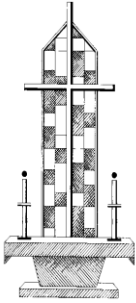


# ST. PAUL'S EPISTLE

February 2010



Dear Friends,

I was talking with an old friend of mine a few weeks ago and she asked me if I still gave up things for Lent. When we were young we fasted from cookies, candy, TV, or movies, etc. This was a practice of discipline that would strengthen us spiritually and build character in understanding deferred gratification, I think. I'm not sure if fasting did that or not.

Also, in those days people fasted from certain foods. For forty days (not counting Sundays) people fasted from meat, milk and eggs. Some only had one light meal a day. Shrove Tuesday is celebrated with food that consists mainly of meat (bacon, sausages, etc.) and pancakes (eggs, milk, flour). These are things that were historically consumed or removed from the household on the day before Ash Wednesday. We humans have wonderful imaginations—to make a celebration in preparation for a long fast.

In the recent past there has been a strong suggestion that instead of giving something up, we strive to do something productive and healing for the world around us. I think this is a great and appropriate response for us as we contemplate all that Jesus did for us.

Although the act of doing good works in the world is sacred and holy, it is not the same as fasting. Fasting as prayer and discipline really does benefit us in deep and spiritual ways. When we “give up” something we make a space in our life that usually isn't there—the space that is filled with whatever may distract us. Recognizing that each of us carries a poverty of spirit, a deep sense for the need of God in our lives can be realized if we leave space so that thirst for God becomes evident to us. As we go along in our daily lives, responding to the needs of our families, carrying out our responsibilities, pursuing the goals we have for living, we may not attend to the profound spiritual need we all have for the gift of love God offers in Jesus Christ. Breaking the rhythm by fasting opens up an opportunity to be intentional about our profound need of God and to become deeply aware of God's profound need of us.

During Lent we have time to be truly aware of God's companionship with us as we enter into this new part of life at St. Paul's. As we strive to know God's love and support, we will be able to imagine the new things that God is preparing for us. In this time with God who rests in our very souls, we will be able to be confident and hopeful with great expectations. Leaving space, fasting, doing good works gives God a chance to inspire new visions in all of us.

The invitation of Lent is always for the deepening of our love for God in Jesus Christ. Offering the discipline of good works as well as a self-imposed fast of one's own choosing can make this and every Lent a time of deep spiritual abundance. As we prepare for the great and eternal gift of the Resurrection of our Lord and Savior, Jesus Christ.

## Long Range Planning Committee Focus Groups

The Long Range Planning Committee has been working for about a year. During that time, we have met with all of the major committees and representatives of activities within the parish. These include everything from the choir to the church school, youth activities, inreach and outreach, fundraising and stewardship, to mention a few.

The next phase of our work will be a series of visioning meetings to be held in February. At these meetings we would like to hear from you about what is going well at St. Paul's, what is not going as well as you would like, and what you dream about for the parish in the future.

The meetings are scheduled as follows:

- Monday, February 1, 7:30 PM at the church
- Thursday, February 11th, 7:30 at the home of Suzanne and Jeff Johnson
- Thursday, February 11<sup>th</sup> at 7:30 PM at the home of Lisa and Brad Hafer
- Sunday, February 28 after church in the Library

All parishioners are urged to attend. Please sign up or call the church to let us know which session you will attend.

Contact the Long Range Planning Committee if you have any questions.

## VESTRY CORNER

At the Annual Meeting on January 31, the vestry said goodbye to two members, Andre Barber and Sue Runkle. We are grateful to Andre and Sue for their faithful service to the vestry, their willingness to speak their minds, and their dedication to the work of St. Paul's.

Now we welcome a newcomer to the executive board and two new members to the vestry. Dori Pulizzi takes over from Carol Hokana as clerk, and Lisa Hafer and David Woodward have begun their terms as vestry members. Carol Hokana will fulfill the remaining two years of Dori's term, and John MacPhee has agreed to stay on the vestry to fulfill the last year of Andre's term. We look forward to continuing the good work of the church in the year to come.

