

GRACE NOTES

MARCH 2019

PARISH LIFE EVENTS:

ANNUAL COOK OFF RESCHEDULED

Saturday, March 30 from 6 to 9 p.m. The theme being "Anything with Rice". Contestants may make any recipe as long as it contains rice. Judging will be based on two categories: "Sweet" or "Savory". You do not need to compete to participate. All are welcome. There is a sign-up sheet in the Welcome Area for both contestants and "judges". We hope you will join us for this fun event.



TAI CHI

Parish Life is offering 4 tai chi classes to be held on Thursday March 7, 21, 28, and April 4 at 7 p.m. This is open to parish members and those friends they wish to invite. In lieu of a class fee, participants are asked to make a monetary donation or a non-perishable food item donation. (money & food will be donated to the Baldwinsville food pantry.) A sign up sheet is in the Welcome Area.

SYRACUSE CRUNCH HOCKEY FANS

Join Parish Life as we cheer on the hometown team on Saturday, March 23 at 7 p.m. at the War Memorial when they play the Utica Comets. It should be a fun-filled night as the theme for the game is superhero night and will be giving away koozies. Invite your family, grandkids, and friends to come along. We need 15 people for the discounted price of \$16/person. Last sign up day will be March 10 with payment due at that time.

SHROVE TUESDAY PANCAKE SUPPER

Parish Life is sponsoring a Shrove Tuesday Pancake Supper on Tuesday, March 5, from 5 to 7 p.m. in the undercroft. The menu includes all-you-can-eat pancakes with toppings bar, sausage, and beverages. Tickets are available at the door: \$6 per person, \$3 per child (10 and under), with a maximum of \$18 per family. The net proceeds from the event will be used for our Samaritan Center support. The event is open to the community, so feel free to invite your friends!



I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word – Book of Common Prayer p. 265

About sixteen-hundred years ago a well-educated religious woman known as Egeria left north-west Spain to make a pilgrimage to the Holy Land, and wrote home to her sisters. This account of her travels survives in an eleventh-century manuscript rediscovered in 1884. The rediscovery of how Lent, Holy Week and Easter were observed in Jerusalem at the end of the fourth century gave twentieth-century liturgical scholars a historical framework for many of the rites and practices we use today, and influenced the liturgies for Holy Week and Easter found in our current Book of Common Prayer.

The idea of pilgrimage is itself is a recurring one in Christian spirituality. In the medieval period those who were unable to go on pilgrimage to major sites such as the Holy Land, Rome, Camino de Santiago or Canterbury, could make a “pilgrimage” by praying the Stations of the Cross, or walking a church labyrinth like the famous one at Chartres Cathedral in France. Today we may refer to our Lenten “journey” in much the same way.

Often we hear about “giving up” something for Lent. This “giving up” comes from the idea of fasting; that is, limiting the quantity and type of foods eaten on some or all of the days of Lent, especially Fridays.

Fasting, however, can take many forms. Some fast from entertainment television, spending at least some of the time freed in reading or conversation with others. Others fast from participation in social media or internet surfing. Some fast from negativity, trying to remain positive, or at least silent about the inevitable large and small irritations of daily life. A list attributed to Pope Francis suggests one might “*Fast from hurting words and say kind words. Fast from sadness and be filled with gratitude. Fast from anger and be filled with patience. Fast from pessimism and be filled with hope. Fast from worries and trust in God. Fast from complaints and contemplate simplicity. Fast from pressures and be prayerful. Fast from bitterness and fill your heart with joy. Fast from selfishness and be compassionate to others. Fast from grudges and be reconciled. Fast from words and be silent so you can listen*”

Like the pilgrimage, when one gives up the comfort, security and familiarity of home, and takes on the effort of travel, simplicity and prayer, a Lenten discipline often includes taking on something new, or intensifying efforts of prayer, study, and service. Some ideas and resources for Lent are listed below.

