

The Lent 2018

Newsletter of Calvary Episcopal Church

All receive the newsletter by e-mail. To request a paper copy, please e-mail the church office at parish.office@calvary-episcopal.net or call 908-782-7227.

Happy Lent!

The Lenten season is upon us. People usually view Lent as a sad time of denial which then makes Easter feel happier. But Lent is actually a time of getting ready for our participation in the Resurrection of Christ. It is a time of repentance, but feeling bad is not repentance. Repentance is finding the opportunity to live more compassionately, to live more generously, to acknowledge that we are loved, and to love more fully.

So yes, give up distractions, including self-indulgence, and reflect on how you are loved by God and can live more lovingly. But we are called into the joy of Christ this Lent. Calvary is offering opportunities to study together during this time. On Wednesday mornings, at 10:00am, a group is studying Jesus in the Gospel of John, using a study put out by the nationwide Episcopal Church and the Society of St. John the Evangelist. Thank you to Emilie Nawrock for organizing this. On Saturday, March 10 from 9:30am to a bit after noon we will have a “Morning with Mark.” Mother Ann suggested this marvelous idea. After coffee, we will share in reading the entire Gospel of Mark aloud. This takes about an hour-and-a-half and can be a profound experience, hearing the entire Gospel as a whole. At the end, we will share a soup lunch. Please join us.

After our Day of Discovery on January 28, we are well poised as a congregation to appreciate where God is leading us as a parish—to live more deeply into being a welcoming, accepting community. Our Discernment Team, Finance Team and Vestry are all working hard on moving forward in implementing decisions based on your priorities.

Prepare to celebrate Christ’s Resurrection as we follow in his way.

From the Senior Warden

On January 28th, Calvary held an expanded Parish Meeting. With direction from Fr. Drew, the Way of St. Paul team and the Discernment team, we engaged in a process of reflection about Calvary at its best and the ways in which we function as the Body of Christ.

This was a powerful experience and brought to the forefront common themes of our experience: inclusion, fellowship, the power of the liturgy, just to mention a few. This highly useful information will support the Discernment Team's effort to engage a new Rector and will support the Way of St. Paul Team as well as the Vestry to set goals and implement programs in the coming year.

After the reflection portion of our get together, the Annual Meeting took place. I am delighted to welcome Fred Galano, Christine Little and Ron Mahoney as new members of the Vestry. Many thanks to Donna Reagan for her years of service as she rotates off. Michelle Clinger, Donna Reagan and Kim Webb have agreed to serve as delegates to Convention; Doug Reagan and Fran Smith have agreed to serve as alternates. Thank you one and all.

Also at the Annual Meeting, the proposed budget was presented and – as has been the case for a good number of years, we are projecting a large deficit. It is larger than previously owing to Diocesan requirements as we search for a new Rector. These one-time costs include an outside audit and building inspection. The Diocese – itself facing a very large deficit – has raised its expectation of what parishes need to contribute there. All of this, plus the high fixed costs of keeping the Church running, bring us to a shortfall around \$30K.

The vestry does not believe this is acceptable and during the first quarter, the finance team will be making hard choices about changes that will bring us closer into balance. Either income must increase or expenses must decrease. Please keep this situation in your prayers and if you have time to devote to help find the right choices, reach out to Karen Sammer who heads the Finance Team. Expect more information on this topic before the end of March.

On a related subject, members of the Parish have expressed a desire to know what special projects or maintenance issues the Property Team is considering. Most of these are above and beyond what is included in the budget. The property budget is generally directed for routine maintenance (cleaning, snow-plowing, etc.) The list below is by no means exhaustive and does not get to capital projects that we have in mind.

Capital projects would include things like handicapped accessible entrances to the Parish Hall and the Sanctuary as well as the renovation of the kitchen to commercial standards.

PROPERTY PROJECTS:

GROUP I – RENOVATION FROM THE WATER DAMAGE (largely being covered by insurance)

- Removal of tiles in Church basement, putting in new floor covering.
- Replacement of damaged toys and equipment in the nursery.
- Replacement of Nursery ceiling tiles and light fixture/fan.
- Refinish the floor in Choir Director's office.
- Painting of damaged walls.
- Installation of vision glass in the doors of affected rooms.

GROUP II – STRATEGIC PROJECT WISH LIST (some more urgent than others)

- Removal of underground oil tank on the property –\$2-\$3,000
- Conversion from oil burner to gas – estimated cost: \$12,000
- New cushions for Church Pews - \$4,000-\$7,000
- New kneelers in sanctuary – est. \$8,000
- Repointing of masonry around the property (estimate needed)
- Slate roof repair (estimate needed)
- Replacement of steps on New York Avenue side of the Church

Calvary is indeed fortunate to have skilled professionals in the Congregation who have completed many other projects. Thank you!

