

The monthly newsletter of St. Andrew's Episcopal Church Connecting us in community and in Christ

March 2023

Lent 101

If you are from a different religious tradition that does not keep Lent, or if you have no religious background, here is a primer on the season of Lent which we just entered.

Q What is Lent?

A Lent is a 40-day season that precedes Easter during which we prepare ourselves spiritually to celebrate the Lord's resurrection.

Q Is it really 40 days?

A If you count the days on the calendar, there are actually 46 days, going from Ash Wednesday to the evening of Holy Saturday. We exclude the 6 Sundays from Lent because every Sunday is a celebration of the resurrection, and in that sense a 'little Easter.'

Q Why 40 days?

A This reflects the 40 days that Jesus spent in the wilderness between his baptism and the beginning of his public ministry. During this time Jesus fasted and was tempted by the devil and ministered to by angels. Jesus' wilderness sojourn reflects the 40 years that the Israelites spent wandering in the wilderness after the exodus. In biblical terms, the number 40 is often indicative of *a very long time*.

Q Why is it called Lent?

A It comes from an Old English word: *lencten*. It means spring and may refer to the *lengthening* of days.

Q What is the history of the season of Lent?

A The annual celebration of Jesus' resurrection was such a pivotal and foundational observance in the life of the early Church that they quickly recognized the need to have a time to prepare for it. This preparatory season was used to prepare converts to the faith for Holy Baptism, as the baptisms would be performed as part of the Easter celebration. It also became a time when people who had been separated from the fellowship of the Church due to notorious sins would be reconciled and returned to that fellowship through a process of confession, repentance, and forgiveness. These practices provided the opportunity for all believers to be reminded of the grace of God we know through our Lord Jesus.

Q How do we observe Lent as a Church?

A The season is a penitential season. Its liturgical color is purple, like Advent. In our worship we emphasize a sense of penitence. You'll notice that the crosses in church are veiled. This is because the empty cross is a sign of triumph and joy. Also, we refrain from saying or singing, "Alleluia." The Sunday readings tend to call us to repentance. On Ash Wednesday, the first day of Lent, we received the mark of the ashes to remind us of our mortality and dependance on God's grace. On the first Sunday in Lent we begin worship with the Great Litany (BCP 148 ff) which focuses our attention on repentance and prays for many who are in need.

Q How should I observe Lent as an individual?

A In the Invitation to the Observance of a Holy Lent (BCP 264-5) it suggests we keep Lent, "by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word."

Q Do I have to give up something for Lent?

A That is entirely up to you. This practice can be part of your "fasting and self-denial." You could, for instance, give up chocolate (though I don't know why any sane person would). Or you could choose to fast on Fridays by skipping lunch. Or you might look at it another way. Instead of giving something up, you could take something on, like a new prayer discipline or daily reading of Scripture. Whatever you do, think about what you can make work in your life. You don't want to set such a high standard that you will not be able to maintain your Lenten practice. Finally, it is important to note that the point of giving something up for Lent is not self-improvement or weight loss. It is rather meant to help us focus on our spiritual life and relationship with God as opposed to engaging with the material world.

Q Are there other Lenten practices?

A Yes. The giving of alms, or contributing to charitable works, is a common practice. This can be combined with other practices. For example, if you fast by skipping a meal you could give the money you would have spent on lunch to a charity that feeds the hungry. Or you could simply empty your daily pocket change into a basket and give it away at the end of the season. Volunteering your time and talent is another way of looking at the practice of giving alms.

Q Does the Episcopal Church do private confession?

A Yes. The rite is called The Reconciliation of a Penitent and it is found on page 447 of the prayer book. There are two different forms, both equal in their effect but with different emphases. This rite is available to anyone at any time. Just ask a priest. It is especially appropriate to avail oneself of this comforting rite during Lent or when you are experiencing guilt that causes you pain. The Episcopal Church does not require private confession of sin in order to receive Holy Communion. The communal confession and absolution that is part of every Communion service in the prayer book suffices.

Look for other opportunities to observe this holy season of Lent on pages 5-8 of this newsletter.

