

THE WORD FROM TWO SAINTS

The Church of St. Luke & St. Simon Cyrene
A Parish of the Episcopal Diocese of Rochester

March 2009
A House of Prayer for All People

From the Rector:

Dear Saints,

We spend the entirety of March in Lent this year, so this might be a good opportunity for me to write a little about just what Lent is about. Three things, I think:

Lent is about Easter. That may seem somewhat nonsensical. Lent is Lent and Easter is Easter. True, but Lent is how we get to Easter and its real purpose is as a time of preparation for Easter. Really the only reason to have Lent is in order to take time to prepare for the greatest celebration of the Christian year. So the greatest purpose of Lent is to get ourselves ready for a “blow your socks off” party. Lent’s question is, “How do I need to get ready to celebrate the resurrection in my life?”

Lent is about embracing our Baptism. As a time of preparation for Easter, Lent began its life focused largely on those preparing for baptism at Easter. In most circumstances in the earliest years of the church’s life, they would have been preparing for anywhere from one to three years. These last 40 days were the “homestretch,” the last, but crucial, part of the race. For us this means that Lent is a time to embrace the reality of our own baptism more deeply. Lent’s question is, “How do I live more deeply into the reality that I am marked as Christ’s own for ever?”

Lent is about following the way of Jesus. As a journey toward Easter and toward claiming our baptism, Lent is about walking with Jesus on his way. It is a way of cost and promise, the way of the cross and the way of the resurrection. What does it mean to follow Jesus along this way? In Mark’s Gospel (from which we are reading this year), the very center of the Gospel (chapter 8) is Jesus’

question, “Who do you say that I am?” Peter responds simply, “You are the Messiah.” Jesus then explains that his way of being Messiah is to go to Jerusalem and be killed by the authorities, but then rise in three days. Peter objects strenuously to this way, but Jesus tells him it is not only the way for him, but the way for all those who would follow him. In the next chapter he makes this prediction again and then discovers that rather than trying to understand its meaning, the disciples have been arguing among themselves about which one of them was the greatest. He then tells them just what it means to follow the way of death and resurrection:

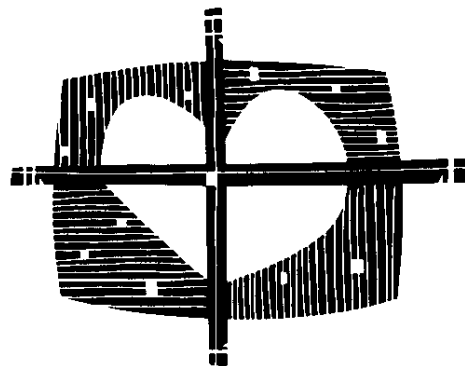
Whoever wants to be first must be last of all and servant of all.

This is Jesus’ way that we are called to follow, the costly way into which we are baptized, but also the way that leads to Easter. Lent’s question is, “How am I called to follow the way of Jesus right now in my life?”

As we journey through Lent let each one of us contemplate how we might more deeply live into this way—the way of service, the way of our baptism, the way of Easter.

Happy Lent!

Michael



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The Rev. Mary Ann Brody, Assistant Rector

Lenten Service in Sunday School

Our children's Sunday school class will be collecting empty bottles and cans to raise money for a local program that serves people in Rochester. A box will be set up in the church starting with the first Sunday in Lent. Anyone in the parish can contribute cans and bottles that are subject to a deposit return. Sunday school children will take care of emptying the box each week and keeping track of the total number of cans collected, and money "donated". After reviewing several options, the children will decide where to make their monetary donation. So start setting those cans and bottles aside for us!

Lenten Event for 4th and 5th Graders

On Friday, March 6th from 5pm until 7pm, children in grades 4, 5 and 6 are invited to be a part of a World Day of Prayer celebration held at Church of the Ascension on Lake Avenue. Children will tour the sanctuary using all their senses, and learn about our Episcopal liturgy. Five learning centers will be available for children to learn about and make their own prayer "tools", such as Anglican prayer beads and window Mandalas. Participants are asked to bring something to add to the Stone Soup that will be made for dinner. Fresh baked bread and homemade apple sauce will round out the meal. Cost is \$2.00 per person. Permission forms are required. Pick one up from the Children's Sunday school room. Please let our assistant rector know if you are interested in attending so we can turn in a count.

Youth 30 Hour Famine Update

The 30 Hour Famine is an international youth movement where participants fast for thirty hours and raise funds to help feed and care for hungry children around the world. We'll be doing this with youth from St. Stephen's, our covenant partner, in May! A planning meeting is set for March 15 at noon at St. Luke & St. Simon's. Any interested participant (age 12-18) is welcome, and encouraged, to attend! Contact Michael Laver (455-1918) or Mary Ann Brody (546-7730) to sign up!

