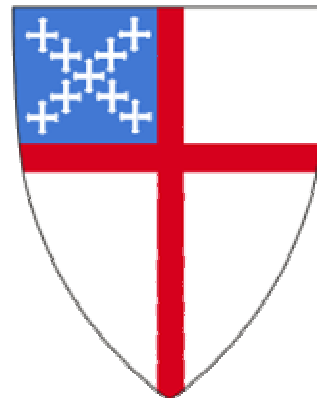


# The *Epistle*

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



Volume 6, Number 7

**A Message from our Fr. Mike**

**St. Paul's  
Episcopal Church**

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**Worship**

Holy Eucharist – Rite II  
Sunday, 10:30 AM

coffee and hospitality  
9:45 AM

Published:  
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**Snow Days in Lent**

*At last winter is acting like winter, with snow falling and the temperature just below freezing as I am writing. It looks lovely out, the roads are passable and the kids are in school. It's a perfect day to spend some time thinking about what it means to keep a holy Lent. In our tradition, Lent is a time of "special acts of discipline and self denial." The goal is to step out of "normal" for some time each day and remember Jesus' in the wilderness—the time he spent struggling to understand who he was and to decide what he was to do about it. Maybe we can do likewise.*

*Who are we?*

*Science has some answers for us. I have blue eyes, probably from my mother's side of the family. I also sunburn easily, thanks Mom. I am a wondrously complex living organism whose physical structure is governed by genetic material passed down through generation after generation of my ancestors. All of us are, likewise, unique products of the human genome. Our height, hair color, eye color and skin color seem to be predetermined by our lineage. But there's more. Science tells us we are also products of the cultures and physical environments that we grow up and live in. Our educations informed our thinking, and clean air, water and nutritious food, or the lack thereof, have, to a large extent, shaped our health. Our faith tradition has some very different answers for*

*([Continued on page 4](#))*

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

**Vision** *St. Paul's is called to be an embracing, nourishing and life-giving family in Christ. We are called to care for each other, for our community and for the world.*

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## **Good St. Patrick**

On March 17, many churches, especially those with a large Irish population, will celebrate the life of St. Patrick. He grew up in a Christian home in Britain, but wasn't very religious until a major event changed his life. As a teen, he was captured and sold into slavery in Ireland, but escaped to Gaul (France) after six years. The years of enslavement strengthened his faith. He later



wrote, "In that strange land [Ireland], the Lord opened my unbelieving eyes." He was led by God's voice to return to Ireland where he converted people to Christianity tribe by tribe.

Because Ireland is called the Emerald Isle, those who celebrate St. Patrick's Day will wear something green. Some Christians will even color food or drink green. Many Christians will also eat corned beef and cabbage and decorate tables with shamrocks. Shamrocks are actually three-leaf (not four-leaf) clover plants. Legend has it that St. Patrick used the three leaves to teach about the Holy Trinity: Father, Son and Holy Spirit.

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## **Worship**

*Almighty God, our spirits thirst for you.  
Please quench our thirst with your loving  
presence.*

### **Sunday Worship**

The Sunday worship schedule is centered on the Holy Eucharist, Rite II at 10:30AM. This service 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.

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

### **Wednesday Worship**

Each Wednesday evening during Lent, there is a Eucharistic celebration at 7:30PM, preceded at 6:30PM with a saying of the Rosary.

### **Holy Week Schedule**

Wed, April 4

7:30PM Tenebrae at Christ Church, Medway

Thu, April 5

6:30PM Fellowship Meal at St. Paul's

7:30PM Foot Washing at St. Paul's

Holy Eucharist

Stripping of the Altar

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Fri April 6

Noon Stations of the Cross at St. Paul's  
7:30PM Joint Service w/ Grace UMC at St. Paul's

Sat April 7

7:30PM Great Vigil at Christ Church, Medway

### **Readers Needed for Holy Week**

This year Holy week will be a joint venture with Grace UMC and Christ Church, Medway. Four readers are needed for a Tenebrae service on Wednesday of Holy Week, April 4, 2007, at Christ Church in Medway. For more information, speak with Frank Chase or email him at [maryfrankchase@verizon.net](mailto:maryfrankchase@verizon.net) about being part of this moving event.

### **Prayer Group**

Lori Robak and Sue Ramsley are leading prayer group that meets on Thursdays at 11AM in Fr. Mike's office. 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.

If you have a prayer request, please call Sue at 508-881-5361 or Lori at 508-435-3353 or visit the prayer website.

### **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.

### **Adult Bible Study**

The Bible Study group meets Sunday evenings, 5-6:30pm (coincident with the J2A group). For more information, call Amy Kent at 508-435-0221 or email her at [aandjkentfamily@comcast.net](mailto:aandjkentfamily@comcast.net).

The group is currently studying the Book of Acts.