CAMPUS MINISTRY



Episcopal at Penn State Lenten Series *

6:30 p.m., the Pasquerilla Worship Center

The Body as Church – Monday, February 27 The Body as Sacrament – Monday, March 20 The Body as Flesh – Monday, April 3

The Christian faith is incarnational – that means that we believe that God incarnated God's self at a particular time and place (literally, *took on* human flesh - *put on* a human body). Ever since then, the Church has had many views of 'The Body' - some helpful, constructive, and life-giving, some less so... The Incarnation is a conundrum and a gift of our faith that all of us must wrestle with. How does the Church understand The Body? What implications do those understandings have for us today as we seek to understand God and faith more deeply?

Join us for three special gatherings over the season of Lent as we unpack this issue. We invite all to come share a light supper with us, participate with us in discussion and reflection about how the Anglican/Episcopal tradition and faith view The Body, and then pray with us the beautiful and contemplative service of Compline - the night-time prayer - led by the students of Episcopal at Penn State at the Pasquerilla Worship Center on Penn State campus.

* Complete information can be found in the "Lent at St. Andrew's" section of this newsletter.

TREASURER'S REPORT, Julie Kwasnica, Treasurer



January 2023

	January	Year-to-Date	% of Budget	2023 BUDGET
Parishioner Contributions *	\$ 81,158	\$ 81,158	18%	\$ 454,500
Total Operating Income	\$ 85,027	\$ 85,027	18%	\$ 485,600
Total Operating Expense	\$ 49,215	\$ 49,215	9%	\$ 535,003
Surplus (Deficit)	\$ 35,811	\$ 35,811		

^{*}Includes pledges, plate offerings, and special holiday offerings.

VESTRY UPDATE, Beth Jones, Clerk of the Vestry



February 2023

The vestry met on February 14 in Room 324. This was the first vestry meeting for newly elected members and Fr. Jeff led a vestry orientation for all present. St. Andrew's treasurer also gave an overview of the various investments, savings accounts, income/expense report and uses of Church funds to the vestry. New vestry liaisons were appointed to a variety of parish committees.

A vestry retreat was held on February 19 during which the findings of the Ad Hoc Budget Committee were a primary focus. The Committee's finished report was made available to the group.

Vestry meetings are held on the second Tuesday of the month and are open to all parishioners. The next meeting will be held on March 14 in room 324 at 7 pm. Approved vestry minutes are available on our website ("Clergy, Staff & Vestry" under the "About Us" tab).

WORSHIP

EVENSONG

Sunday, March 5, 5 p.m. Church Reception, 6 p.m., Room 325

On Sunday, March 5, at 5 p.m., the choir of St. Andrew's will present the service of choral evensong. Music will include the Magnificat and Nunc Dimittis by Simon Linley, Preces and Responses by Richard Shephard, and anthems by Thomas Morley and Jean Berger. Organist Gwen Catchen will play music by Pachelbel and others. The Rev. Kevin Barron will be the officiant.



Prior to the Reformation, prayer in the early evening or late afternoon was known as the Office of Vespers, one of the eight Canonical Hours of the divine office of the Western church. However, in 1549, a prayer book known as the Book of Common Prayer was adopted in the context of the English Reformation. Bishop Thomas Cranmer established the office of Evensong using elements taken from both Vespers and Compline, generally to be conducted in the English language, as was the case with the entire liturgy.

After a series of slight modifications, the office of Evensong took its modern form in the 1662 Book of Common Prayer of the Church of England, a form that is followed very closely throughout the whole of the Anglican and Episcopal Church throughout the world. This is the form used at St. Andrew's.

Evensong, like all forms of liturgical worship, has elements of drama and ritual that nourish the spiritual life of all of us. It is based entirely on elements of Holy Scripture, and it is scripted according to a long history, originating in Judaic and early Christian evening worship. Evensong is traditionally mostly sung by a choir, with the full congregation participating throughout in thoughtful prayer, allowing the music to touch us and to draw us closer to the presence of God.

The next evensong will be April 2 at 5 p.m.

ACOLYTE TRAINING: Did you miss acolyte training in February?

If you would like to acolyte, but missed the trainings, <u>click here</u> to let us know when you are available.

