

RECTOR'S LETTER

Dear friends in Christ,

“What are you giving up for Lent?” This question was frequently asked during this time of year by classmates and teachers in my parochial school. As a child, I had a very vague understanding of what it meant to give up something for Lent. The truth is that giving up something for Lent is a discipline. It is not meant to be easy or pleasurable. The practice of giving something up for Lent is not equivalent to detoxing from something that is not good for us that we plan to immediately pick back up on Easter. Rather, the practice of giving something up is meant to help us renounce those elements in our lives, either for a season or beyond, that cause us to stumble and fall short of God’s purpose for our lives, of God’s desire for us to be whole.

Don’t get me wrong: Lent is a great time to give up chocolate, alcohol, certain foods, social media, etc., especially when they have taken up too much space within us. I believe that most of us think about these sorts of things when we consider giving up something for Lent. While giving them up can be good for us and our health, physical and mental, it’s important that we



remember the words of our yearly Lenten invitation proclaimed on Ash Wednesday:

“I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word.”



The invitation to give something up is actually one of self-denial, rooted in self-examination. If we intend to give up something for Lent, it should be because we have sat with ourselves in the presence

of God and reflected on our lives. By asking God to help us sort through the difficulties and messiness of life, we may realize that removing certain elements and practices may give us greater clarity, bring us closer to our true selves, and draw us closer to the presence of God in our daily lives.

Giving up something for Lent is about grafting the things that cause us to stumble and fall onto Jesus' passion and death. We give something up for Lent knowing full well that he who has carried the burdens of the world on the cross will also carry our burdens with him . . . that he will also walk with us as we struggle and are tempted through our Lenten Journey.

Whether or not you decide to give up something for Lent this year, or whether you decide to embrace the various other disciplines associated with this season—prayer, fasting, and almsgiving—remember that whatever you are trying to give up or take on, no matter how small or large, you are not doing it alone. This Lent, I hope that you will heed the words of the Lenten invitation and reflect and examine your lives, not merely as an act of self-judgment, but as an act of hope: hope in the fact that our Lord and Savior Jesus Christ has defeated the powers of evil and death through his glorious resurrection. Graft your troubles and struggles onto the cross of Christ so that they too may be transformed.

Lenten Blessings, ~Father Carlos †



FROM THE DEACON'S PERCH

"We need silence and solitude to be alone with God to ponder his words in our hearts; only in this way can we be filled with the energy

of God to be renewed and refreshed."

~Mother Teresa

There was great a article about solitude in the February 27 issue of *The Living Church* worth paraphrasing. Many of us have experienced loneliness during this pandemic when the energy, joy, and artistic creativity of everyday life were thrown into chaos and feelings of despair. Lent can surprise and refresh us with mindful solitude as opposed to loneliness. Solitude encourages us to seek inner serenity, to affirm the spiritual in us, and to bring us to purposeful responsibilities of self-revelation, prayerfulness, meditation, and listening to what God is calling us to do in our heart and daily actions. Thomas Merton celebrates these moments as "life itself, fully awake, fully active," and feeling a spiritual wonder about our relationship with God and with life.

We have read of the Desert Fathers and Mothers of the third century—and even now in the present day—who fled the

noise and busyness of everyday life. Archbishop Rowan Williams said, "We flee to our inner spaces not to escape our neighbors, but to grasp more fully and to understand who and what my neighbors are in relation to life and my Christian role toward who is my neighbor."

Let each of us try these 40 days of Lent with the words of the prophet, Joel 2:12-13: *"Even now, says the Lord, return to me with your whole heart, with fasting, weeping, and mourning. Rend your hearts, not your garments, and return to the Lord your God, for gracious and merciful is he."* During this Lenten period, let us try to put aside time from our daily routines and pray in solitude as we reflect on our shortcomings. God loves each of us and cares for us in a special way, so with solitude we pray.

Public worship can also assist us in prayer. Fr. Carlos has listed all dates for upcoming church services, book study, and private confession. Confession sometimes frees us from the burden of guilt and shame from our shortcomings. I suggest and pray that each of you look upon Lent as not giving up something, but of adding to our relationship with God. As always, I offer myself to help and guide you in any Lenten activity and beyond.

