



Lent

St. Anne's Episcopal Church

Newsletter
March 2017

SERVING CHRIST IN THE WORLD

From the Rector

by The Rev. Lauren T. McLeavey

Dear Friends in Christ,

Lent begins this week, and Easter is on the way! While we love Easter and all the joy and "Alleluias," we shouldn't rush through Lent. Lent is a time for quiet reflection and prayer, and we need to be very intentional about observing a holy Lent.

I know people like to give things up or take things on in Lent. One of my favorite theologians, Fr. Richard Rohr, said this about Lent: "In Lent, we take on things that bring us closer to God, and shed those indulgences, habits, and practices that steal our attentions." This is a wonderful way to look at Lent. While it is a penitential season, the word Lent is just an old word for "spring," because the forty days before Easter were used to educate new converts to the faith, and that happened every spring (just a fun fact for you).

For my Lenten discipline this year, I am reading and studying more, as well as taking more time to pray and be thankful for all the blessings I have in life. People (myself included) often get caught up in the day-to-day actions of life and forget to

stop and think about the bigger picture. This is what I want to do more regularly.

I love to learn, so this discipline will help me to more educated and happier so that I can worship and serve God to the fullest, and continue my ministry with vigor. It isn't always easy to step back from "work," but I always remember why I'm doing it. I am part of the Body of Christ in the world and I need my mind to be up to the challenge. I want to serve God all my life, always thanking God for the life that I have been given.

So, whatever you are doing for Lent, always think about the reason behind it. Take things on that bring you closer to God, and get rid of those things that distract you from God. This way, we can strengthen our relationship to God, and be Christ's body in the world.

Yours in Christ,

Rev. Lauren

Contacts:

St. Anne's Episcopal Church
PO Box 134, 14 Treble Cove Rd.
No. Billerica, MA 01862
Office Ph: 978-663-4073
Office Admin Hours:
Tues. & Wed. 9am-1pm
Thrift Shop Ph: 978-667-6268

Email: stannesbillerica@gmail.com
Website: stannes-billerica.org

The Rev. Lauren McLeavey
Rector
Mobile: 718-440-0811
Email: rector@stannes-billerica.org
Blog: therevlauren.com
Vestry:
Ed Giroux – Warden
Mark Komarinski – Warden
Sue Geen – Treasurer
Kathy Brewster – Clerk
Marie Figenbaum – 2018
John Kusnierz – 2018
Lucy Anne Young – 2018
Judy MacPherson – 2019
Carol Lazott – 2019
Jane Kotelly – 2019
Russell Bent – 2020
Andrea Jeffrey – 2020
Janet Lyna – 2020
Worship:
Sundays, 8am & 10am

From the Co-Warden

As things happen from time to time, we should shift our focus from the spiritual to the practical. As you may have seen from our Annual Meeting, the budget that the Finance Committee put together and the Vestry approved shows us having a rather large deficit this year. We are working hard to reduce expenses, but we are already starting to see the effects. This is compounded by things like winter vacation, trips to see loved ones, or poor weather. The expenses the church must pay to Rev. Lauren, Peter, Stacey, Al, as well as the electric and gas company are the same if we have 10 people on a Sunday or 100. It is very important that everyone keep up with their pledge.

Technology makes this very easy today. Most banks, credit unions, and other financial institutions have the ability to send checks on a regular basis and it is very easy to setup. From their web site, you can look for a feature called 'bill pay'. Enter your pledge amount, the frequency (weekly or monthly), your pledge number, and St. Anne's address:

St. Anne's Episcopal Church
P.O. Box 134
14 Treble Cove Rd.
Billerica, MA 01862

If you need help setting this up, you can contact your bank and they should be able to help you out.

While you're setting this up, please consider increasing your pledge by \$5 a week. It's a small amount but adds up over the year. Increased pledges will help offset our deficit for this year.

Edward Giroux

Calling all Fundraisers!

Fundraising is essential to running a church. While pledges cover a large part of the budget, we also rely on special events for our income as well as outreach to the community. Right now, we need someone to come forward as the Golf Outing Chairperson. If no one volunteers, we will not be able to have a golf outing this year. Maybe that is a good thing. If the energy behind a tradition wanes, sometimes it is good to let it go and try something different. That said, if we don't have a golf outing we need something to replace it AND we need more events. Our current main fundraisers are the Strawberry Festival, Golf Outing, and Christmas Fair. These are great; however we need to have new, additional events.