We approach the new calendar year with the news of Frank's impending retirement in the forefront of our minds. The next several months will be ones of joy: celebrating our mutual ministry with Frank, reflecting on our identity as a parish, and looking expectantly to the new challenges and blessings that await us. If you have suggestions, questions, or concerns for the vestry, now or at any time throughout the year, please feel free to speak to any vestry member.

The next vestry meeting will be Monday, February 22, at 7:30pm in the parish library. All are welcome to attend. The vestry will hold its annual retreat on Saturday, March 20, from 9:00am to 3:00pm at St. Anne's Convent in Arlington. We will meet at the church in the morning to carpool and caravan to the convent.

With best regards,  
Emily Mitchell  
Senior Warden



There is a lot happening with the Stewardship committee this year. First of all, I'd like to welcome our new members, Carrie Mathews, Carol Hokana and Alex Brough. These individuals are joining Barbara Perry, Ron Presti, Emily Mitchell, Frank Fornaro, Paul Kruger and me. It's great to have all of you join the committee.

This year the committee will be focusing on "Green Initiatives" at the church and beyond. The diocese is in the process of forming a Green Grant program that will focus on helping churches with recycling, energy conservation, and other such initiatives. The committee will begin to review what we are doing at the church and encourage our parishioners to take a fresh look at their own energy conservation efforts. Once the Grant program is in full swing, we will apply for a grant to help us offset the cost of initiatives that are noted at St. Paul's.

Pledging for 2010 continues to grow. We have 81 individuals pledging to support St. Paul's, and we have a total of \$153,000 pledged. This is great news, and we are less than \$1000 from the 2009 pledge amount. Thanks again to everyone who has submitted a pledge card.

If you have any questions or suggestions about stewardship, feel free to chat with a member of this committee. Remember, stewardship is not just pledging: it also includes the care of our church and the environment.

*Paul Ciaccia,  
Stewardship Committee Chair*

## Notes from the Nursery School



January is such a nice month at preschool. The children are happy to return from their holiday break. They enjoy playing with the toys, and seeing their friends. They all settle in quickly and suddenly seem quite secure in their role at school. This January we started three new children and their adjustment was a breeze.

Our activities this month have focused on snow and ice and all the things you can do in the winter time. We will have "Pajama Day" this month. We all come to school in our pj's, have pancakes and hot chocolate for snack, and cuddle in cozy blankets for stories.

The end of the month will focus on the Winter Olympics. Besides making the flag and the torch, we will have a few of our own Olympic games. Then it will be time for us to turn our attention to Valentine's Day.

Our enrollment for 2010-2011 continues. We still have openings in our two day and three day programs. If you know of any three- or four-year-olds looking for a school, please send them our way.

*Lee Frank*

## Elementary Sunday School

It's great to be back together after a long break through Advent and Christmas. We enthusiastically gathered learning about Jesus' baptism by John the Baptist, Epiphany, St. Paul and some of his letters, and a little geography of the lands where Jesus lived. Through the season of Epiphany, we will create Alleluias to decorate the sanctuary because we are so thankful God sent Jesus to be with us.

Anyone interested in our Elementary Sunday school program is invited to join us on Monday evening February 8<sup>th</sup> for our session 3 planning meeting. The meeting will be held at my house on 11 Redcoat Rd. at 7:30pm. Please note that we will hold Sunday school classes on Sunday January 31, and have a family service on Sunday February 7<sup>th</sup>. (There was an error in the Elementary Sunday school calendar.)

I'd like to thank all the Sunday school teachers who have so generously worked with the children this session: Becky Ricci, Chris Thompson, Carol Wait, Stacy Schalick, Mary Curlew, John Mitchell, Sima Seymourian, Ron Presti, Kelly Anderson, Dori Pulizzi, Andrea Hayes, Susan Adamik, Shanie George, Philip Thompson, Scott Thompson, Nate Presti, Chris Adamik, Hunter Hayes and Austen Sharpe.