In our ongoing ministry with OUT OF THE COLD, I have been volunteering many hours and recently helped to get mattresses from Penn State to bring to the permanent facility on South Atherton Street. The residents will soon be able to sleep on a regular bed versus a cot and throw blanket. Fr. Carlos and I discussed



this with the person in charge of the program. With your generosity,

we were able to get mattress covers for each bed and snacks for the residents. For many, sometimes this is their evening



meal. During the Lenten Season we will be

collecting twin bed sheets and pillows, along with comforters and pillowcases, which I will deliver to them weekly. This is a great way to give alms during Lent. In addition, you can always donate to the Deacon's Discretionary Fund toward this generous endeavor to help the less fortunate. I include some photos of the bedding and snacks that have been supplied to them so far.

May the blessing and peace of Christ be with you all. ~*Dcn. Alex*

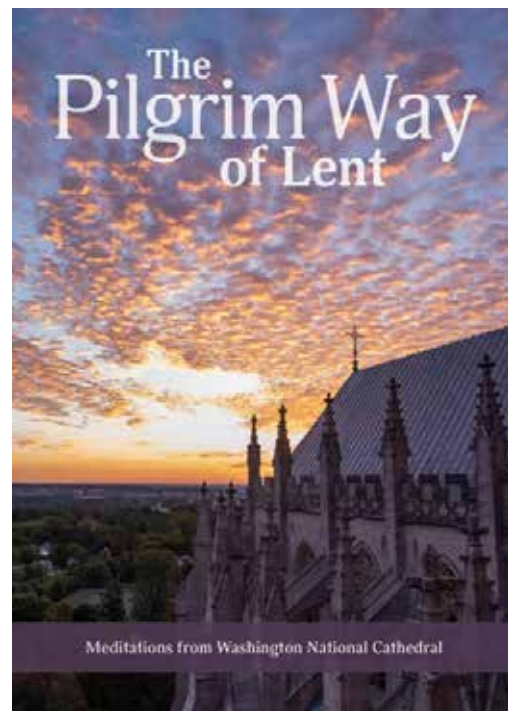
STATIONS OF THE CROSS

Fridays in Lent: March 4 - April 8 at 5:30 p.m.



The devotion known as Stations of the Cross is an adaptation to local usage of a custom widely observed by pilgrims to Jerusalem: prayers offered at a series of places traditionally associated with our Lord's passion and death. We will offer Stations of the Cross on Fridays in Lent beginning **March 4** at 5:30 p.m., followed by a soup, salad, and bread supper in the Fellowship Hall. A soup sign-up sheet is available in the back of the church, please consider providing one of our meals. The parish will provide bread and salad for each meal, all you need to do is bring a soup. Thank you for supporting our Lenten worship and fellowship.

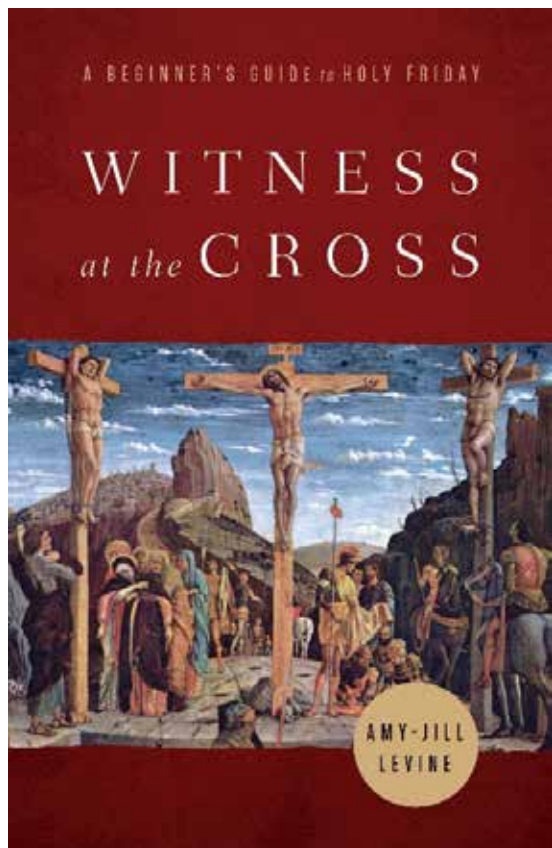
2022 LENTEN DEVOTIONAL



This year's parish devotional is *The Pilgrim Way of Lent: Meditations from Washington National Cathedral*. This devotional offers a passage of Scripture, a spiritual reflection, and a prayer for each day in Lent, from Ash Wednesday to Easter Day. Free copies are available in the back of the church; please feel free to take an extra copy for a friend or family member. If you would like a copy to be sent to you directly, please be in touch with Father Carlos.

