

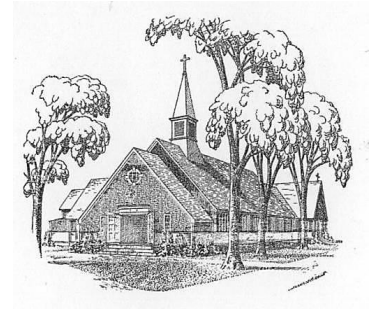
# St. John's Good News

## A Bicycling Pilgrimage across the United States By The Rev. John Beach

It is with excitement and dread that I look forward to a bicycle pilgrimage this summer from Seattle to Saugus. This has been a long time in planning, and I have come to realize that the years I have available to do this have become few in number. Though I have never been much of an athlete, I find that the exhilaration of biking has contributed significantly to my physical and emotional well being. The connection between body and machine has allowed me to see the world very differently.

My reasons for embarking on what some would view as a foolish enterprise are three fold. First, bicycling over an extended period of time becomes a contemplative activity. This is due to a combination of silence, elevated heart rate, and the removal of external stimuli (it is not only unsafe to listen to headphones while biking, it also clutters the mind). Having time alone with my thoughts allows me to discern between the neurotic and the meaningful. It is a prayerful exercise in which I become aware of voices which are not of my own fabrication.

Secondly, it allows me be in communion with surrounding geography. Ernest Hemmingway stated, *"It is by riding a bicycle that you can learn the contours of a country best, since you have to sweat up the hills and coast down them."* Driving in a car is like being in a hermetically sealed cocoon which removes you from the sounds, smells, and tactile sensations of the world around you. The feel of the wind in my face, the smell of the vegetation unique to every location, making eye contact with people who have lives very different than mine, allow me to participate in something much larger than my own small life. Watching the road before me change from urban centers into towering mountains and later into open prairies offers a glimpse into the riches found in this amazing country. A pilgrimage is a journey in which you move simultaneously geographically and spiritually. It is to travel both outside and within. It also cleanses the soul of the more toxic elements of electronic communication.



May  
2023

**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 link options shared by email.**

Phone: 781-233-1242

Twitter:  
@StJohnsSaugus

Facebook: St. John's Episcopal Church Saugus

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Thirdly, this trip will allow me to meet people I would not otherwise encounter over the course of my days. As the poet, John O'Donohue writes in his poem **For the Traveler**,

*Every time you leave home,  
Another road takes you  
Into a world you were never in.  
New strangers on other paths await.  
New places that have never seen you  
Will startle a little at your entry.  
Old places that know you well  
Will pretend nothing  
Changed since your last visit*

We are a divided country in many ways. I fear that too many of us have sought refuge in ideological silos and have become incapable of engaging in honest and loving conversations with those who live in situations very different than our own. I am haunted by the comment by Paul Ricoeur, "Tolerance is not a concession that I make to the other, it is the recognition of the principle that part of the truth escapes me."

I travel with the desire to expand my own capacity for tolerance and with the firm belief that part of the truth does escape me.

I am grateful that my wife, Denise, will be joining me for the first part of my journey from Seattle across the Olympic peninsula in Washington State. She will join me later in Jackson, Wyoming to explore that beautiful part of the country. The rest of the journey I will travel alone. I have always been surrounded by loving and supportive friends and family. Consequently, I have spent very little of my life alone. I must confess that I find the prospect a bit terrifying. I am challenged by the admonition of the mathematician Blaise Pascal who once wrote, "All men's miseries derive from not being able to sit in a quiet place alone". I am also inspired by the spiritual counsel offered by the economist and one-time General Secretary of the United Nations, Dag Hammarskjöld, "Pray that your loneliness may spur you into finding something to live for, and great enough to die for".

I will be keeping a blogsite <https://bikepilgrimageusa.blogspot.com/> for those who would like to follow this journey. I shall be starting on May 15th and plan to reach Saugus by August 25th.

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### **Welcome Name Tags**

Let's be friendly! Since Rev. Paul doesn't know us, we will be handing out name tag stickers as you enter church on every Sunday, at least for the first month! Please write your name on it and stick it on yourself. Even if you don't come out to Coffee Hour, Rev. Paul will be able to see your name at the Communion Rail. Thank you for your cooperation in this gesture of welcoming him!

~ Julia, ad hoc welcoming committee (!)

Lobster Roll Update

HUGE thanks to T.J. Martin, Steve & Nancy White, Laura Geary, Bill & Janet Pothier, Bill Bidmead, Julia Aston, Rev. John & Denise, Jeanne Seaboyer, and everyone else who pitched in. We sold 259 rolls and after expenses raised over \$1700.00! To everyone who set up, set up, cleaned up, baked, delivered, packaged, etc.—it was a terrific effort. Our church is blessed to have such committed volunteers!

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Every Child Deserves to Smile



Thank you for the generous outpouring of Easter candies and novelty items that allowed us to create Easter Baskets for the children at the motel! Over 30 baskets were packed with goodies guaranteed to put a smile on the children’s faces!

During May we continue to collect toiletries, crafts and activity items, new and gently used games & toys, as well as non-perishable food items, microwaveable foods, everyday household needs (paper goods, storage baggies, cutlery) and in-season clothing.

The next quarterly meeting will be June 1, 9:30AM in the Hurl Room. All are welcome to attend. Donations may be left in the vestibule. Please direct any questions to Jeanne Seaboyer.

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Plant Sale

Our annual Spring/Mother’s Day Plant Sale will be held **Saturday, May 13**. Helpers are needed to drive to Kane’s Flower World on **Friday, May 12**, to unload plants at the church and man the decks on Saturday during the sale. (Pick up for orders: Friday ~ 3-5pm and Saturday 9:30am-1:30pm)



Order deadline: **Monday, May 8th** ~ Email or phone the parish office and pay at pick-up by cash or check (made payable to St. John's). Thank you for your support!

10” Hanging Planters \$30.00 each: Geraniums and New Guinea Impatiens

4” Individual Pots - \$7.00 each: Begonias, Geraniums, New Guinea Impatiens, and Dahlias

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Looking ahead.....

June Yard Sale ~ **Saturday, the 10th** – details to follow!

### Word Search

Can you find these sports teams?

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

Athletics ~ Avalanche ~ Browns ~ Bruins ~ Cardinals ~ Celtics ~ Chiefs  
 Grizzlies ~ Lions ~ Magic ~ Orioles ~ Patriots ~ Padres ~ Pistons  
 Revolution ~ Seahawks ~ Sox ~ Tigers ~ Timberwolves ~ Wild

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

**Vestry:** Bill Bidmead, Sr. (2026), Dibby LeBlanc (2026), Duana 'Dee' LeMay (2024), Sandy Mears (2025), and Donna Manoogian (2024)