

The St. John's Journal

April 2010



I was doing some reading in a book entitled, Your Body Believes Every Word You Say, by Barbara Levine and was struck by this quote:

Both computers and humans can be afflicted by damaging viruses. To protect my PC from glitches or a major crash and consequent shutdown, I have an anti-virus program which runs automatically each day, scanning the PC system for unwanted instructions. To protect my body from illness, I strive to maintain a strong immune system by nourishing my mind, body, and spirit. My strategy involves eating healthy foods; exercising, thinking healthy thoughts; doing meaningful work to produce measurable results; going to synagogue each week, praying, talking to God, studying, meditating, listening to music, seeing movies; and making time for recreation, socializing, and fun. (p. 161)

Levine led herself to health after dealing with an inoperable brain tumor by doing the above. I think about the new life that Levine experienced and the connection between her resurrection and the spiritual practices she described. As followers of Christ we are entering the glorious season of Easter...a season that focuses on our Lord's offer of new life for each and every moment. Yet, how can we access this opportunity to begin again, to live into new experiences of God's grace in the midst of life's challenges and difficulties? To move from death to life, from sickness to health, from separation to reconciliation - to a resurrected life with Christ?

This movement to embrace our new life in Christ is not easy. Each Sunday morning when it is time for church, we are challenged by the great spring weather that lures us outside, commitments to weekend sporting programs, unending yard work, weekend travel and sleeping in on Sunday morning after a long work week. These compete with our spiritual goals of finding new, resurrected life with our risen Lord.

Levine did not find her new life, her resurrection from her brain tumor, her health, without a firm commitment to the spiritual practices described above. Part of living the new life that Christ offers and won for us means a commitment on our part to embrace, pursue and live out what it means to be an Easter People. If that commitment is compromised and not wholeheartedly embraced, it will be difficult to learn how to give up that which stands in the way of new life.

How will we at St. John's live out being an Easter People for the fifty days of Easter? Part of the great thing about Lent is that it is meant to get us back into the swing of spiritual practices. Easter is not the time to quit praying, doing works of love, meditating and regular church attendance just because Lent is over. Easter is the time to keep these fabulous practices going strong.

As we teach our children and youth about the discipline of taking care of relationships, the discipline of caring for their bodies (brushing teeth, exercise, eating right), the discipline of developing their intellectual potential, we want to also teach them about the discipline of caring for their spiritual lives. Do you give your children and teenagers a choice about taking care of the spiritual side of their young lives? Or is the expectation that they will attend church regularly with you a family value that communicates, "This is how we attend to our spiritual selves,?" Do you give them a choice about whether they go to visit grandma, change their underwear, do their math homework, take out the garbage, get regular dental check ups? Yet, is regular church attendance optional? Is learning how to embrace new life in Christ a 'take it or leave it' kind of thing?

Unlike chores, homework and mandatory check-ups, however, regular church attendance needs to be feeding us spiritually...it needs to inspire us to live as followers of Christ, encourage us to forgive and do the work of reconciliation so that restored relationships become realized, it needs to show us how to embrace abundant life, resurrected life with Christ. If it is not doing that, we need to do something about that as the body of Christ together. We need to talk.

In the meantime pray about what it means for you and your family to live out being an Easter People...embracing with a firm commitment the spiritual practices that can make that a reality!

Pastor Martha

Lectionary

April 4th

Easter

Acts 10:34-43 or Isaiah
65:17-25
Psalm 118:1-2, 14-24
1 Corinthians 15:19-26
or Acts 10:34-43
John 20:1-18 or Luke
24:1-12

April 11th

Acts 5:27-32
Psalm 118:14-29
or Psalm 150
Revelation 1:4-8
John 20:19-31

April 18th

Acts 9:1-6, (7-20)
Psalm 30
Revelation 5:11-14
John 21:1-19

April 25th

Acts 9:36-43
Psalm 23
Revelation 7:9-17
John 10:22-30

**GOD WILLING:
ORDINATION AND CONSECRATION OF
THE REV. DR. IAN DOUGLAS, BISHOP-ELECT
AS THE 15TH DIOCESAN BISHOP OF CONNECTICUT
SATURDAY, APRIL 17TH, 2010; 11:00 A.M.
AT
KOEPEL CENTER OF TRINITY COLLEGE
175 NEW BRITAIN AVE., HARTFORD, CT
for more information visit the diocesan website:
ctdiocese.org**



Hello Dear Friends at St John's,

I would like to thank you all for the lovely reception and gifts you gave me. It meant a great deal to me. To see so many people there and those from the 8:00 service that returned just touched me in so many ways. I thank you all for your prayers and cards that I have received. They have gone far to keep my spirits up during this very trying time. I hope to see many of you on Sundays when I can be in church. The Doctors in Boston did tell me that with the treatment things will get worse before they get better, but they have given me much hope for a complete recovery down the road. Praise the Lord!!

