

Spirit of St. Matthew's

ST. MATTHEW'S
EPISCOPAL CHURCH

MARCH 2020

*All things
come of thee,
O Lord, and
of thine own,
have we
given thee*

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DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- 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 and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com



Parish News

The first in a series of concerts took place at St. Matthew's on December 7th. It was a great success with almost 80 attending.

The group **Les Non Triolets** performed a wonderful selection of music. The artists, Stefanie Santoro on flute, Ian Howells on piano and Kara Delonas on double bass offered some light classical, some holiday music and an excellent original jazz arrangement by pianist Ian Howells. A highlight was an oboe solo played by our Minister of Music, Owen Davitt.



The next concert will take place on March 29, Sunday evening at 7 pm, following the Fish & Chips dinner. See posters on the following pages for more information on both of these events.

The Epiphany Prayer Group continues to meet after coffee hour in the parish hall. We are exploring the events occurring during the season of Epiphany. All are welcome.

Lent is fast approaching. The Rev. Susan Schink will be with us from Ash Wednesday through Easter Sunday.

Music Notes

Owen Davitt, our Minister of Music (MOM) has posted particulars to begin the formation of the St. Matthew's Choir.

The Choir will be begin active from September 1 to June 1.

Members are responsible for

- Leading the congregation during the service with hymns
- Performing scheduled solo offerings, typically during the Offertory or the Communion at the discretion of the MOM
- Warming up and rehearsing at 9:15 am prior to the service
- Seated no later than 9:50 in preparation for the first hymn
- Choir is to communicate via text or email (preferably text) if a member is unable to attend the service or has anything they wish to communicate to the MOM.

We will begin rehearsing and singing together on March 1, the first Sunday in Lent, with plenty of time to prepare a special musical offering for our Easter Celebration!



The Rev. Susan Schink, Celebrant.

Christmas at St. Matthew's

The Christmas celebration at St. Matthew's is a joyous time when all of the folks who faithfully serve during the year, and all of our young members come to serve together.



Head Crucifer Shawn Herrick leads the procession. Acolytes Serafina Tomasulo and Hunter Sternbach follow with Sub-Deacon Ryan Coohill.



Celebrants The Rev. Richard Gressle and Deacon Jacques Girard with Hunter.



The choir was filled with Erin, Megan and Cindy Hahn, Barbra and Tracy Joosten, Linda LoPresti, Evelyn Cheringal and Joe Mamatz led by our Minister of Music, Owen Davitt.



Silent Night sung by candlelight.
Christmas blessings to all!

Join us for Genuine English



Sunday, March 29, 2020

4:30 – 6:30 pm

SPONSORED BY:

**ST. MATTHEW'S EPISCOPAL CHURCH
167 Spring Valley Road, Paramus**

**For tickets/information call Janice at 201-262-5286
or Linda at 201-265-4410/ lindalop@yahoo.com**

RESERVATIONS REQUIRED!

No “walk-ins” please.

Eat in or Take Out

**Tickets: Donation of \$15.00 Adults
\$10 Children 12 and under**

Chicken available upon request

More Parish News

The 70th Annual Meeting of St. Matthew's Episcopal Church was held on January 19, 2020. Elections were held and Vestry members at the end of their terms agreed to continue for another term. New member Joe Mamatz was elected to the Vestry. The ECW held a soup and bread sale following the meeting.

March 15 is Blanket Sunday. This outreach project of the Church World Service brings blankets to those in need in many countries around the world. Please consider making a donation in the envelope you will find in the pew.



The Rev. Dr. Richard Sloan, celebrant on February 16, gives birthday and anniversary blessings to Helen Chubb, Evelyn Cheringal and Megan Hahn.

