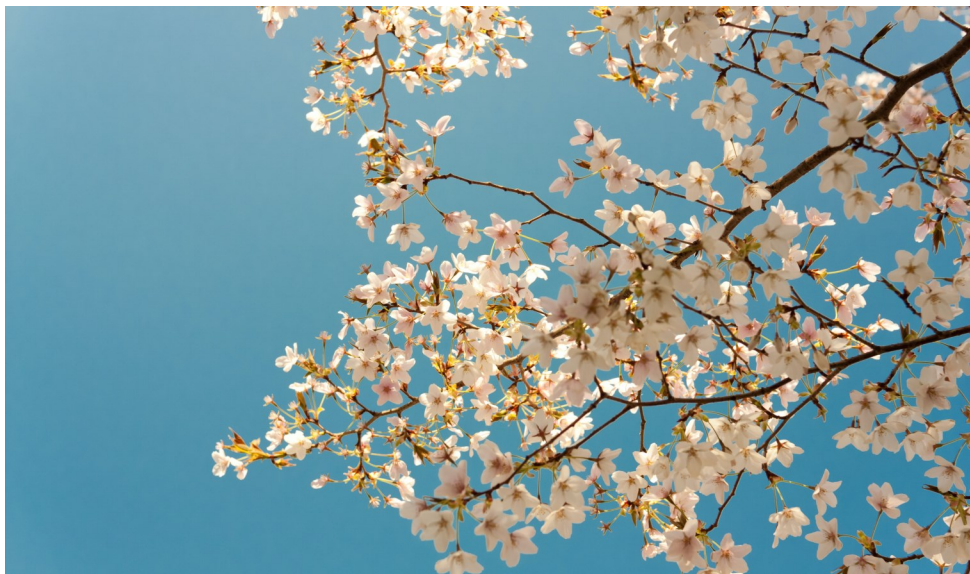


# ST ANNE'S EPISCOPAL CHURCH - SMALL BUT MIGHTY



St. Anne's  
Episcopal Church

## APRIL 2022 Newsletter

Dear faithful Parish,

We are in a busy time of changing how our parish runs. Many, many parishioners are taking on more responsibility as we all learn how much we don't know! The work of changing from full-time clergy who did everything to part-time clergy who share everything is a difficult task. Please give your patience and encouragement to who St. Anne's can become.

The Room where it happens. This is the title of our chosen Lenten book, enjoyed by some of us at home. One of the chapters, titled 'Forgiveness and redemption' had powerful stories in it. These qualities, while central to our Christian story of faith and humanness, are mighty hard to practice sometimes. Still, we are called to try.

Easter is coming. The Day of the Resurrection is coming. Salvation is on its way.

Hope,

M. Jennifer

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### Worship:

9:00 am Sunday in person

Weekly worship on our YouTube Channel:

["St. Anne's Episcopal Church, N. Billerica MA"](#)

(Subscribe and see videos of our services!)

Our services are replayed on BATV

Check out our Facebook page:

[www.facebook.com/StAnnesBillerica](https://www.facebook.com/StAnnesBillerica)

("Like" to see videos of our services as well as other news and information!)

Check our website ([stannes-billerica.org](https://stannes-billerica.org)) for a link to the services.

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### Contact information:

St. Anne's Episcopal Church  
PO Box 134, 14 Treble Cove Rd.  
No. Billerica, MA 01862

Office Ph: 978-663-4073

Thrift Shop Ph: 978-667-6268

Email: [stannesbillerica@gmail.com](mailto:stannesbillerica@gmail.com)  
[rector@stannes-billerica.org](mailto:rector@stannes-billerica.org)

Website:  
[stannes-billerica.org](https://stannes-billerica.org)

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### Newsletter Submissions:

For the May newsletter, please send articles by April 25 to [stannesbillerica@gmail.com](mailto:stannesbillerica@gmail.com).

