

St. John's Good News



March
2022

From Rev. John...

We Shall Not Live by Bread Alone
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, page 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 *raison d'être* 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.

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."

Cont'd

Sunday worship remains at 10am, in-person and virtually on Zoom. All are welcome to participate, and seating capacity is 75. Please note: we continue to monitor community Covid cases and will keep you updated about worship. The Zoom link is shared weekly via email.

Phone: 781-233-1242

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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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Observing a Holy Lent
By The Rev. John Beach

Lent is a time in which we are encouraged to press the “reset” button on our lives and to remind ourselves of those things which are truly important. It is for this reason that we put aside some of the things which distract us from those things which bring us true joy and peace. To this end, I invite you consider any one of the spiritual disciplines below during Lent as a corrective to the many distracting voices shouting for our attention.

- * Write a letter (either by email or on paper) to someone you have not spoken to recently. You might consider doing this daily, or several times a week. Share with them that that they are on your mind and some of the events in your life. Pray for them.
- * Join us for zoom Compline ever Wednesday evening at 8:45. This is an opportunity to join in prayer with the broader community.
- * Join us for the study of scripture every Tuesday morning at 10 a.m. These animated conversations allow us to have a glimpse of those spiritual forces at work in our lives and in history.
- * Join us for and Zoom International Bible Study each Thursday during Lent discussing passages from the book of Isaiah. This is sponsored by St. John’s church and will include congregations from England, Scotland, Canada, and Rome. For more information and the zoom link, please contact the church office.
- * Join us for our Lenten retreat to be held on March 19th at the Bethany House of Prayer. Contribute to a charitable organization new to you. There is a joy in spontaneous generosity. Lent is not intended to be a burden we carry on, but a joy we embrace.

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Invitation to "What is Truth? - An Embodied Lenten Series"

Sundays in Lent from 4:00 to 5:30 pm on Zoom starting March 6.

Emmanuel Church, Boston, and the Cathedral are joining together to offer a six-week Lenten opportunity to deepen spiritually and build resilience in preparation for conversations about reparations within our congregations and diocese. Each session in the series includes prayer, scripture, or contemporary material for reflection, embodied practices, questions to ponder, and resources to deepen the learning.

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Our hope is that participants will be present for the whole series, as the sessions build on one another. Please RSVP by the end of the day on March 3 (Ash Wednesday) to cathedral@diomass.org with your name, email, and congregation/community of support.

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Praying for peace

Almighty God we pray for the situation on the border of Ukraine.
We pray for those who live in fear, that you may grant them peace.

We pray that the voices for discernment and peaceful solutions may prosper.
Lord, we ask that you raise up peacemakers on all sides, that war and violence might be averted.
Give diplomats wisdom, understanding and build trust.

We ask for the church in the nations involved, may they be salt and light in a dark situation.
Lord we lift this dangerous situation to you.
May your kingdom come,
Amen.

Prayer by Fred Drummond, Evangelical Alliance Scotland and prayer director

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New Officers and Vestry Members

We welcome and congratulate Brenda Caggiano and Dan Casey, our new wardens, Kristina Palazzo, now St. John's Clerk of the Vestry, as well as Sandy Mears and James Brown, newly-elected vestry members!

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Keep on your radar....

Lobster Roll Sale: Friday, April 22nd - order deadline is Tuesday, April 19th - details to follow. **Please note**: due to increased costs, the price will be \$15/each.

Plant Sale: Saturday, May 7th - we will begin accepting pre-orders during the 3rd week in April (stay tuned for details).

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Every Child Deserves to Smile



Thank you for the generous donations in February! We made two deliveries of non-perishable food items and diapers to very grateful motel recipients. In March, we will continue to collect non-perishable food items, paper goods & cutlery, toiletries, baby wipes, and diapers in sizes 3, 4, 5 & 6. We will also be collecting sweet treats and snacks to put together Easter treats for the children.

Please contact Jeanne Seaboyer 781-662-4342/ jmseaboyer(at)gmail.com if you have questions.

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Bishop Alan Gates ~ Visitation

Diocesan Bishop Alan Gates will be visiting and preaching at St. John's on Sunday, March 6th. Join us to greet him at 10am, with a reception following. The Vestry will meet with him afterward. We look forward to the Bishop's arrival at St. John's and hope you will be able to attend!

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Lenten Retreat

**Co-sponsored by the Episcopal Churches of
St. John's, Saugus and Trinity, Melrose**

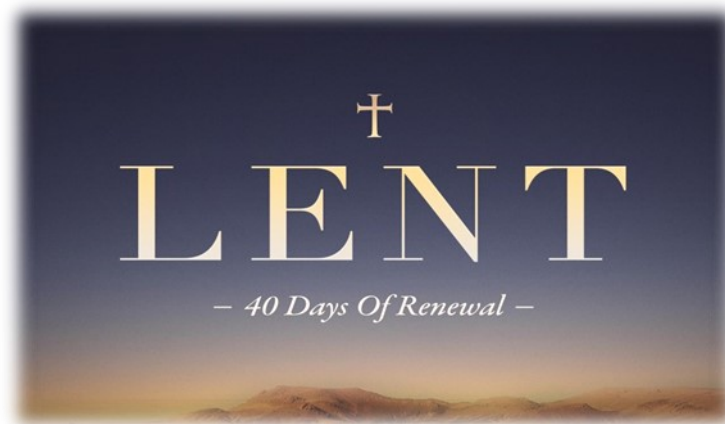
March 19th, 2022

9 a.m. to 3 p.m.

Becoming Still, Journeying Together for Lent

Bethany House of Prayer

181 Appleton Street, Arlington, MA



Step away from the clutter of our lives and join us as we explore several Lenten Practices. The day will include an opportunity for prayer, quiet reflection, and group discussion. We will conclude with a service of worship.

See the beautiful grounds of Bethany House. Lunch will be provided. \$30 for registration, please commit by February 23rd by submitting form to the church office. Please make checks payable to St. John's Episcopal Church.

Scholarships are available for those who need them. Covid vaccination required. To register please contact Denise Beneteau at [denise.beneteau\(at\)mail.mcgill.ca](mailto:denise.beneteau(at)mail.mcgill.ca) or phone 508-280-7630.

Spring Word Search

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

Aster ~ Buds ~ Blossoms ~ Cornflower ~ Cosmos ~ Crocus ~ Forsythia
 Lobelia ~ Pansies ~ Petunias ~ Phlox ~ Poppy ~ Snapdragon ~ Snowdrop
 Sprouts ~ Viola

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

Vestry: James Brown (2025), Duana 'Dee' LeMay (2024), Sandy Mears (2025), Donna Manoogian (2024), and Kenneth Webber (2023)