Schedule of Events

- } **Sunday, Mar 1 - Lent 1** - Holy Eucharist 10 am
- } **Wed, Mar 4** - ECW Brown Bag Lunch 12 Noon
Hards Room
- } **Sunday, Mar 8 - Lent 2** - Holy Eucharist 10 am
- } **Thurs, Mar 12** - Vestry Meeting All welcome
- } **Sunday, Mar 15 - Lent 3** - Holy Eucharist 10 am
Blanket Sunday
- } **Sunday, Mar 22 - Lent 4** - Holy Eucharist 10 am
- } **Sunday, Mar 29 Lent 5** - Holy Eucharist 10 am
Fish & Chips Dinner 4:30 to 6:30 - Les Non Triolets
Concert 7 pm
- } **Wed, Apr 1** - ECW Brown Bag Lunch 12 Noon
Hards Room
- } **Sunday, Apr 5 - Palm Sunday** - Palm Procession
and Holy Eucharist 10 am
- } **Thurs, Apr 9 - Maundy Thursday** 7 pm Dead-
line for Easter memorial flowers
- } **Fri. Apr 10 Good Friday** - Holy Eucharist 10 am
- } **Sunday, Apr 12 - Easter Sunday** - Holy Eucha-
rist 10 am
- } **Sunday, Apr 19 - Easter 2** - Holy Eucharist 10 am
- } **Sunday, Apr 26 - Easter 3** - Holy Eucharist 10 am
- } **Sunday, May 3 - Easter 4** - Holy Eucharist 10 am,
UTO Sunday
- } **Wed, May 6** - ECW Brown Bag Lunch 12 Noon
Hards Room
- } **Sunday, May 10 - Easter 5** - Holy Eucharist 10 am
Mother's Day

Les Non Triolets

IN CONCERT



Sunday, March 29, 2020 at 7 PM

St. Matthew's Episcopal Church

*We invite you to a FREE evening filled with beautiful music.
Join us as we welcome these talented artists
Who will share a musical journey from classical to jazz on
Flute, piano, and double bass.*

*Stefanie Santoro, FLUTE
Kara Camille Delonas, DOUBLE BASS
Ian Howell, PIANO*

Come and enjoy an evening of beauty and refreshment



*St. Matthew's Episcopal Church
167 Spring Valley Road, Paramus, NJ 07652
201-262-5286 stmatthewsparamus@verizon.net*



Birthdays & Anniversaries

FEBRUARY BIRTHDAYS

1~Stephanie Teng
 6~Kristina & Brian Lama
 6~Stacy Ullrich
 12~Nancy Newman
 14~Meghan Murphy
 19~Brendon Winters
 20~Donald Higgins
 22~Erin Hahn
 23~Taylore Chicanis
 24~Gail Bornkamp
 25~Helen Chubb

FEBRUARY ANNIVERSARIES

14~Ed & Laura Coohill
 25~Evelyn & Len Cheringal

MARCH BIRTHDAYS

9~John Lama
 12~Will Loschiavo
 16~Len Cheringal
 22~John Gunderman
 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~Dot Cahill
 17~Frank Perrone
 21~George Hahn
 22~Allen Mark
 23~Robert Teng
 24~Linda Finnegan
 24~Suzanne Lightbody
 29~Janyce Perrone
 30~Jesse Winters

APRIL ANNIVERSARIES

20~Dr. Aaron Yang and
 Claudia Yen

The Newsletter welcomes any contributions you wish to make. If you have a favorite prayer or saying, or some family news or pictures, please share it so that we may all celebrate with you.

Phone: 201-262-5286

Fax: 201-262-5286

E-mail: stmatthewsparamus@verizon.net

<http://stmatthewsparamus.org>

THE EPISCOPAL CHURCH

WELCOMES YOU



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.

Deacon: The Rev. Jacques Girard

Parish Administrator: Janice Walker

Webmaster: Shawn Herrick

Newsletter Editor: Linda LoPresti



St. Matthew's Episcopal Church
167 Spring Valley Rd.
Paramus, NJ 07652

*The
Season
of
Lent*