Come see *Fences* at Geva!

Join a group of folks from St. Luke & St. Simon's and St. Stephen's at the Geva Theater on **June 7th at 2.00 pm** to see *Fences*.

THE STORY: Troy Maxson could have been a baseball star. He once played for the Negro League, but too early to cross the color line. Now, in 1957 Pittsburgh, he has a solid family and a decent job. He drinks with his best friend on Friday nights and turns over the rest of his paycheck to his wife Rose. But Troy still yearns for something beyond his own backyard, and he believes he's found it in the arms of another woman.

THE EXPERIENCE: August Wilson's most popular play, *Fences* explores the conflict across generations over the vision of black manhood and the terrible cost of a dream deferred.

THE BUZZ: A 1987 Pulitzer Prize winner. "Universal enough to touch a chord in every human heart". - Variety

THE FINE PRINT: Recommended for high school and older. Some racial epithets.

We have thirty seats reserved at a cost of \$42.50 per ticket. Put the date on your calendar, and sign up to get tickets in the back of the church. Tickets will be available soon from Allan Cuseo (of St. Luke & St. Simon's).
Summary by Burnetta McCullough

Sojourner's Conference in 2009

Last year five members of St. Stephen's attended the *Vote Out Poverty* conference sponsored by Sojourner's in Washington, DC. The group learned the basics of public advocacy, and came back filled with enthusiasm to do more to help end extreme poverty in the United States. The campaign continues this spring with a follow-up meeting, for new and returning participants.

The *Mobilization to End Poverty* conference is coming on April 26 -- 29, 2009. It will be an historic gathering of thousands of anti-poverty advocates in Washington, D.C. Together, the group will call on President Obama and the new Congress to make overcoming poverty a national priority. Our new president has already been invited to address the conference.

To register, visit www.sojo.net/mobilization, or call 800-714-7474. Registration through February 23 is \$249, (\$140 for students). After February 23, registration is \$299 (\$169 for students). To connect

with the group attending from St. Stephen's contact Wendy Sullivan wendy@sullybrown.com, or call the church (328-0856) to leave a message. Group discounts are available.

Diocesan Strategic Listening Sessions

Bishop Singh and the Diocesan Council are inviting members of the Diocese to a strategic listening session to help shape the future of our Diocese. The Bishop and Council want to hear what our passions are! There is one session left in our area coming up: Tuesday, March 24 at St. Paul's Church (East Ave.). It runs from 6-7:30 pm and includes a light supper. Please let our Rector know if you plan on coming so that he can turn in a head count.

Girl Scouts Beyond Bars Needs You

The following positions are ongoing. Volunteers will be required to fill out volunteer applications, register as Girl Scouts and undergo a background check.

- ➔ We need two pairs of volunteers to transport 4 girls to meetings. Each pair must have at least one female adult. Girls are picked up at their homes between 5:15 and 5:45 and driven to the church two Thursdays a month.
- ➔ We need volunteers to prepare or pick up healthy meals for Thursday meetings twice a month, food must be at the church ready to eat by 6, expense will be reimbursed.
- ➔ We need volunteers to accompany the troop on field trips and work one on one with girls within the group setting. Time commitment is flexible.

The following positions are short term commitments and do not required applications or Girl Scout registration.

- ➔ We need volunteers to share their knowledge of cameras and picture taking with the girls. Image manipulation on a computer is desirable. We'll supply digital cameras for the girls and laptop if needed. Two or three Thursday evenings, 1.5 hours at a time, dates to be decided.
- ➔ We need volunteers to teach the basics of scrapbooking at meetings. We'll supply the

materials. Two Thursday evenings, 1.5 hours each. Dates to be decided.

- ➔ We need volunteers to teach fundamentals of sewing. Two Thursday evenings, 1.5 hours each. Dates to be decided.
- ➔ We need a back-up volunteer to make phone calls to girls re: meeting pick-up and transportation to confirm route.

If you are interested in any of these opportunities, please contact Claudia at [585-239-7928](tel:585-239-7928) or claudia.gill@gswny.org, at Girl Scouts of Western New York, Rochester.

Upcoming ECW Invitation

By Nancy Andrus

Please come and join us at the next ECW presentation at St. Paul's Church on **Thursday, April 2nd**. There is no March speaker. Our special guest speaker will be Bishop Singh. The optional luncheon begins at Noon for \$5 per person in the parish hall and the speaker from 1-2 pm. Please call the church office at 271-2240 to reserve a lunch space. Merle Welsh attends the meetings and can answer any questions you may have. I hope to see you there.