Again, thank you all for your love and support. You are all very special to me.

Jeanne

**AN INITIAL LOOK AT EFFECTIVE PARENTING:
SUNDAY, APRIL 11TH, 5:30 – 7:00 P.M.
PARISH HALL**

On Sunday evening, April 11th, from 5:30 – 7:00 p.m. Pastor Martha and Dr. Kim Pengel, her fiancée, will present an evening for all parents and interested members on Effective Parenting. At this session we will outline the principles for effective parenting which include:

- 1) Skill at communicating effectively, consistently, lovingly and firmly
- 2) Establishing clear behavioral standards for kids so that they know what is expected and the rewards/consequences of their behavior

Parents will learn how to develop skills with regard to setting clear expectations and how to make these understandable and realistic for their children. How do we as parents communicate effectively so that our kids understand whether they are in compliance with family expectations?

We will offer a second and third session on these issues if the group wishes to continue. The time of these sessions will be mutually determined at the April 11th meeting. This idea was generated by a conversation between Pastor Martha and our Youth Leader, Deb Butler, and the hope is that these sessions might be a beginning for future discussions between youth and parents next fall around issues facing our kids. Speak with Martha or Kim if you have questions.



NEWCOMERS WELCOMED

On Sunday, April 11th, at both liturgies we will welcome new faces among us. Special coffee hours will be provided by members of our Welcome Committee: Nancy Ryan, John Knowles, Christine Knowles and Betty Plisko. A welcome dinner for leaders of the parish to meet the newcomers will take place the day before, also prepared by the Welcome Committee. Please take time on April 11th to welcome those new members and to introduce yourself! Thanks to the Welcome Committee for engaging in the important ministry of hospitality!



PASTOR MARTHA'S WEDDING

Pastor Martha and Kim Pengel will be married here at St. John's on Saturday, July 31st. Everyone is invited to attend! Absolutely no wedding gifts, please. However, if you would like to bring a gift of food to share with the community, you will have the opportunity to sign up for this communal meal. Martha's son, Tom, and his jazz colleagues will provide music for the Eucharist and the reception and Martha's good friend, the Rev. Julie Reuning-Scherer, a Lutheran pastor, will perform the wedding...assuming the bishop gives his blessing. More information forthcoming. In the meantime, save the date!

VESTRY AND SENIOR WARDEN UPDATE

At last month's Vestry meeting on March 18th the Vestry appointed two new members. Christine Knowles will complete John Knowles term which ends in January of 2011. John needed to resign as his new job (Yeah!) required that he work second shift and so Vestry attendance will be impossible. The Vestry also appointed Ann Flower until January of 2011 to contribute as a Vestry member as we are currently down a member due to the vacancy of Senior Warden. No one at this time feels called to fill the position of Senior Warden. So as of right now, we will wait to fill the position of Senior Warden until January of 2011. Please keep the Vestry in your prayers!
Pastor Martha



Saturday, May 15, 2010
West Hartford, CT
Check-in starts at 8 a.m.
Starting gun at 9:30 a.m.

Register for the Bishop's 5K for Kids
You can register by mail or online...

Pre-registration: \$20 for adults (15 and up) and \$10 for children.
On race day: \$25 adults and \$15 for children.

To register, download the Registration Form here, print it out, and mail your completed Registration Form with your check before May 11, 2010 to Bishop's 5K for Kids, 1335 Asylum Avenue, Hartford, CT 06107. Or, you can register online at <http://www.firstgiving.com/BFC5K>.

JOY Fellowship



In conjunction with the month of April being "Child Abuse Prevention Month", the women of the parish will be taking a collection to benefit the Parent/Child center affiliated with the Bristol Hospital. They will start accepting the items Sundays through April and there will be a box labeled in the narthex for drop offs. The items needed are things appropriate for newborn through size 5T. Some ideas are clothing, diapers, formula, food, powder, lotions and larger-size diapers. We thank you for your support in advance to help families in our community

Please join us on April 13th for our monthly gathering. Beth Ryan will be providing us an opportunity to have a chair massage from 6pm until 8pm (space limited, sign up on the church bulletin board). Our regular "meeting" will take place at 7pm. More detail will follow.

