

GRACE NOTES — February 2023

MOTHER CATHY'S CORNER

Whatever happened to the Gesimas?

No, that's not a family you don't remember, nor the name of a TV series!

Photo credit: Nathan Anderson on Unsplash

Before our 1979 prayer book, the Episcopal Church observed a season called "Pre-Lent" that included three Sundays with peculiar names: *Septuagesima*, *Sexagesima*, and *Quinquagesima*. They were observed by the western Christian church from about the sixth century, and were retained after the Reformation by Roman Catholics, Anglicans and some Lutherans. This pre-Lenten season had some odd juxtapositions, with the use of violet vestments, minimal decoration in church, and rather mournful readings, but because it wasn't actually Lent yet,



fasting was not required—in fact, *Mardi Gras*, Fat Tuesday, occurred on the last day of this season¹. One reason for this season was to increase the number of fast-days from 36 (because Sundays are never fast days) to match the forty days Jesus spent in the wilderness (Matt. 4:2, Luke 4:1-2), Moses spent on Mount Sinai (Exodus 34:28), Elijah on his journey to Mount Horeb (1 Kings 19:8), and the forty years the Hebrew people spent in the wilderness on the way to the Promised Land. The liturgical reforms of the mid-twentieth century led the church to focus on essentials, and a season of preparation for Lent (pre-Lent) for a season of preparation for Easter (Lent) was regarded as redundant, obscuring the true focus on the Paschal Mystery of Easter. During Lent we are to focus not only on fasting and penitence themselves, but on these practices as part of the joyful recollection of our baptism and preparation for the celebration of Easter². The Roman Catholic church removed the pre-Lenten season from the liturgical calendar in 1969, and the Episcopal church followed suit in the 1979 Book of Common Prayer.

Under the old liturgical calendar, Pre-Lent would begin on Sunday February 5th, the third Sunday before Ash Wednesday. Although Lent does not begin this year until Ash Wednesday on February 22, in this pre-Lenten (but not *-gesima!*) time, we might consider now what particular efforts and practices might be helpful this Lent, that we might well-prepared to "*enter with joy upon the contemplation of those mighty acts, whereby [God] has given us life and immortality*"³. Some suggestions and resources are listed elsewhere in this issue, and on our website.

A handwritten signature in cursive script, reading "Cathy" followed by a plus sign (+).

1. Miller, Jennifer Gregory, What is Septuagesima? (And Why It's No Longer in the Current Calendar), <<https://www.catholicculture.org/commentary/what-is-septuagesima>> accessed 1/30/2023.

2. Adam, Adolf, *The Liturgical Year*, Pueblo Publishing Company, New York, 1981, 91-92.

3. Collect for the Liturgy of the Palms, Book of Common Prayer 1979, 270.

FLAP JACKS & APPLE SAUCE!!!

Look what Grace is cooking up this month!



Photo Credit: Ellie Ellien
on Unsplash

You're Invited...& Invite Others!

Shrove Tuesday Pancake Supper

Grace Episcopal Church
110 Oswego Street
Baldwinsville, New York 13027

February 21, 2023
4:30-6:30 P.M. in the Undercroft

Open to the Public

&

Donations Welcome



Photo Credit: Nadja Oertlin on Unsplash



Photo Credit: Clint Bustrillos on Unsplash

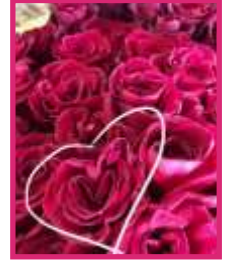
GIVE

Thank you to those who continue to support the church by bringing or mailing in your offerings. For those who would like to make a gift without having to write a check and use the postal system, please consider giving online by clicking the green button on the home page of our website that says, "Give." It is an easy and safe way to give to Grace. You may also contribute in this way for flowers, or to special efforts like Thanksgiving Meals.

