thursday Pantry volunteers' work will be critical to not only better nutrition but perhaps even survival for some. States can move into the restrictions sooner, but in 2028, millions of people will have to abstain from having health care, because their coverage will be taken away. Again, that's not scheduled to take place until after the Administration leaves, if the Administration leaves. If you missed it, Trump's people are threatening us with being unable to vote or guaranteeing more Republican seats – witness Texas. Thank God Indiana's State Representatives, with a majority of Republi-

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cans, has so far denied adding more seats for Republicans here! OK. Why 2028? Because none of our trusted politicians want us to be conscious of what is happening. But it will be happening.

Some people, famous people, have already been posting racist AI videos and memes, believing this is the best way to kick off Black History Month. Some people, known for shooting their puppies to death, have turned the same rage on human beings. They are supposed to be targeting only those human beings who are not citizens *and* have committed the worst crimes we can imagine. Shouldn't they be expected to be fasting and abstaining from gathering other people viciously, some citizens, others who have been paying taxes here for years and with records as pure as the snow? Let's make it necessary for them to fast and abstain from such behavior. Let's choose the positive, God-affirming, Jesus-following behavior we know we are called to do. Let's speak up.

Pastor Kate+

## **St. David's Episcopal Church**

corner of SR 45 and SR 135  
in Beanblossom,  
5 miles north of Nashville  
PO Box 1798, Nashville, IN 47448

**E-mail:** [info@stdavidsbb.org](mailto:info@stdavidsbb.org)

**Website:** [www.stdavidsbb.org](http://www.stdavidsbb.org)

**Church office:**  
812-988-1038

**Pastor:**  
The Rev. Kate Wilson  
317-318-3645  
[pastorkatebb@gmail.com](mailto:pastorkatebb@gmail.com)

**Senior Warden:**  
Tina Goodlander

**Deacon:**  
The Rev. William Morris

**Organist/Music Director:**  
Dr. Vicki King

**Parish Administrator:**  
Jean Brown  
[stdavids@stdavidsbb.org](mailto:stdavids@stdavidsbb.org)

## **St. David's Vestry 2026**

Tina Goodlander, **Senior Warden**  
[tinagoodlander@gmail.com](mailto:tinagoodlander@gmail.com)  
(812) 679-8837

Joan Amati  
[jomati81@hotmail.com](mailto:jomati81@hotmail.com)  
(812) 272-5717.

Maggie Linscott  
[rmlinscott@gmail.com](mailto:rmlinscott@gmail.com)  
(812) 350-1357.

Marge Steiner  
[msteiner@iu.edu](mailto:msteiner@iu.edu)  
(812) 606-1505

Lisa Sbai  
[lasbai@yahoo.com](mailto:lasbai@yahoo.com)  
(317) 750-0963

**Deacon**  
The Rev. William Morris  
[wimorris.attorney@gmail.com](mailto:wimorris.attorney@gmail.com)  
(812) 345-2361

**Vestry Clerk**  
Bill Sbai  
[ironwill4@icloud.com](mailto:ironwill4@icloud.com)  
(317) 560-0549

**Parish Treasurer**  
Yvonne Oliger  
[treasurer@stdavidsbb.org](mailto:treasurer@stdavidsbb.org)



### **Brimming with Laughter**

Four mature women and one spry in her fifties  
Enter the church on a chilly winter's eve.  
The youngest with a mischievous glint in her eye,  
places hats on their heads before church begins—  
Laughing softly, gentle laughter erupting into giggles.

They dig past pleasantries, past polite amens,  
Speaking truths aloud that were buried,  
Voices open and unguarded, trusting in one another's hearts.

Their faith is deep, their humor deeper still,  
God hears them clearly beneath those hats—  
Holy, hopeful, and quietly hilarious.

