



ST. PAUL'S EPISTLE

March 2009

Dear Friends,

When you receive this Epistle we will have begun the Lenten Journey initiated by the imposition of ashes on Ash Wednesday. The first Sunday of Lent which is called *Quadragesima* (forty days) marks the beginning of the first full week of the season. During these days we are called to prayer, fasting and self denial in order to ready our hearts, mind, body and spirits to experience the Holy Days of the Passion of Jesus and his Resurrection from the dead.

Many people give up something for Lent. Some people give up various forms of sweets, like cookies or ice cream or chocolate. Some give up forms of entertainment like movies, concerts, television or video games. In addition to making a difference to our physical lives, fasting does a remarkable thing for our spiritual lives.

In depriving ourselves of something we enjoy, we open a space in our lives that has been previously filled with something we really don't need. We become open. God fills that void if we let God in. God wants to be that which we can never give up. Fasting is a way to let God into our lives, into our hearts, mind, and soul.

Some people have noted that from the beginning of Lent (Ash Wednesday) to the end of Lent (Good Friday) there are more than forty days, which is true. However, Sundays are never included as fast days or Lenten Days. Sunday, every Sunday, is the Day above all days for the Christian world. Every Sunday is a commemoration of the Resurrection. It is always a day of joy in which we offer God great Thanksgiving and Praise for all God does for us especially in giving us Jesus Christ. It is a day on which we gather with friends and family to enjoy the life God has given us and to remember God's love for us and all human kind. Sundays of Lent are not counted as part of the Lenten Journey.

How will you take time during these days to remember God's love for you? How will you carve out something from your life so that God can be palpably present for you? How will you remember that Christ's life, death and resurrection is a gift of love to you from God?

"Lent" means spring or lengthening of days. Even in these serious and deeply sacred days we are shown by all things that surround us to see that the darkness is passing away. Daylight is already with us longer than it was yesterday. In some places here in New England the tips of crocuses are beginning to appear. The snow is melting. Our lives in Christ are always like this holding: the promise that there is always light to dispel the darkness and new life that constantly enriches us.

Catechesis Corner



February was a great month for both Catechesis classes. Catechesis I continues to welcome some new children, so we have been repeating some ‘old favorites’ such as the Good Shepherd story as well as introducing new activities (water is always a hit) and parables. A new addition to the Catechesis II atrium is a lovely marble font, rescued by Frank from a parish which was closing. A ‘baptism area’ is something we have wished for for some time, and the children enjoyed learning about it, pouring water etc - very fortuitously, right before Noah Anderson-LaPorte’s baptism. Both classes have also made colorful “Alleluia banners” which will hang in church until Lent, then reappear at Easter.

Lent begins in March this year, and Easter stories, such as the Last Supper and our wonderful City of Jerusalem model, will be a focus of our lessons in both classes. Tying in very well with this theme will be our special event:

Sunday, March 15th Father Frank will conduct an instructed Eucharist in the Parish Hall. A must for children of all ages! Father Frank guides us step by step through the Eucharist. An amazing learning experience! (note change in date, due to a conflict with Girl Scout Sunday).

Even our youngest children seem to make the connection between the Eucharist and the Last Supper, and understand perhaps better than we adults the mystery of the Eucharist. A special memory from the last instructed Eucharist was a 3-year-old girl gazing at her wafer in awe and whispering “How does it happen?”

Our final session of the year begins March 29. Please let Amanda Hubbard know if you are interested in helping out – it is a great way for parents and others to see what goes on in our Atria.

Sincerely,
Amanda Hubbard and Ellen Ryan

Easter Crossword

Word List:
 bread cross
 sacrifice love
 stone hosanna
 empty risen
 slept thorns

Across

1. Taking this during the last supper symbolized Jesus' body.
4. Jesus was forced to wear a crown made of these instead of a crown meant for a real king.
7. The angel told the women, "Don't be afraid, Jesus isn't here; He has ____!"
8. Instead of praying the disciples did this when Jesus went off to pray by himself.
9. The main reason that God gave His only son, Jesus to die for each of us.