The object of a Lenten discipline is not to execute it perfectly, but rather to learn where and when in our lives we are putting our own desires, likes, and comforts in the place of God and

our service to others, and how, without God, we cannot accomplish anything. Failing in our efforts, and beginning again are like the respites one might take on a long journey, to catch one's breath, ask for help, and recommit to the effort, with God's help.

Blessings on the journey!

Mo. Cathy+

Lenten Resources:

Bishop DeDe Duncan-Probe is offering a live online Bible study on four Thursdays at noon. Connect via Facebook Live or Zoom video-conference, or visit cnyepiscopal.org to view recordings on-demand.

Wednesday Soup Suppers – 5:30 – 6:45 p.m. Brief celebration of Holy Eucharist in the Welcome Area at the church entrance followed by soup & bread in the lower level Conference Room beginning March 13.

Sunday Nine-Fifteen Forum. Life Transformed—The Way of Love in Lent. beginning March 10.

Tuesday noon Holy Eucharist and 1:00 p.m. Forum. Life Transformed—The Way of Love in Lent beginning March 12.

Episcopal Relief and Development Lenten Meditations booklets are available in the Welcome Area at the church entrance. Also available is the classic Forward Day by Day booklet.

Sunday lectionary readings can be found on the Lectionary Page at www.lectionarypage.net (also linked from our website)

For a fun Lenten devotion, follow Lent Madness and learn about the saints, our ancestors in the faith. Based loosely on the NCAA basketball tournament, this unique competition pits saints against one another in a single-elimination bracket as voters choose their favorites throughout the penitential season of Lent. Find out more at www.lentmadness.org

Mission St. Clare offers the Daily Offices of Morning and Evening Prayer online. There is also a smart phone application for iPhone, iPad or Android, and a Kindle/Nook app.

The daily offices are also, of course, in the Book of Common Prayer. The Lenten calendar of readings for the Daily Office begins on page 950 (Since 2019 is an odd year, we are in Year 1). The Office readings can also be found on the Lectionary Page website.

Find more resources for Lent at our diocesan website <https://cnyepiscopal.org/lent/>



OUTREACH PROJECT FOR MARCH

The Outreach Ministry has received a request from the Baldwinsville Volunteer Center for toiletries to distribute to the needy. Even though the Volunteer Center works with the Baldwinsville Food Pantry, which also distributes some toiletries, it seems that these items are in short supply. Adding to the problem, Food Stamps cannot be used to purchase some of the items.

Therefore we are asking for any unopened, unused, full-sized toiletry items. (No samples, please) These can be unused items from your closet, or medicine cabinet, or purchased specifically for our collection. They can be for men, women and/or children. Any toiletries will be accepted, but the following are especially needed:

Manicure items such as nail clippers and emery boards

Toothbrushes, toothpaste, dental floss, mouthwash

Feminine hygiene products

Shampoo and conditioner

Deodorant and

Bar soap or body wash

Razors

Tweezers



FROM OUR FRIENDS OF THE ART GUILD OF CNY

Spring Radisson Show - March 30 and March 31 from 11 a.m. - 4 p.m.

CNY Art Guild member exhibit in June at the Baldwinsville Library

End of the Guild year Potluck, Thursday, June 13 at Grace Episcopal Baldwinsville

CNY Art Guild member exhibit in September at the Liverpool Library

CNY Art Guild member exhibit in October at the Fayetteville Library

Fall Radisson Show - October 5 and October 6 from 11 a.m. - 4 p.m.

IT'S MAPLE SYRUP TIME AT BEAVER LAKE AND GRACE IS WELL REPRESENTED!!

Maple Sugaring Demonstrations each weekend in March:

Saturdays - 10 a.m. - 2 p.m.

Sundays - 1 p.m. - 4 p.m.

Admission fee is \$5 per vehicle (Veterans and active military are free).



There is a demonstration sugar bush with six different stations to introduce visitors to the heritage of maple sugaring, as well as an opportunity to sample the fruits of photosynthesis.

