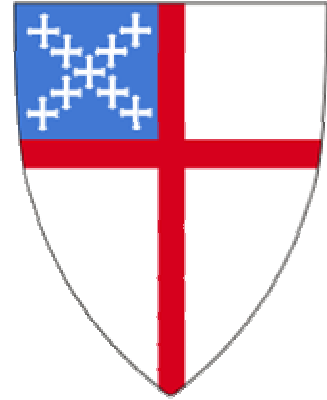


The *Epistle*

*St. Paul's Episcopal Church
Hopkinton, MA*



Volume 5, Number 7

A Message from our Fr. Mike

***St. Paul's
Episcopal Church***

61 Wood Street
P.O. Box 165
Hopkinton, MA 01748

Tel: 508-435-4536
Fax: 508-544-8205

Office E-mail:
stpaulhopkinton@netzero.com
www.stpaulhopkinton.org

Worship

Holy Eucharist – Rite II
Sunday, 10:00 am

Published:
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Lent at Saint Paul's

*March begins the liturgical season of Lent, in which we are reminded of Jesus' 40 days in the wilderness and the fasting and prayer he did there as he sought clarity about the nature of his ministry. In sympathy with the depravation Jesus knew in the wilderness, many folks give up something they love for the season as a way of increasing their anticipation of the joys of Easter. The church's liturgy leads the way by giving up the *Gloria* (Glory to God in the highest and peace to his people on earth...) and replacing it with the *Kyrie* (Lord have mercy...), and by skipping the Alleluia's completely. On Sunday March 5th, the children of Saint Paul's Sunday School will help us symbolically bury the Alleluia's, so we can look forward to their resurrection on Easter Sunday, April 16.*

What are you giving up for Lent this year? I have a suggestion. This year, why not give up busyness? Frantic rushing around can be a significant distraction from everything important—from your relationship with God, from your relationship with your family, from your care of your own body, mind and spirit. So why not see if you can simplify your life and give up busyness? There are a number of possible benefits. You might discover that if you get enough sleep you feel better. With time to think you might find you think more clearly. With time to spend with the folks you love, you might rediscover why you love them. With time to read the Bible or a
([continued on page 4](#))

Mission Statement.

The mission of St. Paul's is to minister unconditionally to all in the name of Christ through shared worship, teaching, healing and service.

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In your Heart

If there is peace in your heart, you will find it impossible to hate.

If there is honesty in your heart, you will find it impossible to judge another.

If there is love in your heart, then that is all there is.

Fear is gone, as is judgment

And the desire for violence.

—Kim Hauenstein



Worship

Sunday Worship

The Sunday worship schedule centers around the Holy Eucharist, Rite II at 10AM, this is celebrated for the first three Sundays of the month. On the fourth Sunday of each month, we nod to our more traditional members, and celebrate the Elizabethan language of the Holy Eucharist Rite I service.

Once a quarter, there is a month with a fifth Sunday. On those Sundays, we'll have a service of Morning Prayer with Sermon. For those unfamiliar with Morning Prayer, it harkens back to the prayer tradition of the monasteries in the Middle Ages, and reflects the normal Sunday service of the Episcopal Church during the 19th and early 20th century.

All of our services will feature traditional and contemporary music and enjoy the support of our organist and choir.

Lenten Services at Saint Paul's

On each of the Wednesday Evenings of Lent we will share in a simple and intimate service of Holy Eucharist with Holy Unction at 7:30 PM. Starting on March 8, there will be a brief class on nurturing a life of prayer immediately after each Eucharist.

Prayer Group

Lori Robak and Sue Ramsley are leading prayer group that meets on Thursdays at 11AM in a room off the parish hall. Please join them any Thursday for the entire hour, or just to stop in to request prayer together for a specific concern. All are welcome to join this informal prayer time and are welcome to pray silently or aloud.

Prayer Website

Please remember to visit the prayer website:

<http://stpaulhopkinton.org/prayer/>

In addition to prayer requests, the website features special prayers, book summaries and recommendations, and links to other websites of interest. There is a special

prayer request form on the website for people wishing to add their prayer requests to the site.

Flowers on the Altar

Flower offerings may be made at any time of the year to the Glory of God, in thanksgiving for a specific blessing or in memory of a loved one. The flowers or plants enhance the chancel and remind our parishioners of a specific blessing or memorial. After the services the flowers/plants can be taken home by the donor or can be delivered to sick/shut-in parishioners.

If you'd like to dedicate flowers on the altar, please contact [Ruth Warner](mailto:Ruth.Warner@st-pauls.org) at 508-435-6349 or the church office at 508-435-4536.

