



The Courier

April 2017 | Volume 10, Issue 4

CALENDAR

April 1

St. Luke's/San Lucas
Community Dining

April 3

The World's Religions
Book Discussion, 7pm

April 3, 10, 17, 24

Centering Prayer, 6pm

April 5, 12, 19, 26

Wednesday Service, 9am
Book/Bible Study, 10am

April 6, 20, 27

Choir Rehearsal, 7pm

April 13

"The Music Man"
Children's Concert
3pm

April 25

Outreach Meeting, 6:30pm

Got news? Have a news item that you'd like to have shared throughout the parish? Please email news@stpaulslynnfield.org or call the church office and let us know who to contact for more information.
Thank you!

Life's Ups and Downs

The Rector's Corner

April is a turbulent month in the Church calendar; it's a wild ride filled with ups and downs and unimaginable swings of emotions.

First we have the illness, death, and raising to life of Lazarus on April 2nd (the 5th Sunday of Lent). Then we have Jesus's triumphal entry into Jerusalem on Palm Sunday, followed quickly thereafter by his betrayal, arrest, and Passion (during which time we're invited into such things as the foot washing on Maundy Thursday and the institution of the Holy Eucharist, and Jesus's "high priestly prayer" that we all may become one, and his own prayer in the Garden of Gethsemane). We travel through Holy Week and Easter together, and then are invited to contemplate a new kind of Post-Easter "resurrection living" as a community of faith. Then on April 24th we pause to reflect upon some

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Join us for Holy Week and Easter



Palm Sunday | *April 9*

Liturgy of the Palms, Dramatic Reading of the Passion, and Holy Eucharist. 8:30 and 10AM

Maundy Thursday | *April 13*

Holy Eucharist, Foot Washing and Stripping of the Altar. 7PM

Good Friday | *April 14*

Stations of the Cross. Noon Holy Eucharist from Reserved Sacrament. 7PM

Easter Vigil | *April 15*

Easter Vigil with Lighting of the New Fire and Festive Choral Eucharist. 7PM

Easter Sunday | *April 16*

Festival Choral Holy Eucharist. 9 and 11AM



Life's Ups and Downs

Continued from previous page

horrors of humanity on Genocide Remembrance Day. April is a wild ride indeed! We run the gamut of emotions from lostness and despair to triumph and overwhelming gratitude.

It makes me think of our own wild rides that many have experienced this past year here at St. Paul's during times of sickness, transition, loss, grief, and newness of life. Many among us have experienced depths and heights and in-betweens that have tested us to the core. Perhaps, because of this, we're now better poised to travel through the Passion of Christ than ever before. We may understand Jesus more this April than we ever could have imagined in the past. And hopefully we will feel closer to him this time around.

As I pray my way through life with Jesus I am struck by how his disposition and demeanor is the same no matter what was going on around him. In both good times and bad he was positively radiant in his outpouring of faith, love, humility, compassion, unity, generosity, and goodness. He never stopped helping others and improving lives. The energy he emitted was always intended to benefit all. He was

resplendent in faith, hope, and love. Through his ups and downs he remained the same. I only wish the same could be said of me. We have so much to learn from him. It's all about trusting him, and following him, and imitating him. He will show us the way through every conceivable situation – because he lives within each one of us. Strap in, my friends, April is going to challenge us. Remember the words from St. Paul's letter to the Romans, "suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us."

May we - in all things, and at all times - shift our own consciousness to come into alignment with the Christ Consciousness. May we remain connected to the Spirit of the Living God no matter what is happening around us. And may we take that radiance into everything we do – all for the greater glory of God.

Many Blessings,
Rob+

Centering Prayer Monday Nights

Be still and know that I am God.

-- Psalm 46:10

Every Monday evening, from 6-7PM in the Great Room, you are invited to participate in a quiet hour of prayer and contemplation at St.

Paul's ongoing Centering Prayer meetings. Each meeting includes a brief teaching, time for questions, and time for prayer. It's not necessary to have attended any prior Centering Prayer meetings. If you have questions, please speak to or [email Fr. Rob](mailto:fr.rob@stpauls.org).



Lenten Outreach Food Project Wraps up April 2nd

Throughout Lent, parishioners have been bringing in donated food items to assist those in greater Lynnfield requesting food and financial assistance. The donations are

packaged in boxes and distributed at the discretion of the Rector. April 2nd is the last week of the food collection. It's your choice: bring soups/stews, powdered milk, fruit drinks,

cereals, coffee, tea, etc. In addition, gift certificates are always welcome. Please place your donations in the wicker basket at the front of the church.