**Vestry:**

Rosemary Kinser	Warden
Michael Hopkins	Warden
Linda Kusnierz	Treasurer
Marguerite Massey	Clerk
Pat Cregg	2023
Dotty Callihan	2023
Maria Martin	2024
Marie Figenbaum	2024
Lisa Carpine	2025
Todd Baldwin	2025

**Mother Jennifer's  
Office Hours\*:**

Tuesdays 12-4 pm

Thursdays 2-5 pm

\*refer to weekly bulletins for  
changes in hours, especially  
around church holidays

PLEASE call or email her with any  
kind of pastoral concern.

**Church Office Hours:**

Thursdays 2-5 pm

**Thrift Shop Hours:**

Wednesdays,  
Thursdays, Fridays 10 am-2 pm

**12-Step Meetings:**

Wednesdays (AA) 7:30 pm  
Thursdays (NA) 7 pm

**Schedule of Holy Week Services, 2022**

**Sunday, April 10:** 9am Palm Sunday, beginning with Procession

**Thursday, April 14:** 7pm Maundy Thursday, with stripping of the altar

**Friday, April 15:** 12-12:15pm Praying the Solemn Collects

12:45pm Holy Communion from the reserved sacrament

7pm The Way of the Cross: Tenebrae with candles

**Saturday, April 16:** 1-3 pm Children's & Youth Service and Egg Hunt

**Sunday, April 17:** 9am Easter Celebration of the Resurrection, with Holy Baptism

**Gratitude**

**Gratitude and Thanks for your Ministry at St. Anne's**

**St. Anne's Altar Guild**

They set up and put away every item in our altar area before and after our services of worship. It's a ministry in our church that happens "after hours" and many people never see. However, it matters to us that it be done! And our Guild does it faithfully, without hesitancy, for every changeable need our church has had. During the worst of our Covid pandemic last year, the filming crew needed to film some Holy Week services right in a row. You have never seen the altar cloth and lectern cloth changed so many times in rapid succession! Our Altar Guild is expert! Another hand or two would make the work lighter. Please consider offering, and give your name to someone. Thank you AMY DESMARAIS (Head), ROSEMARY KINSER, LINDA KUSNIERZ, and LISA LAVOIE. Actually, we couldn't have our worship services without you.

## Thrift Shop Updates

Work has recently been done in the Thrift Shop to resolve long time water issues that we have been experiencing. The shop is now open; hours are 10AM until 2PM Wednesday, Thursday, and Friday.

Currently our purple bag sale is taking place. The price is right on winter clothes, shoes, and boots. \$5.00 a bag. Our bookshelves are overflowing with hardcover and paperback books. Come and get your summer reading books now.

### PALM SUNDAY EVE MULTICULTURAL CELEBRATION OF HUMAN JOURNEY

The Ministry of Immigration Partnership (MIP) convened through The Episcopal Diocese of Massachusetts's office of The Canon for Immigration and Multicultural Ministries invites you to join virtually with our bishops and the diocesan community as we gather on Palm Sunday Eve for a multicultural celebration of Human Journey and as we start the Holy Week together and in our own cultures. Bishop Alan M. Gates will offer the reflection.

**April 9th at 5pm**

<https://us06web.zoom.us/meeting/register/tZAkcOygqT8qE924QUS3Bpc71URdyzd7n6YX>



## Palm Sunday Bake Sale at St. Anne's

Now that spring is in the air and some of the Covid restrictions are being lifted, we are beginning to return to events that were a part of St. Anne's tradition pre-Covid.

So, with renewed hope for future things to come, please join us after services on April 10 for our annual Palm Sunday bake sale. We hope that all of you who are able to bake will do so, and those who no longer do, please come. Proceeds will be used by the Gardening Angels for spring plantings around our sign and in the Memorial Garden.

- Kathy Brewster



## Reminder: Check Your Spam Folders!

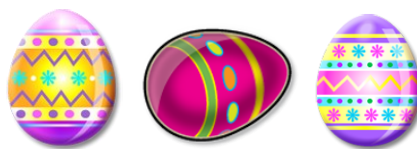
If you are subscribed to our parish email list, sometimes (unfortunately) a few messages will get stuck in spam folders and you will not see them. Please check your spam folders for messages that begin with [Parishioners] in the subject line, and add [parishioners@lists.stannes.billerica.ma.org](mailto:parishioners@lists.stannes.billerica.ma.org) to your contacts, so that you don't miss important communications! We use this list to send out monthly newsletters and weekly bulletins, as well as special announcements. (If you are not subscribed, and want to be, please contact the church office.)



