

THE GOOD SHEPHERD

A Quarterly Newsletter of Christ Episcopal Church Teaneck, New Jersey Lent and Easter, 2010

RAMON'S REFLECTIONS



Lent, an old English word, which means "Spring" is here. This very solemn and penitential season of the church year begins with Ash Wednesday, which this year falls on February 17th and ends

on March 27th, the Saturday just before Palm Sunday. (Technically speaking, Holy Week which begins with Palm Sunday is not part of Lent.) The 40 days of Lent are a reminder of the fact that after his baptism, Jesus retreated into the desert for 40 days where he fasted, prayed and was tempted by the devil.

Consequently, Lent should be an opportunity for all of us to take stock of who we are, whose we are and how faithful we have been to our call to be God's beloved children. If in fact, we have sometimes been unfaithful and have followed the tempter rather than the redeemer, then we can repent and turn from our sins and return to our commitment to be Christ-like.

There are a number of opportunities for you and me to do just that. First of all, faithful attendance at the Sunday Services during Lent is very important. The readings and the sermons will all be reminding us of our responsibility as Christians in a world where being one is often so difficult and where we are often challenged to live a Christ-like life. Secondly, the Diocese of Newark has very generously provided us with Lenten Devotional Booklets for you to use by yourself or with the members of your family during daily during this 40-day season.

Thirdly, Christ Church will be offering a Bread and Soup Supper and a discussion every Wednesday during Lent in the Commons Room. It is a simple meal, a reminder that during this season we are called to fast, followed by a reading of the gospel for the following Sunday's service and a discussion of questions that can prepare us to better hear that gospel when we come to church. The Bread and Soup Supper will begin at 7:30 p.m. followed by the discussion which will end no later than 9 p.m.

I hope you consider any or all of these options that Christ Church is offering all of us during this holy season of Lent. Let this Lent be a special one for you as you remember what Christ has done for you and prepare to really celebrate his Passion, Death and Resurrection during Holy Week and Easter.

PARTY HARDY – LENT IS ALMOST HERE

The word "carnival" with which so many of us are so familiar, comes from the Late Latin expression *carne vale*, which means "farewell to meat", signifying that those were the last days when one could eat meat before the fasting of Lent. Yet another translation depicts *carne vale* as "a farewell to the flesh", a phrase embraced by certain carnival celebrations that encourage letting go of your former (or everyday) self and embracing the carefree nature of the festival.

Shrove Tuesday is a term commonly known in English-speaking countries associated with the United Kingdom and its Anglican traditions, especially Canada, Ireland, Australia, New Zealand, and parts of the

United States, New Zealand, and Australia for the day preceding Ash Wednesday, the first day of the Christian season of fasting and prayer called Lent. The word *shrove* is the past tense of the English verb *shrive*, which means to obtain absolution for one's sins by way of confession and doing penance.

During the week before Lent, sometimes called Shrovetide in English, Christians were expected to go to confession in preparation for the penitential season of turning to God. Shrove Tuesday was the last day before the beginning of Lent on Ash Wednesday, and noted in histories dating back to 1000 AD. The popular celebratory aspect of the day had developed long before the Protestant Reformation, and was associated with releasing high spirits before the somber season of Lent. It is analogous to the continuing *Carnival* tradition associated with *Mardi Gras* (and its various names in different countries) that continued separately in European Catholic countries.

In the United States, the term "Shrove Tuesday" is less widely known outside of people who observe the liturgical traditions of the Episcopal, Lutheran, and Roman Catholic Churches. Because of the increase in many immigrant populations and traditions since the 19th century, and the rise of highly publicized festivals, *Mardi Gras* has become more familiar as the designation for that day. In England and many other countries, the day was observed by celebratory eating of rich foods made with eggs, sugar and butter, such as pancakes. It was often known simply as Pancake Tuesday. Making and eating such foods was considered a last feast with ingredients such as sugar, fat and eggs, whose consumption was traditionally restricted during the ritual fasting associated with Lent.

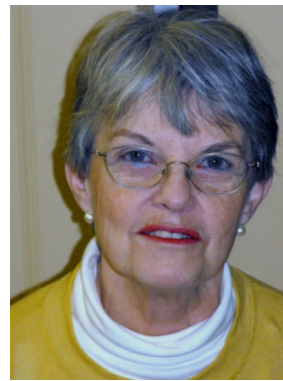
So, don't forget to come and support our Pancake Supper. It is on Tuesday, February 16th from 6:30 p.m. to 9 p.m. In addition to the traditional pancakes, sausage and syrup, there will be jerk chicken, herb-roasted chicken, cod fish, salad, gumbo, rice and peas and desert. The price for this sumptuous

meal is a mere \$12 for adults and \$6 for children age 12 and under. Additionally, there will be Caribbean style music for your listening of dancing pleasure. So, come, eat drink and be merry and enjoy it while it lasts because the next day is Ash Wednesday and you will have to repent of your sins.