*Cathy Presti*

## Catechesis Corner



It was great to get back to the Atrium again with the Catechesis children in January, after a break for pageant and snowstorms. The children enjoy the routine, especially processing to the Altar – future torchbearers all. In mid-February the linens will change to purple for Lent, which they will be sure to notice! We will start working some Easter stories as well as parables into the curriculum, and continue learning about and working with items used in the church.

We expect to keep our regular schedule this month, weather permitting. As usual, the first Sunday of the month (February 7<sup>th</sup>) is Family Sunday. On these days all children attend the service. Catechesis children may come back to the Atrium after the Sermon, or remain with their families. Up to you and them – they learn a lot either way.

**There will be no class Feb 14<sup>th</sup> (President's Day weekend).**

*Amanda Hubbard and Ellen Ryan*

## Middle School Youth Update!

Thanks to everyone who participated in our discussion on January 10th about the impact of television and fame on people's behavior. We have a busy February coming up—see below for details:

**In-class discussion:** Please join us on Sunday, February 7<sup>th</sup>, during church for our monthly in-class discussion. We will be meeting in the back classroom.

**Snow Tubing:** We finally have a date that works for many of you: Sunday, February 7th! We will head over to Nashoba Valley Snow Tubing Park directly from church to have lunch at the snack bar and then tube for 2 hours (1:00 - 3:00). The cost for a 2-hour ticket is \$25 plus money for lunch. Chaperones are needed. Please let Carrie Mathews know if you are planning to attend so we can coordinate rides.

**Community Table Dessert:** As is our tradition, the middle school youth group will be providing dessert for the Bedford Community table. On Wednesday, February 17th, we will meet at the church at 4:00 to bake and decorate Valentine's Day-themed cupcakes for the dinner on Thursday. Please let Carrie Mathews know if you are planning to attend.

**Special Olympics:** Our annual volunteer day at the Special Olympics basketball tournament in Worcester is on Sunday, March 14. This is an amazing opportunity and we encourage all middle schoolers to make time in their very busy schedules to attend. Any middle or high school-aged children are welcome to sign up without their parents, and we will arrange transportation and chaperones. Please contact Suzanne Johnson directly to register and learn more details.

~ Carrie Mathews and Karin Baker

## Dates to Remember



**February 16** 6 p.m. Shrove Tuesday Pancake family supper provided by the St Paul's Men's Group. Entertainment for the children by Bonaparte the magician.

**March 27** - Adult Dinner Fundraiser by the St Paul's Men's Group. Pot Roast with all the fixings \$ 25.00 per person More information to follow.



### Parking Lot!

Please remember that the clergy space in the parking lot is reserved only during the week, not on Sunday mornings. Feel free to park there before the worship service, particularly if you need to be closer to the front door. Overflow parking is also available across the street on Dana Road or along the back drive.



**Flower sign-up**  
FLOWERS: The 2010 flower chart is hanging on the bulletin board at the entrance to the parish hall. Please sign up for a week or more! Flowers can be given in honor of birthdays or anniversaries, in memory of loved ones, in thanksgiving for a particular blessing, or simply for the glory of God. The weekly cost is \$50, though larger donations are certainly welcome. Families can also share flowers for a Sunday and split the cost. If you have any questions about altar flowers, please contact Jan Svendsen.



### High School Youth Movie Night

Sunday, February 28,  
5:30 pm  
Movie TBD -- send us  
your suggestions!



### Confirmation

Confirmation classes  
will start on February  
7<sup>th</sup> after church.

### Don't forget to click through!



If you planning to do any Amazon shopping in the near future, don't forget to visit the St. Paul's website first! Go to [www.stpaulsbedford.org](http://www.stpaulsbedford.org) and click the Amazon link on the left sidebar. You'll be directed to Amazon's site, where you can shop as usual -- but every purchase you make will earn a little money for St. Paul's. Thanks for your support!