Dan Wiemers, Charlene Furbush, and Jim Young are on the team of knowledgeable interpreters who will be explaining the sugaring process.

Pancake Breakfasts each Saturday in March from 9 a.m. to noon.

Depending on the appetite, breakfast costs will range from \$3 - \$5 for a meal featuring pancakes, sausage, juice and a hot beverage. Be sure to look for Dan Wiemers flipping pancakes!

We are fortunate to have the Beaver Lake Nature Center in our own backyard, and are pleased that some of our own parishioners volunteer their time there. In addition to the maple sugar weekends, Dan Wiemers, Charlene Furbush, Jim Young, and Joy Pople serve as Trail Guides throughout the year, and in fact, Dan was named "Trail Guide of the Year" for 2018! And Carla Wiemers also works at various events and is on the Board of Directors of the Friends of Beaver Lake, along with Dan, Joy, Jim, and Charlene!



A PRAYER FOR CONFIRMATION

May Almighty God bestow upon Joe Smith the blessing of His mercy and give them an understanding of the wisdom that leads to salvation through Christ our Lord. *Amen.*

ASH WEDNESDAY

Holy Eucharist services with imposition of ashes
12 & 7 p.m. on , March 6.





Lent 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>For every item I have on this list, I commit to placing: In my UTO Blue Box.</p>					
11 Arizona # of houses you've lived in as an adult	12 Connecticut # of camps/retreats you've attended in your lifetime	13 Commencement of Churches in Europe # of cabinets in your kitchen	14 Alaska # of jobs you've held	15 Dallas # of refrigerators and/or freezers in your home	16 El Camino Real # of bridges in your town	17 2nd Sunday of Lent Give thanks today for the ways your church community has blessed you.
18 Idaho # of schools in your town	19 Iowa # of faith groups in your town	20 Iowa COMP # of rooms in your house	21 Lexington # of cleaning products in your house	22 Louisiana # of performances (theater, concerts) you've attended in the last 6 months	23 Maryland # of locks on your house	24 3rd Sunday of Lent Give thanks today for the ways your family bless you.
25 Massachusetts COMP Tianga # of people who can fit around your table	26 Newark # of years you attended school	27 North Carolina # of Christian churches in your town	28 ND COMP SD # of vehicles you own	29 Northern MI # of podcasts or radio stations you listen to	30 Rhode Island # of lights in your house	31 4th Sunday of Lent Give thanks today for the ways your friends bless you
April 1 Rochester COMP Costa Rica # of appliances in your kitchen	2 South Dakota # of books you own in your native language	3 Southern Ohio # of outreach ministries you support	4 SWVA # of community centers in your town (library, town hall, aquatic center)	5 SW FL # of varieties of vegetables in your fridge	6 Upper SC # of young people in your life	7 5th Sunday of Lent Give thanks today for the meaningful work you have in your life.
8 Utah # of pairs of shoes you own	9 Virginia # of bathrooms in your house	10 Southern Ohio # of loved ones who have died in the last year & give thanks for the ways their life blessed yours	11 New York # of friends who attend a different church than yours	12 Virginia # of times you've gone to church this year	13 Vermont # of peace poles or parks in your town	14 Palm Sunday Give thanks today for your life, and your journey.
15 W.NC # of National Parks you've visited in the last five years	16 Haiti # of garden beds or pots in your yard	17 Central Florida # of people you'll invite to church on Easter	18 Moandy Thursday Louisiana # of faith formation groups at your church	19 Good Friday Navajoland # of tables in your house	20 Tennessee, Ghana # of musical instruments or speakers in your house	21 Easter Day