Public Policy Forum: March 15 MINORITY STUDENTS PARTICIPATION IN SCHOOL MUSIC PROGRAMS

By Marilyn Wienk

On Sunday, March 15, after the late service, Pat Wheelhouse, doctoral candidate in Music Education at Eastman School of Music, will present her research findings concerning the effects of institutional racism, stereotype threat, and "acting white theory" on minority student participation in public school music programs.

Pat currently serves as Director of Music and Fine Arts for the Churchville-Chili Central School District. She is dedicated to increasing the percentage of minority student participation in public school music programs.

Pat's interest in this topic stems from four year's experience as the Research Practitioners Council Representative for the Minority Student Achievement Network, a national coalition of 24 bimodal school districts devoted to closing the achievement gap in high-achieving public schools.

A relatively new member of Two Saints, Pat usually attends the 8:00 a.m. service with her husband Rob. Since last spring, Pat has been active in book discussions and a regular participant in the monthly vigils for peace in Iraq. Pat says she enjoys “the emphasis on diversity and social justice in the parish.” Come hear what Pat will tell us as we continue our congregation’s on-going anti-racism efforts.

Spring into Health (& Fun!) Episcopal SeniorLife Communities

With Spring just around the corner, it’s time to beat those winter “blahs” and enjoy the fresh season! Many activities can help “beat the blahs,” and they’re good for you! Here are a few ideas to Spring in the fun and be healthy too!

1. *Drink one or two glasses of red wine a day (red wine has antioxidants)*
2. *Eat dark chocolate (higher than 65% cocoa helps lower blood pressure and cholesterol)*
3. *Smile (counteracts stress)*
4. *Physical Exercise (moving helps with energy levels)*
5. *Get plenty of sleep (7-9 hours a night)*
6. *Exercise your brain (puzzles, read, etc.)*
7. *Spend time with loved ones (Protects against loneliness & depression)*
8. *Relax (Relaxation helps your body to rest, heal and function better)*
9. *Pet an animal (this can be soothing)*
10. *Be Positive (Having a positive attitude can add more than seven years to your life.)*

Of course you should consult your doctor with any questions and prior to exercising or drinking alcohol. *Some of the excerpts taken from www.about.com; Dr. Mark Stibich, P.H.D.; 1/2/09
-Patty Chapman, Recreation Manager
Episcopal SeniorLife Communities at Brentland Woods

To Cyclists, Family & Friends:

I bet your skates, snowshoes, and cross country skis have not been put away yet... But it is really never too early to start **thinking** about...RIDING AND RECRUITING NEW TEAM MEMBERS for our MS Bike Team WWW!! We have a great team and want to share our fun, excitement and enthusiasm with others as we continue our support of the MS Society.

So we are hosting a gathering of cyclists, friends and supporters (the ride always needs volunteers) on Saturday, March 28th 11am - 2pm at the Cinema II Theater located at Goodman & S. Clinton . We show a bicycle movie, provide information about the ride and Team WWW and have fun being together.

The Cinema Theater is generously supporting the team with the use of the Theater and will have the concession stand open for snacks to purchase (which is our way of thanking the theater for hosting the event). New, old and former Team WWW members, friends and supporters are all invited to attend! Last year's team included members from Two Saints, St. Stephen's, Trinity (Greece) and St. Luke's Brockport in addition to friends of other faiths. save the date - Saturday, March 28th 11 am.

1. email wendy@sullybrown.com with any questions about it and whether you think you will attend (for a general headcount).
2. Past team members - find your Team WWW shirts to wear!
3. Invite family, friends and potential new riders to the event!
4. Join us for a Free Fun Family movie morning!

Team Captains are Judy Zettek & Betsy Lewis.

Right On School Forum

There will be a forum for Right On School on March 1 (SS) and March 8 (TS) following the 10 a.m. service. Please come out and get more information about this important ministry at Two Saints. As you know, Right On School was impacted in the 2009 budget and your support is vitally needed. Included with the newsletter is a pledge sheet. This will give you the opportunity to contribute. Please take the time to read it. Whatever donation you can give will be greatly appreciated.

Parish Pictures

Say “Cheese.” Newcomers and members who would like to have their church pictures updated are invited to do so on March 8 and 15. Pictures will be taken between services and after the 10 am service on these dates.

Coffee & Conversation?