### **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 at (508)435-6349 or the church office (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 go to the website and click on a choice for the day. You can also sign up for weekly newsletters, etc.



## **God met her in a lonely place**

Louisa May Alcott, the author of *Little Women* and other books, once wrote of a unique experience she had one morning while walking through a woods. She wrote of the moss being like velvet, the arches of yellow and red leaves, then coming upon a meadow bathed in glorious sunshine. Her heart sang for joy at the beauty of it all.

Then she tells of a strange and solemn feeling coming over her as she stood in a place with no sound but the rustle of the pines. She wrote of an epiphany she had.

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"It seemed as if I felt God as I never did before, and I prayed in my heart that I might keep that happy sense of nearness all of my life."

—Searching for God in America

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## Upcoming Events

An events calendar is also provided at the end of this newsletter.

### MARCH

#### **Book Club – March 12th**

This month the book club is reading *The History of God* by Karen Armstrong, chapters 1-6 only. The club meets at the church on the second Monday of each month, this month on March 12<sup>th</sup> beginning at 7:30 and running until 9(ish). All adults are invited.

#### **March 31<sup>st</sup> – Confirmation**

The J2A class will be culminating its two year program with their confirmation at a Deanery Confirmation Service at Trinity Church in Concord. As the date approaches, please see [announcements](#) on the website for additional details.

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## Watch...

- ...your thoughts; they become words.
  - ...your words; they become actions.
  - ...your actions; they become habits.
  - ...your habits; they become character.
  - ...your character; it becomes your destiny.
- 

## Stewardship Training Available

Do you have a passion for fund raising? Would you love to see Saint Paul's Pledge Base increase. Do you want training in how to organize and run a stewardship campaign? Would you like help understanding your own relationship with your possessions and take

control of your finances? Province One of the Episcopal Church is offering training this month in Westborough.

Interested?—talk to Fr. Mike, John Diercks, Chris Estey or Steve Pelletier about a scholarship for the course.

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## Off the Net

*[Editor's note: – we often receive emails from friends and/or family members, all very well intentioned, that tell some story about life and then at the end implore us to send it to some number of other contacts for good luck, fortune, blessings or whatever. If you have received an email that you would like to share with others, please forward it to [epistle@stpaulhopkinton.org](mailto:epistle@stpaulhopkinton.org) for inclusion in a future issue of the Epistle.]*

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

*us. By nature, it tells us, we are, "made in the image of God." That means we are free to make choices and are responsible for the choices we make. By itself, that may seem like a heavy burden to bear. Thanks be to God, there's more. Our tradition also tells us that through baptism, we are God's adopted children, "members of Christ's Body, the Church, and inheritors of the kingdom of God." That means that through Christ, the grace of God stands ready to redeem us from the bad choices we have made in the past. That's good news!*

*I think science does a wonderful job of answering some questions about who we are, but it falls short of answering the really important questions that give meaning to our lives. It takes our faith tradition to give meaning to our physical existence. It's our relationship with God that makes us who we really are. You and I are children of God.*

*So what do we do about it?*

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*For today we can't do anything about our genetic material. I will never be tall, my eyes will never be brown, and I will always be prone to sunburn. These kinds of things we cannot change, so I think we may as well get comfortable with them. As for cultural and environmental factors, we can all strive to improve our minds, and to keep our bodies healthy. We also can strive to improve both our culture and environment for our children. I think these are great responses to "who we are" as creatures, but I think that we have the most potential for a meaningful response to "who we are" as spiritual beings—as "Image of God" kinds of folks. The former Presiding Bishop, the Rt. Rev. Frank Griswold, points to Jesus' public ministry as his response to the questions he faced during his wilderness experience about who he was. I personally like a somewhat more human example—that of our Patron Saint, Paul. Paul, then known as Saul, got it wrong for the first many years of his life, even to the point of persecuting early Christians. Before the Damascus Road Saul was head strong, dogmatic and energetic in his attempts to stamp out the following of Christ. Afterwards Paul was head strong, dogmatic and energetic in his efforts to spread the good news that in Christ there is salvation, not only for the Jews like himself, but for the larger world of non-Jews. It was when he met Jesus that Saul discovered who Paul really was, and then used that knowledge to inform his actions and to give meaning to his life.*

*What we do about who we are in relationship to God is what will ultimately give meaning to our lives.*

*Lent is a great time for pondering important questions, and for postulating answers, and for taking first steps toward making those answers real.*

*I invite you to keep a holy Lent, and to use the spiritual disciplines that work for you to help you ponder who you are and what you are called by God to do about it.*

Mike+

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## Hospitality

### **Help Needed for Maundy Thursday Fellowship Meal**

This year St. Paul's will be hosting Christ Church, Medway and Grace UMC for Maundy Thursday (April 5, 2007). We need help with preparing, setting up and taking down for a fellowship meal before the service. Talk to Jane Desilets if you can help.