Electronic Devotionals

There are many good devotional websites available these days. For instance, browse to:

<http://www.crosswalk.com/faith/devotionals/>

There you will find a number of links to other devotional sites. These include devotionals for women, couples and people who want an easy way to read through the Bible in a year.

If you are interested in receiving a particular devotional, just goes to the website and click on a choice for the day. You can also sign up for weekly newsletters, etc.



Upcoming Events

MARCH

Ash Wednesday – March 1st

Two services will be held on Ash Wednesday, March 1st, one at noon, the second at 7:30pm. Both services will include the Imposition of Ashes, the Holy Eucharist will be celebrated at 7:30pm. The Wednesday evening, 7:30 services will continue throughout Lent.

All Ages Worship – March 5th

Sunday, March 5th will be an all-ages worship – the first Sunday of Lent. Lenten collection boxes will be distributed to the children and we will ceremoniously bury the Allelujahs for Lent.

First day of Spring – March 20th

Always noteworthy here in New England! Take a moment, and give thanks for flowers that will beautify our lives!

Chili Cook-off – March 24th

On Friday night **March 24 at 6:30 PM** we will share food and fellowship in Saint Paul's Parish Hall with a Chili Cook-Off. Fr. Mike will be bringing a pot of "mild" chili, and Jim Warner says his will be at least "four alarm." We'll have cheese and onions and sour cream for toppings, and corn bread on the side. You are invited to compete for the Saint Paul's Best Chili Prize, or to come and be part of the tasting crew. Everyone is invited to come and enjoy an evening of fun with your Saint Paul's family.

Women's Retreat – March 31st-April 2nd

Please join other parish women for a retreat to the Barbara Harris Conference center on the shores of Otter Lake in Greenfield, NH. You can read more about the conference center at www.bchcenter.org/conference. The cost is \$170 per person, which covers lodging and meals from Friday dinner to Sunday lunch. Money must be in by March 10th to secure a room. For more info please contact Ruth Warner at 508-344-9127 or at via email to whitehaller2@hotmail.com.

April

Rummage Sale – April 29th

Mark your calendars and start saving that Rummage!



The Family Tree

Many people have worked on their family trees gathering data about the generations

that went before them. This can yield some helpful information about health issues in a family and reveal connections with other families that were unexpected.

Have you tried charting a spiritual family tree? Who were the people who have helped you grow in faith? Perhaps you had a Sunday school teacher who was especially important to your faith development. Interview that person. Find out who was important in their growing up as a disciple of Jesus. Ask about books as well as people. You will be amazed at the number of folks who are in your "tree." What a wonderful gift God has given us in those who have passed the faith to us.

Sunday School News

We are very pleased to announce that Marchelle Haws has joined the Sunday School team, assisting with the Nursery program.

Sunday, March 5th is an all-ages worship. Lenten boxes will be distributed to the children.

Vicki Jacobson

Adult Christian Education

The next Christian Education class will be on Wednesday, March 8th following the Wednesday Lenten service. The topic will be *A Life of Prayer*.

Note from Fr. Mike *(cont. from pg. 1)*

devotional book and time to pray and time to worship, you might find a rekindling of your relationship with God.

Now giving up busyness is a difficult spiritual discipline. It may take serious work with the calendar and day timer. It may take reordering your priorities. And it might be

scary—after all, the world could stop moving without you to push it along. It's not an easy thing to do.

If you can find the time, give it a thought and perhaps a prayer. Maybe giving up busyness could be your Lenten discipline this year.

Mike+

A Message from your Sr. Warden

In March, I will be distributing surveys to get a feel for what you would like to see for activities to promote bonding and broaden our Christian education. I feel that we have achieved stabilization and are poised for growth. The Diocese has awarded St. Paul's a congregational development grant in 2005 and 2006 to help us fund a full-time Priest-in-Residence. Bishop Cederholm has other ideas as well to help small family centered parishes such as ours to succeed. In the coming months, Fr. Mike will be meeting with other local parish leaders to discuss these ideas and how they fit into the individual parish growth plans. I will keep you informed of what Diocesan ideas are discussed and the results of these meetings.

In February, we had the first of what we hope is many parish dinners. Hopefully we can incorporate themes to make the gatherings even more fun and eventful. Fr. Mike came up with a chili cook-off theme for a parish dinner that is scheduled for March 24th. Another idea for the fall is a dinner with an Oktoberfest theme. Ernie Paolini has volunteered his talent with the accordion to play polkas for us! If anyone has any other dinner theme ideas, please let myself, Fr. Mike or any vestry member know what you are thinking of.