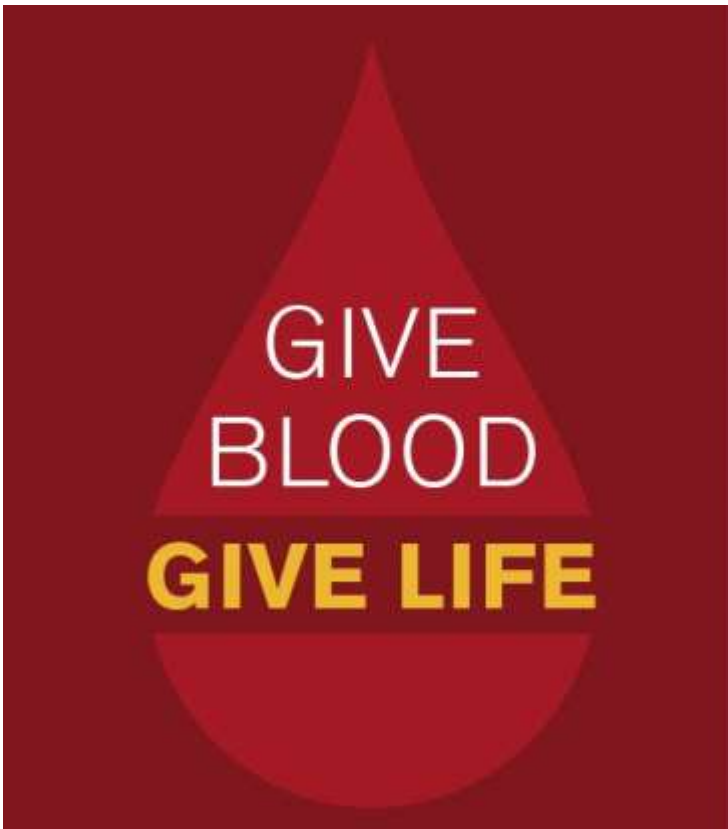
WHEN WE GIVE OUT OF OUR ABUNDANCE, THERE IS ALWAYS MORE THAN ENOUGH.

JANUARY VESTRY MEETING HIGHLIGHTS

- Audit: still awaiting final report
- We are requesting a reduction in our diocesan assessment.
- Reviewed the safe church training requirements for vestry and wardens.
- The vestry continues to work on possible solutions for our budget deficit.



LOCAL BLOOD DRIVE



Blood Drive **St. Mark's Lutheran Church**

Community Room
2840 Cold Springs Road, Baldwinsville, NY 13027

Wednesday, February 1, 2023
10:00 a.m. to 3:00 p.m.

SYRACUSE HOME WORSHIP



Worship at Syracuse Home
for Evening Prayer is scheduled
at 3 pm February 19th

Readers, singers, musicians, and people to help residents with the bulletin are all needed. Please speak to Mother Cathy if interested in helping out.

ATTENTION PLEASE.....



- ⇒ Order Altar Flowers for February 12th or 19th, as during Lent, there will be no flower orders
- ⇒ Happy Valentine's Day February 14th
- ⇒ Grace Notes March Submissions are due February 15th
- ⇒ Random Acts of Kindness Week February 13-18th
- ⇒ Random Acts of Kindness Day February 17th
- ⇒ Office is CLOSED February 20th– President's Day
- ⇒ You're Invited! Pancake Breakfast February 21st
- ⇒ Ash Wednesday February 22nd
- ⇒ Maria is away from the office for local move February 21-23rd

RESOURCES FOR LENT

Episcopal Relief and Development Lenten Meditations: Who is my neighbor?—Download a booklet, access online at episcopalrelief.org/lent. or subscribe to receive daily emails.

A variety of Lenten resources available in the Welcome Area beginning February 12.

Tuesday Forum Join us at 1 pm Tuesdays beginning February 21 (Shrove Tuesday) for our Lenten study (No forum February 28)

Lent Madness a fun, engaging way for people to learn about the men and women comprising the Church's Calendar of Saints. Sign up to receive a daily email at <https://www.lentmadness.org/> or Like LentMadness on Facebook.

Holy Eucharist Tuesdays at noon (no service February 28)

Daily Offices online at www.missionstclare.com



Photo Credit: Pro Church Media via unsplash.com

INFORMATION FOR YOU.....



WEATHER POLICY

Our office will be closed when Baldwinsville schools are closed due to weather. Weekend closures will be announced via email, posting on our website, Facebook page, and on local media.



Photo Credit: Bob Wright —
Denali from Anchorage, Alaska

Current COVID-19 Precautions



We will increase or decrease the ventilation, recommend or require masks and physical distancing, and other measures depending on the current status of Onondaga County. If you are sick or have any symptoms, please stay home.

Photo by Jan Kopřiva on Unsplash.com

HAVE YOU SEEN US ON YOUTUBE OR FACEBOOK?