Serving the St. Luke's/San Lucas Community



“The best breakfast I ever had in my whole life,” said one happy visitor to St Luke’s Community Dining Room in Chelsea on Saturday, March 4. Prepping and serving breakfast and lunch were Gayle Richardson, Carl Ogren, Jo-Anne Collins, Jonna Casey, Tyler Walsh, and Chef Jim Rosato. Join us the first Saturday of the month for a rewarding, life-affirming experience. Contact [Gayle Richardson](#).



Reach Back and Get It

By *Jim Vath*

On Saturday March 3rd, I attended a Diocesan learning event entitled called “Our Stories Speak of God”. This event was led by Rev. Hershey Mallette Stephens from Trinity Episcopal Church, Wall Street and Amy Cook from the Diocese of Massachusetts. The purpose of this event was to impart some tools and skills for talking about the transforming power of God in our lives through sharing our stories with the hope of connecting with the people in our community.

One of the concepts that stuck with me and I saw in action is that of Sankofa, which is a word from the Twi language of Ghana. It roughly translates to “reach back and get it” and is symbolized by a bird with its head turned backwards taking an egg off its back. The concept refers to the power of looking back into the past with reverence to move forward with clarity and purpose.



One of the exercises we did was to construct a spiritual autobiography timeline that looked at life events, religious rituals and social events over my 56 years on Earth to consider how God has been made manifest in my life. In praying through my story and telling it to

Our Stories Speak of God

others I saw a rhythm and a symmetry to events in my life and how God surrounded my hardships and struggles and spiritually dry periods with significant gifts of wisdom and presence. The story also led me to identify with the apostle Peter and wonder what his life was like before Jesus came along and asked him to drop his net and follow him. It had me asking myself if I was ready to drop my net?

The power of looking back and praying through our past is not only powerful for individuals, but also for church communities. As we enter our 100th year as a community of faith looking back and finding the people, stories, and events that shaped us can be very valuable in helping us envision our future and communicate clearly to others who we are as a community.

I look forward to working with everyone on how to celebrate our 100th anniversary and I think some Sankofa on the history of St. Paul’s will help us honor the past and forge a future that our members and our members yet to be will be excited about.



Welcome, Julia Nelson!

Many of you may have noticed a new face among the choir on Sunday mornings. Since January, Julia Nelson is delighted to have joined in as the new soprano section leader, and is happily here to stay. Julia grew up in Massachusetts and received her musical training at several Boston-area institutions, among them the University of Massachusetts, Gordon College, and the New England Conservatory Opera Workshop. She holds an honors certificate in intellectual history from the Salzburg Institute of Religion, Culture, and the Arts, and has spent extensive time in Germany as an intern and educator of language arts with the Goethe Institute. She



Dick Shafner photo

enjoys performing locally, with such ensembles as the Veritas Early Music Ensemble

of Harvard University, and the International Baroque Institute at Longy, as well as collaborating with local composers on new works, and participating in local and regional vocal competitions. Since 2011, Julia has served on the faculty at Keys for Kids Music School as a voice and piano instructor, and this past school year has joined Stoneham Theatre's education department to assist in the development of their brand new voice program. Julia would like to thank everyone at St. Paul's for the warm welcome, and looks forward to joining in with its joyful community even more in the coming months.

Could you Use Some Marvelous Meals?

St. Paul's "Marvelous Meal Team" is a group of St. Paul's volunteer chefs who provide meals for parishioners who are ill, who are recovering from a medical procedure, or who otherwise need some of God's love.

If you or someone you know would like to receive meals, please [contact Fr. Rob.](#)





Mary, Mary, Quite Contrary ...

... How does your garden grow? Well, no silver bells or cockleshells in evidence, but the St Paul's garden is growing garlic under the hay (and now snow).

Anyone interested in helping plan, plant, weed, or harvest is welcome to join us.

Contact [Fr. Rob](#), [Karen McAlmon](#), or [Gayle Richardson](#) for further details.



3 Ways to Give Electronically, Conveniently

Have you discovered yet how easy it is to give to St. Paul's electronically?

1. Online Giving:

Visit St. Paul's online giving site:

<http://tiny.cc/SPECgiving>.

Click "First Time" to set up your Donor Profile. In the future, access your Profile using your email and password.