Have faith that spring and warmer weather will be upon us soon. The crocuses and daffodils are chomping at the bit.

Faithfully Yours,
Jay Jacobson, Senior Warden

Repent – a worthy word for Lent

What pops into your mind when you hear the word “repent”? Is it a dark and somber word for you, perhaps reminding you of John the Baptist’s shouting for people to repent and be baptized?

What does the word “repent” mean anyway? Literally, it means to stop the way one is going, turn around, and then walk in the opposite direction. It refers to turning away from sin and shallow living and to begin walking through life following God’s direction.



Lent, which begins on Ash Wednesday (March 1, 2006), is an opportunity to check our spiritual condition, to repent (if needed) and to walk more faithfully with our Lord.

If we take Lent seriously, we can begin to discover a new vision for life – a more joyous way to live. Lent can enable us to discover the immeasurable benefits of living the Christian life passionately.

Help Wanted

The Altar Guild is looking for new members. Free Training! For more details, contact Ruth Warner at whitehaller2@hotmail.com.

We still have need for Sunday School Teachers – please consider dedicating some of your time, even if it’s only on a part-time basis, to helping teach our children. We are especially in need of a second (male) leader for the J2A group, held Sunday evenings and currently run by Jennifer Dilegge. No special credentials required. Contact Vicki Jacobson at Vicki.Jacobson@comcast.net.

The Hospitality crew is looking for a coordinator – the responsibilities include keeping the Sunday morning coffees ‘staffed’, and organizing the periodic socials and catered events (e.g., the annual meeting). If you’re interested, please contact Ruth Warner at whitehaller2@hotmail.com.

Happy Birthday!

March Birthdays include:

David Desilets	March 7
Lenore Correia	March 11
Ryan Gillin	March 11
Roger Mahoney	March 13
Jay Jacobson	March 25
Todd Wilson	March 27
Lea Mahoney	March 31

A Report on Pizza at St. Paul’s

Twenty two of the Saints of Saint Paul’s gathered for food and fellowship in the Parish Hall on Friday night, February 24. Jennifer Deligge and David Cleveland (of the Bertucci’s on Route 9 in Framingham) donated a variety of pizzas which were enjoyed by all. Ernie Paolini brought his accordion and entertained us with a medley of Italian traditional tunes and even Ralph Edwards felt moved to offer us a song. It was a true family night!

During the evening the idea was hatched to gather again for a Chili Cook-Off in March. Do you have a Chili recipe that you know is prize winning? Dust it off and mark the date and time for winning the prize.

Altar Guild

The Altar Guild is a Parish ministry that is responsible for keeping the Church ready for its Sunday worship. They arrange for the

flowers (memorials and/or thanksgivings) on Sunday mornings, and perform many other behind-the-scenes tasks to ensure the celebration of the Sunday Eucharist.

Choir

The choir is also looking for people who enjoy singing or play an instrument. If you have an interest, you can contact Gretchen Carr or Carol Spengler for more information.

Hospitality

Coffee hour after Sunday's worship are hosted by the hospitality crew. There's a signup sheet in the Parish hall.

Outreach

Project Just Because...

Please continue to remember St. Paul's community outreach program with **Project Just Because**.

.... Needs...

- Household items
- toiletries
- Clothes (adult and children) in good condition.
- Blankets
- New underwear and socks
- Kitchen accessories
- Towels and sheets
- Children's toys, games, and books.

You can also browse their website for additional needs:

www.projectjustbecause.org

Helping St. Paul's Church

We constantly strive to maximize our financial resources in order to accomplish our goal of doing God's work here on earth. One of the ways we do this is in affiliation with Amazon.com.

A link to the Amazon associates page is available at www.stpaulhopkinton.org. St.

Paul's receives a percentage of the sale on all purchases on Amazon from this link.

Your Vestry

Jay Jacobson	Senior Warden
Ruth Warner	Junior Warden
Phil Robidoux	Treasurer
Dianne Belamarich	Clerk
Susan Cholakis	Assistant Treasurer
John Diercks	Stewardship
Chris Estey	Stewardship
Peter Dittman	Epistle/Website
Sue Ramsley	Spirituality
Ralph Edwards	Outreach
Gretchen Carr	

Next Vestry meetings: March 7th, April 4th

Remember, copies of vestry meeting minutes may also be found on the website, though to keep them somewhat private to the parish, there is no link to them from the website. To find copies, point your browser to the following link:

http://stpaulhopkinton.org/minutes/2006_january.pdf

Other copies are available, starting with 2005_september.pdf through 2006_january.pdf (following the naming convention "year_month.pdf" – all lower-case). As others are posted, they will be announced via email.