*Crafted by Tina Goodlander with the help of OpenAI*

*Linda Shackelford, Jan Benham, Kate Wilson, Jane Land, Tina Goodlander*



As women, we are often asked to wear many hats. It's important to recognize that not only is it unnecessary to wear them all at once, but it's also impossible to do so with focus and intention. The Spirit guides us in discerning which hat is right for each moment.

I was deeply touched by the gifts presented to me by Pastor Kate Wilson at the 2026 Annual Meeting. As she opened the box and revealed the first gift, she thoughtfully acknowledged the many hats I have worn this year at St. David's. The gift was both meaningful and hilarious—a perfect reflection of the journey. I feel truly blessed to be part of a faith community where I can use the gifts God has given me to serve and contribute. And by the way...there was a sixth hat. You'll just have to wait and see.

## Picking Ellie

In the spring of 2025 I decided we needed a dog to fill the huge void left by my dog Tess after she passed on in November 2024 from a cancer. I started looking online at puppies and different breeders and finally settled on one in Veedersburg – Labncroft Labradors - who seemed very conscientious. I even had to fill out a two-page application to be considered for ownership!

Two litters were planned for the summer, one with a black lab mother and one with a yellow lab mother, and I wanted a yellow lab. So, we reserved a puppy from “Wendy”, which happened to be my deceased sister’s name, so I thought that was a good sign. My sister loved all animals and especially cats and dogs.

In July, Wendy dog went into labor and as I watched via YouTube, she delivered 10 lovely puppies in various shades of yellow. The labor went smoothly until the 8<sup>th</sup> puppy, who was stillborn. Number nine puppy arrived shortly thereafter and required some fast resuscitation, due to breathing issues so number 9 was very needy for a time. When number ten puppy was born, the breeder checked her quickly and then put her with the puppy pile while number nine was still being rubbed and encouraged to breathe. Number ten wiggled and struggled on the pile and seemed to have a hard time getting to the milk but eventually did, and settled in to nurse.

The next morning in the online live feed, all the baby puppies were now wearing colored collars, to keep them straight as to which was which. There were pink, black, blue, green, purple, dark green, dark blue, red, and orange collars. The little number 10 became “greenie” to me with her green collar, and as the days progressed I seemed to be seeking Miss Greenie out of every video opportunity, worrying if the bigger pups pushed her away from her food, or if she was in the picture of a sleeping puppy pile, always looking for her.

The way the puppy selection process worked was that on a specific day at a specific time you called the breeder and depending on when your call was received, that was your space in line to pick a puppy.

This puppy pick was scheduled for 5 weeks after they were born. Daily I watched the YouTube feed and got to know the personalities of all the pups. Miss Greenie still was the one I looked for, a little smaller and the one who sat back and watched the eight other pups rough and tumble. On the day of the “Pick” I waited anxiously by the phone while time ticked down. There were only five female puppies out of the nine pups. When the specified time arrived I called right away but the call went to voice mail, so I left a message, thinking that maybe I was one of the first five who would get the choice of which one of the little blond piles of fur to be mine. There was no return call, so I called again, and this time I did talk to the breeder and he informed me I was number five for a female puppy! That meant that four other people got to pick their puppies before I knew which one was mine.

We went to visit the pups, still not knowing which of the cute little nibblers was going to be our puppy. My husband was really tickled by “Pinky” (pink color collar) who grabbed his hand and promptly rolled on her back, so cute!! A week of more waiting...watching... thinking – well I might get this one or maybe that one. But I secretly really wanted “Greenie”. Finally, the pick day came and again I waited for that important call and THEN all the puppies were picked EXCEPT my Greenie!! So she was my puppy afterall!!! We named her “Ellie” or more formally “Labncroft Lady Eleanor of Clear light”!