## CHILDREN'S EASTER SERVICE

Saturday April 16, 2022

1:00pm



**Easter Egg Hunt following Service**

(for ages 12 and under)

**ALL ARE WELCOME**

## Easter Vigil at the Cathedral



Since St. Anne's will not be having an Easter Vigil service this year, please know that all are invited to the Easter Vigil at the Cathedral Church of St. Paul, Boston. The service will begin at 7 pm on Saturday, April 16. It is planned by the Crossing community and offers the traditional structure and rituals set out in the BCP in a contemporary and beautifully festive way. Bishop Gayle Harris will be presiding at the cathedral's Easter Vigil this year. Congregations are welcome to join and present candidates for confirmation or reception.





### Easter Flowers

Have you ever wanted to be a part of Pastoral care, but didn't know how or where to begin? We have a simple and rewarding mission that requires your help.

We would like to deliver Easter flowers from our altar to members of our community who have not been able to physically be with us.

Do you know someone whose day these flowers would brighten? Let us know their name, address, and phone number.

Are you a Parishioner who would like to deliver these flowers?

Flowers will be delivered on Sunday afternoon, April 24<sup>th</sup>.

If you know someone who needs a smile, or you want to be a deliverer of sunshine, please contact Lisa Carpine at [Lisa.carpine@outlook.com](mailto:Lisa.carpine@outlook.com) or 978-808-2068 (Please feel free to leave a message)

*"Where Flowers Bloom, So Does Hope."*

*Lady Bird Johnson*

**There are only two ways to live your life.  
One is as though nothing is a miracle.  
The other is as though everything is a miracle.**

**- Albert Einstein**

# Jennifer's Journal

- Beginning April 3<sup>rd</sup>, come to the altar rail for bread and wine. Masks optional.
- We'll baptize Calvin Wintrow on Easter Day.
- I'll attend Clergy Conference that will happen in-person on April 25-27 in Wellesley, MA.
- The clergy are invited to return to the Cathedral for Renewal of Ordination Vows on Tuesday in Holy Week.
- Our bishops and staff have been offering sermons each week at <https://www.youtube.com/channel/UCairD9UPfhiZVgfmn-gU4lw>.
- During the Easter season, Prayer D will be our eucharistic prayer over the bread and wine. It is the longest one of the four we have, because it is the one used by the most number of western and eastern Christians. Also, it includes the Prayers of the People, putting those prayers next to the receiving of communion reminding us of our one-ness.

My gratitude is deep for all of you as you live your life of faith.

**O God,  
Open our eyes that we may see the needs of others;  
Open our ears that we may hear their cries;  
Open our hearts that we may feel their anguish and their joy.  
Let us not be afraid to defend the oppressed, the poor, the powerless, because  
of the anger and might of the powerful.  
Show us where love and hope and faith are needed, and use us to bring them to  
those places.  
Open our ears and eyes, our hearts and lives, that we may in these coming days  
be able to do some work of justice and peace for you.**

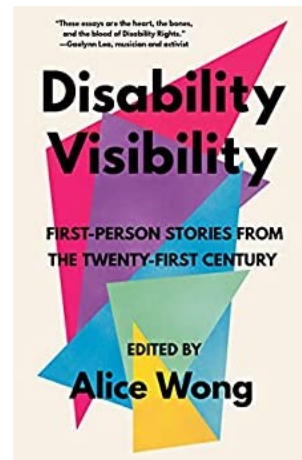
(from [ucc.org](http://ucc.org))

The Social Justice Committee reminds you that we want to hear your personal stories of experiences with justice or injustice of any kind, and if you are willing, to share them with the congregation. Please be in touch with Michele O'Shea, Marguerite Massey, Brenda Komarinski, or Russell Bent.

