



# *The Messenger*

## *February 2026*

Emmanuel Episcopal Church  
P. O. Box 1028  
400 Highland Avenue  
Coos Bay, OR 97420

### Rector's Reflection

*"Create a clean heart in me, O God, and renew a right spirit within me.  
Cast me not away from your presence, O Lord, take not your Holy Spirit from me.  
Give me the joy of your saving help again, and sustain me with your bountiful Spirit."*  
Psalm 51:11-13

*"Open my lips, O Lord, and my mouth shall proclaim your praise.  
Had you desired it, I would have offered sacrifice, but you take no delight in burnt offerings.  
The sacrifice of God is a troubled spirit; a broken and contrite heart, O God, you will not despise."*  
Psalm 51:16-18

These beautiful verses from Psalm 51 will be read on Ash Wednesday. I always think of them as the prayer that summarizes the liturgical season of Lent, which begins on Ash Wednesday and lasts through Holy Week and ends, of course, with Easter. Listen deeply to these words. It is the cry of an overwhelmed human heart asking for healing, restoration, redemption and life. The words lean on the mercy and goodness of God and the feeling of hopelessness on the part of a human to make their life whole again without divine help. This is what Lent is about. Recognizing our sin and other ways our lives are broken and seeking God for help to make amends, to forgive those who have hurt us, to be free of bitterness, guilt and shame.

The good news of Easter starts at Christmas. It starts with God becoming flesh and living among humans to demonstrate the love and mercy that God wants all of us to receive and enjoy. Jesus' preaching ministry did two things. 1) Announce that the kingdom of God was 'at hand'. God was not far away but walking with us. 2) Jesus restored, healed, forgave, blessed, and spoke frank words filled with the opportunity for repentance and change. The response to Jesus was much like how people today respond: Many believe in him. Many thought he was crazy. Some thought he was dangerous, so much so they arranged for his death. What they did not count on was that the love of God cannot be killed! Jesus truly died and was buried. He was raised from the dead. That is the single most important reality of the Christian faith.

For many centuries this season of Lent has been kept so the people of God can reflect honestly and deeply upon the actions of God. The word became flesh. Died our own death. Buried and locked away. Rose from death. All this so you and I can follow his life and share in his resurrection. It is more than just six weeks of fasting, extra prayer and giving alms. It is a time to get right with God. Be brutally honest with ourselves and place all our trust in the goodness and love of God who came to us so that where God is we may be also. The gifts of God have been poured out. Fear not! Use the words of Psalm 51 every day in Lent. Begin your day opening your heart to the Spirit of God to show you what needs to be faced, forgiven and freed in your life. Then lean on the Spirit to help you gently and resolutely repent, turn and be fully renewed.

If during Lent you feel moved to experience the Rite of Reconciliation, which is in our Book of Common Prayer, please make an appointment with me. It is not a requirement. The Episcopal adage on the Rite of Reconciliation is "All may, none must, some should." It is a beautiful and powerful way to include in your experience of the Lenten.



See you in church! Patti+



### **The Blessings of Community Outreach**

We at Emmanuel are blessed with many areas of community outreach! Just to name a few: Community Meal (5<sup>th</sup> Saturday), Difficult Discussion group (has non-members attending as well as Emmanuel members), Rev. Patti as a hospital chaplain, Emmanuel church as a venue for some community concerts, our Christmas basket program, support of the Coos Food Cupboard, support of the Coastal Families Relief Nursery (CFRN) – just to name a few!!!

We just had our “Welcome Dinner” for families connected with the Coastal Families Relief Nursery on Friday, January 30. We had 33 attendees. It was a great chance for CFRN families & staff to interact with church members and to be in our church. Coastal Families Relief Nursery supports families, nurtures children and strengthens our communities through increasing child and family resiliency, increasing healthy relationships with our community and providing positive outcome experiences.

CFRN utilizes early childhood education, classroom experiences, home visiting, parent training, family support, and supportive relationships. It is a research-based program with strong outcomes for at-risk families. Thank you, people of Emmanuel, for your continued support!

Community Outreach provides activities where we can show God’s love, where we can serve others, be kind, feed the hungry, and help of neighbors in time of need. We are truly blessed in our Community Outreach.