Down

2. On Sunday the two Mary's didn't find Jesus but a tomb that was ____.
3. The word people shouted to Jesus that means blessed is He who comes in the name of the Lord.
5. Jesus became the ____ for us, so we could be forgiven for our sins.
6. Jesus was meant to die on this.
8. This was put in front of the tomb so nobody could steal Jesus' body.

Middle School Youth Group Update

On March 1st, a group of 18 middle-schoolers and their parents left St. Paul's bright and early to volunteer at the Special Olympics in Worcester. We will have a full report in next month's Epistle!

Mark your calendars - the **first annual St. Paul's Easter Egg Hunt** will happen on Easter morning, April 12th, immediately after the 10:00 service. All children up to 5th grade are invited to participate and don't worry, there will be color-coded eggs for different age groups so three-year olds won't be competing against nine-year olds!

Sponsored by the Middle School Youth Group, we are going to need help from youth group members stuffing assorted treasures into plastic eggs and then hiding them outside around the church. More details to come; please see Carrie Mathews if you want to help coordinate this fun event.

Note the date change: our next in-class discussion is scheduled for Sunday, March 29th (Palm Sunday is the first Sunday in April).

Happy (almost) Spring!

Carrie Mathews and Suzanne Johnson

High School Youth

Confirmation class continues apace. This month we will meet after church on March 1, March 15, and March 29. (Those of you who are participating in Special Olympics on March 1 are excused from class.) The confirmation retreat for our deanery will be held March 20-21 at the Barbara C. Harris Camp. Please see Frank if you have not yet registered for camp.

All high school youth members, please watch your email and Facebook for further information on that elusive creature known as Movie Night. We may indeed get together in late March or early April for a Lenten-ish cinematic treat.

John & Emily Mitchell

Annual Women's Brunch

Please join the women of St. Paul's Church on Sunday, March 22, 2009 at Noon for fellowship and brunch at the home of Dori Pulizzi.

We will enjoy brunch and discuss future activities of the Women's Group. All women and girls of the parish are welcome at this annual event. A donation of \$3.00 is requested to cover costs.

Sign up at church or RSVP to the Church Office at 781-275-8262.

ST. PAUL'S WOMEN'S GROUP

Please join us for an evening of spirited, inspirational music as the
TUFTS UNIVERSITY THIRD DAY GOSPEL CHOIR

presents its spring concert at the Cohen Auditorium
on the Tufts University campus

All members of the parish, Middle School age and up, are invited

Friday, April 17th, 2009, 8 PM

Tickets: \$7

Tickets will be purchased in advance. The concert is general admission/open seating. Please sign up at coffee hour, with cash or with a check made out to Lynne Wolf.

We will be carpooling from the church. Please be at the church by 6:45 PM.

Questions: call or email Lynne Wolf.

DEADLINE FOR ORDERING TICKETS: SUNDAY MARCH 22

Holy Week Worship Schedule

April 5th - April 12th



Palm Sunday (April 5th)

10:00 a.m. Holy Eucharist

Monday (April 6th)

7:30 p.m. Holy Eucharist

Tuesday (April 7th)

7:30 p.m. Holy Eucharist

Wednesday (April 8th)

7:30 p.m. Holy Eucharist

Maundy Thursday (April 9th)

7:30 p.m. Holy Eucharist

Foot washing and

Stripping of the altar

Good Friday (April 10th)

12:00 noon Way of the Cross

3:00 p.m. Children's Service

7:30 p.m. Good Friday Service

Saturday (April 11th)

7:30 p.m. Easter Vigil

Sunday (April 12th)

6:30 a.m. Bedford Ecumenical Service at Fawn Lake

Easter Sunday (April 12th)

10:00 a.m. Holy Eucharist

The Epistle is ONLINE!

Have you ever cursed the darkness because you couldn't remember the date of an important church event? Have you ever panicked that you forgot when you were scheduled to read the psalm?