## Social Conscience Book Group

The Social Conscience Book Group is now meeting on the first and third Sundays of each month, right after church and coffee hour. We will not be meeting on Easter Sunday. Our next meeting will be on May 1<sup>st</sup>. We are now reading *Disability Visibility*, edited by Alice Wong. We are reading stories by disabled individuals. This book is available as a book, e-book, and audible book. All are invited to attend, even if you have not read the book.

- Marguerite Massey



## From the Re-Gathering Committee

**April 2022**

Welcome Spring and welcome the improved COVID conditions! On March 7, the Bishops issued new guidance effective April 1.

<https://www.diomass.org/news/diocesan-news/march-7-covid-19-update-bishops-requirements-guidelines-effective-april-1-2022>

On March 8, the Re-Gathering Committee met to discuss the guidance and to make recommendations to Mother Jennifer and the Co-Wardens as to how to apply the guidance at St. Anne's.

### **Stay attuned to the state of COVID-19 in your area**

We have been tracking Covid cases in Billerica using the weekly state reporting for Billerica and tracking and communications from the Billerica Board of Health since October 2020.

### **Strongly encourage vaccination and booster shots**

We continue to encourage vaccination. For information on where you can find information about vaccination go to:

[Mass.gov/info-details/Massachusetts-covid-19-vaccine-information#information-about-getting-vaccinated](https://www.mass.gov/info-details/Massachusetts-covid-19-vaccine-information#information-about-getting-vaccinated)

### **Physical distancing**

“Capacity limits on church services and events are lifted.”

-St. Anne's will no longer encourage church seating in every other pew.

“It is required that an area that allows for physical distancing of six feet be clearly marked for those who wish to observe this safety measure.”

- St. Anne's will identify the Annex Area (overflow) for those who wish to observe this physical distance of six feet.

-Ushers will no longer signal the exit of those attending services at the conclusion of the service. Worshippers may exit after Peter Morelli, our Organist, exits.

**Masks** The Bishops strongly encouraged masks to continue to be worn at indoor services and events, especially where singing occurs. It was recommended and agreed to that with consideration of the Covid conditions in our area, effective April 1<sup>st</sup>, mask wearing will be optional at St. Anne's. This includes when singing.

**Promote good ventilation** Doors will be opened during the warmer weather and the disinfecting mister will continue to be used following the service.

## **Prayer books, hymnals and offering basins may be used**

The full service printed leaflet for those in attendance and those online will continue. Prayer books and hymnals will be returned to the pews.

**Christian Formation Recommendations** have been communicated to Brenda Komarinski.

**Coffee Hour and other events with food and drinks** Food will continue to be provided individually wrapped. Self-service of coffee and tea will be allowed.

**Holy Baptism** limitations are rescinded.

**Caring for the most vulnerable** “Full COVID vaccination, including booster shots, is required of all persons, clergy or lay, who are engaged in ministry with the most vulnerable, including children age 12 and under, homebound or immune compromised persons, and those in hospitals and care facilities.”

**Pastoral visits** “Masks are required for all pastoral visits in the home of those who are sick or a higher risk of severe illness from COVID-19.

Pastoral visits should be brief and minimal physical proximity is safer.”

**Holy Communion may be distributed in both kinds. The common cup may be offered.**



Paten (plate) and chalice (common cup)



Single-serving Communion kit

“The common cup (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7439816/>) may be offered, though individuals at higher risk from COVID infection are discouraged from receiving in this manner. We recommend individually packaged wine as an alternative for those who are reluctant to receive from the chalice. Intinction is discouraged.”

As we at St. Anne's make adjustments to this change it has been determined:

- Communicants will once again return to the Altar Rail to receive Holy Communion.
- Holy Communion will be distributed in both kinds, with the following options being offered:
  - \* Distribution of the wafer by the Priest from the paten to be followed by receiving wine from the Lay Eucharistic Minister's common communion Chalice. Intinction (by dipping one's own wafer and hand into the cup) will not be offered.
  - \* Distribution of the single serve cups (container with wafer and wine) will continue. The communicant will consume the wafer and wine at the Altar Rail and when returning to their pew an usher will be at the bottom of the stairs to collect the empty container and napkin.
  - \* Distribution of the wafer from the paten and the selection of a single serve container for consumption of the wine only may also be a choice. The communicant will consume the wafer and wine only from the single serve container at the Altar Rail and when returning to their pew an usher will be at the bottom of the stairs to collect the container and napkin.