OUTREACH

By Mary Sue Kaplow

For the past fifteen years or so we, as a congregation, have participated in a variety of programs organized by the IRF. The Overflow Shelter has been dissolved due to



the new facility for the homeless in Hackensack and the Family Shelter, which was housed at St. Cecelia's R. C. Church in Englewood, will no longer continue to operate as it has for so many years. The

Family Shelter WILL CONTINUE with a slightly different agenda and at a variety of locations. The IRF is seeking the commitment of 17 churches/synagogues to volunteer as host locations, with each being responsible for making their space available for one week, three times during the year. The weeks will start on Sunday pm and run through the following Sunday am. Each family will arrive in the evenings at 5pm and leave in the mornings at 7am. The IRF is now recruiting houses of worship for this purpose and is hoping to get volunteer spaces in place by June 2010. At present they have 15 volunteer host congregations. Christ Church would be designated as a support congregation.

In view of the fact that the Overflow Shelter has been discontinued and the Family Shelter has taken on a new direction, we, at Christ Church, need to see how we can most effectively fit into the new network. Since we will not be a host church we need to focus on

the needs of the three or four families who will be staying at the host congregations. We will be offered a designated time slot to volunteer our hosting skills. Volunteers are at the heart of the network, providing a variety of services that include cooking and serving meals, playing with the children, helping with homework, providing overnight security and serving a light breakfast before the guests leave to go to jobs or school. There are no age limitations for the volunteers so that we encourage families to volunteer as a unit as well as individuals so that we may interact with the families and make their transition as pleasant and supported as possible.

There will be a day center to address the guests' needs to pursue employment, tend to pre-school children, shower and do laundry. The center will provide guests with a mailing address and act as a base for housing and employment searches. The IRF is modeling their program after the Family Promise Program which is a nationwide network using over 5000 congregations to work co-responsibly in this outreach program. I look forward to keeping you all updated on the progress of this venture and being able to be an active part of this ambitious program.

At the Walk-In Dinner Program on January 5th we served 126 homeless. Twelve prayer shawls were blessed and presented since the last issue. Our pantry needs continue and we thank you all your support.

A VERY GENEROUS GIFT

Christ Church recently received a gift of \$7,500 to be used by the Building and Grounds Committee to equip the church with whatever it feels is necessary to make access to the church and worship easier, especially for the elderly. Among the projects being considered is the building of ramps that would make it easier to move from one building to the next and from the parking lot into our buildings.

The gift came from a friend of Father Ramon and Josefina, Priscille Godfroy, and was

given in Loving Memory of her husband, Joe Godfroy and her father, Henry Geoffroy, both recently deceased. Joe, a member of the vestry at Saint Anne's, Lowell, died after a short and valiant battle with pancreatic cancer.



In the picture embedded in this article, Joe is shown in his hospital bed surrounded by family and friends on the day he and Priscille were married. All of us at Christ Church are extremely grateful for this very generous gift. May Joe and Henry rest in Peace.

REFLECTIONS ON THE BISHOP'S VISIT

Gail: "Everything went very nicely"

Charles: "Inspiring and full of encouragement"

Coleen: "Wonderful day"

Lorraine: "Very nice and informative"



Anne: "Informative"

Cavana: "Bishop was very attentive"

JP: "Quite open, frank and honest"
 Mary Sue: "Very warm and friendly"
 Claudette: "Empowering and supporting"
 Aubrey: "Stimulating"
 Clare: "Awesome and spiritually uplifting"
 Bishop Beckwith: "Wonderful hospitality"
 David: "Communicative and attentive"
 Safiya: Encouraging and captivating"
 Jennifer: "The participation of the youth"
 Dena: "Hope and encouragement"
 John: "Strength and unification"
 Alex: "Peaceful"
 Amir: "Holy"
 Lucille: "Inspirational and enlightening"
 Bea: "Very educational and interesting"
 Bill: "Informative"
 Locksge: "Heart-warming and inspiring"
 Marlene: Perseverance and encouragement"

THE MEANING OF MARTIN LUTHER KING:

A TEENAGER'S PERSPECTIVE

By Michael Joseph Cunningham

Christ Church and Grace Lutheran Church joined together for the Martin Luther King Jr., Celebration on January 18, 2010.