LENTEN BOOK STUDY: WITNESS AT THE CROSS

Wednesdays, March 9 – April 13 at 7:00 p.m. on Zoom



During Lent, we will embark on a study of Dr. Amy-Jill Levine's newest book: *Witness at the Cross*. Throughout the series we will discover anew our Lord's passion and death, growing closer to our Lord's sacrifice on Calvary. We will once again join with parishes in our regional convocation for this Lenten study. Copies of the book are available in the back of the church; you can also purchase your copy on Amazon: <https://amzn.to/35s2ouY>.

Series Schedule

March 9 – Chapter 1: Bystanders and Scoffers

March 16 – Chapter 2: The Other Victims

March 23 – Chapter 3: The Soldiers

March 30 – Chapter 4: The Beloved Disciple

April 6 – Chapter 5: The Women

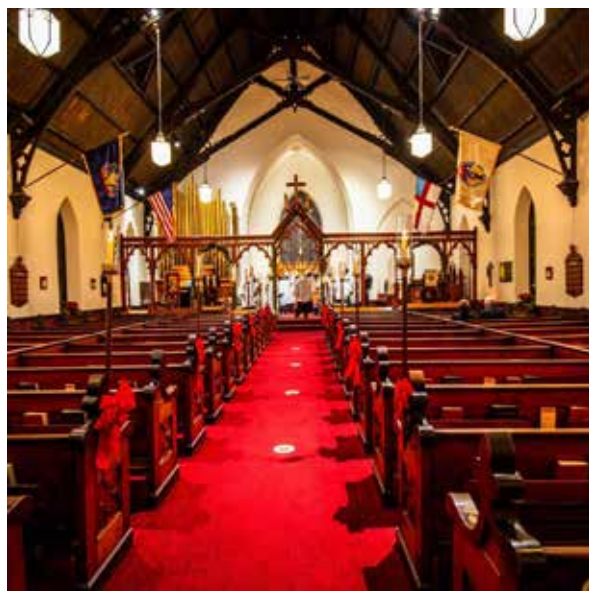
April 13 – Chapter 6: Joseph of Arimathea and Nicodemus

Prior to each Zoom meeting, please make sure to read the appointed chapter for that week.

Zoom Information

<https://us02web.zoom.us/j/81095037129>

A SPECIAL THANKS TO OUR CHOIR



On Sunday, February 27, our choir offered their first service of Choral Evensong and Benediction of the Blessed Sacrament. Many thanks to Erik Clayton and all our singers who made this possible. We look

forward to seeing you at our three future Sunday dates:

May 22

September 25

December 18

**CORNED BEEF AND CABBAGE DINNER
FUNDRAISER**

Saturday, March 19 | 3:00 – 6:00 p.m.



Save the date and spread the word for our annual Corned Beef & Cabbage dinner. This much beloved and savored meal will be take-out only this year. We will be selling full dinners for \$20 and corned beef by the pound for \$15.

An online form will be posted on the Facebook event page and emailed in our weekly e-news asking people to indicate if they're interested in buying corned beef by the pound. This information will be helpful for Deacon Alex when he makes his trip to Brooklyn.

A sign-up sheet for volunteers and dessert donations will be posted in the back of the church. Thank you for your support!

**LET US KEEP THE FEAST!
EVE OF THE ANNUNCIATION
Thursday, March 24, 5:30 p.m.**



Let us keep the Feast! is a monthly worship and dinner series that celebrates feast days of the Church that would otherwise go unobserved. Each gathering will begin with mass in the church, followed by dinner in the parish hall. Please save the dates below and bring a friend!

2022 Feast Days

Thursday, March 24 – Eve of The Annunciation

Thursday, May 26 – Ascension Day

Worship - 5:30 p.m.

Dinner - 6:00 p.m.

If possible, please RSVP for dinner by contacting the parish office:

office@stjohnsepiscopealbellefonte.org

FROM THE SUNDAY SCHOOL

Saint Joseph's Family Day

Saturday, March 19

10:00 a.m. – 12:00 p.m.

