

St. John's Good News



From Reverend Sarah...

Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."
John 6:35

Dear Friends,

Food is more than just the physical items that we eat...popcorn, cereal, strawberries etc. It nourishes our physical bodies but also our emotional needs. We eat because it makes us feel something or feel a certain way. Really good cooks know how to prepare food to offer both physical and emotional nourishment. My grandmother, Jane, was an amazing cook! Even when she was stuck in her wheelchair she would spin around her kitchen between the stove, the pantry, and the refrigerator like a professional ballerina.

Grandma's best dish, in my opinion, was her potato salad. I have no idea if Grandmas followed a recipe or if had a specific title other than "Grandma's potato salad." In this amazing salad you would find: tender chunks of potatoes, tiny gherkin pickles, slivers of radishes, and slices of pickled eggs and of course lots of mayonnaise and seasonings. This combination of ingredients was pure magic! It was a perfect balance of sweet and sour with kicks of salt, and stripes of purple from the pickled eggs. The different textures of soft, al dente and crunchy, always left your mouth eagerly anticipating the next bite.

AND it was all made by Grandma. Her skilled hands chopped all the vegetables, her strong arms drained pounds of cooked potatoes, and her taste buds knew the exact ratio of flavors. She put her whole self, her whole love, into this salad and you could taste it. She wasn't making the salad just to feed her family...she was welcoming home her children and grandchildren. It was her way of saying, "YAY I'm so glad you're here!"

Jesus Christ knew the importance of food. He understood that his listeners, then and now, were hungry for something more than bread. The bread fed their bodies but there was still an emptiness. God saw this emptiness and sent Jesus as an offering—his body, the bread of life. It is this bread that we share on Sunday mornings during communion and that then feeds us so that we might feed others.

contd.

September 2018

Fall Worship Schedule

Sunday Morning
8am Rite II
10am Rite II

Phone: 781-233-1242

Twitter:
@StJohnsSaugus

Facebook: St. John's
Episcopal Church
Saugus

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This September St. John's is embarking on a new exciting outreach program, *Healthy Students, Healthy Saugus*, to feed hungry children in Saugus. As I mentioned in my last newsletter, 47.5% of elementary school students in Saugus are identified as "food insecure." This means the family has to rely on food stamps to provide basic food needs. The Saugus Faith Community has teamed up with the School Department to make weekend food bags for 50-75 students each week. Starting in October St. John's will pack these bags on the first Thursday of every month for the school to distribute on Fridays.

As we pack the bags of food we will pray for the students and their families. We pray that as they find nourishment in the food that may be blessed by our love and the love of God.

Peace,
Sarah

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**HELP HUNGRY KIDS IN SAUGUS!** The Healthy Students, Healthy Saugus program was created to feed elementary and middle school age students who do not have enough food on the weekends. Many families rely on school meals to provide nutritious food for their children and struggle to feed their family over the weekend. So each Friday 50-75 bags of food will be distributed to the children with the highest need. **St. John's will be responsible for packing the bags on the first Thursday of every month (starting October 4) starting at 7pm. Saugus School Superintendent Dr. David DeRuosi is holding a public info meeting at the Belmonte School. We hope to announce the rescheduled meeting this week.**

**BACK PACK & COMPUTER BAG BLESSINGS FOR THE NEW SCHOOL YEAR.** As our students begin a new year and as we all get back into the fall schedule it's the perfect time for a blessing! So bring your back-pack, computer bag, purse, briefcase etc. for a special blessing on **September 9 at the 8am and the 10am services.**

**BACK TO TWO SERVICES ON SEPTEMBER 9.** On Sunday 9, the first Sunday after Labor Day, St. John's returns to offering 2 services on Sunday morning. A spoken (no music) Rite I service will be offered at 8am and a Rite II service with music will be offered at 10am. And of course two fabulous coffee hours!

**WELCOME BACK TO CHURCH SCHOOL ON SEPTEMBER 16!** After the summer hiatus the St. John's Church school begins on Sunday, September 16. We offer Church School for all children from pre-K through High School and meets at 9:30am. Children and teens are encouraged to come early on September 16 to register and get a special treat from Rev. Sarah!