With thanks, *Nancylee Stewart*, Sr. Warden



### **Wednesday Office Hours**

The parish office will be closed from 12:15ish – 1:45ish beginning on Wednesday, February 18. This will continue for 12 weeks as our parish administrator, Kerri, will be taking a class she was interested in to better assist our neighbors in need that are expressing trauma responses. Thank you for your understanding and support!

### **Wednesday Adult Class, 12:00 PM – 1:30 PM**

Our wonderful time of fellowship and conversation, also known as our “Adult Class”, is a spiritual practice group that meets on Wednesdays at Noon in the Undercroft. We hope you will join us as we restart this group in February!





## **Shrove Tuesday Pancake Supper**

**February 17 at 6:00 PM**

Come enjoy with our Brothers and Sisters in Christ from St. Mary, Gardiner! Please invite your friends and family to join!

### **All You Can Eat Menu:**

Fluffy Pancakes; Plain/Blueberry

Savory Breakfast Sides

Juice and Coffee

Head Chef, Alex Pavelka, and his lovely Sous Chef, Savannah Crosby, will be leading the pancake flipping charge but additional help is always welcomed. If you are available to help with setup/cleanup or to bring a breakfast side or juice, please sign up in the church entryway. Thank you!



## **Ash Wednesday Services at Emmanuel**

February 18, 2026

Imposition of Ashes

12:00 PM

7:30 PM

(No Morning Prayer or Adult Class this day.)

## **Coos Food Cupboard**

For the month of February, the food cupboard would REALLY appreciate donations of canned vegetables and fruit. Fresh vegetables and fruit are harder to come by this time of the year, and canned food items have increased in price (as I'm sure all of you have noticed). This would be a great help to the food cupboard if you are able to donate.

### **Donating canned vegetables and fruits to a food pantry is important because:**

- It helps promote healthier eating habits among those relying on pantry services.
- Canned goods like vegetables, fruits, and proteins are versatile and can be used in a variety of different recipes.
- It encourages people to donate excess canned foods that may be slightly out of date rather than throwing it away and creating more food waste.

Please consider a monetary donation to the Coos Food Cupboard. Checks should be made out to "Coos Food Cupboard" and can be dropped off to the parish office or mailed to P.O. Box 1028, Coos Bay, 97420.

**Donations are tax-deductible.**

### **Questions? Ready to donate? Ready to volunteer?**

Please contact Rev. Doug Hale for more information.

Phone: 541-654-1020 or Email: buckdeaver55@gmail.com

Thank you for your generous and continued support of the Coos Food Cupboard!

~submitted by Brian Sullivan





# LENT 2026 UTO GRATITUDE ACTIVITIES

Each week we're inviting you to give thanks and give back to different areas of your life as a Lenten discipline and a way to welcome Easter.

**FEBRUARY 18-21**

**NATURE**

## **GRATITUDE:**

This week, notice and give thanks for all the signs of Spring you can find and take pictures or make a list of all of them. Be on the lookout for birds, plants, and bugs.

What are your favorite ways to know that spring is coming?

**FEBRUARY 22-28**

## **RECIPROCITY:**

Last week we noticed and gave thanks for Spring. This week we are going to help Spring along. Try one (or all) of these project to give back to nature:

1. make a bird feeder for the birds returning
2. clean up a garden bed or park so that it is ready for use
3. plant flowers to help welcome Spring

**MARCH 1-7**

**FAMILY**

## **GRATITUDE:**

Let's show gratitude to the people we live with this week. Make sure to notice and say thank you to each member of your family, especially for the everyday ways they take care of you or make your life better. Try to say thank you to each person at least once a day for something you usually don't thank them for doing/being.

**MARCH 8-14**

## **RECIPROCITY:**

Last week we spent a lot of time thanking the people we live with for the things they do that we are thankful for but sometimes overlook. This week, your challenge is to do something nice for them that they won't expect. Do your chores without being asked, offer to help with a task, show kindness and love to those you live with in unexpected ways.

**MARCH 15-21**

**COMMUNITY**

## **GRATITUDE:**

Community can mean a lot of different things - it can mean the people who live in our neighborhood, or the people who work or attend school with us, or it can mean the town where we live. Each day this week pick a different community that you are a part of and write down what you are thankful for about that community, from the people in it to the things you do as a part of it.