THE WAY OF LOVE IN LENT 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Reflections from <i>Living the Way of Love</i> by Mary Bea Sullivan (Church Publishing, 2019). Used with permission.</p> <p>11 BLESS What challenges are you facing today? Job 11:18</p>	<p>12 GO Where are you being encouraged to "show up"? Matt. 25:44-45</p> <p>19 BLESS Intentionally smile at least ten times today. Phil. 4:4</p>	<p>March 6 TURN How did you turn back towards God's love when you made a big mistake? Luke 15:18</p> <p>13 REST What can you say "no" to so you can say "yes" to prayer, rest, and joy? Lev. 23:3</p> <p>20 GO Where can you go and intentionally provide kindness? Matt. 5:4</p>	<p>7 LEARN Practice lectio divina with this scripture. Luke 15:17-24</p> <p>14 TURN What relationships do you need to mend? Isa. 55:8-9</p> <p>21 REST How do you incorporate rest in your life? Jer. 6:16</p>	<p>8 PRAY What are you thankful for? 1 Chron. 29:15</p> <p>15 LEARN Who might you have a conversation with to learn about God? Ps. 119:105</p> <p>22 TURN Where do you find joy and passion? Luke 24:32</p>	<p>9 WORSHIP What is most meaningful to you in worship? BCP prayer, p. 281</p> <p>16 PRAY Listen to the daily office today at www.missionstaire.com Ps. 55:17</p> <p>23 LEARN What passage of scripture is important to you? Why? Isa. 40:8</p> <p>30 TURN Today, intentionally listen devoutly to another. Mark 4:23</p>	<p>10 LENT 1</p> <p>17 LENT 2</p> <p>24 LENT 3</p> <p>31 LENT 4</p> <p>7 LENT 5</p> <p>14 LENT 6</p> <p>21 EASTER DAY</p>
<p>18 WORSHIP How do you want to prepare people to remember you? 2 Cor. 1:3-4</p> <p>25 PRAY Go for a walk today and pray with your feet, each step with intention. Isa. 2:3a</p> <p>April 1 LEARN How is the Jesus who walked this earth beckoning you to meet him? Mark 10:46-52</p>	<p>2 PRAY Try praying with Anglican prayer beads today. Luke 18:1</p> <p>9 LEARN Slowly read this passage aloud. How does this speak to the world today? Matt. 4:18-22</p> <p>16 WAY OF LOVE Where do you see the seven practices of the Way of Love in this story? Luke 5:18</p>	<p>3 WORSHIP How does community help or hinder your growing in Christ? John 1:12-13</p> <p>10 PRAY Take 20 minutes in contemplative prayer today. Matt. 4:18-22</p> <p>17 RULE OF LIFE How has this Way with God impacted your experience of God? John 7:38</p>	<p>4 BLESS Who has taught you to live a Jesus-filled life? Who have you taught? 2 Cor. 4:16</p> <p>11 WORSHIP What seminal moments have informed a need to return to Christ? Ps. 51:10</p> <p>18 RULE OF LIFE How can you build pauses into the day to reflect on the work of the Spirit? John 15:5</p>	<p>5 GO Create a prayer re-peating how you seek to serve God and follow Jesus. Matt. 5:15.</p> <p>12 BLESS When you reflect on financial giving, are your palms open? Matt. 12:43-44</p> <p>19 RULE OF LIFE How do others experience the love of Christ through you? Gal. 5:22-23</p>	<p>6 REST How might you connect with others in the spirit of renewal? 1 Kings 19:11-12</p> <p>13 GO Where can you seek and serve Christ in someone unlike you? Jer. 30:22, 31:4-5.</p> <p>20 RULE OF LIFE Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p>	

Website: GraceEpiscopalBaldwinsville.org

Tel: 315 635 3214

110 Oswego Street, Baldwinsville, NY 13027

First Saturday Holy Eucharist - 4 p.m.

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Tuesdays - 12 Noon

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Sundays - 8 & 10:30 a.m.

HOLY EUCHARIST



**Grace Episcopal Church
P.O. Box 6, 110 Oswego Street
Baldwinsville, NY 13027 - 0006**