Fear not! The Epistle is available online, on the St. Paul's website. Just go to www.stpaulsbedford.org: the most recent Epistle and service schedule are on the home page, at the bottom of the "What's New at St. Paul's?" section. All Epistles are also available on the Epistle Archive page, reachable via the homepage as well.

Also, if you are NOT a Bedford resident and would like to receive your next Epistle via email as a PDF, please let Emily (emilyjmitchell[at]hotmail[dot]com) and Tracy (info[at]stpaulsbedford[dot]org) know.

The Executive Committee will meet *Tuesday, March 3, at 7:00pm*. The next vestry meeting will be *Tuesday, March 31, at 7:30pm* in the parish library.

As part of our Meet the Vestry series, we are pleased to introduce the two newest members of the vestry, Dori Pulizzi and Natalie Wicks.

Dori Pulizzi

Meeting Dori Pulizzi (pull-IH-zee) is like meeting a warm heart and a big, easy smile—but there is much more behind that welcoming gaze. Dori is a relatively new member of St.

Paul's: she has attended for just over a year with her husband, Michael, and their three children, Leo (7), Helen (8), and Emma (10). Their family has lived in Bedford for ten years. Dori (a nickname for Dorothy, which her sisters could not pronounce) was raised Catholic in Westwood as one of six children. She remembers fondly the ice skating rink that formed in their backyard each winter.

Dori brings wonderfully diverse education and skills to our vestry. She has a degree in Ministry and has been a campus minister at Merrimack College in Andover. Dori spent two years in West Africa in the Peace Corps, traveling around on a Honda 125! She has been a freelance writer and has owned and operated a daycare. She always wanted to be a teacher, and after going back to school for her education degree now teaches at the middle school in Belmont.

Certainly these things alone are more than enough to keep a mom's schedule full—yet the adventurous side of Dori still wants more. She rises at 5:00a.m. to get on her treadmill, which helps keep her in shape for running triathlons with friends and fellow parishioners, Sharon Healey, Lisa Hafer, and Stacy Schalick. They are also in a book club together. Her daughter Helen loves playing hockey—so much that it prompted Mom to join a mother's league. After all of that, Dori goes home, turns on a cooking show, and whips up great treats for her family. Yes, cooking is a hobby!

It is no surprise that Dori and her family have jumped right into parish life, sharing so much with us. Please welcome Dori into another chapter of her life as a member of our vestry. Her smile will welcome you into so much more!



Natalie Wicks

St. Paul's is like part of the family for Natalie Wicks, a newly elected member of the vestry who has been a member of the community for many years. Born in Cambridge, Natalie started attending St. Paul's with her family at the age of six. Her mother, Jan Svendsen, is still an active member of the church. Natalie is the proud mother of four children: two daughters, Sarah (age 23) and Monica (age 22), and two sons, Eric (age 14) and Ben (age 10). Natalie's husband, Dan, serves as a captain for the Massachusetts State Police.

Natalie has been an active part of St. Paul's Advent Fair each year, contributing her time and talents to the basket committee. Natalie's previous work experience includes work as a graphic designer and art director for Sundance Educational Publishers.

In her spare time, she enjoys horseback riding. We are thankful that Natalie has chosen to share her gifts of warmth, good humor, organization, and compassion.



OUTREACH NEWS

Girl Scout Sunday



Sunday, March 8, the Girl Scouts of St. Paul's will have special roles in the service to celebrate Girl Scout Sunday. Adults who were Girl Scouts are reminded to dig out those Girl Scout pins and wear them!

Our scouts have chosen to try to raise \$300 for a scholarship for a young woman in China to attend High School. Scouts will be baking their own Homemade Girl Scout cookies and selling them at coffeeshour. Please support their efforts to help another girl far away. If you have questions about Girl Scout Sunday, contact Caroline Larson.

Dinner, Dancing, Auction and Entertainment

Lowell Habitat for Humanity is having a Gala event to raise funds for projects in Bedford, Dracut and other communities. The theme this year is "Green Energy Efficient Construction" and the honored speaker will be Representative Niki Tsongas. Tickets are \$75 per person. St. Paul's is a covenant church supporting the project on North Road in Bedford.