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## Sunday School News

Be sure to check out the Sunday School calendar and schedule that is posted on the website:

[http://stpaulhopkinton.org/school\\_calendar.htm](http://stpaulhopkinton.org/school_calendar.htm)

The J2A group is well underway in their study in preparation for confirmation. This group will be confirmed on March 31<sup>st</sup> at the Concord Deanery.

### **Confirmation Class Needs Prayer Partners**

On March 31, 2007 nine of the youth of Saint Paul's will be confirmed at a Deanery Confirmation Service at Trinity Church in Concord. We need nine (or more) adult prayer partners to buddy up with these marvelous young folks as they prepare for their meeting with the Bishop. Would you like to get to know one of our confirmands and be in prayer for them? Contact Fr. Mike, Jennifer Timpany or Amy Kent to become a prayer partner.

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## A Message from your Sr. Warden

*I cannot believe that we are already into March. Almost a quarter of 2007 has flown past!*

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Fr. Mike, Rev. Priscilla of Christ Church Medway and Rev. Leigh of GUMC have been hard at work planning a very spiritual and worship filled Lent for our parishes. It will finish with a Holy Week that is filled with many different types of worship services for us all to be spiritually enriched by. Christ Church in Medway will host services on Wednesday, April 4, and Saturday, April 7. On Thursday, April 5, St. Paul's will host an Agape feast and a Maundy Thursday service. Grace United Methodist Church will host Good Friday services at their new home at St. Paul's. This week will provide many opportunities for us to worship together with our brothers and sisters from Christ Church and GUMC. Easter Sunday services will be held independently at the respective churches.

Our J2A youth are being confirmed on Saturday, March 31, at Trinity Church in Concord. In their honor, on Friday, March 30, we will be hosting a pot luck supper at St. Paul's. This is a very important step in their spiritual life and I ask that as many parishioners as possible participate to show our love and support for them.

Last month, Ruth Warner, Fr. Mike and I attended a Eucharistic Visitor (formerly LEM B) training session at the Diocese in Boston. Ruth and I are now licensed to visit and distribute communion to shut-ins and parishioners who cannot physically make it to regular church services. The Diocese holds this one day training class monthly. If anyone is interested in this ministry and would like more information, please let Fr. Mike or myself know.

Andy Starkis has volunteered to head up a Safe Church Committee to develop and establish written Safe Church standards at St. Paul's. Pat Donahue, Dianne Belamarich and Vicki Jacobson have all agreed to be part of the committee and help complete this important task. I would like to thank Andy, Pat, Dianne and Vicki for their hard work and dedication to our parish.

I would also like to thank Rich Belliveau for his thoughtfulness in bringing in Ted Bruschi's Patriots helmet for the Sunday School classes to see, and for his generosity in giving each youth a Patriots game jersey.

If the February cold and snow has put a shiver in your bones, just remember that the marathon is only 6 weeks away and that means spring, warmer weather and flowering crocuses and daffodils.

Faithfully Yours,

Jay Jacobson  
Senior Warden



## Altar Guild

The Altar Guild is a Parish ministry that is responsible for keeping the Church ready for its Sunday worship. The guild needs 6 to 8 people to give one hour per month, at their convenience, to set up the altar for Sunday worship, clean up afterward, and arrange the flowers for the Altar (no experience needed!!!). Please consider giving this simple gift of time and contact Ruth Warner at [whitehaller2@comcast.net](mailto:whitehaller2@comcast.net).

## Choir

The choir is 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.

## 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](http://www.projectjustbecause.org)

### **Second Sunday Offerings**

Each month, on the second Sunday of the month, we collect various food (and non-food) items for the Hopkinton Council on Aging Food Pantry. While specific needs are announced during announcements in preceding Sunday services, and are also found on the home page of the website, you are always welcome to bring additional items - your gifts are always needed by those in our community.

### **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](http://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
Sue Ramsley	Junior Warden
Phil Robidoux	Treasurer
Mary Arnaut	Asst Treasurer
Dianne Belamarich	Clerk
John Diercks	Stewardship
Chris Estey	Stewardship
Peter Dittman	Epistle/Website
Steve Pelletier	Stewardship
Gretchen Carr	Hospitality

Roger Mahoney

The vestry meets monthly, at 7PM on the 1<sup>st</sup> Wednesday of the month, in the Parish Hall.

Because of the Wednesday evening Eucharist celebration during Lent, the next Vestry meetings will be on Thursday, March 8<sup>th</sup>, returning to the 1<sup>st</sup> Wednesday of the month in April.

Copies of prior vestry meeting minutes may be found on the website. Browse to the following link for details on how to access the minutes:

<http://stpaulhopkinton.org/vestry.html>

As other minutes are posted, they will be announced via email.