Families with young children;

grandparents and grandchildren; and parishioners with little ones in their

lives are all invited

to our Saint Joseph's Family Day. In honor and in thanksgiving for Saint Joseph's love and care for our Lord, we will be offering a morning of family activities, learning, and worship. Please confirm your attendance by contacting Ellen Dyakiw: setinsun@aol.com.



VESTRY NEWS

The vestry met via Zoom on February 16.

Rector's Report:

- Stations of the Cross on Fridays with soup/salad/bread supper immediately following. Expecting about 12-15 people.
- Book study on Wednesdays in partnership with St. Andrew's, State College; St. Marks, Lewistown; and St. Luke's, Altoona.
- Mailer coming out with Lenten schedule of events.
- Columbarium – received some surveys back but will wait for more. Once they come back, we will make decision on how to move forward with expansion.
- Floor Project
 - Replace flooring at church entrance.

- On March 7 a flooring company from Williamsport will be coming to provide a quote.
- Steam Heating
 - Boiler that heats the rectory and parish hall is all one system.
 - Looking to re-pipe.
 - Some major work being done, but hope the maintenance/repair budget will cover expenses.
- Corned Beef Dinner March 19; take- out only.
- No pancake supper this year.

Treasurer's Report:

- Pledge amount very healthy, as one parishioner paid full year's pledge in January.

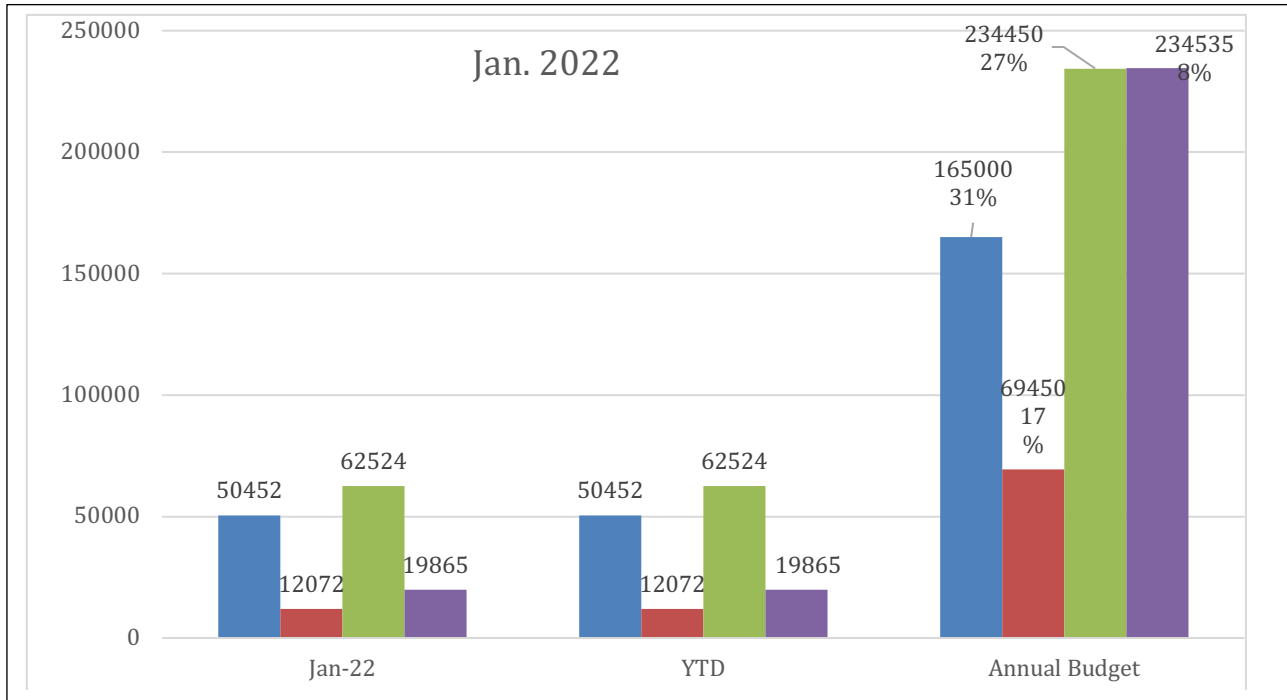
MARCH BIRTHDAYS

March 2	Anne Lucas
March 9	Kay McClellan
March 10	Mary K. Jones
March 13	Rebecca Clayton
March 22	Michael Fitzgerald
March 29	Alex Dyakiw