Grace Church is now livestreaming to Facebook for our 11:00 AM Sunday services. We have several very regular attendees, and others find it convenient during travel or bad weather. Can't find our Facebook Page or YouTube Channel? Click the social media icons in the header and footer on our website GraceEpiscopalBaldwinsville.org.



COMMUNICATION COORDINATOR

OFFICE HOURS

TUES 12:00 PM - 5:00 PM WED 7:30 AM - 3:00 PM THURS 1:00 PM - 4:30 PM

Maria is away from the office for a local move February 21st—23rd

Please contact our parish office

in case there have been changes to Maria's schedule



RANDOM ACTS OF KINDNESS



BE CONFIDENT use a reusable grocery bag **HANG CLOTHES TO DRY**
read a **BOOK**  **LAUGH OFTEN** bake cookies for a friend
bike instead of drive *plant a tree* send a nice text to an unknown number
STAND UP FOR A FRIEND take some time for yourself **CLEAN YOUR ROOM**
switch to paperless mail **SEND A POSTCARD**  **SMILE**
carpool to work **exercise** donate your old clothes to charity
bring toys to a children's hospital call your grandparents **SHARE A RECIPE**
text an old friend  **high five a stranger** *babysit for free*
tell someone you love them use a travel mug  **ADOPT A SHELTER PET**
make a bucket list (*vs start it!*) **LOVE YOURSELF** *thank a teacher* 
put a bird feeder in your yard  write a review for a local business
tie scarves around trees **Volunteer**  hug a loved one
HIDE A SURPRISE IN YOUR FAVORITE LIBRARY BOOK congratulate a friend
PRACTICE PATIENCE give socks to a homeless person **DO THE DISHES**
start a community garden walk a dog  bring soup to a sick friend
compliment someone **OFFER TO HELP WITH YARD WORK** **THANK YOUR BUS DRIVER**
 deliver flowers to a well-deserving mother **WRITE TO A PENPAL** **BELIEVE IN YOURSELF**
PICK UP GARBAGE ON THE STREET VISIT A NURSING HOME fund an online campaign
give a stranger a lottery ticket **DON'T EAT MEAT FOR A DAY**  *be kind to every kind*



RANDOM ACTS OF KINDNESS
FOUNDATION

randomactsofkindness.org



OUTREACH WINTER FOOD DRIVE 2023

Baldwinsville Food Pantry



Photo Credit to: ke-vin-IQAnyxH9TnE-unsplash

The Outreach Committee is hosting a winter food drive of non-perishable food items for us to deliver to the Baldwinsville Food Pantry.

It seems food donations drop off after Christmas and the pantry has asked us to help fill the gap especially with soups, canned vegetables, pasta and pasta sauces.

We appreciate your help in assisting to decrease food insecurity in Baldwinsville by providing food requested and placing it in the Welcome Area. All non-perishable food items are welcome as this is an ongoing collection and food can be brought in any time of the year. However, we would like to make a delivery to the Food Pantry at the beginning of March. Thank you!

THANK YOU TO CARLA WIEMERS

Carla baked and shared this baked good with us at the Annual Meeting and here's the recipe!

INGREDIENTS:

2 cans Pillsbury butter crescent rolls
2 8 oz. packages cream cheese, softened
1 cup sugar
1 teaspoon vanilla
1/4 cup butter, melted
cinnamon & sugar (Carla used about 1/4 cup sugar and 1 Tbsp. cinnamon)

INSTRUCTIONS:

Unroll and spread 1 can crescent rolls on bottom of un-greased pan. Combine softened cream cheese, sugar and vanilla. Spread mixture over crescent rolls. Unroll and spread remaining crescent rolls over mixture. Spread melted butter over the top and sprinkle with cinnamon and sugar. Bake at 350 degrees for 20-30 minutes.

Website: GraceEpiscopalBaldwinsville.org
office@graceepiscopalbaldwinsville.org
315 635 3214
110 Oswego Street, Baldwinsville, NY 13027



Ash Wednesday February 22 at 12:00 P.M. & 7:00 P.M.
Tuesday 12:00 P.M. Holy Eucharist Rite 2
Sunday 11:00 A.M. Holy Eucharist Rite 2 with music & livestream
Sunday 8:00 A.M. Holy Eucharist Rite 1

WORSHIP



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