It is exciting to think about all the opportunities for improvement here at Calvary, and we should look forward to seizing them so that we continue to grow and flourish as the Body of Christ in Flemington.

Calvary Episcopal Church
44 Broad Street, Flemington, NJ 08822-1458
Office: 908-782-7227

Web Site: www.calvary-episcopal.net

Sunday Mornings: Holy Eucharist at 8:00am & 10:00am
9:00am & 11:00am Fellowship



Weekly Schedule

February 25, 2018 The Second Sunday in Lent

Global Goal: Decent Work and Economic Growth

March 4, 2018 The Third Sunday in Lent

Easter Basket Outreach Collection Begins

9:00am – Confirmation Class Meeting (Annex)

Global Goal: Industry, Innovation and Infrastructure

Saturday, March 10th 9:30am – A Morning with Mark

March 11, 2018 The Fourth Sunday in Lent

Easter Basket Outreach Collection Continues

Easter Flower Remembrance Special Offering

Global Goal: Reduced Inequalities

Saturday, March 17th 9:00am – Program on the Life and Works of
Hildegard of Bingen (Trinity Church, Solebury, PA)

Saturday, March 17th 6:00pm – St. Patrick's Day Dinner

March 18, 2018 The Fifth Sunday in Lent

Easter Basket Outreach Assembling & Delivery

Blessing of Prayer Shawls

9:00am – Calvary's Good Shepherds Meeting

9:00am - Confirmation Class Meeting (Annex)

Global Goal: Sustainable Cities and Communities

Wednesday, March 21st – next Newsletter deadline

March 25, 2018 The Sunday of the Passion: Palm Sunday

Global Goal: Responsible Consumption and Production

Calvary Ministries

CHRISTIAN DISCIPLESHIP for Children, Teens, and Adults

The “formation and education” of people of all ages in the faith of Jesus Christ.

The Lenten Season is an amazing time in the church year, and we will be weaving bible study, projects and discussions into weekly events. Due to the size and number of students who have been attending, we are going to rotate teachers and have a 1 room school house approach. **Please remember that Sunday school time is 9:30am-10:00am. However, it is helpful to come a few minutes early so we have sufficient time to go through the lessons.**

The mission of the Christian Formation team is to develop and implement a robust and engaging Christian education program (for Pre-K through high school), focusing on the Good News of Jesus Christ and bible teachings. The teachers are Lynn Trinchera (pre-K – 2nd), Michelle Clinger (3rd - 5th), Andi Lynott (6th - 8th), Mirelle White (confirmation), Kim Webb (youth group). Fred Galano and Sharon Nanda have been integral in planning and offering their expertise in the program.

If you are interested in helping out or getting involved in this exciting ministry, please let me know: Adrienne Hahn (awhahn@yahoo.com)
<https://www.facebook.com/adrienne.w.hahn> @awhahnmom (Instagram)
(908) 892-0848 (text or phone)

Tuesdays at Ten

Invigorated by a visit from Rabbi Joe Forman in January, we're beginning to explore how the judges and kings managed the Israelites in their new land. You are always invited to join our study group. We start each Tuesday with Morning Prayer and adjourn at 11:30am...and the coffee pot is always on.

**For Lent: A Morning with Mark
Saturday, March 10th
9:30am to 12:00 Noon**

During this year, most of our Sunday gospel readings are from the Gospel of Mark. This shortest and earliest of the 4 gospels lends itself beautifully to reading aloud, and that's what we'll be doing together. Come share the story of Jesus, written in Mark's particular, urgent style, as a reader or a listener. The morning will conclude with a soup lunch.

A Lenten Field Trip

On Saturday, March 17th, join members of the Tuesdays at Ten group for a program on the Life and Works of Hildegard of Bingen, held at Trinity Church in Solebury, PA from 9:00am – 12:00 Noon. Learn about this fascinating 12th century church leader, a true pioneer, whose many works in music, art, poetry, drama, and theology are still inspirations today. We will carpool from Calvary, leaving at 8:15am. Please sign up on the lectern so that we don't leave without you!

Youth Group News

The youth group is open to all students 6th-12th grade and their families. Look for details in March for our Bring a Friend event.

In April, the youth and their families are invited to participate in the "Rise Against Hunger" service project at All Saints Church in Scotch Plains. Please come and meet other youth from our diocese. See the Youth Group bulletin board for details.

