

WELCOME TO ST. MARY'S

ST. MARY'S ANGLICAN CHURCH, FAITHFULLY ANGLICAN SINCE 2012

**For he (God) knows our frame;
He remembers that we are dust.**

Psalm 103:14

MARCH 1, 2022

Sharing the Good News

It's that time again. Ash Wednesday is March 2. We will have Imposition of Ashes that day at 7 PM. Beginning the next Wednesday (March 9), we will resume our soup suppers at 6:30 PM followed by Stations of the Cross at 7. Thank you all for signing up for the March dates. As of today, all the March Wednesdays are covered. Only April 6 remains. Maybe someone has an idea for a special way to celebrate the last night of our Lenten discipline.

Don't forget to SPRING FORWARD. Daylight Savings time begins at 2 am on March 13. If you neglect to move your clocks forward, you will be embarrassingly late for church.

Here is the Lector and coffee hour schedule for March:

3/6 - Diane

3/13 - Elisabeth

3/20 - Kathy

3/27 - Sylvia

Our church council will meet at 10 am on Wednesday, March 9. **As is our custom, the first Sunday of the month** (Feb. 6) is designated as **Food Pantry Sunday**.

There is a jar on the welcome table near the front door for donations to support our friends in Nepal.

We are also accepting donations of used women's clothing for the women's shelter. You can bring them to church any Sunday and Fr. Tom will deliver the donations to Eric at the Knife Guy.

I recently searched for articles having to do with Lenten discipline. Each year, I try to do one of the following: give up something that I enjoy, such as Starbucks; adopt a discipline

FR. TOM'S SCHEDULE

Sunday 10:30 AM – Mass

Wednesday - Office
hours 9 to 12 PM

1 pm, Bingo @ Holly

Brook

2 pm Bible Study @

Holly Brook

2nd Wednesday – 10

AM. Church council mtg.

Thursday

Reflections: Prayer

service @10 am; Bingo

follows

South Park; Prayer

service @1:30; Bingo

@2:00

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involving prayer or Bible reading; or read a book. This year, our bishop has recommended the book “A Sacred Sorrow” by Michael Card. If you wish to read it, it is available on Amazon and, local bookstores. If none of these things appeal to you, below you will find the suggestions that I found as a result of my internet search.

Meaningful Things to Give Up for Lent

a.) top10familytips.com February 20, 2022

Before deciding what to give up for Lent, consider what you can do that will be particularly meaningful and beneficial to you or other people. Consider relinquishing a behavior or thought process that negatively impacts your well-being or that of others. This could be a first step toward making a lasting change (for the better!) in your life.

1. **Bottling up your emotions** – When you don't share how you feel with others in a constructive way, that can interfere with your well-being and keep you from being able to build strong relationships. By giving up a habit of keeping your emotions bottled up for Lent, you'll be committing to proactively sharing how you feel, which can positively impact you and others.
2. **Engaging in negative self-talk** – If you habitually put yourself down, either out loud or inside your head, you'll become a much stronger person if you break that habit. Commit to avoiding negative self-talk for 40 days and you may find that's long enough to break a lifelong habit.
3. **Being negative toward others** – Being habitually negative toward others can be just as damaging as negative self-talk. When you find yourself thinking negative or critical thoughts about someone else, or about ideas that have been proposed, stop yourself and turn it around. Instead of finding fault with ideas, focus on how they could succeed.
4. **Comparing yourself to others** – If you're in the habit of comparing yourself to other people in a way that leads you to feel jealous or inferior because they have things that you don't, Lent is an ideal time to stop that destructive thought process. Instead, be happy for others while also being grateful for what you have.
5. **Being judgmental** – If you have a tendency to make negative assumptions about other people and what they do, give up being judgmental of others for Lent. When you catch yourself starting to judge someone, remind yourself that you don't know their circumstances. The person you are judging may be sick or struggling.
6. **Making excuses** – Lent is the perfect time to stop making excuses that keep you from living your best life. Commit to reflecting on what you really want and consider why you aren't actively pursuing that goal. If what you come up with is more than an excuse than an actual reason, let go of it and start making progress.
7. **Blaming other people** – If you have a tendency to blame other people for things that aren't going the way you want, let go of these thoughts for lent. Instead of blaming others, focus instead on what you can do to change your circumstances for the better.
8. **Holding grudges** – If there are people you hold grudges against, Lent is the perfect time to let go. The energy you put into holding a grudge hurts you way more than it is impacting the person the grudge is against to start with. They probably don't know or care. Letting go of anger over things that occurred in the past will help you move forward.

9. Spending money on small luxuries – If you're in the habit of spending money on small luxuries that you don't really need, Lent is a great time to give that up for a while. For example, avoid purchasing expensive coffee or having professional manicures for the duration of Lent. For even more of a sacrifice, set aside what you save and donate that money to charity.

Here is our current parish prayer list as of February 23. As usual, please email Fr. Tom if you have any further additions or subtractions.

For Foley, our Archbishop; Alberto, our Bishop; Tom, our priest; and for Deacon Tom

For those fighting cancer: Barb, Les, Penny, Alan, Debbie, Joan, Cindy, Karen, Carol, Daniel

For those in need of uplifting prayer: Mary, Dave, John, Sherry, Frank, Anita, Hannah, Barb, John P., Jon S., Luke, Jerry, Donna, Jonas, Kathy, Karl, Michael, Melinda, Sara, Joan, Josh, Andrew, Margot, Terry, Susan, Carolyn, Gary, Tofunmi, Elizabeth, the Ervin family

For those in long term care: Gabriel, Grace, Danielle, the residents at Holly Brook, Reflections and South Park

For the Church's ministry in Nepal: Purna, Mahendra, Dipendra, Reshma, Tirtha, their families and churches; the Transformation Spiritual Church

For the victims of the COVID pandemic worldwide

For persecuted Christians throughout the world

For the growth of St. Mary's Anglican Mission

Thoughts from the Vicar – With the beginning of the season of Lent, there will be changes in our liturgy. Among those changes will be the following:

During Lent, the Gloria will not be said. It will be replaced with the Decalogue

On the first Sunday of Lent, the service will begin with the Great Litany. The Decalogue, the Confession and the Prayers of the People will be omitted.

Our biggest change will be in the Prayers of the People. We will not be reading the lengthy list of names on the Prayer List. Instead, we will read the final petition (p. 17 of the Lenten Booklet) in the traditional way. The Lector reads "And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all who, in this transitory life, are in trouble (pause), sorrow (pause), need (pause), sickness (pause), or any other adversity (pause), especially those on our parish prayer list. Lord, in thy mercy: **Hear our prayer.**" During the pauses, members of the congregation may say aloud (or silently to God) the names of people that they wish to pray for in each category. We will continue to pray for the deceased by name when the occasion arises.

I will continue to make the prayer lists so that you can use them at home. A blessed Lent to you all,

Fr. Tom

If by chance you are reading our newsletter for the first time and wish to receive it on a regular basis, please send me an email at my personal email address on the first page so I can send it to you directly to you next month.