Therefore, I am starting a Fundraising Team. This team will brainstorm ideas and recruit volunteers. If you are interested in this, please speak to me, and come to a meeting on Sunday, March 12th at 9am (between services). All ideas are welcome!

~Rev. Lauren

Upcoming Events

March 2017

Mar. 1st: 7:00pm Ash Wed. Service

Mar. 4th: Annacreons Movie Night!

Mar. 12th: 9:00am Fundraising Mtg

Mar. 20th: 7:00pm Vestry

Mar. 25th: 9:00am Ladies Breakfast
at Stelio's
9:00am Men's Breakfast
at Deli King

Apr 1st: Annacreons Progressive
Dinner

Ongoing Activities:

Mondays: Al-Anon 7:30pm

Tuesdays: Bible Study 10am
Bible Study 7:30pm

Wednesday: AA 8:00pm
1st, 3rd, & 5th

Craft Group 10am

Saturdays: 4th Men's & Women's
Breakfasts

Sundays: Choir Practice 11:45am

Announcements

Lent

-Lent starts March 1st. Please join us in following Lent Madness, a fun and education program about the saints who have gone before.

Check out www.lentmadness.org

-Keep reading this newsletter for tips to keeping a holy Lent.

-Fridays in Lent (starting March 3rd) there will be Stations of the Cross in the main church at 7:30pm.

Lenten Lunches

Please join us at the upcoming Lenten Lunches, held at First Congregational Church at 18 Andover Rd, Billerica (across from the side entrance to the O'Connor's parking lot). Lunch will be followed by a short worship service. We encourage everyone to come and join with our neighbors each Wednesday during Lent. The schedule for these lunches (and the congregation hosting them), is:

-March 1st: St. Anne's Episcopal Church

-March 8th: First Congregational

-March 15th: Billerica Ward of the
Church of Jesus Christ of Latter
Day Saints

-March 22nd: First Parish and Roberta
Whitney (tent.)

-March 29th: Roman Catholic
Communities of Billerica

-April 5th: North Billerica Baptist
Church

Lunch is served at 11:45am with the
worship service at 12:30pm.

Safe Church Committee

-If you are interested in making St.
Anne's safer, please join this
committee by contacting Brenda
Komarinski :
bkomarinski@gmail.com.

Audit Committee

-We need to form an Audit
Committee for the 2016 audit. If
you are interested, please contact
Rev. Lauren.

Annacreons

The Annacreons is a social group
that is open to everyone at St.
Anne's for fellowship and fun.
The Annacreons are planning to
go to Chunky's in Nashua for dinner
and a movie on Saturday, March
4th. There is a sign up sheet on the
bulletin board out side the kitchen.
John and Sue Geen will call you
when we know what the movie will
be, the cost and the time. You can
confirm or decline at that time.

Prayer List

Submit the names of your loved
ones. Please do so by e-mailing
the office
stannesbillerica@gmail.com,
calling the office, 978-663-4073, or
by writing the name on the
provided slip of paper and add to
the collection plate. The list will be
renewed quarterly and all

additions/subtractions should be
done through the office.

Thrift Shop

The Thrift Shop hours are as
follows:

Wed: 2-6pm

Thurs: 10am-4pm

Fri: 10am-2pm

Sat: 10am-2pm

Thrift Shop Ph: 978-667-6268

We are always looking for
volunteers, so drop by and sign up
to help out!

If you can't volunteer during the
week, you can help on Sundays
after church! We need help after
church putting the trash and
recycle bins out on the curb for
Monday morning pick up and also
emptying the donation shed. If you
would like to help with this after
the 8am or 10am service, please
find one of the Thrift Shop
volunteers, a warden, or if can't
find someone, speak to Rev.
Lauren. Many hands make light
work!

Tuesday Bible Studies

Please consider joining us.
There is one study at 10am in the
conference room and another in
the evening at 7:30pm.
Morning meetings are ongoing.
Evening meetings will resume
March 7th with a study of Handel's
"Messiah." Please speak with Mike
Hopkins if you are interested.