Epistle/Communications

Epistle

The Epistle is distributed electronically (as a .pdf file) and is also available on the St. Paul's Website (www.stpaulhopkinton.org). Hard copy is also available in the parish hall. If you would like to receive the Epistle electronically, please send email to Peter Dittman at pdittman@comcast.net.

Of course, we also welcome your opinion on any communications from the vestry/church.

Next Deadline for submission

If you have articles, suggestions and/or announcements for the next Epistle, it should be submitted by March 26th, for publication April 1st.



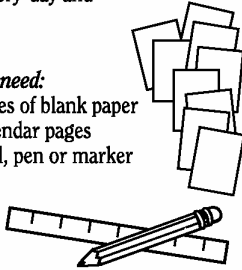
Just for kids

Make a Prayer Calendar

We should pray everyday. There are so many people and so many things to pray about in our lives. "Make a date" to pray every day and stick to it!

What you need:

- 12 pieces of blank paper for calendar pages
- a pencil, pen or marker
- a ruler



What you do:

1. Write the name of the month on the top of a sheet of paper.
2. With your ruler and pencil, draw vertical (up and down) lines to divide the page into 7 columns.
3. Draw horizontal (left to right) lines to make 5 rows.
4. You should have 35 boxes.
5. Number the boxes to match the dates of the month. (Tip: Use another calendar to look at, so you put the numbers in the correct boxes.)
6. Repeat the steps to make a calendar page for each month of the year.
7. On this month's calendar, fill in the spaces with people, events and things you need to pray for. They can repeat.
8. When each day comes, pray about what's on that day's space.
9. Before the end of the month take time to fill in next month's calendar. You may be able to see God's answering your prayers, so be sure to add "thankfulness" to your list.

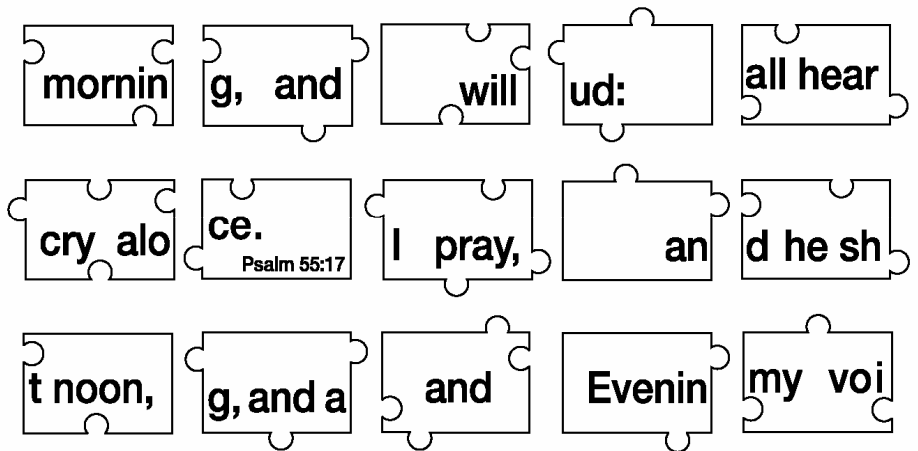
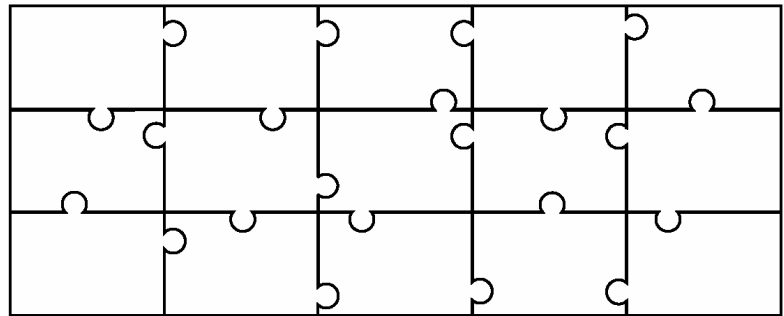
"Hear my prayer, O God; listen to the words of my mouth."

—Psalm 54:2, NIV



The first Friday in March is World Day of Prayer. God wants us to pray to Him everyday. So start today and never stop!

Write the words from the scrambled jigsaw pieces onto the blank puzzle to discover when Psalm 55:17 (KJV) says we should pray.



Answer: Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.