This was a chance for both churches and people of all ages to discuss the life of Martin Luther King.

For those of us who have only heard about and read about Martin Luther King

Jr., like me, he was a good man. He did not want to judge people by the color of their skin. He wanted people to look at the content of their character. Some people remembered segregation in the 50s, 60s, and 70s era. Many African Americans in both the North and the South were not permitted to attend school, live and work in certain areas, and could not take a seat in public transportation.



Gail Storer from Christ Church said that when she was a child she went down south. She saw a sign at a water fountain that said "colored only". She had never seen colored water, and wanted to see it, and drink it. When she asked questions about the water, she found out that the fountain was for black people. She did not understand why people could not drink from the same water fountain. That was her first experience with racism.

My Dad who grew up in the south, and was once told he had to go to the back door of a restaurant to obtain food. He refused and stayed in the car and did not eat. When my parents were looking for a home in 1986, a white man followed them in Hackensack with a big dog. He drove up to them and asked why they were looking at houses in that neighborhood. There are many experiences of racism people have.

I really liked the idea of people from both churches coming together to celebrate the life of Martin Luther King. Everyone had the chance to express their thoughts and feelings. The best part of the evening was sharing the great food of pizza, salad and delicious desserts together. It is always a good idea to share a meal and I think if Martin Luther King was alive he would like how we celebrated his life and work.

***"FREE AT LAST! FREE AT LAST!
 THANK GOD ALMIGHTY WEARE
 FREE AT LAST!"***

BLESSED ABSALOM

By Aubrey V. Thompson



On Sunday February 7, 2010 eight members of Christ Church journeyed to the Trinity and St. Philip's Cathedral in Newark to join with Bishop Beckwith other members of the diocese in celebrating the life and witness of The Rev. Absalom Jones, the first African American ordained a deacon and priest in the Episcopal Church.

This annual event of the diocese sponsored by the Newark Chapter of the Union of Black Episcopalians has over the years become the premier liturgical and musical experience. The enhanced choir is drawn from a number of churches in the diocese and the carefully selected music runs the gambit of the African American experience.

The entrance and gathering rite began with the rhythmic sounds of African drummers and liturgical dancers summoning the congregation to worship. As the clerical procession made its way down the center aisle, the drums stopped and were replaced by the pipe organ playing "Lead Me Guide Me". This hymn set the mood for the evening. The congregation joyously clapped their hands in rhythm as they sang along. This electrified the congregation and prepared them for the Invocation to our ancestors in the faith. As each invocation was read, a libation of water was poured to remind all present of the unity in baptism and the promises to strive for equality justice and peace.

Representing Christ Church in the service were Claudette Belnavis, reading the prayers

in French and Clare Thompson, Eucharist minister.

The prayers of the people were an incorporation of quotations from the Rev. Dr. Martin Luther King Jr. They were read in English, Portuguese, Ga, French, Spanish and Igbo.



The sermon was delivered by The Rev. Darryl James, the thirteenth national president of the Union of Black Episcopalians and presently priest at Grace Church, Jamaica, N.Y. It was a touching moment when Fr. James began his sermon singing a tribute to the members of the cathedral among whom he began his ministry twenty-five years ago. In an electrifying sermon, he reminded all about the challenges and obstacles faced by Absalom Jones even after he was ordained a priest. Fr. James cautioned the congregation, that in spite of the passage of time and in spite of all the achievements, the Union of Black Episcopalians is relevant today as it was in 1787 when Absalom Jones together with other black members were removed from worshipping at St. George's Episcopal Church in Philadelphia.

This year the Clara Horsley Leadership



Award was presented by the chapter president Aubrey Thompson to Rosalia Clegg a longtime and founding member of the Newark Chapter.

In thanking all present, Aubrey advised that the chapter had decided not to have a reception at Cathedral House as has been the practice in the past, but rather to use the designated funds for the relief in Haiti.

TAKE UP YOUR CROSS
Lenten Meditations 2010

If any want to become my followers, let them deny themselves and take up their cross and follow me.

—Mark 8:34

What does it look like to “take up your cross” this Lent? Most of us don’t have big, heavy, wooden beams lying around our homes. We do, however, carry burdens of debt, of not-so-smart choices, of difficult relationships, of disease, stress, addiction, transition, and uncertainty. These burdens can keep us from living into the stature of Christ, the image of God in which we were created.

This Lent the Episcopal Church invites you to join others around the world in a season of self-examination, prayer, and learning. Walk this path with those around you and with those far off who are also using this guide.