On Saturday, April 21st we will have our annual Spaghetti Supper. Tickets will be sold after church on April 8th & 15th. All proceeds from this event will be donated back to Calvary so bring your friends!

If you are interested in being part of the Youth Group, contact Kim Webb at 732-735-2845.

COMMUNICATION

Proclaiming our ministry to parish members and beyond.

The Communications Team is here to assist the Ministry teams with promoting events. If you have an event you want advertised to a wide audience, please speak to the Communications Team for assistance.

SEEKING Writers, Tech Support and Creative Parishioners for a variety of projects in 2018

If you are interested in writing articles for the local newspapers, have software skills in PhotoShop, Microsoft Publisher and the rest of the Microsoft suite, please speak to Mirelle White.

Next Newsletter Deadline: March 21st, 2018

Bookmark the Church URL: <http://www.calvary-episcopal.net>.

SEEKING 200 FACEBOOK FOLLOWERS BY April 30th!

Calvary's **Facebook** page has 183 followers! Join this vibrant social media community - We can be found at

<http://www.facebook.com/calvary.episcopal.flemington.nj>

Or if you prefer, follow us on **Twitter** at <http://twitter.com/calvaryflemnj>

And now **Instagram** at

<https://www.instagram.com/calvaryepiscopal/flemington/>

Episcopal News Monthly: www.episcopalchurch.org/ens.

To receive a daily e-mail of the latest news, sign up at

<http://www.episcopalchurch.org/ensdaily>.



Thank you to the Office Angels:
Alice Berry, Liza Kistler, Judy Schoenherr, and Natalie Whiting.

WELCOME & FELLOWSHIP

*Bringing and welcoming people to the "Calvary branch" of the Church.
Gatherings of adults, youth, and children to enjoy God's creation of each other.
Assisting people in need within the parish, including pastoral care by clergy.*



Saint Patrick's Day Dinner

Everyone is Irish in March! **Our Annual St. Patrick's Day Dinner takes place on Saturday, March 17th at 6:00pm in the Parish Hall.** This is a 'pot-luck' dinner, and everyone is invited to bring a dish to share. There will be a sign-up sheet in the Hall, and disposable chafing pans will be made available in the kitchen for you to use to bring in your hot items.

Calvary's Good Shepherds

Our Good Shepherds keep an eye and ear on the needs of the parish. **We will be meeting at 9:00am on Sunday, March 18th.** If you would like to be a part of this important group, please join us in the All Saints' Room.

FINANCIAL STEWARDSHIP

Managing the money given for the ministry of the parish.

Shop Rite Gift Cards for \$50 or \$100 are available for purchase on Sundays after the 8:00am service! Contact Dan or Denise Holzli (908) 782-1304 for details. SHOP RITE donates 5% of card value to Calvary.

OUTREACH

*Assisting people in need beyond our parish, serving Christ in others,
including pastoral care by clergy.*

Prayer Shawl Blessing

A beautiful new selection of Prayer Shawls will be blessed at both services on Sunday, March 18th. Remember that these shawls are available for anyone. Let Father Drew, Deacon Jack, or Mother Ann know if you know someone who would benefit from this support.



Easter Basket Collection for The Food Pantry

Collecting March 4th & 11th, Assembling & Delivering March 18th

Once again, we will be delivering Easter Baskets for the clients at the Food Pantry. All are welcome to donate & assemble!! Needs are baskets (any kind, gently used are fine), Easter grass, large chocolate bunnies, any individually wrapped candies, any small novelties (stickers, toys, bubbles etc.), & the cellophane bags to wrap up the baskets. Any questions, please see Lynn Cote 537-4497.

Good Friday Special Collection

for the Episcopal Church in Jerusalem & the Middle East

For 150+ years the Anglican Church in Jerusalem has been helping to maintain the Christian witness in the Holy Land by serving all of God's people there in a variety of ministries. Since 1922, Episcopalians have supported these ministries of the Episcopal Church in Jerusalem & the Middle East through the Good Friday offering. It is vital that we continue to share in this burden and not let our brothers & sisters in Jerusalem carry the cross alone.

Thank you to all who contributed to our Support for Seminary & Souper Bowl of Caring. We collected \$180 for the Seminary & \$147 for the Food Pantry.

PROPERTY

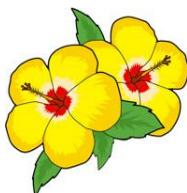
Using, maintaining, and creating physical space as God intends.

Our collection of scrap metal (copper, brass, aluminum) continues...