FINANCIAL (JANUARY 2022)

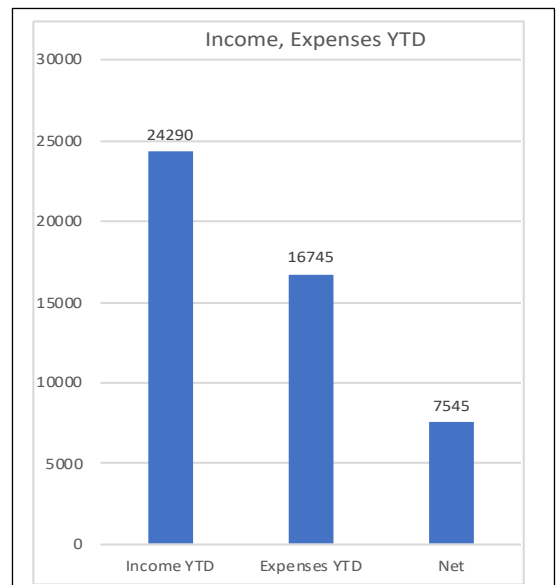
	Jan-22	YTD	Annual Budget	YTD % of Budget
Pledges	50452	50452	165000	31%
Other income	12072	12072	69450	17%
Total income	62524	62524	234450	27%
Operating expenses	19865	19865	234535	8%
Net	42659	42659		



Income YTD	Expenses YTD	Net
62524	19865	42659

Numbers do not include investments, savings, or checking acct balance.

Vestry Members: Larry Roberson (Sr. Warden), Matt Perkins (Jr. Warden), Liz Helms, Carol Fyfe, Debra Cree, Susan Christy, Peggy Jackson, Thomas Quigley, David King, Charlotte Zmyslo



MARCH 2022

SUN

MON

TUE

WED

THU

FRI

SAT

		01	02	03	04	05
		St. David of Wales 5:15pm Evening Prayer 5:30pm Low Mass	Ash Wednesday 9:30am Low Mass 6:30pm Sung Mass	Lenten Feria 5:15pm Evening Prayer 5:30pm Low Mass	St. Casimir 5:30pm Stations of the Cross	Lenten Feria 9:30am Monthly Low Mass of Requiem
06	07	08	09	10	11	12
The First Sunday in Lent 9:00am Low Mass 10:30am Solemn Mass	St. Perpetua & Felicity 7:00pm Men's Group	St. John of God 5:15pm Evening Prayer 5:30pm Low Mass	St. Frances of Rome 7:00pm Lenten Book Study: Witness at the Cross	Lenten Feria 5:15pm Evening Prayer 5:30pm Low Mass	Lenten Feria 5:30pm Stations of the Cross	Lenten Feria
13	14	15	16	17	18	19
The Second Sunday in Lent 9:00am Low Mass 10:30am Solemn Mass	Lenten Feria 7:00pm Men's Group	Lenten Feria 5:15pm Evening Prayer 5:30pm Low Mass	Lenten Feria 7:00pm Vestry Lenten Book Study: Witness at the Cross	St. Patrick 5:15pm Evening Prayer 5:30pm Low Mass	St. Cyril of Jerusalem 5:30pm Stations of the Cross	St. Joseph 10:00am St. Joseph Family Day 3:00pm Corned Beef & Cabbage Dinner
20	21	22	23	24	25	26
The Third Sunday in Lent 9:00am Low Mass 10:30am Solemn Mass	Lenten Feria 7:00pm Men's Group	Lenten Feria 5:15pm Evening Prayer 5:30pm Low Mass	Lenten Feria 7:00pm Lenten Book Study: Witness at the Cross	Eve of The Annunciation 5:30pm Low Mass & Dinner	The Annunciation 5:30pm Stations of the Cross	Lenten Feria
27	28	29	30	31		
The Fourth Sunday in Lent 9:00am Low Mass 10:30am Solemn Mass	Lenten Feria 7:00pm Men's Group	Bl. John Keble 5:15pm Evening Prayer 5:30pm Low Mass	Lenten Feria 7:00pm Lenten Book Study: Witness at the Cross	Bl. John Donne 5:15pm Evening Prayer 5:30pm Low Mass		



