

St. John's Good News



March
2025

Dear Friends,

Lent 2025 ~ A Definition of the Season of Lent

The Last Sunday of the Epiphany: Transfiguration Sunday

Dear Friends in Christ:

A definition of the season of Lent:

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or Pascha (BCP, pp. 264-265). The season now known as Lent (from an Old English word meaning “spring,” the time of lengthening days) is recognized for its forty-day fast (which) was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly. In the western church, the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum of Maundy Thursday, Good Friday, and Holy Saturday. Today, Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, 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” (*Dictionary of the Episcopal Church*).

Lent is a time when we consider our need for healing. It is a time when we put limitations on those things which contribute to disease. Healing encompasses many, many things right now: healing of relationships, healing for the environment, racial healing and justice, and healing of our souls from the constant stress of this past year. Lent can bring visions of a Lenten fast from the things we love: chocolate, alcohol, candies, and even abstinence from meat on Fridays. As a child, I recall swearing off chocolate coupled with the guarantee of Gordon’s Fish Sticks and oven fries at dinner for a month of Fridays; it was abstinence, if not penitence, itself. Sadly, in my lack of Mars Bars, I missed the reason for the fast; to remove those distractions which separate me from prayerful reflection with God. In contemporary practice, we need not abstain however we can instead consider what reflection and prayer to add in our lives in our continued conversation with God.

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

Phone: 781-233-1242

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Cont’d.

During Lent, I invite any interested persons to join me exploring the book *The Expectation Gap* by Dr. Steve Cuss. Dr. Cuss, a Hospice chaplain, speaks very eloquently exploring the question, *How can we quiet our inner critic, confront chronic anxiety, and relax into God's presence?* I intend to spend this lent learning how to rejoice in presence of God's healing spirit.

'I invite you, therefore, in the name of the Church, to the observance of a holy Lent...' The timeless liturgy of Ash Wednesday calls us to the Lenten season with this prayer. I pray we come together, with deepened reflection, and thanksgiving, for a renewed relationship with God and one another.

Peace to you all,
John+

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Deanery Lenten Quiet Day

There will be a Deanery Lenten Quiet Day on **Saturday, March 2nd** at Emmanuel Church, Wakefield. It will start with a light breakfast at 9 a.m. and will end at 2 p.m. Lunch will be provided. To register, please contact The Rev. John Beach at revjbeach@gmail.com

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All interested persons are welcome to join members of the Master Gardeners who will be working on our memorial garden on March 24th from 9-noon.

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Lent & Holy Week Worship Schedule

Ash Wednesday, March 5th - Noon & 7pm (music)

Palm Sunday, April 13th - 10am

Agape Meal, Maundy Thursday, April 17th - 6pm

Maundy Worship - 7pm

Good Friday, April 18th - Noon & 7pm

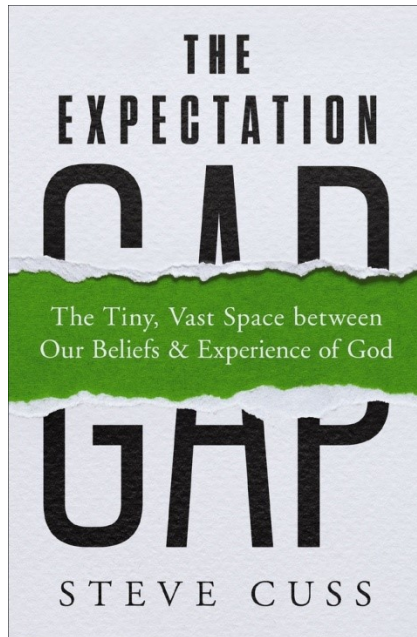
Easter Sunrise Service - 6am

Easter Worship - 10am

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Sponsored by St. John's Episcopal Church, Saugus

How can we quiet our inner critic, confront chronic anxiety, and relax into God's Presence?



Even people of faith experience significant gaps between what we believe about God and what we encounter from God. We believe God loves us, but we struggle to experience it.

Join us for an open discussion of ways to confront obstacles to our encounter with God.

Tuesday evenings at 7:30 - in person and by zoom

During Lent

March 11th, 18th, 25th, and April 1st

7:30-8:30 p.m.

For more information contact The Rev. John Beach:
at revjbeach@gmail.com or by phone: 774-961-9881

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WORD SEARCH

Can you find these famous athletes?

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

Agassi (tennis) ~ Biles (gymnastics) ~ Brady (football) ~ Chamberlain (basketball)
DiMaggio (baseball) ~ Gretzky (hockey) ~ Hamm (soccer) ~ Joyner (track)
Kwan (figure skating) ~ Lopez (golf) ~ Marciano (boxing) ~ Montana (football)
Nicklaus (golf) ~ Orr (hockey) ~ Owens (track) ~ Pele (soccer) ~ Phelps (swimming)
Retton (gymnastics) ~ Shiffrin (skiing) ~ Taurasi (basketball) ~ Williams (tennis)
Yastrzemski (baseball)
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Officers: The Rev. John Beach, Priest-in-Charge, Donna Manoogian, Sr. Warden, John Rogalski, Jr. Warden, Phil Littlehale, Treasurer, Paul Felci, Asst. Treasurer, and Brenda Caggiano, Clerk of the Vestry

Vestry: Bill Bidmead, Sr. (2026), Rose Holt (2027), Joanne Lancaster (2027), M. Dibby LeBlanc (2026), Sandy St. Clair (2028), and Lahneen Visco (2028).