For tickets contact Habitat Lowell at 978-692-0917. For more information about the Habitat project in Bedford, contact John Mitchell.

Calling all dresses for Belle of the Ball!

Prom night is not only one of the most important social events of the school year, it is also one of the most expensive. At the top of the list is the high cost of a prom dress. The fifth annual Belle of the Ball prom dress collection program kicked off on Feb 1 and continues through April 3. Belle of the Ball is all about making certain that the high cost of a prom dress does not prevent any high school junior or senior girl from taking part in this very special night. All donated dresses (any size) must be damage-free, "gently worn", and no more than 3-4 years old. The dresses are collected and dry cleaned at no charge by Anton's Cleaners and a "boutique" is held in mid-April at Simmons College in Boston where girls "shop" for free dresses. High school junior and senior girls must be pre-qualified by guidance counselors, teachers, and social service agency personnel. Last year 280 girls attended the boutique and 4500 dresses were donated in a variety of colors, styles, and sizes. Volunteer personal shoppers assist each participant with finding the perfect dress, donated shoes, purses, and other accessories. The boutique will also have hair and make-up specialists available to provide advice. Sue Runkle will deliver donated dresses to Anton's from now through April 3, 2009. Drop your gown off at St. Paul's or contact Sue.



Save the Date!



Sunday, March 15th 5:00 p.m., the Adult Choir will present an Offering of Favorite Anthems for the Lenten Season. Please save this date, and bring your friends to hear an hour of beautiful music, and to join us in singing How Can I Keep from Singing, and a favorite Quaker tune at the close. There is no ticket charge, but a freewill offering will be taken.



The show will be performed on Saturday evening, May 9 @ 7:00 p.m. and Sunday afternoon, May 10 @ 3:00 p.m. at the John Glenn Middle School

Wanted: Baby and Toddler Toys

Do you have gently-used toys at home that your kids have outgrown? We are putting together "busy bags" for infants and toddlers, to have at the back of the church during the summer and whenever parents would prefer to have their nursery-age children with them in the sanctuary. We have plenty of crayons and coloring books, but we need toys suitable for the three-and-under set. Suggestions include:

- cloth books, especially ones with interactive parts (lacing, buttons, zippers for little hands)
- small fabric, felt, or squooshy stuffed animals
- noiseless bath toys
- Koosh balls
- finger puppets

Any donations of safe, washable, gently-used toys for babies and toddlers would be appreciated. Please see Emily Mitchell if you have questions.

Don't forget to Share your news with the parish!

Each month we would like to publish any news that parishioners may want to share with the parish. It could be a graduation, engagement, wedding, new born baby, personal achievement, etc.

Please e-mail your entry to info@stpaulsbedford.org titled "Epistle Entry" on or before the 20th of the month. Your entry will be entered in the following month's Edition. Please keep your entry to 25 words or less.



Don't forget to check out goodsearch.com. Our church is registered with this search engine and every time you search, a few pennies will be donated to the church. Just go to goodsearch.com, choose "St. Pauls Episcopal Church (Bedford, MA)" from a scroll down menu and remember to use this search engine when you are looking for a site on the Web.

Don't forget to click through!



Go to 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!

Keep those tab tops coming!



Tab tops continue to be sent to the Shriner's Burn Hospital, which in turn are combined with other organizations tabs. The tabs contain metal which the Shriner's Hospital extracts and sells. All proceeds are used to help pay bills for the families that incur debts when they stay at various hotels to be near their children, who are in the Shriner's Hospital.

Also, Ed Lawrence is always collecting cans/bottles to retrieve deposits to help support the National Guard Veterans for their every day expenses. Thanks!

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

**Non-profit
Organization
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Bedford MA 01730
Permit No. 11**

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

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

Carol Hokana, Clerk

Vestry:

Andre Barber

Sue Runkle

Sharon Healey

Natalie Wicks

John MacPhee

Heather Marasa

Dori Pulizzi

Collect for Lent

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

from Common Worship,
Services and Prayers for the Church of England