This year, those who have worked on this project at the National Church level have divided the guide into two sections. The first is called the Stations of the Cross. Artists and writers have created fourteen stations to remember the road Christ walked from the Garden at Gethsemane to the tomb of Joseph of Arimathea. Each step is reflected in image and words. Traditionally the stations are walked each Friday during Lent, particularly on Good Friday. We invite you to walk them as often as you like this Lent, remembering Jesus’ Passion and considering what it means to follow in his footsteps.

The second section of this guide contains meditations for Holy Week, the days from Palm Sunday and Jesus’ triumphant entry into Jerusalem through the last supper on Maundy Thursday, his death on Good Friday and culminating on Holy Saturday.

Visit the Stations of the Cross:
<http://episcopalcommons.org/stations2010/>

Receive a daily Holy Week meditation in your inbox: send an email with your e-mail address as the subject line and “join

meditations” in the body to
mharewood@episcopalchurch.org

May God bless you and keep you this Lenten season!

PARISH NURSING/
CONGREGATIONAL HEALTH
MINISTRY

By Clare E. Thompson, RNC

2010 PLAN OF WORK



The Christ Church Parish Nursing/Congregational health Ministry met as a committee and crafted a 2010 Plan or Work.

A key aspect of the work of the committee is to ensure a commitment of \$300.00 per year to Christ Church as a small token of our dedication to the cause.

The committee also hopes to undertake a series of events, beginning with:

- (1) Our quarterly Blood Pressure screening.
- 2) Spring and Fall guest speaker, Lisa Buldo, author of Living Healthy God's Way".
- (3) A May 2nd Annual Pre-Nurses' Week/ Mother's Day Luncheon Banquet.
- (4) Our 2010 Health Fair.
- (5) October Walk for Diabetes/Breast Cancer.

The committee has also agreed on presenting an article in each edition of the Good Shepherd Parish Newsletter.

The Parish Nursing/Congregational Health Ministry has also donated \$100.00 to the Haiti Relief Fund.

Finally, we look forward to continuing our weekly (First Assist) assignment of Medical/Nursing Professionals and Lay members.

**FORWARD EVER
BACKWARD NEVER!!**

**NOTES FROM EPISCOPALIAN
WHO RECEIVED A
PERSONALIZED MESSAGE FROM
THE SHEPHERD WHO LEADS
25,000 NEW JERSEY
EPISCOPALIANS!**

By Lorna Hines-Cunningham, LCSW



I asked myself is it me or is it him as I listened intently feeling the presence of our Lord as this man spoke. Was it an adrenaline rush or was I light headed from fasting? His clear and concise explanation of his role and

responsibility to the youngsters of our parish held enormous meaning for me as an Episcopalian in our Diocese. His ease without notes or other aids was awe inspiring.

I have always found that children's services and specific messages to children have enormous implications for adults. Perhaps as adults we are too grown up to ask simple questions that always have greater philosophic and spiritual meaning. This was the case as Bishop Beckwith simplified the multifaceted and huge understanding of the role of Bishop. This Sheppard's strong identity, spirituality, love of humanity, and intense faith was quite evident in the beginning, middle and end phases of his visit to our church. In retrospect, I wonder how on earth he can make all 25,000 of us feel so very important and significant-a feeling that remains as I write these words. There were two both intently, meaningful, and lasting messages he left with me:

1. The importance of "doing things that make the most of you" (me). I have thought about this countless times since last Sunday in deep reflection. I have discussed it with friends and colleagues to gain further insights. There maybe those among us who feel this message is

completely clear, concise and straightforward. However, we humans are rather complicated beings and therefore this important paradigm will at times require additional elucidation. How can I be a better me? What can I do to do a better me? How can I help myself to see and understand the opportunities to be a better me? How will I know these are the opportunities? Do I depend on my thoughts, feelings, and perhaps that inner voice where God talks to me?

2. Bishop Beckwith shared the vision of our Diocese of Newark. These simple yet huge words clearly describe the focus of our Diocese and therein our role and responsibility as parts of that entity. I am left with the understanding the Diocese will help to equip me (and the other 24,999 as well) with the power (mind, body, spirit) to relate and commune with the entire world focused on understanding and living with the hope and justice of Jesus Christ! What a great possibility to work towards this goal!

If given the opportunity I would say to Bishop Beckwith: "Thank you for helping me to further understand my importance, power and role of service in behalf of Our Savior and the significance and power of our church, Christ Episcopal. May God Bless You Always."