**OFFICE HOURS AT DUNKIN' DONUTS WEDNESDAYS 10-12.** Due to the popularity of these open office hours Rev. Sarah will continue to be at Dunkin Donuts on Hamilton Street. Stop by to say hello or sit for a chat about real life issues! Rev. Sarah is also available by appointment and can be reached at 508-367-4750. What's said at Dunkin' stays at Dunkin'!

**STEWARDSHIP MINISTRY TEAM IS ON A ROLL!** The faithful SMT has been meeting and planning over the summer to offer an exciting stewardship campaign! The team hosted two dinner for parishioners to come together and share a meal and thoughts about the future for St. John's. The next dinner will be on Tuesday, September 18, at Fritz & Diana White's home. Please look for the attendance sign-up sheet in Ashworth Hall.

**TRAVELING JESUS COMES AFTER A BUSY SUMMER!** Traveling Jesus had an amazing summer and we hope you followed his adventures on our Facebook page. A HUGE thank you to Julia Aston for posting photos and stories for our Facebook family. On September 9 Traveling Jesus will hang up his traveling clothes for a much need rest here with us at St. John's. He's especially excited to join the Church School on September 16!

**BIBLE STUDY: PAUL'S LETTER TO THE ROMANS.** We continue reading through Paul's Letter to the Romans who were a small group of non-Jews who were interested in the death and resurrection of Jesus Christ. In this letter Paul describes the ways in which Jesus the Messiah fulfilled the hopes of the Old Testaments prophets and God's covenant. Though Paul's writing is not always clear he was deeply devoted to spreading the Gospel message. Please join us Tuesdays, 10:30-12!

**DIOMASS MINISTRY SHOWCASE, SATURDAY, 9/22, 9AM-4PM.** This first-ever Ministry Network Showcase will bring the diocesan community together to learn about and be inspired by ministries that model ways for embracing brave change through reimagining congregations, building relationships and engaging the world. The showcase aims to shine a light on the variety of service-oriented ministries offered by churches and networks in the diocese; spark connections and kindle activity to start and strengthen networks of collaboration; and share resources for meeting ministry needs and opportunities in congregations and communities. Please Rev. Sarah know if you are interested in joining our group!

**ANIMAL BLESSING ON SUNDAY, SEPTEMBER 30 AT 10AM.** As we observe the feast day of St. Francis we will bless the animals that offer us undying love and affection. Bring in your dog, cat, frog, fish, etc. (or a photo or stuffed animal) for a special blessing and a shortened service!

**YOUTH GROUP KICK-OFF SUNDAY, SEPTEMBER 30 AFTER 10AM.** All teens are invited to join Rev. Sarah and other adults for a celebration of the new school year. We will have time to share funny stories about summer adventure and begin to plan events for the upcoming year! Please RSVP to Rev. Sarah by September 23!

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From the Sr. Warden...

I hope everyone has been enjoying the wonderful summer with family and friends. Here we are at the beginning of September and fall will soon be upon us again. Fall is often seen as the start of new beginnings – school starts, kids leave for college, and at St. John's we return to two Sunday services and our Sunday school starts. It is also a season of much activity at St John's – Founder's Day, lobster roll sale, fall fair, roast beef dinner, stewardship campaign and, of course, the start of the holidays.

With Founder's Day on September 8th, we will again have a booth on the street to meet the community and hand out information on St. John's. We will also be providing free ice cream, until supplies last. All of these activities require volunteers. If you can contribute an hour or so on Founder's Day, please sign up in Ashworth Hall. Or just bring a friend, stop by and say "hello".

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We are beginning what we hope will be a successful program called “Healthy Students-Healthy Saugus” in collaboration with the Saugus faith community and the Saugus school system. The program aims to address food insecurity in the Saugus public school system by providing a supply of nutritious food to eligible children when school lunches and breakfasts are unavailable to them on weekends and holidays. St. John’s will provide volunteers and serve as a location for packing food supplies.

While we should always be thinking about where God is calling us as a parish, and what is our mission to the community of Saugus, fall is a good time to ponder these questions anew. The “Healthy Students-Healthy Saugus” program is a wonderful opportunity to connect with and serve our community, but are there other ideas/initiatives you, as a parishioner, have about how St. John’s could be serving others in our town? Feel free to reach out to myself, or any vestry member with your thoughts.