As we implement these changes, as with all COVID requirements and recommendations, we have learned patience, flexibility, and adaptability; again, these things will be helpful and appreciated as we navigate what will work best here at St. Anne's. Kindly share with Mother Jennifer, the Co-Wardens, Rosemary Kinser and Mike Hopkins, as well as any member of the Re-Gathering team, your feedback.

Peace be with you!

Kathy Brewster Ken Kinser Linda Kusnierz Marguerite Massey

## ***A note on music...***

“All Christians are invited to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word” (BCP, p. 265).

The music this Lenten season is both reflective and filled with love.

We're looking forward to hearing our choir sing again starting this Easter. We've been blessed to have Maria Martin, along with Michele O'Shea, John Geen, & John Chang lead our congregation in song.

We await the joy that Easter brings!

Peter Morelli



Take-home lessons from March are available now. If you'd like one, please let Brenda know ([bkomarinski@gmail.com](mailto:bkomarinski@gmail.com)). For those interested, our next in-person lesson will be Wednesday, April 13, 2022 at 3:30pm. If you are interested in assisting with in-person lessons, please let Brenda know. The symbol we will be looking is the Cross.



For those that have not returned their introduction letters from our February Grapevine lesson, please do so.

Upcoming in May is our Early Communion for the children. As many of you know, the Episcopal Church allows any baptized person to receive Holy Communion, as it is Jesus that invites us to the table. However, there is a tradition of making the first time a child receives Holy Communion special.

St. Anne's tradition has been to offer a Saturday class based on the Catechesis of the Good Shepherd's program to give the children a deeper understanding of Holy Communion. Usually a parent or godparent (or both) participate as well. They then receive their first communion at the service on the next day (Sunday).

We are offering this class on Saturday, May 7, at 10 am, led by Ron Desmarais.

Any child that wishes to receive communion should also attend several services before this date. This will give them a chance to be comfortable with the rhythm of the service and know what to expect.

# Cursillo Update



## ***“HIS LOVE IS LIGHT”***

*The March Ultreya, on Zoom, was hosted by John & Sue Geen.*

### ***Scripture - John 8: 12***

*When Jesus spoke again to the people, he said, “I am the light of the world.*

*Whoever follows me will never walk in darkness but will have the light of life.”*

*Our Zoom Ultreyas have allowed many to participate from all over our country. All are welcome even those who have not experienced a Cursillo weekend! Please join us on **April 23, 2022**, hosted by Claudette Chander, live from California. - **change in date due to Easter.***

*Peace, Hope and Love to all.....*

*Rosemary*



**Donations to Episcopal Relief and Development to assist with providing aid to people displaced by the crisis in Ukraine are gratefully accepted.**

Learn more here: <https://www.episcopalrelief.org/press-resources/press-releases/2022-press-releases/supporting-humanitarian-response-to-the-crisis-in-ukraine/>.

You can donate online, by check, or by phone. Instructions for the various options are available here: <https://www.episcopalrelief.org/what-you-can-do/give/donate-now/individual-donation/>.

## Church has left the building (and expanding) by Sandra Giroux

**What is a mission?** According to the dictionary: A vocation or calling of a religious organization, to go out into the world and spread its faith and good will. St. Anne's does this – every day – and we all know this but sometimes it is beneficial to get a reminder of what you are doing in the St. Anne's name by just being you, a good human. You are kind, you are generous, and we are all searching to make a difference in our world.

**How do we make a difference at St. Anne's?** we continually contribute to The Billerica Community Panty and make the battle of Food Insecurity a priority we want to overcome. We will also be participating in a school supply mission for refugees (coming soon).

This month, I am asking you to support a **SPECIAL Distribution** in conjunction with two other Faith organizations (Project Rise, a Dawoodi Bohra Initiative, and the Church of Latter-Day Saints) and the Billerica Community Pantry on May 7<sup>th</sup>. **St Anne's is being requested to provide Body Wash and individually wrapped toilet paper OR a wrapped 4 pack (250 of each). Can you please assist? Please bring donated items to the Narthex.**

This **Special distribution is open to ANYONE** who wishes to drive through; we have all been in a position to lean on our neighbors and will pay it forward when we can (or already have).