Thank you! Robin & Jason





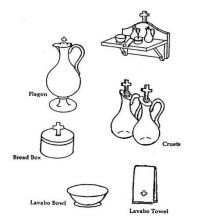


ALTAR GUILD GENERAL MEETING

Saturday, March 18 10:30 a.m. in the Church

All current Altar Guild members will meet Saturday, March 18, to plan ahead for Holy Week and Easter, review responsibilities and procedures, and handle any other issues that may need attention.

Although this meeting is for current members, new members are always needed and welcome. If you are interested or have any questions (new or current members,) please contact Teri Smith at 814-238-5964 or ssmith2124@aol.com.



LENT AT ST. ANDREW'S

LECTIO DIVINA

Mondays, during Lent and beyond 7:30 - 8:30 p.m.
On Zoom at https://psu.zoom.us/j/601435067

Lectio Divina is an ongoing group led by Christina Ford.

"Lectio Divina is a slow contemplative reading of the Bible where we make space to listen for God's voice through the scripture. Each week we pray with one of the Lectionary readings for the upcoming Sunday, most often the Psalms."

You may join the group at any time, but if you are new to Lectio or would like a refresher, a Lectio Introduction is scheduled for Monday, March 20 at 7 p.m.

Please contact Christina Ford (<u>tapspy@hotmail.com</u>) if you have any questions.

Diocese of Central Pennsylvania Lenten Series God's Church for God's World: Responding to the Lambeth Calls

Thursdays, February 23 – March 23

7 p.m. on Zoom (you will receive a link after registering at https://bit.ly/Lenten-Series-2023)





Episcopal at Penn State Lenten Series "The Body"

Mondays - February 27, March 20, and April 3

6:30-7:00 - Light supper and fellowship - The Garden Room

7:00-7:50 - Discussion and reflection

8:00-8:30 - Compline - Eisenhower Chapel



February 27	The Body as Church	The Rev. Jeffrey A. Packard
March 20	The Body as Sacrament	The Rev. Carlos de la Torre
April 3	The Body as Flesh	The students of Episcopal at Penn State



We invite all to come share a light supper with us, participate with us in discussion and reflection about how the Anglican/Episcopal tradition and faith view The Body, and then pray with us the beautiful and contemplative service of Compline - the night-time prayer —led by the students of Episcopal at Penn State.

STATIONS OF THE CROSS

Fridays in Lent March 11, 18, 25, April 1, 8

In person, in the Nave 5:15 p.m.
On Facebook (recorded) 7:00 p.m.
On YouTube (recorded) Anytime
https://youtu.be/6plHoQ95Q6U (ctrl + click on link or photo)



TAIZÉ PRAYER

Wednesdays March 16 - April 6 5:15 in the church

Taizé is a candle-lit, meditative service of music, silence, brief readings, and prayer lasting approximately 40 minutes. It is coordinated by the Daughters of the King and the music is led by Steve and Lisa Hopkins. Taizé is usually offered at St. Andrew's during Advent and Lent.



LENT MADNESS 2023

March 8 - April 5 www.lentmadness.org

Mea culpa, mea culpa, mea maxima culpa. (I take the penitenital nature of Lent very seriously.)

Due to what I will call "circumstances," we are getting a late start to our Lent Madness bracket contest this year. I hope you have already been playing and following online.

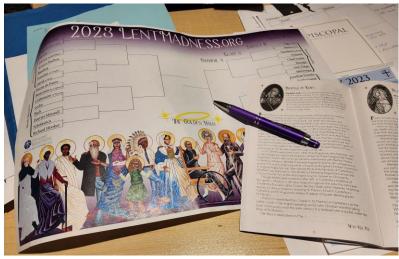
So, good news and bad news.

The bad news is that we have already missed seven match-ups.

The good news is that we are going to start our bracket on Monday, March 6 with the match-up between Simeon Bachos and Blandina. Everyone who plays is starting out with a perfect record up through Friday, March 3. You're welcome.