May 1st is our Scrapbook Event from 9am until 9pm. Please contact Laura Hedenberg at 860-404-8993 or Hedenberg@sbcglobal.net for details!!

April Birthdays



| | | | | | |
|------|----------------|------|------------------|------|----------------|
| 4/3 | Dennis France | 4/12 | Matthew Doucette | 4/22 | Ann Flower |
| 4/6 | Karen Newman | 4/14 | Matt Cornish | | Anthony Seholm |
| 4/7 | James LaFlamme | 4/17 | Mike Ambrosio | 4/24 | Lori Bush |
| 4/9 | Joyce Valeri | 4/20 | Jeff MacArthur | 4/27 | Robert Newman |
| 4/10 | Erin O'Meara | | Alyssa Paradis | | |

| April WORSHIP ASSISTANTS | | | | | |
|-------------------------------|-----------------|---------------------------|-------------------------------|-------------------------------|---------------|
| | | CHALICE | USHERS | LECTORS | COUNTER |
| 4/1 Maundy Thursday | 7:00 pm | Dave Desmarais | J.Moderacki/ N Tuttle | Diane Desmarais | |
| 4/2 Good Friday | 7:00 pm | JAKE BUTLER | P. Moderacki/ F Markowich | F. Markowich | |
| 4/3 The Vigil of Easter | 7:00 pm | C. Knowles | A. Flower/ D Card | C Knowles/D Card/ T Flower | |
| 4/4 Easter | 9:00 am | B. Plisko/ K. Lombardi | R. Barrett/ B Baker | C. MacArthur | Peg Moderacki |
| 4/11 | 8:00 am | C MacArthur | J Reidy/ P Coombs | L Burdelski | |
| | 10:00 am | J. Lee | A. Paradis/G. Paradis | R. Tuttle | J. Valeri |
| 4/18 | 8:00 AM | C. Knowles | J. MacArthur/ C. Knowles | C. Knowles | |
| | 10:00 AM | Jake Butler | R. Hedenberg/ J. Moderacki | Jake Butler | L. Rozanski |
| 4/25 | 8:00 am | C. MacArthur | P. Moderacki/ F. Markowich | F. Markowich | |
| | 10:00 am | Dave Desmarais | A,Flower/D. Card | Diane Desmarais | Peg Moderacki |

April 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|----------------------------------|--------------------------|--|---|---|
| | | | | 1 Maundy Thursday Service 7:00pm | 2 Good Friday Service 7:00pm | 3 Easter Vigil Service 7:00 pm |
| 4 Easter Holy Eucharist 9:00am | 5 | 6 | 7 Pines 10:30 | 8 Holy Eucharist 10:00am 11:15 Lunch Outing after Eucharist | 9 | 10 Newcomer's Dinner 4:30pm Parish Hall |
| 11 8:00am and 10:00am Holy Eucharist 9:45 Church School 5:30-7:00 pm Effective Parenting Workshop | 12 | 13 JOY Fellowship Meeting 7pm | 14 Bible Study 7:00pm | 15 Holy Eucharist 10:00am Bible Study 11:00 am Vestry 7pm | 16 | 17 Ordination and Consecration of Bishop-Elect 11:00am Trinity College |
| 18 8:00am and 10:00am Holy Eucharist 9:45 Church School | 19 | 20 | 21 Bible Study 7:00pm | 22 Earth Day Holy Eucharist 10:00am Bible Study 11:00 am | 23 Women's Retreat Vermont | 24 Women's Retreat Vermont |
| 25 8:00am and 10:00am Holy Eucharist 9:45 Church School | 26 | 27 | 28 Bible Study 7:00pm | 29 Holy Eucharist 10:00am Bible Study 11:00 am | 30 JOY Fellowship Scrapbook Event 6pm-Midnight | 1 JOY Fellowship Scrapbook Event 9am-9pm |

The St. John's Journal is the monthly newsletter of
Saint John's Episcopal Church
The Diocese of Connecticut
Bishop, The Right Rev. Andrew D. Smith
Bishop Suffragan, The Right Rev. James E. Curry
Bishop Suffragan, The Right Rev. Dr. Laura Ahrens
Rev. Dr. Martha Klein-Larsen
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