I RISE TO HEAR THE WORD

By Sydonie Porter



For some of us, the experience of a long work week can be brutal, so we crave a weekend of rest and relaxation. A little R&R is a good thing; God knows we work hard during the week, and are

well deserving of it. The desire to sleep in on Sunday mornings and the temptation to rise for 10:00 a.m. mass can be fierce, but I rise.

I rise when I awake to realize that I have life.

I rise to give God thanks, and to sing his praise.

I rise in anticipation to hear God's word in a sermon that never disappoints.

I pray that we all will rise and worship on Sunday mornings.

DIVERSE HOLIDAY CELEBRATIONS FOR SUNDAY SCHOOL

By Joyce Baynes

On December 27th Sunday School students and staff conducted a Kwanzaa ceremony for the congregation in the Commons Room. Parishioners learned about the Seven Principles of Nguzo Saba: Umoja (Unity), Kujichagulia (self-determination), Ujima (Collective work and Responsibility), Ujamaa (Cooperative economics), Nia (Purpose), Kuumba (Creativity) and Imani (Faith). Kwanzaa runs from December 26th through January 1st; it was established during the 1960's to encourage African Americans to unite around common goals.



Following the Kwanzaa ceremony, the students enjoyed a Christmas party replete with candy, cookies, chips and juice. Some of the children made cookies for all to sample and others created snow globes with lovely signs of winter.

On January 24th, Kay Rosen, from Grace Church, presented a slideshow of the mission trip to Haiti that took place in late November. Kay showed photos of Haitian children and teens opening the bags of gifts that Christ Church sent over with the mission team. With the assistance of some of the Sunday

School students she interspersed written comments about the recent disaster.

On Sunday, February 7th all of the children attended the 10:00 am service to join Bishop Beckwith in the Eucharist. They learned about his role in the Episcopal Church, interacted with him at the altar and some were given a chance to try on the Bishop's mitre.

In the coming weeks the Sunday School will focus on the meaning of Lent and will study the Stations of the Cross.

OUT OF THE MOUTH OF CHILDREN

A little boy was attending his first wedding. After the service, his cousin asked him, "How many women can a man marry?" "Sixteen," the boy responded. His cousin was amazed that he had an answer so quickly. "How do you know that?" "Easy," the little boy said. "All you have to do is add it up, like the pastor said, 4 better, 4 worse, 4 richer, 4 poorer."

..... Ms... Terri asked her Sunday School class to draw pictures of their favorite Bible stories. She was puzzled by Kyle's picture, which showed four people on an airplane, so she asked him which story it was meant to represent. "The Flight to Egypt," was his reply. Pointing at each figure, Ms. Terri said, "That must be Mary, Joseph, and Baby Jesus. But who's the fourth person?" "Oh, that's Pontius - the pilot!"

..... The Sunday School Teacher asks, "Now, Johnny, tell me frankly do you say prayers before eating?" "No sir," little Johnny replies, I don't have to. My mom is a good cook."

..... *A HOLY LENT, A BLESSED HOLY WEEK AND A JOYOUS EATER TO ALL!*

SCHEDULE FOR LENT, HOLY WEEK AND EASTER

Shrove Tuesday

Tuesday, February 16, 2010

6:30 p.m. - Annual Pancake Supper

8:00 p.m. – Ceremony of the Burning of the Palms

Ash Wednesday

Wednesday, February 17, 2010

12 noon – Holy Communion and Imposition of Ashes

8 p.m. – Holy Communion and Imposition of Ashes

Wednesdays of Lent

February 24, March 3, March 10, March 17 and March 24

Bread and Soup Supper and Discussion on the following Sunday's Gospel

7:30 – 9 p.m.

Commons Room

Thursdays of Lent

February 18, February 25, March 4, March 11, March 18 and March 25

Soup and Sandwich and a Discussion of the 7 Deadly Sins

7 p.m. – 9 p.m.

Grace Lutheran Church

Palm Sunday

Sunday, March 28

10 a.m.

Blessing of the Palms in the Commons Room

Procession to the Church from the Commons Room

Celebration of the Eucharist

Maundy Thursday

Thursday, April 1

7:30 p.m.

Seder Supper in the Commons Room

Celebration of the Eucharist and Foot Washing in the Church

Good Friday

Friday, April 2

12 noon – Stations of the Cross

8 p.m. – Liturgy of Good Friday with Veneration of the Cross, and Holy Communion

Holy Saturday

Saturday, April 3

7:30 p.m.

The Great Easter Vigil

Easter Sunday

Sunday, April 4

10 a.m.

Solemn Easter Eucharist followed by Children's Egg Hunt