So, to enter

- ♦ Fill out a bracket NOW! What are you waiting for?
- Submit your bracket to the church office by email, in the mailbox outside the office, in person, or in the envelope on the 2nd floor bulletin board as soon as possible, but NO LATER THAN THURSDAY, MARCH 9. Phone it in if necessary.
- **†** You must solemnly swear NOT to read the results of any match-ups beginning with 3/6 if you submit your bracket after that date.



Whether you compete in our bracket or not, I urge you to follow the tournament and vote for your favorite saints at the Lent Madness website. I also have a limited number of Saintly Scorecards available in the office on a first-come first-served basis. The field of competitors is incredibly diverse this year and includes more than a few people you might be surprised to learn are saints! Watch for fun facts about the saints, and strange, mostly accurate statistics and updates on <u>our</u> bracket standings until, on April 5 we find out which saint wins the Golden Halo. But more importantly, which competitor will win the St. Andrew's Tarnished Halo

DISCLAIMER: This competition is for entertainment and educational purposes only–please, no wagering. However, you can, and probably even *should* include a \$5 donation to our Parishioners' Ministry with your entry as we have requested in the past. Almsgiving is one of the pillars of Lent, you know.

PALM SUNDAY, HOLY WEEK, AND EASTER AT ST. ANDREW'S

Palm Sunday Procession

Sunday, April 2

10 a.m., Corner of Foster and Fraser

At the 10 a.m. on Palm Sunday, we invite those who are willing and able to begin our worship with a procession from the corner of Fraser Street and Foster Avenue into the church. Please gather at the corner when you arrive before 10 a.m. or proceed directly to the church if you prefer.



Corporate Reading of the Gospel

Wednesday, April 5 7 p.m., Church

Join us in the Sanctuary on Wednesday night in Holy Week for a continuous reading of the Gospel According to Matthew. Father Jeff will make some brief remarks and then the entire Gospel will be read, out loud as the gospels were originally shared. We need many readers to participate. Sign up online at http://bit.ly/MatthewGospel2023, or contact Allison in the church office to reserve a spot. For additional information please contact Michele Marini at 814-574-9639.

Maundy Thursday Watch of the Passion

Thursday, April 6 8 p.m. to midnight and 6 a.m. to 8 a.m. in person Livestreamed 8 p.m. to 8 a.m.

In response to Jesus' question to Peter, "What, could ye not watch with me one hour?" we will keep watch in prayer and meditation at the Altar of Repose (the Side Altar) from the end of the Maundy Thursday Liturgy until 12 a.m. and from 6 a.m. until 8 a.m. in the church. A live video feed of the side altar will be available for the full watch for those who wish to participate remotely. If you would like to participate in person, sign up online at https://bit.ly/SacredWatch2023 or by calling the church office, 814-237-7659.



Stations of the Cross for all Ages

Friday, April 7 3 p.m., Church

Please join the Youth of St. Andrew's as we offer a liturgy for contemplating the events of the cross and the mystery of Jesus's death.

Good Friday Film: Risen (2016)

Friday, April 7 8 p.m., Room 325

> PG 13 1h, 47m



RISEN is the epic Biblical story of the Resurrection, as told through the eyes of a non-believer. Clavius (Joseph Fiennes), a powerful Roman military tribune, and his aide, Lucius (Tom Felton), are tasked with solving the mystery of what happened to Jesus (Cliff Curtis) in the weeks following the crucifixion, in order to disprove the rumors of a risen Messiah and prevent an uprising in Jerusalem.

We will gather at 8 p.m. in Room 325 and the film will begin at 8:15. The film is free and all are welcome.

CHILDREN AND YOUTH

NEWS FROM OUR CHILDREN'S PROGRAMS:

Volunteers in the classroom

We are still in need of volunteers to help **assist** and/or **teach** in all of our Children's Programs that occur during the 10 a.m. service. Every class is taught by two volunteers. Volunteers receive training in *Safeguarding God's Children*. If you are interested in volunteering for any of the three programs, please contact Robin at

(814) 404-3812 children@standrewsc.org.

