



St. Matthew's Episcopal Church

Spirit of St. Matthew's

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stmatthewsparamus.org

Lent 2021

Five Things To Do During Lent By [+David McMannes](#)

Do you love Lent? A lot of folk don't have all that much affection for the season. Many Christians have come to think of it in negative terms; however, Lent is not about hair shirts, solemn countenances and the like. Rather, it is a positive, strengthening, lovely spiritual experience, and if you want to grow in your love of God and your neighbor, then Lent is for you! Here are five things to do with single-mindedness this Lent which, if you do them, will give you a clearer vision of the Risen Christ, come Easter.

FASTING & ABSTINENCE

The biggest problem we moderns have with fasting and abstinence is one of confusion; that is, we don't really understand them. The priest gets up and talks about what they mean, and when he's done, people are more confused than they were when he started. So, here's a simplified elucidation of fasting and abstinence: Abstinence lowers the quality of food (usually by not eating meat) and fasting lowers the quantity, and usually means not more than a light breakfast, one full meal, and one half meal daily each fast day.

Therefore, the rule is "keep it smaller and keep it simpler. " Smaller portions of food, and simpler menus. Don't eat so much during Lent. Not because you necessarily have to lose weight, but because the practice will give you strength in your spiritual life by weakening the attractions of the sensate pleasures. Fasting makes the waistline shrink and the heart get larger, and abstinence makes the heart grow fonder.

Indulge in both fasting and abstinence during Lent, and you will have a clearer vision of the Risen Christ, come Easter.

PRAYING

For the forty days of Lent, start and end each day with prayer. Read [Morning](#) and [Evening](#) Prayer and/or [Family Prayer](#). Dust off that old grace you used to say before eating - spend some table time in quiet reflection and prayer instead of chattering and chomping. Pray daily, making sure you indulge in all the qualities of Christian prayer - adoration, thanksgiving, petition, penitence, and invocation.

Pray daily, and you will have a clearer vision of the Risen Christ, come Easter.

BIBLE READING

Do this daily, also, and if you haven't availed yourself of reading the Daily Office of morning and evening prayer, you are missing out on the opportunity the Church has given you for daily study and reading of Holy Writ. There's solace, insight, encouragement, grace and a whole lot more in scripture, and that can't be said about any other book in your library. The Good Book is precisely that, and those who read it daily learn how to be good - godly - themselves.

You can read the Bible daily via the Ordo Kalendar's links, or you can avail yourself of the [innumerable publications available on episcopalnet.org](#) via paper and electronic books on the Daily Office regimen.

Read Holy Writ daily, and you will have a clearer vision of the Risen Christ, come Easter.

CORPORATE WORSHIP

Corporate worship is a basic Christian duty. Our prayer book puts it succinctly, telling us that part of our bounden duty is to [worship God every Sunday in his Church](#). Doing so brings us understanding, strengthens our faith, gives us hope, fills us with encouragement, and gives us the first-hand experience of being loved by God - and that gives us the ability to love others more fully. There is nothing we can do on Sunday morning that is more important than being in God's House and being fed by His grace-filled presence in the Blessed Sacrament.

Make a commitment not to miss one single Sunday in God's House this Lenten season. Jesus told us *to this do*, (**Luke 22:19; 1Cor 11:24-25**) so let's do it together, every single Sunday, and you will have a clearer vision of the Risen Christ, come Easter.

WORKS OF MERCY

The final step is to, as the prayer says, [do all such good works as ... \[God\]...has prepared for us to walk in](#). There are fourteen 'works' which enable us to put our faith in Christ into action in our life. They are both spiritual and temporal and are as follows:

Spiritual Works Of Mercy

(1) converting the sinner, (2) instructing the ignorant, (3) counseling the doubtful, (4) comforting the sorrowful, (5) bearing wrongs patiently, (6) forgiving injuries, (7) praying for the living and the dead.

Corporal Works Of Mercy

(1) feeding the hungry, (2) giving drink to the thirsty, (3) clothing the naked, (4) harboring the stranger, (5) visiting the sick, (6) ministering to prisoners, (7) burying the dead.

Finally, and no doubt most importantly, let your Lenten lapses and failures - whatever they may be serve only to increase your dependence upon God. None of us will do all we want to do during Lent. That's the human condition. The point is not to get a good grade; the point is to increase your capacity to love God and your neighbor.

After all, Lent is a time to learn how to love - God's way - once again. That's the whole point of the season!

Parish News

Virtual Services continue every Sunday while we observe Covid-19 precautions. You are invited and encouraged to join us via YouTube at stmatthewsyoutube.com. If the link does not work you can copy and paste it into your browser. An alternate way to access the service is to type youtube.com into your browser and then search YouTube for stmatthewsparamus.

Alternate opportunities for virtual worship are some extraordinary website for churches who have very active daily services. One is the National Cathedral in Washington DC. www.cathedral.org Another is the Trinity Church Wall Street, www.trinitywallstreet.org. They have Lenten Meditations as well as Music Meditations, Compline by Candlelight, Holy Eucharist and other offerings. A good way to set aside a few minutes each day for holy quiet time during Lent this year.

Altar Flower or Sanctuary Candle requests may be made by contacting the office. Make checks payable to St. Matthew's Church with "Altar flowers for (name and requested date)" or "Sanctuary candle for (name and requested date)" noted on the memo line and mail to the church.