2. Mobile Giving:

Download the EasyTithe app from your app store. In the app, search for St. Paul's Episcopal Church by name, or by ZIP code 01940. Create your Donor Profile right in the app and, when logged in, donate by tapping the "+" and



entering the amount and payment method. Tap "Add new payment method" to add your card and billing details or click "Quick Scan" to scan your card with your phone camera. You can also input your bank account and routing number to send an eCheck donation. Tap "Give" to process your donation.

3. Text Giving:

The easiest way to give to St. Paul's is to simply text the amount you would like to give to 781-209-6119. The first time you use text giving, you'll need to register. When your donation processes, you'll receive a confirmation text.

If you would like to speak to [Fr. Rob](#) or Stewardship Chair [Jim Vath](#) about pledging or our finances, please feel free to reach out to them.



Call for Additional Ushers

Matthew 28:9 And behold, Jesus met them and greeted them. And they came up and took hold of His feet and worshipped Him.

By Sheila Callaghan

St. Paul's is a warm and welcoming church community. Ushering is a very important ministry within this community. The main responsibility of the ushers is to welcome Sunday worshippers into St. Paul's Church. Parishioners are greeted with a smile and Sunday bulletin. The ushers ring the church bell 10 minutes before the start of the service and one minute before the opening hymn to announce the start of worship. Keeping

track of attendance is an important way to understand the life of St. Paul's church. Ushers count all the people in the sanctuary. The ushers collect the Offertory and present the offering plates at the Altar rail for blessing. During Holy Communion the ushers regulate a continuous flow of people to the Altar rail to receive the bread and wine. At the conclusion of the service, the ushers remove loose papers and tidy up the pews.

Currently we have eight two-member teams ushering at the 10:00 service, along with

youth that usher the first Sunday of the month. The time commitment of ushers is approximately an hour and a half one Sunday every three months. I prepare the schedule in two-month intervals so if you are assigned to a Sunday that you know you are unable to serve there is always another team available to switch with you.

Please prayerfully consider becoming an usher for St. Paul's. This is a wonderful way to meet other parishioners, and it is not a huge time commitment. If you would like to serve in this ministry please [email](#) or call the church office 781-334-4594.

Final Lenten Adult Forum April 2nd

All during Lent, following the 10:00AM Sunday service, St. Paul's has offered a series of Adult Forums to reflect on Lenten themes of Temptation, Sin, Repentance, Forgiveness, and Resurrection. The Forum on April 2nd will be the last in the series, focusing on Resurrection.

Join us from 11:30 to 12:30PM in the Common Room for a conversation to help prepare ourselves for Christ's passion and Easter victory. We will consider cultural and

Sin
Temptation
Repentance
Forgiveness
Resurrection

spiritual viewpoints, but most important, we will have an opportunity to share our personal view on the theme of Resurrection, and to learn others' views.



Godly Play Update

In our Godly Play classroom, we began the month of March listening to the Parable of the Good Samaritan. Jesus tells us “to love God and to love people just like they are your neighbors.” We wondered ... who is my neighbor?

Lent is when we prepare for Easter, so we spent the next three weeks of March helping the children move toward the Mystery of Easter. We heard the stories of Christ’s journey

Question in the Faces of Easter Story:

I wonder ... what’s the most important part of the story?

Child’s Answer:

I think it’s when Jesus was born and when he dies, because if those things didn’t happen we wouldn’t have those holidays.

toward the cross and resurrection in The Faces of Easter Story I-VII. This story invites the children to take pieces from other Godly Play stories to put next to the pictures used to tell the story to

help them remember the pivotal moments in Jesus’s life.

Sunday school begins at 10AM each week. On the first Sunday of each month we tell a Godly Play story downstairs and join the congregation at the Peace for Eucharist. Childcare is available for younger children not quite ready to join the circle.



Celebrating the successful teamwork used to complete a 100-piece Noah’s Ark puzzle during a recent 20-minute Godly Play worktime.

April Godly Play Story Schedule

- 4/2 Parable of the Mustard Seed
- 4/9 Jesus & Jerusalem
- 4/16 Easter – no Sunday school
- 4/23 Parable of the Sower
- 4/30 Parable of the Good Shepherd & World Communion



Empty Bowls Event Tickets Now Available

The Empty Bowls Project is an international grassroots effort to raise money and awareness in the fight to end hunger. It began in 1990 and has spread around the globe.