Gratefully, Robin Bastress



YOUTH PROGRAMS

Youth Director Transition

The time has come for us to begin transitioning the youth program to a new director as Kathy Hickner prepares to move this summer. We are so fortunate in our parish to enjoy children coming in our doors with their families and to walk alongside them as they grow. We're also fortunate to be able to continue funding a part-time staff position so we can ensure steady and continuous leadership of this important community at St. Andrew's!

Supporting young people in church is both critical to the future of the church and also important to the adults who spend time with them. Leaders often find the experience of being with youth invigorating and renewing. And of course, kids now, more than ever, need to know that they are cherished by and connected to the God who is at heart of the universe, despite whatever pain and fear they encounter in life - and to experience Jesus as the way to their own fullness and healing and simultaneously that of the world around them.

St. Andrew's has been fortunate as well to staff the youth director position for the last two decades from within our congregation, despite the uniqueness of the job in contrast with most part time employment. Leading the youth program is great work to do in so many ways, and it is very flexible. The future of our youth program is also open to a new shape as our church changes! We invite you to join us in prayer for guidance as we begin to search.

Thank you so much for supporting our youth!

J2A

The J2A class is getting closer to its pilgrimage this summer, and your support of youth fundraisers will help us make it to our goal! Big thanks go out to everyone who came to dance at our Winter Contra Dance and cooked or bought chili in February!



The Winter Contra Dance brought many dancers and visitors in from the cold and added to our pilgrimage fund.

J2A Class and Leaders (not pictured, Leader Kelley Paulesen)



COMMUNITY CAFÉ

Laundry Help Needed

Want to help with the Community Café but don't have time during the week? The Laundry Team may be for you! We're the ones who take home the dirty towels and aprons on Friday and return them to the kitchen clean and folded by Monday afternoon. If enjoy doing laundry and are willing to spare a weekend every six or so weeks, please contact Marisa Ferger at mferger@psu.edu or 814-777-0961.

We'd like to thank **Madi Christopher** who is retiring after almost two years of service. Madi was a part of the team during her Junior and Senior years at State High. We appreciate all she did to help us out!

Lent – How it started...Shrove Tuesday Pancake Supper in Canterbury Hall



Fun making the food...









And eating the food!





Music by the Fraser Street Saxtet





GROUPS, MINISTRIES, & COMMITTEES

This is not a comprehensive listing; regularly scheduled meetings and events are included only if they submitted an item for publication. For complete and updated listings, please check your Sunday bulletin or weekly email

PRAYER QUILT MINISTRY

Saturday, March 11, 12:30 p.m. Room 119

At our March Meeting we will be working on baptismal quilts - cutting strips, sewing strip packets, etc. Please let Michele Marini know if you will be there.

KNITTING MINISTRY

Sunday, March 12, 11:15 a.m. Room 324 and *Zoom*

Knitting Ministry will meet on Sunday, March 12, following the 10 a.m. service. Join us in Room 324 or settle down with your needles and yarn in front of your computer camera and log on! We knit cozy, useful items for Knitting4Peace (News and patterns at

https://www.knitting4peace.org/).



If you would like to come, please email anne.hoag@gmail.com and she will send you a Zoom invitation link. Mark your calendars for the second Sunday of each month through June 2022.

For more information contact Anne Hoag, anne.hoag@gmail.com

BOOK CLUB

Tuesday, March 21 7 p.m., Room 324 (Library)

The Book Group will meet Tuesday, March 21, to discuss *Verity*, a gripping psychological thriller by Colleen

Hoover. A struggling writer accepts a job offer from the husband of bestselling author Verity Crawford, to complete the remaining books in a successful series his injured wife is unable to finish. This sets in motion a series of discoveries and plot twists that will keep you up all night. Please join us! Newcomers and visitors are always welcome.

GAME CLUB

Sunday, March 26, 2 p.m. Room 325

The Game Club met for the first time last month and had a great time learning and playing cribbage, sharing snacks and conversation, and even celebrating a birthday. We will be playing cribbage again in March, with a slightly later starting time, but you are welcome to bring any tabletop game. Everyone is welcome – come join us in March and bring a friend!





MONDAYS IN LENT

LECTIO DIVINA

7:30 - 8:30 p.m. on *Zoom*

led by Christina Ford

February 27, March 20, April 30

EPISCOPAL AT PENN STATE LENTEN SERIES

6:30 p.m.