Wanted: People to meet for coffee and conversation. Let's get together at the new Boulder Coffee on the Corner of Brooks Avenue and Genesee Street. Contact person is Carol Dundas for a date and time.

Holy Week Coming

Our annual revival, the Services of Holy Week begin with Palm Sunday, April 5. Here's the schedule. All Services are at Two Saints except as otherwise noted.

- Palm Sunday with Bishop Singh
8 am & 10 am Services
Blessing of the Palms & Passion Gospel
- Monday, Tuesday & Wednesday of Holy Week
6 pm Service
Wednesday at St. Stephen's
- Maundy Thursday
6 pm Agapé Meal & Service
Sign up to bring simple food
Service includes Foot washing and Stripping of the Altar
- Good Friday
12:05 pm Service
6 pm Service
- Holy Saturday
10 am Service
7 pm The Great Vigil of Easter
Christ Church, Rochester
- Easter Day
8 am & 10 am Services
Music at both! Easter Egg Hunt after both!

If you are new to Holy Week, you might check out the Services of Palm Sunday, Maundy Thursday, Good Friday and Holy Saturday in *the Book of Common Prayer*, beginning on page 270.

Mission Statement
 Together, as People of God,
 in companionship with Jesus,
 and empowered by the Holy Spirit,
 we are called to be...
 A Healing Place for Souls...
 A School for Justice...
 And A Welcome Table for All.

What is Mothering Sunday?

The Fourth Sunday in Lent has many names, setting it apart as just past the mid-point of the Lenten season. "Laetare Sunday" is named for the opening word of the introit in the Latin Mass (Rejoice!). "Refreshment Sunday" marks the half-way point.

The term we use is "Mothering Sunday," which is the designation of the day in the English Church. This is the original Mother's Day! Its origins are somewhat mysterious, but it became customary in England on this day for servants and apprentices to be given time off to visit their mothers and to attend their "mother church." Traditionally they presented their mothers with a cake called a "Simmel Cake," made with things that were not otherwise used in Lent: eggs, butter and the finest flour (simmel).

**Remember ERD Offering
During Lent**

During Lent, our special almsgiving is to Episcopal Relief and Development, which aids people in need throughout the world, working through the local Episcopal/Anglican churches. If you haven't already, take a "mite box" from the Resource Table and collect your coins. Bring the box (or your other offering) on Easter Day or any of the Easter Sundays.

**Praying Shapes Believing:
2009 Lenten Series**

Starting on March 5 we will begin a five week Lenten formation series. The evening will begin with evening prayer at 5:30 pm followed by a shared pot luck meal at 6:00 pm. From 6:30 to 7:30 pm we will focus on one of five themes relating to our Christian life and beliefs, including Creation/Free Will, Repentance/Reconciliation, Providence, Salvation and Hope/Resurrection. The program portion will be led by the Rev. Michael Hopkins and the Rev. Mary Ann Brody. All classes will be held at St. Luke & St. Simon Cyrene Church. Come to one, two or all three parts of the evening. Sign-up at the easel in the rear of the church to let us know you're coming.

The Word from Two Saints is a publication of:

The Church of St. Luke & St. Simon Cyrene (Episcopal)

A Parish of the Episcopal Diocese of Rochester

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MARCH WORSHIP SCHEDULE

Sunday, March 1—1st Sunday in Lent

8 am Eucharist (TS)

10 am Sung Eucharist (TS)

10 am Eucharist with Music (SS)

5 pm Dignity-Integrity Eucharist (TS)

Sunday, March 8—2nd Sunday in Lent

8 am Eucharist (TS)

10 am Sung Eucharist (TS)

10 am Eucharist with Music (SS)

5 pm Dignity-Integrity Liturgy of the Word (TS)

Sunday, March 15—3rd Sunday in Lent

8 am Eucharist (TS)

10 am Sung Eucharist (TS)

10 am Eucharist with Music (SS)

5 pm Dignity-Integrity Eucharist (TS)

Sunday, March 22—4th Sunday in Lent/ Mothering Sunday/All Church Sunday (TS)

8 am Eucharist (TS)

10 am Sung Eucharist (TS)

10 am Eucharist with Music (SS)

5 pm Dignity-Integrity (TS)

Wednesday, March 25—The Annunciation

12:05 pm Eucharist (TS)

Sunday, March 29—5th Sunday in Lent

8 am Eucharist (TS)

10 am Sung Eucharist (TS)

10 am Eucharist with Music (SS)

5 pm Dignity-Integrity (TS)

Holy Eucharist at 12:05 pm in St. Simon's Chapel:

Every Tuesday & Thursday,
including St. Joseph's Day, March 19