### *Drive Through Food & Hygiene Product Distribution*

**Sponsored by Project Rise, a Dawoodi  
Bohra Initiative**

**Who: all Billerica residents are eligible to attend**

**Where: 246 Rangeway Road in Billerica**

**When: May 7<sup>th</sup> from 10am – 12noon**

**This distribution is different from our normal one; the following items will be available:**

**Food Items:**

Fresh Fruits and Vegetables

**Hygiene Items:**

Shampoo and Conditioner  
Body Wash and Deodorant  
Toothpaste  
Feminine Products  
Toilet Paper

RSVPing is not required but is very much preferred.

To RSVP: email [distrsvp@gmail.com](mailto:distrsvp@gmail.com)

*Thank you to the Billerica Community for their support!*



# Movie Night

On Friday May 6 at **7:00pm**, we will be watching the local documentary "Contradictory Place: Cotton Mills Alongside Anti-Slavery Efforts in Lowell, Massachusetts." This is a 40-minute film. A discussion with UMass Lowell Professor Robert Forrant will follow.



## An Interfaith Invitation

Anjuman-e-ezzi (a local Muslim community) has invited all of us plus town officials to an Iftar worship, fellowship and meal on Monday, April 18, at 6:30pm. Iftar is the post-sunset breaking of the fast that happens daily during the month of Ramadan. There will be 1 hour of worship followed by fellowship and dinner. Address: 246 Rangeway Rd Billerica.



Learn more about the community at their website: <https://www.thedawoodibohras.com>.

**Dementia Friendly Billerica and Salem Five Bank will present "Financial Fraud Awareness and Prevention for Family Caregivers."** This will be an in-person event at the Billerica Council on Aging on Wednesday, April 27<sup>th</sup>, with a light meal at 5:30 p.m. and presentation at 6:00 p.m.

Registration is required by emailing: [dementiafriendlybillerica@gmail.com](mailto:dementiafriendlybillerica@gmail.com).



**The Burlington Church of Christ and NAMI (National Alliance on Mental Illness) are hosting an interfaith training session on mental health and faith communities, on Wednesday May 18th.**

This free mental health training for faith community leaders includes an informative overview of mental wellness; guidance for faith communities in promoting wellness and inclusion for affected individuals and families; storytellers sharing their lived experiences at the intersection of mental health and faith communities; small group discussions to promote cultures sensitive to those with mental health challenges; toolkit of local mental health resources.

To register: <https://www.eventbrite.com/e/faith-communities-mental-health-tickets-295318986037>

**Lay Eucharistic Visitor Training will be offered via Zoom on Saturday, April 30, 9:30 a.m.-3 p.m.** To be licensed by the bishop as a lay eucharistic visitor, one must complete training, be up to date with Safe Church training (modules needed are listed in the application) and have signed authorization from the clergyperson of their congregation. More information about the event, including a link to the application, can be found here: <https://www.diomass.org/event/lay-eucharistic-visitor-training>.

**FOR INFORMATION:** Martha Gardner, Missioner for Networking and Formation ([mgardner@diomass.org](mailto:mgardner@diomass.org) or 617-482-4826, ext. 403).

## Communion in the time of COVID

I recently had the chance to visit my sister and her church in New Jersey. The people of Grace Episcopal had decided that if they couldn't share a common cup, then they would wait until they could. It was a long wait, but they are back to celebrating the Eucharist together. I am glad that so many options were available, and each church was able to decide the best way to protect one another during the pandemic. I am grateful for the hard work of our re-gathering committee in keeping us safe and informed. I am also grateful for the work of the Altar Guild in finding the single serve cups for us and keeping us supplied. With each change, we have been able to remain the Body of Christ.