Pasquerilla Worship Center

WEDNESDAYS IN LENT

March 1, March 8, March 15, March 22, March 29

NOONDAY PRAYER on Facebook Live

8:30 a.m.

TAIZÉ (No March 8)

5:30 p.m. in the church

THURSDAYS IN LENT

February 23 – March 23 on Facebook Live

GOD'S CHURCH FOR GOD'S WORLD – Responding to the Lambeth Calls
Diocesan Lenten Series Info and registration at bit.ly/Lenten-Series-2023

FRIDAYS IN LENT

March 3, March 10, March 17, March 24, March 31

STATIONS OF THE CROSS in the Nave

5:15 p.m.

On Facebook (recorded)

7:00 p.m.

MONDAY THROUGH SATURDAY IN LENT

MORNING PRAYER in the Nave (Monday – Friday)

8:30 a.m.

and on *Zoom* (Monday – Saturday)

8:30 a.m.

PALM SUNDAY, HOLY WEEK AND EASTER SCHEDULE 2023

Palm Sunday

April 2

8:00 a.m. Holy Eucharist

10:00 a.m. Holy Eucharist (process from corner of Fraser and Foster)

5:00 p.m. Evensong and Reception

Wednesday in Holy Week

April 5

7:00 p.m.

Corporate Reading of the Gospel According to Matthew

Maundy Thursday

April 6

7:00 p.m. * Holy Eucharist

Washing of Feet, and Stripping of Altar

†Followed by Sacred Watch at Gethsemane Garden Altar of Repose 8 p.m. to midnight and 6 a.m. to 8 a.m. in person and livestreamed

for remote participation

Good Friday

April 7

3:00 p.m. Stations of the Cross for all ages, Church

7:00 p.m. Liturgy of Good Friday

8:00 p.m. Movie: Risen, Room 325

Easter Eve

April 8

7:00 p.m. * The Great Vigil of Easter – bring a bell to ring!

Easter Day

April 9

8:00 a.m. Festive Eucharist for Easter (no music)

9:30 a.m. Family Eucharist for Easter with Choir

Egg Hunt following

Nursery available

11:15 a.m. Festive Eucharist for Easter with Adult Choir

* Childcare available upon request.

♦ Online signup

MARCH BIRTHDAYS

1	Amy Allison
2	Michele Hamilton
3	David Rovansek
3	Michele Almeida
4	Kathy Dittmann
5	Janet Packard
5	Eddie Jones
6	Flora Eggert
7	Emily Paulsen
7	Haley Couch
8	Liz Jenkins

9 John Harris

9 Pat Krall

10 Theresa Johnson-Pritchett
11 Jane Cawthern
11 Jane LaMar
12 Anne Thomas
13 Joe DeLauter
18 Beti Bell
18 Karl Zimmerer
19 Nancy O'Connor
19 Carolee Grillo

21 Ben Newton 🦿 🧻
22 Eileen Weglarz 🏻 🍣
22 Vicky Ponish
23 Alexandra Couch
23 Townes Cozad
24 Darlene Nordoff
26 Marlee Kwasnica
28 Betha Christopher
28 Mena Jones
31 Jeb Harper

HAPPY BIRTHDAY! If you have a March birthday and don't see your name listed, we probably do not have that information in our records. Please contact the office – we may be missing other information, too.

20 Jerry Dittmann21 Geoff Cozine

21 Sandy DeLauter

21 Bob Jones

Those for Whom We Pray

Sandy, Mavis, John, Mena, Molly, Jane, Joan, Don, Stu, Beth, Joe, Laura, Jordan, Ty, Isa, Rob, Kevin, Diane, Frank, Robbie, Sara, Emily, Vicki, David, Stephen, Brian, Robert, Joann, Michael, Janet, Matthew, Micki, Roger

The Faithful Departed

The Rev. Jack Hoffer, John Lamberson, and Frank Shull

Those in the Armed Forces and First Responders

Zach, Christie, Sean, Matt, Eric

SAINT ANDREW'S EPISCOPAL CHURCH

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