Men's Breakfast

The Men's breakfast takes place on
the 4th Saturday of the month
at 9:00am at the Deli King
restaurant located at 885 Mains
Street in Tewksbury. The men's
group is simply anyone who wants
to show up for a good breakfast
and little socializing. Everybody is
welcome.

Women's Breakfast

Ladies – Let's get together for breakfast on Saturday, January 28th at 9:00 at Stellios in North Billerica. It's a good time to reconnect and plan activities. Please come.

Massachusetts Episcopal Cursillo

-Cursillo is patterned on Jesus' own example. He searched out and called a small group of potential leaders (pre-Cursillo); He trained them by word and example and inspired them with a vision (Three - Day weekend); He linked them together and sent them out into the world to bring the world to Him (Fourth Day).

This is just a short synopsis as to what Cursillo is about.

The Cursillo Weekend begins on a Thursday evening and ends on Sunday afternoon. It contains worship, meditation, music, talk presentations and small group discussions. There is also time for some fun activities and laughter.

The talks are about our Christian ideal and how we can live it and share it with others.

They are presented by a team that meets over a period of several weeks prior to the weekend.

There is a Curillo Weekend coming up the first weekend in May, the 4th to the 7th.

It will be led by Sue Geen, the Rev. Bob Outman-Conant, the Rev. Peter Jeffrey, Marie Figenbaum and John Geen.

Anyone interested in attending the up-coming weekend please see Sue, John or Marie. You can also find information and applications on the bulletin board just before the doors from the hall into the church.

Choir

Please consider taking part in this. We welcome all ages and all voices! We rehearse on Sundays from 11:45-12:45pm.

If you can sing joyfully, and perhaps can't participate in the choir year-round, now is the time to sing, please feel free to contact Peter Morelli at morellimail@msn.com or at (617) 480-9775.

Pastoral Visits

Rev. Lauren warmly encourages visitations at home or hospital bedside. You don't even need to be a member of St. Anne's. But, you need to take the first step and invite her. Please give Rev. Lauren a call at 718-440-0811 or e-mail at rector@stannes-billerica.org, and we will arrange for a visitation at a place and time of your convenience.

Altar Flowers

If you wish to donate altar flowers to Saint Anne's, please fill out one of the flower request forms and return it to Stacey in the office.

St. Anne's Craft Group

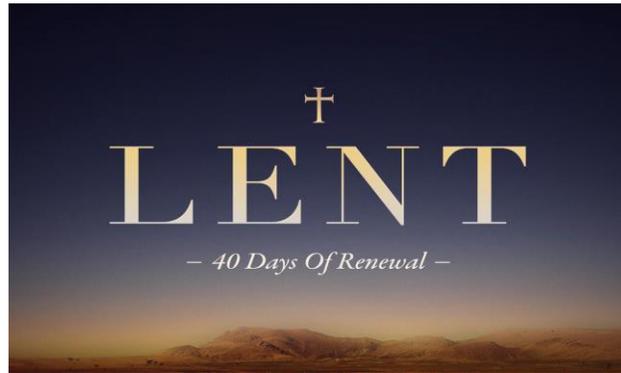
St. Anne's Craft Group meets the first, third and fifth Wednesdays of the month from 9:30 a.m. to 11:30 a.m. in the Nichols Room. Then we go to lunch nearby. Most everything we make is for the Christmas Fair. One does not have to know how to knit, crochet, or any other type of needle work. Just come and gab with the rest of us. Please contact Marie Figenbaum (714-585-9744, cell, or 781-275-7294 home.)

Administrative office

Administrative office hours are Tuesday 9:00 a.m.-1:00 p.m. and Wednesday 9:00 a.m.-1:00 p.m.

Bulletin Announcements

Announcements for the weekly bulletin must be submitted to the office by the Tuesday before you wish the announcement to appear. Please include details such as contact person and phone number/e-mail, dates and times, as well as the end date for the announcement. Please submit announcement to Stacey at stannesbillerica@gmail.com.



Suggestions for Observing a Holy Lent

It is traditional to take something on and give something up during Lent. Like exercise, daily spiritual practices will make us stronger. Lent is an ideal time to develop such a practice, which transforms us from the inside out, shapes our character and strengthens our faith.

