

St. John's Good News

.We Shall Not Live by Bread Alone
By The Rev. John Beach

Lent 2024

An Outline of the Faith Commonly called the Catechism

Question: What are we by nature?

Answer: We are part of God's creation, made in the image of God.

Question: What does it mean to be created in the image of God?

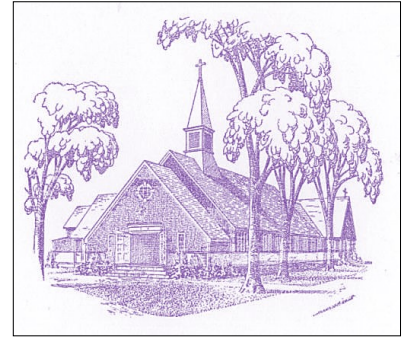
Answer: It means that we are free to make choices: to love, to create, to reason, and to live in harmony with creation and with God.

~ *Book of Common Prayer*, pg. 845

In Lent we are invited to follow Jesus' example and enter into a time of reflection. It was in the wilderness that Jesus reminded us of the words from Deuteronomy 8:3 "Man shall not live by bread alone" These words were spoken by God to Moses in the desert and later remembered by Jesus in another desert, and serve as a reminder that our life is something greater than mere survival. Both Moses and Jesus were living in a time and among a people for whom the struggle to survive was a daily preoccupation. Consequently, this statement is not only good news, but unbelievably good news. And yet, terrified people did believe.

Though most of us live our lives in relative security and comfort, we are nevertheless an anxious people. It is not bread we that we struggle for, but we do worry about economic and social security. I believe that we can reasonably infer from this proclamation of Moses and Jesus that we do not live for real estate alone, retirement savings alone, or job security alone. In fact, we all know that there are countless persons who have led fruitful lives with none of these things. I fear, however, that we often forget this.

Cont'd.



February
2024

Sunday worship remains at 10am, in-person and virtually: All are welcome to participate, and seating capacity is now at 75. The service also continues to broadcast via Zoom, with weekly link options shared by email.

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During Lent, we are invited to consider the question, "For what, then, shall I live?" One helpful place to which we can turn for assistance in answering this question is the catechism found in back of the prayer book. In particular, I invite you to consider the invitation implicit in the Proclamation, "We are free to make choices: to love, to create, to reason, and to live in harmony with creation and with God."

During Lent we are invited to consider what obstacles prevent us from accepting this glorious invitation. It is also a time in which we consider our dangerous tendency to convince ourselves that we do live by bread alone.

May you all have a Holy Lent.

John+

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Lenten Quiet Day

Saturday, March 2nd
Emmanuel Church
Wakefield, MA

- * Begins at 9 a.m. with a light breakfast
- * Soup lunch will be provided
- * Finishes at 2 p.m.

All are welcome! To register, please contact church office or The Rev. John Beach.

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A celebration of Mardi Gras in Ashworth Hall
Join us for a pancake supper and games – silly hats are welcome!

Shrove Tuesday, February 13th ~ 5:30 - 7:30pm

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Ash Wednesday Worship

February 14th, 2024
Noon and 7pm

...you are dust, and to dust you shall return. ~ Genesis 3:19

Annual Meeting

Sunday, February 4th ~ 11:30am

Church members are encouraged to attend this important annual meeting of the parish. There will be a review of 2023 accomplishments, this year's goals and our financials, including the new budget. Vestry and delegates to the convention are to be nominated and elected. Your participation matters!

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Lay Eucharistic Ministry – Would you like to answer the call?

Would you like to feel more involved in our weekly worship? To perhaps learn things about the service that you didn't know? This is a call for people to serve as a Lay Eucharistic Minister. Julia Aston is retiring from this ministry at the end of February. She and Stephen Belyea have served together for many, many years, and have been the only two LEMS for more than three years since COVID. It's time to include more people!

We would like to train 4 people to join this important ministry so that it would mean being the L.E.M. only once every 5 weeks. Training will be done by Julia Aston, Stephen Belyea, and Rev. John Beach. We are flexible to train after church on Sundays, on Saturdays and some can be set up during the week if needed. Please contact either Julia, Steve, or Rev. John for more information and/or to start your training! Thank you for your consideration!

~ Julia Aston

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Every Child Deserves to Smile



Thank you for all the generous donations in January! The warmth tree donations were delivered along with three bags of clothing and four boxes filled with food items, paper goods, and utensils.

During February, we will be collecting:

- | | | |
|-----------------------|-------------------|----------------------------------|
| Soup & Crackers | Shampoo | Valentines candy & novelty items |
| Canned tuna & chicken | Conditioner | Paper Plates |
| Mac & Cheese | Deodorant | Plastic Utensils |
| Soup | Razors | Hot/cold cups |
| Snack items | Feminine Products | Qt. & Gal. Baggies |

New and gently worn clothing – all sizes, infant to adult. Donations may be left in the vestibule. Questions may be directed to Jeanne Seaboyer.

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Word Search

Can you find these rivers and lakes of the world?

B U R T Q W O N P N Y J G K N N D Y
 G X A M A Z O N L F B D H B Q B D B
 H M X Q U G I E L V U F N E T Y R Q
 M V C C W M H O K O I S G V L T F Z
 N M I C H I G A N L Z C T A J V N E
 U Y U R R S Z S D G A U T Y N M H G
 V J L Q H S H Y Z A Y U K O N G D G
 C W I N N I P E G I Z C Z R R A E F
 V V L I L S N M M H D D O O D I Z S
 K L B N E S I E A F A P K N D R A P
 S K N C D I L I J P N A K T G X M Z
 X W A K S P E B L P U Y I A O O B I
 B N C I F P R M G Z B E V R E B E H
 R H I K G I I C S T E Y Y I F T Z U
 O W H N T S E M E K O N G O U Q I R
 L U O F I H P B A V X J S L K Z S O
 A Z P O H G E M A L A W I R V V B N
 N U E A U Q T A W S J D W S C T X R

Amazon ~ Congo ~ Danube ~ Erie ~ Ganges ~ Huron ~ Malawi
 Mekong ~ Michigan ~ Mississippi ~ Nile ~ Ontario ~ Rhine ~ Victoria
 Volga ~ Winnipeg ~ Yukon ~ Zambezi

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Officers: The Rev. John T. Beach, Priest-in-Charge, Brenda Caggiano and Daniel Casey, Jr., Wardens, Phil Littlehale, Treasurer, Paul Felci, Assistant Treasurer, and Kristina Palazzo, Clerk of the Vestry & Sexton

Vestry: Bill Bidmead, Sr. (2026), M. ‘Dibby’ LeBlanc (2026), Duana ‘Dee’ LeMay (2024), Sandy Mears (2025), Donna Manoogian (2024)