### Potluck Breakfast Saturday, February 6th 8:00 AM at the Church (Note earlier starting time)

Join the Women's Group on Saturday, February 6<sup>th</sup> for breakfast at 8:00 AM. Each person is asked to contribute a hot dish, fruit, baked item or juice to the breakfast. Please check the sign-up what is needed. All women in the parish are welcome daughters if they would like to join us.



### Future Events for 2010

- Trip to the Icon Museum in Clinton, MA – Help needed to organize this event
- Sunday April 11 – Annual Brunch at the home of Sharon Healey
- May 5th – Frank will lead a discussion about women in the Bible

**St. Paul's Episcopal Church**  
**100 Pine Hill Road**  
**Bedford, MA 01730**

Sunday Service of Holy Eucharist: 10:00 a.m.  
Office hours: Tuesday-Friday, 9:00 a.m.–1:00 p.m.  
Telephone: 781 275-8262  
Fax: 781 687-9070  
E-mail: [info@stpaulsbedford.org](mailto:info@stpaulsbedford.org)

*Staff:*

The Reverend Francis Fornaro, Rector  
Tracy Lane, Parish Administrator  
Joan Reddy, Music Director  
Bob Godoy, Sexton

*Officers:*

Emily Mitchell, Senior Warden  
Paul Ciaccia, Junior Warden  
Betsey Anderson, Treasurer  
Dori Pulizzi, Clerk

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**Permit No. 11**

**A Prayer**

Our God and God of the generations:  
You who are called by a thousand names  
and who sustains us each morning and evening.  
Help us walk amidst the beauty of creation,  
seeing the extraordinary in the ordinary,  
aware of the great stream of life  
in which we and all things move.  
May we experience more deeply  
the richness of our heritage,  
and the simple miracle of life,  
present in every leaf and raindrop.  
Yours is the rain  
that nourishes the earth,  
and causes the grasses to laugh  
with the joy of life.  
You encourage the blossoms to flourish,  
with the ripening fruit upon which we are sustained.  
Your voice is heard in the stillness,  
Your spirit gives life to us all.  
We are small, ephemeral flowers on the tree of life,  
part of the greater weave of existence.  
May we be filled with love and respect for all life;  
may we be a blessing to each other and a light to the  
world.

*from Song of the Heart*



# OUTREACH NEWS

## Kids can knit!



Thanks to many contributions we have a great collection of yarn for Linus Blankets. Several youth members of St. Paul's have expressed interest in knitting a youth blanket. All you need is size 8 needles. Contact Caroline Larson if you want a coffeehour lesson.

## Help St. Paul's serve up dinner

Celebrate your love for others by helping provide dinner, February 18 for our local food pantry, Bedford Community Table. Adults are needed to help prepare the meal in the afternoon and to help serve in the evening. Middle School Youth will be baking their fabulous dessert. For more information, contact Ginny Draper.



## Girl Scout Sunday is on March 7



All Girl Scouts, past and present who would like to participate in Girl Scout Sunday on March 7 please contact Caroline Larson.



## Mugs for sale

Snowed out in December, we will be selling mugs again at coffeehour. Date TBA.

## Habitat Global Village Fundraiser

In December, St. Paul's contributed a gingerbread house to the Global Village Gingerbread House fundraiser for Habitat. Because of our parish's association with mission in Kenya, we chose to represent Kenya. Made by the Larson family, our submission included a Kenyan hut and a modern Habitat style Kenya house complete with solar panel and water collection system. All gingerbread houses were raffled and we received this letter from the winner of our house.

Dear St. Paul's,

I am writing to tell you that I won your Kenyan gingerbread house. It is just amazing and so clever for making both a before and after version. Thank you so much for all of the care you took to make this as well as for your help to Habitat. This will be a prominent part of my Christmas decorating, with an especially interesting story to go with it.

Merry Christmas.

Sincerely,

June Anderson, Carlisle MA

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## Thank You!

Keep those tab tops coming!



Thanks to all who have continued to participate in the "Tab" program, which supports the Shriner's Burn Hospital. **Keep them coming!**

Also, a thank you goes out to all whom have contributed cans and bottles to help assist the National Guard Veterans with their expenses.

*Ed Lawrence*