I told the breeder how I had hoped I would get her and he said “**Well, that’s usually how it works out. Almost always people get the puppy they have picked out.**”

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I thought how remarkable that was, bonding with one of many puppies and having the one you wanted become yours. I think that serendipity may happen more than we think. This makes me try to keep in mind that there's a divine plan, and when I am worrying about something it is really not in my hands or in my control at all. I'm just tasked to do by best and try to make good decisions. Eventually - All will be well...and lucky for me, Ellie is thriving as a spoiled adored pup! (Picture at about one week!)

—Jennifer Heller



## Save the Date

St. David's Church Picnic is 10:30 am on May 17th. We will be meeting again at Waycross. We were unable to meet there on May 24th (actual day of Pentecost) because Waycross is closed for Memorial Day weekend. It will be a pitch in with fried chicken provided by the church.



## More Parish Life Plans

Tuesday Feb 17 Shrove Tuesday pancake supper  
 Sunday May 10 Mother's Day brunch (men to provide)  
 Sunday June 21 Father's Day Taco Bar (women to provide)  
 Sunday July 26 Ice Cream Social  
 Look for a new St. David's cookbook later this year!

## St. David's Lenten Schedule, 2026

**Ash Wednesday, February 18:** Eucharist with Ashes at Noon and 7:00 pm

**Other Wednesdays and Sundays until Holy Week:** Communion and Conversation, Dinner Church, or Pub Theology

**Palm/Passion Sunday, March 29:** Service at 9:30 with blessing of the palms and procession (weather permitting). Dramatic Reading of the Passion by Matthew.

**Wednesday in Holy Week, April 1:** Communion and Conversation, 5:30 pm

**Maundy Thursday, April 2:** Maundy Thursday Eucharist with Foot Washing, 7:00 pm  
 Holy Eucharist held in reserve for Good Friday evening service.

**Good Friday, April 3:** 12:00 pm-3:00pm Quiet Service with Stations of the Cross; attend when you are able. 7:00 pm Good Friday Eucharist with reserved Sacrament and Dramatic Reading of the Passion by John.

**Holy Saturday, April 4: The Great Vigil of Easter,** 7:00 pm with lighting of the Pascal Candle

**Easter Sunday, April 5:** Eucharist at 9:30 am

## *Bean Blossom Music Series News*

### **Hello Music Lovers and Welcome to a New Year!**

Annie Hawk has turned over the leadership of the Bean Blossom Music Series to me--Vicki King, organist/choir director at St. David's Episcopal Church.

Mark your calendar for our next Bean Blossom Music Series, featuring Triplum, a recorder trio.

St. David's Episcopal Church, Sunday, February 22, 7:00 p.m.

### *Sweete Concordance*

Enjoy an intimate, conversational musical evening with recorder ensemble Triplum, which presents a dynamic range of music from four centuries on an astounding array of recorders. We hope you will come away in agreement with sixteenth-century author Thomas Churchyard that “The milde Recorder hath a place, where sweete Concordance is.”

Miyo Aoki, Keith Collins, Chris Armijo



# Bean Blossom Music Series

SUNDAY  
FEB. 22<sup>nd</sup>  
7:00 PM



**ST. DAVID'S**  
EPISCOPAL CHURCH

Corner of Rt 135 & 45  
[www.stdavidsbb.org](http://www.stdavidsbb.org)  
812.988.1038

## "Sweete Concordance"

By recorder ensemble

### Triplum



*Miyo Aoki, Keith Collins, Chris Armijo*

*"The milde Recorder hath a place, where sweete Concordance is."*

Meet-the-artists reception to follow.

Join us for this family-friendly event.  
Free-will offering. Donations gladly accepted.

To add your name to the Bean Blossom Music Series  
email list, write to [beanblossomsounds@gmail.com](mailto:beanblossomsounds@gmail.com)

Bean Blossom Music Series   @stdavids\_beanblossom

### **Cookies & Chimes**

Juniper McCabe and her girl scout troop leader and her daughter came to fulfill all our cookie needs. The girls also helped out Everett, Adie and Tom on the chimes.