### **Epistle/Communications**

The Epistle is distributed electronically (as a .pdf file) and is also available on the St. Paul’s Website ([www.stpaulhopkinton.org](http://www.stpaulhopkinton.org)). If you would like to receive the Epistle electronically, please send email to Peter Dittman at [epistle@stpaulhopkinton.org](mailto:epistle@stpaulhopkinton.org).

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, should be submitted by March 27<sup>th</sup>, for publication April 1<sup>st</sup>.

## Just For Kids

### A PRAYER REMINDER


Many times we fold our hands together to pray. Here is a "handy" craft that can help you remember what to include in your prayers.

#### What you need:

- 2 sheets of 8½" x 11" construction paper (different colors)
- Pencil
- Scissors
- Crayons
- 1 piece of ribbon, yarn or string about 6-12 inches long
- Glue (white or glue stick)


#### What to do:

1. Trace your hand on one sheet of paper.
2. Cut out the traced hand.
3. Tie the ribbon, yarn or string around the pointer (index) finger.
4. Write a message on each finger:  
*(Pointer finger)* God's guidance (pray for help to follow God's ways)  
*(Middle finger)* Leaders in my life (teachers, pastors, etc.)  
*(Ring finger)* Sick and old people  
*(Pinky finger)* Myself  
*(Thumb)* My family
5. Glue the hand onto the other sheet of paper.
6. Start with the ribbon finger and pray for God's help. Then pray for all the people on each finger.



# Just for KIDS

## Remember to Pray



There are many verses in the Bible that talk to us about prayer. Solve the puzzle below to see the lesson Paul teaches about prayer in Philemon 1:4. Think about your own life and your prayers.

Use the alphabet code to fill in the blanks, and then read Paul's message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
Z	Y	X	W	V	U	T	S	R	Q	P	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A

*	R	Z	O	D	Z	B	H	G	S	Z	M	P	N	B
T	L	W	Z	H	R	I	V	N	V	N	Y	V	I	
B	L	F	R	M	N	B	K	I	Z	B	V	I	H	.....*

... Philemon 1:4, NIV

Answer: I always thank my God as I remember you in my prayers ...

## Calendars

### March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 11:00 AM Prayer group	<b>2</b>	<b>3</b>
<b>4</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 2 5:00 PM Adult Bible Study	<b>5</b> 7:00 PM Christ Church/St. Paul's Church meeting	<b>6</b>	<b>7</b> 6:30 PM Rosary 7:30PM Holy Eucharist	<b>8</b> 11:00 AM Prayer group 7:00 PM Vestry meeting	<b>9</b> Women's Retreat	<b>10</b> Women's Retreat
<b>11</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 2 5:00 PM Adult Bible Study	<b>12</b> 7:30 PM Book Club	<b>13</b>	<b>14</b> 6:30 PM Rosary 7:30PM Holy Eucharist	<b>15</b> 11:00 AM Prayer group	<b>16</b>	<b>17</b>
<b>18</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 2 5:00 PM Adult Bible Study	<b>19</b>	<b>20</b>	<b>21</b> 6:30 PM Rosary 7:30PM Holy Eucharist	<b>22</b> 11:00 AM Prayer group	<b>23</b>	<b>24</b>
<b>25</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 1 5:00 PM Adult Bible Study	<b>26</b>	<b>27</b>	<b>28</b> 6:30 PM Rosary 7:30PM Holy Eucharist	<b>29</b> 11:00 AM Prayer group	<b>30</b>	<b>31</b> J2A Confirmation

### April 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Palm Sunday</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 2 5:00 PM Adult Bible Study	<b>2</b>	<b>3</b>	<b>4</b> 7:30PM Tenebrae	<b>5</b> 11:00 AM Prayer group 6:30PM Fellowship Meal 7:30PM Foot Washing Holy Eucharist	<b>6</b> Noon Stations of the Cross 7:30PM Holy Eucharist w/ Grace UMC	<b>7</b> 7:30PM Great Vigil Christ Church, Medway
<b>8</b> <b>Easter</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 2 5:00 PM Adult Bible Study	<b>9</b> 7:30 PM Book Club	<b>10</b>	<b>11</b> 7:00 PM Vestry meeting	<b>12</b> 11:00 AM Prayer group	<b>13</b>	<b>14</b>
<b>15</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 2 5:00 PM Adult Bible Study	<b>16</b> Patriots Day	<b>17</b>	<b>18</b>	<b>18</b> 11:00 AM Prayer group	<b>19</b>	<b>20</b>
<b>21</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 2 5:00 PM Adult Bible Study	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 11:00 AM Prayer group	<b>26</b>	<b>27</b>
<b>28</b> 10:15 AM Church School 10:30 AM Holy Eucharist, Rite 1 5:00 PM Adult Bible Study	<b>29</b>	<b>30</b>	<b>31</b>			