Please leave your donations in front of the garage. If you have any questions, please contact Ray Malley at 782-3928 or George Scott at 369-4566.

WORSHIP

Giving sacramental expression to our spiritual lives.



Easter Flower Remembrance Special Offering envelopes are provided in your envelope packets, along with a purple form to submit your names or intentions for Easter memorials and thanksgivings. Please enclose a check made out to “Calvary Episcopal Church” marked “Easter Decorations” and place in the offering plate. Forms are due by Monday, March 26th.

Thank you Service Assistants – new and continuing!

We are looking for new acolytes – young and old!

If you are interested, please contact Trey Martin, Deacon Jack, or Mother Ann.

Interested in joining the Altar Guild? Please see Joanne Martin. New members are needed and always welcome.

- **Preparing for Baptism?** Please call the Parish Office to enroll (782-7227).
- **Prayers for the Countries of the World** - Since 9/11 we have been praying for the countries of the world: 2/25 – Belgium, 3/4 – Belize, 3/11 – Benin, 3/18 – Bermuda, 3/25 – Bhutan



Music during Lent from Bob Violette

1st Lent:

Deep River (Traditional Spiritual)

(The Spirituals come to us from the time of slavery in our country. On the surface they seem to be religious in nature. But they are actually code for paths to freedom. Here, slaves who want to run away are being told to cross the river near a specific place. Baptism is for us the ‘river’ we need to cross to enter into the promised land of God’s kingdom, and share in the communion feast we celebrate around the altar each week.)

Deep river, my home is over Jordan

Oh, deep, deep river, Lord.

I want to cross over into campground.

Oh, don’t you want to go to that gospel feast,

That promised land where all is peace?

2nd Lent:

When I Survey the Wondrous Cross

(There are a couple hymn tunes that help us meditate at the foot of the cross. I have chosen this version because of its intensity. The music challenges us not just to reflect on the sufferings of Christ on the cross but more to have us look at ourselves and respond to such love. How can we not confess our sins and accept His grace?)

When I survey the wondrous cross on which the Prince of glory died,

My richest gain I count but loss, and pour contempt on all my pride.

Lord, that I should boast save in the death of Christ, my God!

And the vain things that charm me most, I sacrifice them to his blood.

See, from his head, his hands, his feet, sorrow and love flow mingled down!

Did ever such love and sorrow meet, or thorns compose so rich a crown?

Were the whole real of nature mine, that were a present far too small;

Love, so amazing, so divine, demands my soul, my life, my all! Amen!

3rd Lent:

Thou Knowest, Lord, the Secrets of Our Hearts (Henry Purcell 1694)
(Purcell wrote this anthem for the funeral of Queen Mary II. It was also sung at his own funeral. The words come from the Book of Common Prayer, 1662. Lent, for me, is a time to go back to the basics and, for me, that means honesty. I invite you to implore with me the Lord to hear our prayers. I also ask myself to keep my own ears open to hear His answer to my prayers.)

Thou knowest, Lord, the secrets of our hearts; shut not thy merciful ears unto our prayer.

But spare us, Lord, most holy. O God most mighty, O holy and most merciful Saviour,

Thou most worthy Judge eternal, suffer us not at our last hour, for any pains of death, to fall from thee. Amen.

4th Lent:

O My People (Vittoria, text from book of Micah)

(This text is used on Good Friday with Jesus speaking directly to us while nailed to the cross, totally defenseless. The response we give is the only one possible – my God, have mercy on me a sinner.)

O my people, what have I done to thee? And wherein have I wearied thee?
Answer me.

Holy God, Holy and most mighty. Holy and Immortal, have mercy upon us.

5th Lent:

O Taste and See (Vaughan Williams)

(Psalm 34 gives the 20th century British composer Vaughan Williams the inspiration for this short anthem. The women of the choir sing the text in unison, deceiving us into thinking how simple the scripture's message is. Then the full choir repeats the text but, like the people at the Tower of Babel, in such a way that the words are confused. It's only at the very end do we hear clearly the meaning of the psalm: "trusteth in him.")

O taste and see how gracious the Lord is: blest is the man that trusteth in him.

Finding God in All Things

by Fred Galano

Being in a real relationship requires listening, noticing, and feeling. The same holds true for our relationship with God. God not only calls us into relationship but is always trying to get our attention. So if we accept God's call to relationship, how then can we listen, notice, and feel God in our life?

Because God is in the world, if we take time to notice, we can see how God speaks to us through the events of our day. By getting into the habit of looking for God in the events of our day and what God is saying to us through what happens and how we feel throughout the day, our life itself becomes a prayer.