Life Transformed: The Way of Love in Lent

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Reflections from "Living the Way of Love" by Mary Bea Sullivan (Church Publishing, 2019). Used with permission.</p>		<p>Mar 2 Bless Notice the pattern of your breathing. Pray for awareness of blessings. Gen. 2:7</p>	<p>3 Rest How might you connect with others in the spirit of renewal? I Kings 19:11-12</p>	<p>4 Rule of Life How can you build pauses into the day to reflect on the work of the Spirit? John 15:5</p>	<p>5 Worship How does community help or hinder your growing in Christ? John 1:12-13</p>	<p>6 1st Sunday of Lent</p>
<p>7 Go Where can you go and intentionally provide kindness? Matt. 5:4</p>	<p>8 Pray Go for a walk today and pray with your feet, each step with intention. Isa. 2:3a</p>	<p>9 Way of Love Where do you see the seven practices of the Way of Love in this story? Luke 5:19</p>	<p>10 Bless Who has taught you to live a Jesus-filled life? Who have you taught? 2 Cor. 4:16</p>	<p>11 Worship What is most meaningful to you in worship? BCP, p. 281</p>	<p>12 Rest How do you incorporate rest in your life? Jer. 6:16</p>	<p>13 2nd Sunday of Lent</p>
<p>14 Turn Today, intentionally listen devoutly to another. Mark 4:23</p>	<p>15 Rest How do your creative outlets impact on taking rest? Gen. 1:1-2:4</p>	<p>16 Learn What passage of scripture is important to you Why? Isa. 40:8</p>	<p>17 Pray Take 20 minutes in contemplative prayer today. Matt. 4:18-22</p>	<p>18 Bless Intentionally smile at least ten times today. Phil. 4:4</p>	<p>19 Go Where are you being encouraged to "show up"? Matt. 25:44-45</p>	<p>20 3rd Sunday of Lent</p>
<p>21 Learn How is the Jesus who walked this earth beckoning you to meet him? Mark 10:46-52</p>	<p>22 Go Where can you seek and serve Christ in someone unlike you? Jer. 30:22, 31:4-5</p>	<p>23 Rest How can you incorporate rest from technology today? Matt. 11:28</p>	<p>24 Pray Try praying with Anglican prayer beads. Luke 18:1</p>	<p>25 Worship In your prayers today, what new words or thoughts touch you? Phil. 4:6</p>	<p>26 Turn How might you share what brings you great joy with others? Rom. 12:6-8</p>	<p>27 4th Sunday of Lent</p>
<p>28 Learn Practice lectio divina with this scripture. Luke 15:17-24</p>	<p>29 Rule of Life How do others experience the love of Christ through you? Gal. 5:22-23</p>	<p>30 Rest What can you say "no" to so you can say "yes" to prayer, rest and joy? Lev. 23:3</p>	<p>31 Bless What challenges are you facing today? Job 11:18</p>	<p>Apr 1 Go Create a prayer representing how you seek to serve God and follow Jesus. Matt. 5:15</p>	<p>2 Turn Where do you find joy and passion? Luke 24:32</p>	<p>3 5th Sunday of Lent</p>
<p>4 Pray What are you thankful for? I Chron. 29:15</p>	<p>5 Go Where might God be asking you to take your great love into the world? Isa. 48: 6b</p>	<p>6 Learn Slowly read this passage aloud. How does this speak to the world today? Matt. 4:18-22</p>	<p>7 Worship What seminal moments have informed a need to return to Christ? Ps. 51:10</p>	<p>8 Turn What relationships do you need to mend? Isa. 55:8-9</p>	<p>9 Rule of Life How has this Way with God impacted your experience of God? John 7:38</p>	<p>10 Palm Sunday</p>
<p>11 Learn Who might you have a conversation with to learn about God? Ps. 119:105</p>	<p>12 Pray Listen to the daily office today at missionstclaire.com Ps. 55:17</p>	<p>13 Bless When you reflect on financial giving, are your palms open? Matt. 12:43-44</p>	<p>14 Worship How do you want to prepare people to remember you? 2 Cor. 1:3-4</p>	<p>15 Rule of Life Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p>	<p>16 Turn How did you turn back towards God's love when you made a big mistake? Luke 15:18</p>	<p>17 Easter Day</p>