**MARCH 22-28**

## **RECIPROCITY:**

Last week we looked at the communities we are a part of. This week we are going to give back to them. Decide how you can give back to one or more of these communities. Can you donate gently loved stuffed animals and clothing, plant flowers at school, or invite your church to host a food drive? How can you make a positive impact in your communities?

**MARCH 29-APRIL 4**

**HOLY WEEK**

## **GRATITUDE:**

During Holy Week, we journey alongside Jesus from Palm Sunday to Easter. This week, we want to invite you to give thanks for your faith. Ask someone to share the story of your baptism with you, find out why having faith is important to your family members, and share your favorite Bible story.

**EASTER**

## **RECIPROCITY:**

Easter is a very exciting time, with Easter baskets, egg hunts, and celebrations. Today, while you are enjoying all of the fun ways your community celebrates Easter, see if there is a way you can contribute to the fun. Can you make sure smaller kids get eggs at the egg hunt? Can you make a special Easter card for someone? How can you make Easter special for someone else?



# Ascension School

Camp & Conference Center

## 2026 Summer Camp at Camp Cove

We're thrilled to invite children and youth from across the diocese to return to Camp Cove this summer! This beloved ministry of the Episcopal Diocese of Eastern Oregon offers a sacred and joy-filled space for campers to grow in faith, friendship, and fun.

All youth are welcome to register for any of the camp sessions, but we're especially excited about the **Middle School Week (Grades 6-7, July 5-10)** when our own Canon Christopher Craun will be serving as Camp Chaplain during that session!

Need a ride? A camp shuttle will be available from The Dalles, meeting at St. Paul's Episcopal Church, 1805 Minnesota St. The church will graciously open its doors to offer restrooms and snacks for campers before departure.

Register directly through the camp website at [coveascensionschool.com/summer-camp](https://coveascensionschool.com/summer-camp).

**And let us know if you're going!** We'd love to know which campers from our diocese plan to attend. If your family could use financial support, scholarships are available. Please don't hesitate to reach out to Canon Chris at [ccraun@ecwo.org](mailto:ccraun@ecwo.org).

*Let's make this summer one to remember at Camp Cove!*

**WHO'S YOUR NEIGHBOR LUNCHEON**  
**FRIDAY, FEBRUARY 20, 2026**

**DOORS OPEN AT 11:30 AM, LUNCH IS SERVED AT 12 PM**

|                        |                   |                       |
|------------------------|-------------------|-----------------------|
| <b><u>MENU</u></b>     | <b>GLORIA DEI</b> | <b><u>SPEAKER</u></b> |
| CHICKEN FLORENTINE     | LUTHERAN          | GREG DALTON           |
| HERBED RICE            | CHURCH            | CASA OF COOS & CURRY  |
| CRINKLE CUT CARROTS    | 1290              | COUNTIES              |
| WITH BUTTER & PARSLEY  | THOMPSON          |                       |
| EGG CUSTARD PUFFS WITH | ROAD, COOS        |                       |
| FRUIT SAUCE            | BAY. OR           |                       |
|                        | 541-267-2347      |                       |

DONATIONS ARE GRATEFULLY ACCEPTED

ALL ARE WELCOME!  
LUNCH IS FREE!

# SAVE THE DATE



Crumbs under the Table

ECW SPIRITUALITY DAY  
St. Mary's Episcopal Church, Eugene

SATURDAY, APRIL 25, 2026  
10 AM to 4 PM

*A day filled with worship, workshops, speakers, and vendors  
for Episcopal Church Women and Guests  
from throughout The Episcopal Church in Western Oregon*



## February Birthdays & Anniversaries

Nat Jaeggli Birthday - February 1

Jeff McKeown Birthday – February 1

Karen Pruhsmeier Birthday - February 8

Susan Foreman Birthday – February 10

Bob & Janet Huggins Anniversary - February 12

Freja Little-John Gardener Birthday - February 12

Pam Chaney Birthday - February 16

Eric Flaherty Birthday - February 17

Elizabeth Roman Birthday - February 19

Jason Davidson Birthday - February 22

Sarah Peterson Birthday - February 28

If you don't see your name(s) on the birthday and anniversaries list, please **let Kerri** in the office know so we can add you to our parish list. *Thank you!*

**\*\*March Newsletter Submissions Deadline is Friday, February 20th\*\***