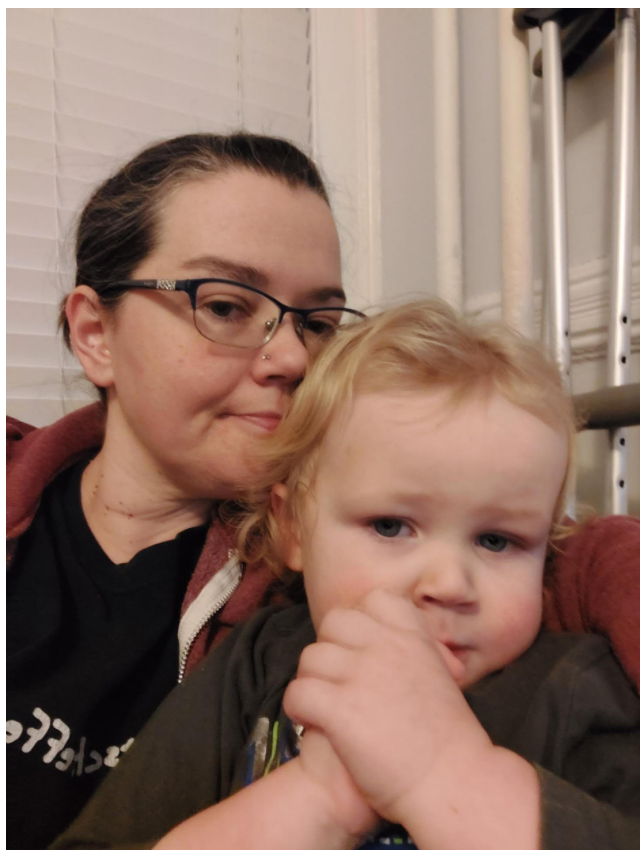


With love and thanksgiving,

Brenda Komarinski

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Mother Jennifer was recently in contact with Rev. Lauren McLeavey, who previously served as priest at St. Anne's. Rev. Lauren had these photos to share with us!



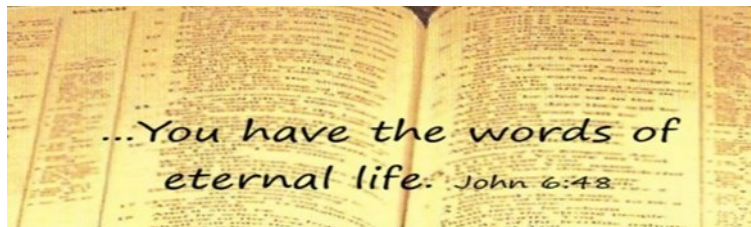
## St. Anne's Prayer List

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Lord Jesus Christ, Good Shepherd of the sheep, you gather the lambs in your arms and carry them in your bosom: We commend to your loving care this child \_\_\_\_\_. Relieve their pain, guard them from all danger, restore to them your gifts of gladness and strength, and raise them up to a life of service to you. Hear us, we pray, for \_\_\_\_\_. Amen.

**Barbara Rogers, Bob MacKenzie, Carole Cruder, Cyndi, Donald Fudge, Donald Sutton, Sr., Elaine McLaughlin, Helen, Janet Lyna, Jean Flight, José Soreso, José Torres, Sr., Joshua Young, Kathy Chang, Linda E., Marie Horgan, Mary Lander & her daughter Christine, Norm & MJ Zarella, Pat Cregg, Pat McCleave & family, Paul Hamner, Sally DiRocco, Sue Kennedy, Tammy, Tom, Vicki Mahoney, Yvonne Hopkins**

We also keep in our prayers all who are ill with COVID-19, the families of those who have died, all who are affected by the war in Ukraine, and all who are grieving.