Consider one or more of the following spiritual practices:

1. Attend church every Sunday in Lent, even when you are out of town or traveling. Give yourself a full day to rest in God, turn off electronics, read, walk, nap, cook a good meal and savor time with friends, family and God. You will wonder why you aren't doing this every Sunday!
2. Attend our Wednesday Lenten lunches hosted at First Congregational on Andover Rd. Also attend the Friday night Stations of the cross at St. Anne's.
3. Read a portion of Scripture each day. Consider slowly and meditatively reading through one of the Gospels.
4. Pick up a daily devotional and read it every day in Lent. Copies of *Forward Day By Day* can be found in the back of the church or on-line.
5. Set aside 10 to 15 minutes each day to pray. There are many ways to go about this. Your rector would be honored to meet and discuss them with you.
6. Select five people to pray for each day. For yourself, select three traits to pray for daily, asking God to assist you in strengthening gifts such as faith, gentleness, integrity, patience, compassion, or humility.
7. Read a spiritual book. You know, one of those books you swear you are going to read one day. Check out authors such as Sr. Joan Chittister, Thomas Merton, C.S. Lewis, Esther de Waal, Margaret Guenther, Martin Smith, Barbara Crafton, Thomas Keating or Basil Pennington.
8. Go and receive confession. It's awesome! Seriously, you feel spiritually lighter and unburdened after meeting with a priest for the Sacrament of Reconciliation. It sounds scary, but it's so worth doing.
9. Learn to say grace together as a family each night before dinner. It will help you savor the meal and add peace, substance and gratitude.
10. Call, write a letter, or send a card each day to a friend or family member with whom you have not been in regular touch. Resurrect 40 relationships by Easter. In this electronic age, surprise those you love with a heartfelt, old-fashioned message.
11. Give alms throughout Lent. Carry around lots of \$1 bills and distribute them to those in need or make a special contribution to the church to care for the poor.
12. Tithe for Lent (give 10% of what you earn each day to God) for 40 days. It will transform your life and things will happen in your life that you never expected.

Things to consider giving up:

1. Look at what comes between you and other people. Chances are, it's also a problem between you and God. Is it your phone? TV? Facebook? Let at least one thing go for 40 days that is getting between God and you.
2. Simplify your life and your home by collecting and donating forty items over forty days. Each day remove one item from your closet or home.
3. Fast throughout Lent by missing one meal each day and eating lightly at other meals. Do it for spiritual reasons, not as a diet. You will be rewarded by greater clarity in prayer and ability to sense God's voice and call in your life, as well as by weight loss and a feeling of being happier and healthier.
4. Give up alcohol for Lent. If you cannot give it up for 40 days, you probably should give it up for life.
5. Fast from gossiping. Do you like to keep in the know about other people's lives, and do you call, email or tell others, thinking you are doing them a service? Perhaps your tongue is more dangerous than you think.
6. Give up going to Starbucks or Dunkin Donuts each day for coffee, save the money and give it to God or to a charitable cause at the end of Lent.
7. Fast from complaining and criticizing. The average parent criticizes a child 25 times a day before they get to school. Fast from negative words and criticisms. Transform relationships around by you bridling your tongue for Lent.
8. Give up dessert for Lent. It's a small thing to do, but will keep you somewhat mindful of Jesus' temptations in the desert. Do it for spiritual reasons.
9. Fast electronically, by limiting the time that you spend using electronic devices each day. Reduce the number of emails and texts you send. Make a few additional phone calls. Let people hear your beautiful voice.
10. Give up luxuries for Lent. Stop ordering from catalogues and shopping. More than half of the 1.2 billion people in India live on less than \$2 a day.
11. Give up watching television for Lent. Read a book. Have a conversation. Give your mind and spirit a break from the almighty screen.
12. Fast from social media (Facebook, Twitter, LinkedIn, Instagram or Tumblr) for Lent. Go cold turkey on one of these.
13. Participate in a carbon fast for Lent, taking 40 small, achievable steps during the 40 days of Lent. Reduce your environmental footprint by cutting down on energy and water usage, waste and travel, and to consider the environmental impact of food. To learn more, visit [The Carbon Fast for Lent](#) or [The Green Anglicans Facebook page](#).

This list was adapted from a list published by St. Thomas Episcopal Church in Whitemarsh, PA