Sometimes it could be a conversation you had with someone, or in my case, snippets of songs that I heard on my way to work:

“Oh don't you dare look back
Just keep your eyes on me
I said you're holding back
She said shut up and dance with me”
--*Shut up and Dance* by Walk the Moon

“Keeping my eyes open
I cannot afford to sleep
Giving away promises
I know that I can't keep
Nothing fills the blackness
That has seeped into my chest
I need you in my blood
I am forsaking all the rest
Just to reach you
Just to reach you
Oh to reach you, oh”
--*Come to My Window* by Melissa Ethridge

Normally, these are just words to pop songs from my playlist on Spotify. However, I realized, their meaning in the context of what I have been feeling and praying about lately. At that particular time, those words became a part of the conversation that I have been having with God about our relationship.

So how do we do this? How do we turn the events of our lives into a prayer? One way to do this is through a prayer exercise called the Examen. It is very easy to pray because it involves only imagination and recall of your day involving a few simple steps:

1. Become aware of God's presence.

Imagine sitting with God and God just looking at you and loving you, God rejoices that you have chosen to spend these few moments together.

2. Look back through the day with God noticing the blessings of the day

The blessings could be as simple as a good meal, a good commute to work, a good night's sleep, good weather, a good uplifting conversation with a friend or co worker. Relive that moment in your mind, savor it, and be grateful to God for it. There is always something to be grateful no matter how little or simple. Celebrate these Graces. This is another way of God saying "I love you!"

3. Pay attention to your emotions.

As you look through your day, how did you feel through different parts of the day? Talk to God about this.

4. Choose one feature of the day and pray from it.

It could be a feeling, a conversation, words of a song, a friend or family member's situation, something that happened during the day. Talk to God about what happened, how you feel about it. Take time to be quiet and listen to what God may be telling you.

5. Look toward tomorrow.

Finally, what do you have going on tomorrow? What challenges and celebrations are ahead? What are you looking forward to or not looking forward to? Talk to God about this.

What Graces do you need to get through tomorrow? Ask God for these Graces now.

I have found that by praying the Examen, there is always something to talk with God about and because of this my relationship with God is deeper because I see God as a true partner as I live my life one day at a time.

In addition, by praying the Examen regularly, I begin to see patterns in my life, what gives me joy, what challenges me, what I need to move forward. This helps me to better discern God's will in my life. I will say more about Discernment in a future article.

"Nothing is more practical than finding God, that is, than falling in a love in a quite absolute, final way. What you are in love with, what seizes your imagination will affect everything. It will decide what will get you out of bed in the mornings, what you will do with your evenings, how you spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love, and it will decide everything."

--Fr. Pedro Arrupe, SJ

More or Less Lent



Traveling around Calvary recently I overheard discussions about what people were doing “for Lent.”

Some described what they were giving up, some folks were saying that they preferred to take on something like Bible study, helping others more, calling shut-ins or folks that were ill.

Nobody mentioned how those plans connected to Lent. So, like a good, modern Church Mouse, I turned to Google. There were hundreds of pages of explanations about the history of Lent, customs, penalties, controversies, etc.

Overload of information without answers!!!

I guess it’s a personal choice. Lent seems to be a time to contemplate what Jesus’ time of teaching, suffering, dying and resurrection means to us individually. To deprive ourselves of eating a particular food may show us how hard it is to stay on a particular track and remind us that choosing less is a good thing to do during Lent.

To take on a Bible study of how much Jesus loves us or to show kindness to others, can show how much more we can do to follow His teachings.

More, or less, the practice of concentrating on Jesus’ actions and teachings with concentrated attention is a good thing, don’t you think?

How are you planning to make your Lent holy?

IN THE COMMUNITY

AA Meetings at Calvary: Monday – Saturday 7:00am to 8:30am
Monday – 7:00pm to 8:00pm

AA Women’s Meeting at Calvary: Thursday – 7:00pm to 8:30pm

OUR PARISH MINISTRY LEADERSHIP

The Rev. Andrew Kadel – drew.kadel@calvary-episcopal.net

The Rev. Ann Holt – ach34@comcast.net

Deacon Jack Hain – jwhain@comcast.net

Jennifer Poruczynski – parish.office@calvary-episcopal.net

Sr. Warden: Jean Good 310-9556, jeanegood@gmail.com

Jr. Warden: Karen Sammer 782-3928, klsrjm@aol.com

Treasurers: Gretchen Pozarycki 806-4964, bippoz@comcast.net

Kevin Bruzzio 806-2452, bruzzio@comcast.net