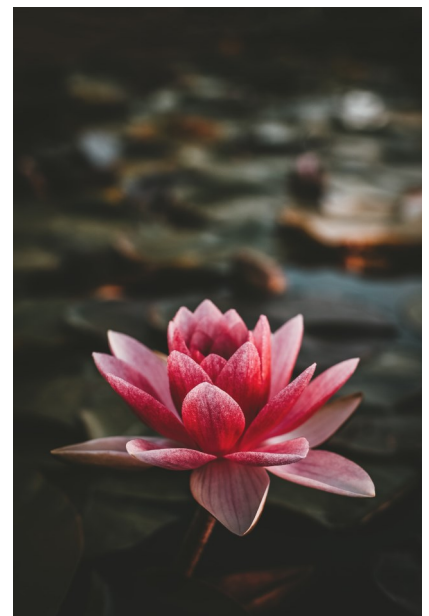

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### Trinity Sunday

**Lord, who hast form'd me out of mud,  
And hast redeem'e me through thy blood,  
And sanctified me to do good;**

**Purge all my sins done heretofore;  
For I confess my heavy score,  
And I will strive to sin no more.**

**Enrich my heart, mouth, hands in me,  
With faith, with hope, with charity;  
That I may run, rise, rest with thee.**



**- George Herbert**

## Birthday and Anniversary Prayers

O God, our times are in your hand; Look with favor we pray, on your servant \_\_\_\_\_, as they begin another year. Grant that they may grow in wisdom and grace and strengthen their trust in your goodness all the days of their life, through Jesus Christ our Lord. Amen.

### BIRTHDAYS & ANNIVERSARIES

John & Sue Geen	3/1	Jane Kotelly	4/1	Ed & Sandra Giroux	5/5
Colin Baldwin	3/7	Rosemary Kinser	4/2	Ken Kinser	5/5
Laurie Holman	3/8	Jackson Elder	4/10	Elaine & Matthew Guzzetta	5/7
Linda Kusnierz	3/26	Ron Desmarais	4/25	Maria Martin	5/9
		Doreen Knowles	4/26	Emma Baldwin	5/10
		Elaine Guzzetta	4/30	Ken MacPherson	5/22
		Ron & Amy Desmarais		Ken & Rosemary Kinser	5/22
				Marie Figenbaum	5/25
				Lisa Lavoie	5/28

If you or a loved one are celebrating a birthday, anniversary, or other special occasion, and want it to be included in the next newsletter, please email [stannesbillerica@gmail.com](mailto:stannesbillerica@gmail.com) and let us know.

#### ZUMBA & LINE DANCE with Carolisa \* @ St Anne's

"April Mondays" 6:00 -7:00p \*

Advance sign up required @ [moonlightdjz@gmail.com](mailto:moonlightdjz@gmail.com)

Try it -\$10 or 4 weeks \$36 \* Gift Cards Available

**Move, Groove, be Fit & Have FUN!** Get funky to a fantastic mix of dance classics to current plus plenty of 80's, 90's; latin and Bollywood. Mix it up with different line dances each week; review the "party" dances; Learn an Irish & a barn dance! It's easy to catch on; adjust the level to suit you. Best are sneakers without much tread. **Beginners & all fitness levels welcome – come with friends!** Dance off calories in this **FUN & friendly** class!

**\*Bellydance 101 ..1 Night Workshop @St Annes**

**Mondays April 4 & 25<sup>th</sup> ~ 7:00-8:15p**

**\*Weekly Class on Mondays or Thursdays available\***

Make it a "girls' night" with friends to try this beautiful and joyous dance! Energizing yet relaxing; fast & fiery to slow & smooth, we cover all the basics in this beginner's class including a Greek dance and the beautiful Veil dance! Increase flexibility and work all muscles in this **FUN & friendly** class! Wear

comfortable stretchy clothing and thick sox or slippers that "slide". Women of all ages and fitness levels welcome!

**\*Veils can be borrowed from instructor.** Veils are 2 ¾ yards by 45 inches of sheer chiffon or organza; you can also purchase material at any fabric store (no need to hem) or just improvise with something you already have at home such as a sheer window curtain!

Cost: \$12 per workshop \* \$10 in advance \* Advance sign up required @ [moonlightdjz@gmail.com](mailto:moonlightdjz@gmail.com)

**Also on ZOOM.. Wednesdays 6:30-7:30p~**

**New series 4/6 \* Try it \$9**



**\*\* Participants have plenty of fresh air and plenty of room to distance!**

Schedule a dance **Workshop** or **Family Fun Dance** for your special occasion! Further info on all classes & Sign up: [moonlightdjz@gmail.com](mailto:moonlightdjz@gmail.com)



Carolisa Moonlightdjz \*



: Carolisa's Classes