## Birthdays and Anniversaries

### JANUARY

2 John & Elizabeth Johnson (Anniversary)  
 15 Susie Chestnut  
 16 Skip Patchin  
 18 Jan Drum  
 22 Gordon Smith (son of Ben & Adie Smith)  
 25 Jenn Goodlander  
 29 Nate Johnson

### FEBRUARY

3 Cori McCabe  
 4 Mike Day  
 5 Jaden Fish (Niednagel's grandson)  
 7 Logan Fittz  
 14 Jane Land  
 15 Sandy Fittz

### MARCH

3 Gail & Danny Fields (Anniversary)  
 5 Bob Westbrook  
 6 Lisa and Bill Sbai (Anniversary)  
 12 Cynthia Kafoure  
 12 Angie Aumage  
 14 John Johnson  
 20 Maddy Fulton  
 21 Kyle Fittz

24 Frank Fulton

28 Laurie Stant

28 Bess Smith (Joan Amati's daughter)

30 Michael Kafoure

### APRIL

9 Jessica Bussert

9 Ayana Smith

9 Asher Nolan (son of Danielle & Kate Nolan)

9 Knox Nolan (son of Danielle & Kate Nolan)

11 Jane Savage

12 Sandy Ackerman

### MAY

2 EmmyLou Fulton

11 Matt Fulton

14 Vicki King

16 Michael & Cynthia Kafoure (Anniversary)

18 Linda Shackelford

26 Dona Glentzer

31 Ronald and Jane Herr- (Anniversary)

*Don't see your birthday or anniversary - drop me a line at [jane@rjherr.com](mailto:jane@rjherr.com)*

### Newsletter Submissions?

Please send your news items, stories of spiritual growth, book reviews, jokes, cartoons, recipes, etc. to Jane Herr (812)320-2340 or 4923 Stevens Rd., Nashville, 47448 or (the preferred method!): [jane@rjherr.com](mailto:jane@rjherr.com)

Next deadlines for submissions:

Pentecost: May 10, 2026

Fall: August 19, 2026

Advent: November 15, 2026



St. David's Episcopal Church  
 PO Box 1798  
 Nashville, IN 47448

**SERVICES**

**Sunday 9:30 AM Holy Eucharist**

**Wednesday 5:30 PM Communion**

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### **Schedule of Special Services and Parish Events**

Tuesday	Feb 10	Compline on Zoom <i>(Compline continues Tuesday evenings)</i>	7:15 pm	
Wednesday	Feb 11	Dinner Church <i>(Dinner Church continues on 2nd Wednesday of the month)</i>	5 pm	St. David's
Friday	Feb 13	Zoom Bible study <i>(bible study continues Friday mornings)</i>	7:30-9 am	
Tuesday	Feb. 17	Shrove Tuesday Pancake Dinner	5:30 pm	St. David's
Wednesday	Feb. 18	Ash Wednesday (Eucharist w/ashes)	noon & 7 pm	St. David's
Wednesday	Feb 25	Pub Theology <i>(Pub Theology continues 4th Wednesday of the month)</i>	5:00 pm	Out of Ordinary
Friday	Mar 6	Euchre <i>(Euchre continues on the 1st Friday of the month)</i>	7 pm	St. David's
Sunday	March 29	Palm Sunday (blessing of palms & Passion reading)		St. David's
Thursday	April 2	Maundy Thursday (Eucharist w/ foot washing)	7 pm	St. David's
Friday	April 3	Good Friday (quiet service 12 pm-3 pm) Eucharist	7 pm	/St. David's
Saturday	Apr 4	Holy Saturday (Great Vigil of Easter)	7 pm	St. David's
Sunday	April 5	Easter Sunday	9:30 am	St. David's
Sunday	May 10	Mother's Day <i>(Brunch after service to honor parish mothers)</i>		St. David's
Sunday	May 10	Pentecost newsletter info deadline		
Sunday	May 17	St. David's annual picnic	10;30	Waycross