Trex Recycling Program We have begun dropping off plastic recycling in order to win our second bench. Thank you for continuing your excellent recycling efforts. This week we received a huge donation from Shawn Herrick of plastic he finds at his job. Thanks Shawn! Keep up the good work! Some other stars of recycling are Janyce Perrone, Skip and Linda Cherven, Jim and Judy Albro and George Hahn who have been keeping a good supply of plastic coming. We've already redeemed 75 pounds in our first month!



A very special birthday was celebrated this week.

Helen Chubb reached the age of 92 on February 25! Jacques offered a special blessing on Sunday for Helen, and Owen played a musical tribute of, "Scotland the Brave" a familiar Scottish tune that we normally hear played on bagpipes! Then the whole congregation of St. Matthew's participated in a drive by of Helen's

home, organized by Cindy Hahn and Amanda Kulesza, Helen's granddaughter. There were 22 cars in the caravan with more than 30 well-wishers blowing horns and flying balloons!



Allison, Amy, Helen and Amanda

Happy Birthday Helen!

Save the date for a Regional meeting with Bishop Hughes

In the Spring of 2020, Bishop Hughes grouped all congregations into eight Regional Ministry Networks (RMNs), named for saints and further identified by geography. Over the course of two months, the Bishop then held Zoom meetings with clergy and lay members of each RMN, reflecting on what we, our churches, and our communities have learned and experienced as we have adjusted to the changes this time has demanded of us.

This spring Bishop Hughes is inviting all members of the Diocese to join her at one of eight Zoom meetings, organized by the eight Regional Ministry Networks. (<https://dioceseofnewark.org/regional-ministry-networks>). We are in the Regional Ministry Network of **Benedict of Nursia/North East** and our meeting is scheduled for Thursday, March 11, from 6:30-8:30pm. Registration is not required. The Zoom link will be sent to clergy and wardens on Monday, Mar. 8 to share with their congregations. And, in the Bishop's words, "To be clear, these meetings are not limited to or aimed at Wardens and Vestries only. They are for all members." Please save the date and make plans to attend.

NOTE: Spanish language interpretation will be provided in real time during the meetings to be held on 3/18 and 4/15. Please make it known to your members that, no matter what Region they are in, if Spanish interpretation would be helpful, they are invited to alert your church to their interest in joining either meeting;

The congregations in the Regional Ministry Network **Benedict of Nursia / North East** are:

- Trinity, Allendale
- St. Andrew's, Harrington Park
- Holy Trinity, Hillsdale
- St. Bartholomew's, Ho-Ho-Kus
- St. Paul's, Montvale
- Holy Communion, Norwood
- St. Alban's, Oakland/Franklin Lakes
- Annunciation, Oradell
- **St. Matthew's, Paramus**
- St. John's, Ramsey
- Christ Church, Ridgewood
- St. Elizabeth's, Ridgewood
- Grace, Westwood

Registration is not required. The Zoom link will be sent to clergy and wardens on Monday, Mar. 8 to share with their congregations. Please save the date and make plans to attend.

"God's dream is that you and I and all of us will realize that we are family, that we are made for togetherness, for goodness, and for compassion. In God's family, there are no outsiders, no enemies. Black and white, rich and poor, gay and straight, Jew and Arab, Muslim and Christian, Hindu and Buddhist, Hutu and Tutsi, Pakistani and Indian—all belong. When we start to live as brothers and sisters and to recognize our interdependence, we become fully human." ~ Archbishop (ret.) Desmond Tutu

Calendar for March/April

- March**
- 3** ECW brown Bag Lunch Hards room 12 noon (pandemic/weather permitting)
 - 7** **Third Sunday in Lent** Holy Eucharist 10 am
 - 14** **Fourth Sunday in Lent** Holy Eucharist 10 am Daylight Savings Time begins
 - 21** **Fifth Sunday in Lent** Holy Eucharist 10 am
 - 28** **Palm Sunday** Holy Eucharist 10 am

- April**
- 1** **Maundy Thursday** TBA
 - 2** **Good Friday** TBA
 - 3** **Holy Saturday** (no service)
 - 4** **Easter Sunday** Holy Eucharist 10 am
 - 7** ECW/ Brown Bag Lunch 12 noon Hards Room (pandemic permitting)
 - 11** **Second Sunday of Easter** Holy Eucharist 10 am
 - 14** St. Paul's Shelter dinner Leave 5 pm
 - 18** **Third Sunday of Easter** Holy Eucharist 10 am
 - 25** **Fourth Sunday of Easter** Holy Eucharist 10 am

MARCH BIRTHDAYS

9~John Lama
16~Len Cheringal
27~Jack Adrick Wawra
28~Laken Rohdieck
29~Jonathon Teng
30~Patrick Tomasulo
31~Katherine Baccala

MARCH ANNIVERSARIES

25~Bob & Linda Morrisette

APRIL BIRTHDAYS

3~Amy Kulesza
8~Kathryn Lynne Tomasulo
13~Walter Ullrich III
17~Frank Perrone
21~George Hahn
22~Allen Mark
23~Robert Teng
24~Linda Finnegan
24~Suzanne Lightbody
29~Janyce Perrone

APRIL ANNIVERSARIES

20~Dr. Aaron Yang and Claudia Yen



Do You Want to Fast This Lent?

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with Patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.

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THE EPISCOPAL CHURCH

WELCOMES YOU



Deacon: The Rev. Jacques Girard
Parish Administrator: Janice Walker
Webmaster: Shawn Herrick
Newsletter Editor: Linda LoPresti

We, the Congregation of St. Matthew's, seek to know the gifts that Christ has given us, to use them as Christ would have us, in a ministry of love and encouragement to each other and the community, with God's help.