The sixth annual Chelsea Empty Bowls event will be held

**Thursday, April 20, 2017
5-7PM**

**Chelsea Community Schools
Williams School Cafeteria
180 Walnut Street, Chelsea
(use Arlington St. entrance)**

Tickets are \$20 in advance and \$25 at the door. For your donation you can choose and take home a beautiful ceramic bowl or soup mug painted by one of our community members. You can also enjoy some hot soup and participate in a fun community building occasion. This year we will also be offering ice cream, courtesy of Toscanini's! All this while enjoying great company and helping a worthy cause.

We will also have special bowls available for auction and sale.

St. Luke's Community Dining Room and Food Pantry are the primary recipients of the funds raised by the event. A portion goes to other Hunger Relief organizations around Chelsea.

Please see Sheila Callaghan or a member of the Outreach Committee if you'd like to purchase a ticket for this event.



Prayer Shawl Ministry Meets Every Other Monday



Every other Monday at 7PM, knitters in the Prayer Shawl Ministry gather in the Common Room to quietly work on their shawls. These delightful works of art, which will be given to those who could use some comfort, are crafted with care and love. Starting and ending with prayer, meetings of the Prayer Shawl knitters are filled with companionship and yarn. All are welcome! Contact [Carole Mason](#) to inquire about the next Monday meeting.



Easter Flowers

If you would like to remember loved ones this Easter with altar flowers, please leave your donation, together with the name(s) of those you wish to remember, in the offering plate by Palm Sunday, April 9. If you're unable to deliver your donation and names in person, please mail them to the Office so they're received by April 9.



“The Music Man” Children’s Sing-along Concert, April 23



St. Paul’s ongoing concert series will take a turn to the youngest crowd at 3PM on April 23rd as we welcome Ed Morgan (aka “The Music Man”) for an afternoon of delightful, interactive music making.

For over 10 years Ed has delighted kids and grown-ups alike with his interactive blend of original and traditional children’s songs. Get ready for some singing and dancing appropriate for kids aged 1-99!

The concert, which will last approximately 45 minutes, is free and open to the public. Bring your kids and grandkids for a fun and musical treat!



Serving in April

	April 2	April 9	April 16	April 23	April 30	Non-Sunday Holy Week Servers Mundy Thursday Acolyte: D. Scheeler Lector: J. George LEM: C. Ogren Good Friday (Noon) Lector: C. Ogren Good Friday (7PM) Lector: S. Bourdon LEM: Jim Vath Easter Vigil Acolyte: D. Scheeler Lector: R. Sorrentino LEM: J. Rosato
Acolyte	N. Vath	A. Mentzer	B. Vath (9am) J. Ofori (11am)	T. Walsh	P. Walsh	
LEM 8:30 10	B. Savage P. March	C. Shea G. Garlow	C. Shea (9am) J. Rosato (11am)	B. Savage C. Ogren	C. Shea P. March	
Lector 10	A. Mentzer	J. Rosato	P. March (9am) B. Sorrentino (11am)	S. Mentzer	K. Scheeler	
Ushers	A. Mentzer Jake Vath	A. Council K. Scheeler	TBA	TBA	TBA	
Altar Guild	Team 4	Teams 1+2	Teams 3+4	Team 1	Team 2	
Coffee Hour	L. Plante T. Walsh	E. Vath	TBA	TBA	TBA	

Contact Us

Office Hours: Mon. 9AM-3PM | Wed. 9AM-1PM | Thurs. 1:30-3:30PM | Fri. 9AM-noon

Clergy and Staff

Rector	The Rev. Rob Bacon	781-999-1142	rbacon@stpaulslynnfield.org
Parish Administrator (Office)	Sam Nelson	781-334-4594	office@stpaulslynnfield.org
Sunday School Director	Sheila Callaghan	781-246-3505	callaghan.sheila@gmail.com
Bethlehem School Director	Carmelina Padovani	781-334-6436	director@bethlehemschool.org
Music Director	Sam Nelson	617-281-0387	musicdirector@stpaulslynnfield.org
Youth Director	Paul Bowen	617-803-8266	pauljbowen@gmail.com

Vestry Officers

Senior Warden	Katie Ahearn	978-531-0468	kateah46@gmail.com
Junior Warden	Dave Garlow	781-342-5130	dave.garlow@gmail.com
Treasurer	Kwame Ofori-Asante	617-504-9594	kwameofori01@gmail.com
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