~ T.J. Martin

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**EVERY CHILD DESERVES TO SMILE**



Many thanks to Karen Riccio, Linda Casey and Linda Graves who joined me in the kitchen on Sunday, July 29<sup>th</sup>, to prepare a meal for 25 guests at the motel. As promised, laughter and great conversation was had by all. ~ Jeanne

We continue to collect non-perishable food items and everyday needs (paper plates, napkins, plastic utensils, baggies, etc.) Donations may be left in the Every Child Deserves to Smile collection container in the vestibule.

Our next quarterly meeting is **Thursday**, September 6, 9:30AM in the Hurl Room. If you have any questions, please contact Jeanne Seaboyer 781-662-4342/ jmseaboyer@gmail.com

**COMMUNITY OUTREACH**

At this writing, 2 boxes of school supplies have been compiled to send to the Saugus School Superintendents Office for Saugus children in need. The supplies will be delivered in early September. Thank you to all who have responded with donations!



**Get the scoop at St. John’s!**

**Do you appreciate art or enjoy a sweet September sundae?** September and Founder’s is right around the corner! Sign up now to help with our annual participation in Founder’s Day, Saturday September 8<sup>th</sup>, as we host an art exhibit featuring the works of talented students from the Belmonte Middle School and pass out complimentary ice cream sundaes. Ice cream scoopers, topping specialists, art exhibit monitors, crowd greeters and of course, ice cream eaters needed! No experience necessary...on the job training provided! A sign up sheet can be found on the board in Ashworth Hall or contact Diana White, TJ Martin, or Jeanne Seaboyer.



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Lobster Roll Sale!

Friday, September 28th ~ Pick up from 7am-Noon

\$12/ea ~ Deadline for orders: Tuesday, Sept. 25th

Includes one lobster roll, condiments, chips, and a brownie

Free local delivery for orders of 5 or more

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**Looking ahead...**

**For the Fair**

We are looking for new items for the Silent Auction. We will be putting out baskets in Early September for boy, girl, breakfast, chef and Italian baskets. Please leave donations in the appropriate basket. Candy is also needed for candy table the week of the fair. Thanks for your help!

~ Sandy and Bill

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Pie Social, Annual Fair and Yard Sale

Pie Social Event Kickoff: Friday, Oct. 19th at 6pm

Annual Fair & Yard Sale: Sat., Oct. 20th begins at 9am

Crafts ~ Baked Goods ~ Cookout (weather permitting) Homemade Candy ~ Knit Table

Jewelry ~ Silent Auction Bid Board ~ and much more!

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**Roast Beef Dinner**

**Saturday, Oct. 27<sup>th</sup> at 6pm (please note date change!)**

**One Serving ~ Limited Seating**

**Adults: \$14      Children 7 to 12 yrs. old: \$7      Children 6 and Under: Free**

Family-style menu:: Roast beef, roasted red potatoes, green beans almondine, salad, roll, beverage, and homemade pie. Again, seats are limited ~ kindly contact St. John's parish office to RSVP: 781-233-1242.

Volunteers are needed for set-up, clean-up, etc. Please contact the parish office if you can lend a hand. Your help makes all the difference at our events—thank you!

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Amazon Smile

If you're shopping for last minute school supplies, birthday/anniversary/holiday gifts, please visit the Amazon Smile link when you sign in to Amazon and chose St. John's as your nonprofit. We receive a donation every time you shop ~ Thank you! :)

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WORD SEARCH

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

Anthem ~ Apples ~ Chrysanthemum ~ Cornstalk ~ Doxology ~ Epistle ~ Equinox  
 Football ~ Harvest ~ Hurricanes ~ Instruction ~ Lunchroom ~ Notebooks ~ Orchard  
 Raking ~ Sunflower ~ Superintendent ~ Testament ~ Worshipping

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Officers: The Reverend Sarah van Gulden, Priest-in-Charge ~ T. J. Martin, Sr. Warden ~ Fritz White, Jr. Warden ~ Phil Littlehale, Treasurer ~ Janet Lancaster, Asst. Treasurer ~ Sandy Mears, Clerk of the Vestry

Vestry: Brenda Caggiano (2019) ~ Dale Coogan (2021) ~ Al Coppola (2021) ~ Paul Felci (2020) ~ Sandy St. Clair (2019) ~ William 'Bill' St. Clair (2021) ~ Jeanne Seaboyer (2020) ~ Jenna Sharwood (2020) ~ Diana White (2021)