

Grace Episcopal Church
124 Maple Hill Avenue
Newington, CT 06111
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The Rev. Dr. Valerie Miller, Priest-in-Charge
The Rev. CJ Puskarz, Deacon
Mei-Tsen Chen, Organist and Choir Director
Debbie Forrest, Office Manager
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Holy Eucharist – 1st, 3rd & 5th Sundays at
9 am

Morning Prayer – 2nd & 4th Sundays at 9 am

PACE OF GRACE



2022

Grace Episcopal Church
124 Maple Hill Avenue
Newington, CT 06111

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:00 pm Narc Anon - PH	2 Ash Wednesday 12 pm Drive-through ashes 6:00 pm Drop the Rock - L 7:00 pm Holy Eucharist	3 2:30 pm Piano Lessons - S 7:00 pm Al-Anon - PH 7:00 pm Lenten Book Study - Zoom	4	5
6 First Sunday of Lent 9:00 am Morning Prayer	7 12 pm Hi-Noon 6 pm Boy Scouts - PH	8 6:00 pm Vestry by Zoom 7:00 pm Narc Anon - PH	9 6:00 pm Drop the Rock - L	10 2:30 pm Piano Lessons - S 7:00 pm Al-Anon - PH 7:00 pm Lenten Book Study - Zoom	11	12 10 am Celebration of Life service for George Johnson
13 2 nd Sunday of Lent 9:00 am Holy Eucharist 	14 6 pm Boy Scouts - PH	15 7:00 pm Narc Anon - PH	16 6:00 pm Drop the Rock - L	17 2:30 pm Piano Lessons - S 7:00 pm Al-Anon - PH 7:00 pm Lenten Book Study - Zoom 	18	19 11 am Celebration of Life service for Jeffrey Parker
20 3 rd Sunday of Lent 9:00 am Holy Eucharist	21 6 pm Boy Scouts - PH	22 7:00 pm Narc Anon - PH	23 6:00 pm Drop the Rock - L	24 2:30 pm Piano Lessons - S 7:00 pm Al-Anon - PH 7:00 pm Lenten Book Study - Zoom	25	26
27 4 th Sunday of Lent 9:00 am Morning Prayer	28 6 pm Boy Scouts - PH	29 7:00 pm Narc Anon - PH	30 6:00 pm Drop the Rock - L	31 2:30 pm Piano Lessons - S 7:00 pm Al-Anon - PH 7:00 pm Lenten Book Study - Zoom		

Room Key: PH=Parish Hall; L=Library; MMR= Music Meeting Room; MR=Meeting Room; C=Chapel; K=Kitchen



Pace of Grace

March 2022

"The Pace of Grace" is a monthly publication of
Grace Episcopal Church, 124 Maple Hill Avenue, Newington, CT

Dear Parishioners of Grace Church,

This month brings us to a time of huge change within our world, especially with yesterday's news of the war breaking out in the country of Ukraine. We pray for our brothers and sisters who are experiencing great pain, grief, and death. It saddens many of us that Russian President Vladimir Putin has made the choice to engage in the evils of war. In the middle of this time of uncertainty, we can find comfort with The Serenity Prayer: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Asking the deeper questions of one's faith in context to our world is what makes us a human, worshipping community of Christians. Tears are acceptable; sadness is what we might be feeling; let us feel it. As we enter into the time of Lent beginning on Wednesday, March 2nd, we will spend time in reflection and prayer. We will be thinking of the sacrifice of our Lord Jesus for our sins on the cross of Calvary. We will remember the people who stood up to help Jesus in his time of great need, especially Veronica, Simon. We also can be the help others need in times of distress or loss. God calls on us to help others in whatever way we are able.

We also have experienced within our community of Grace Episcopal Church the loss of three brothers in Christ Jesus: Paul Barr, Jeff Parker and George Johnson. We are celebrating their lives and the gifts of Paul, Jeff and George in our lives and how they touched us, the world by who God created them to be as men of faith and family. This is reassurance of our faith that our brothers are at peace in the loving arms of Jesus. We hold each other as community to honor Paul, Jeff and George, praying for their families, their faith community, and all of us.

We also can find the joys in the middle of the pain. What are you finding to be grateful for within your lives?

God's love will never leave us or forsake us. God's glory is new every morning.

Rev. Val



Bible Readings *for the Month*

Here are the lectionary readings for each Sunday and Holy Day in March

	First reading	Psalm	Second Reading	Gospel
Ash Wednesday March 3, 2022	Joel 2:1-2, 12-17 or Isaiah 58:1-12	103	2 Corinthians 5:20b-6:10	Matthew 6:1-6, 16-21
First Sunday in Lent March 6, 2022	Deuteronomy 26:1- 11	91:1-2, 9-16	Romans 10:8b-13	Luke 4:1-13
Second Sunday in Lent March 13, 2022	Genesis 15:1-12, 17-18	Psalm 27	Philippians 3:17-4:1	Luke 13:31-35
St. Joseph March 19, 2022	2 Samuel 7:4, 8-16	89:1-29 or 89:1-4, 26-29	Romans 4:13-18	Luke 2:41-52
Third Sunday in Lent March 20, 2022	Exodus 3:1-15	Psalm 63:1-8	1 Corinthians 10:1-13	Luke 13:1-9
The Annunciation March 25, 2022	Isaiah 7:10-14	45 or Canticle 3 or 15	Hebrews 10:4-10	Luke 1:26-38
Fourth Sunday in Lent March 27, 2022	Joshua 5:9-12	32	2 Corinthians 5:16-21	Luke 15:1-3, 11b-32





Greetings!

This is the month where we set our clocks ahead. I am still trying to catch up from the last two years. You would think that I have plenty of time to do this but I am not always the best at time management. Living what I have called a somewhat more relaxed life where I just had to push a button for Zoom rather than getting in my car to make sure I have gas and careful for traffic to get somewhere is what I almost got used to doing. But - the missing of being in person and the freedom to go outside my house to where I want to go still is number one on my list. I still know that being cautious is necessary as I don't want to get sick or cause anyone else to get sick because of something I did. However, I don't have to keep reading about faraway places in books. I can consider a restaurant to see if they can cook it better than I have been doing. (I am hoping the answer will be yes on that).

We are also entering the liturgical season of Lent (one more year of pancakes at home sorry to say); the time when we try to take on a spiritual practice that brings us closer to God during these 40 days of penitence or we try giving up something that symbolizes sacrifice. I tried giving up eating food in my car once to have more conversation with God but the only closeness I got was with the many napkins from the mess I was making when I continued to eat. The important thing is to try on something to see if it brings you closer to God. Maybe you already have something that you have always done during Lent. I still don't eat meat on Fridays during Lent as this was part of what was done in my family when I was growing up. I guess it went under some of the sacrifices to be made. It was a sacrifice for me because I am not a big fish eater. If you have a practice that especially enriches your relationship with God, please share it with us if you wish. I am always willing to learn new approaches to try to be more Christ-like in my ways.

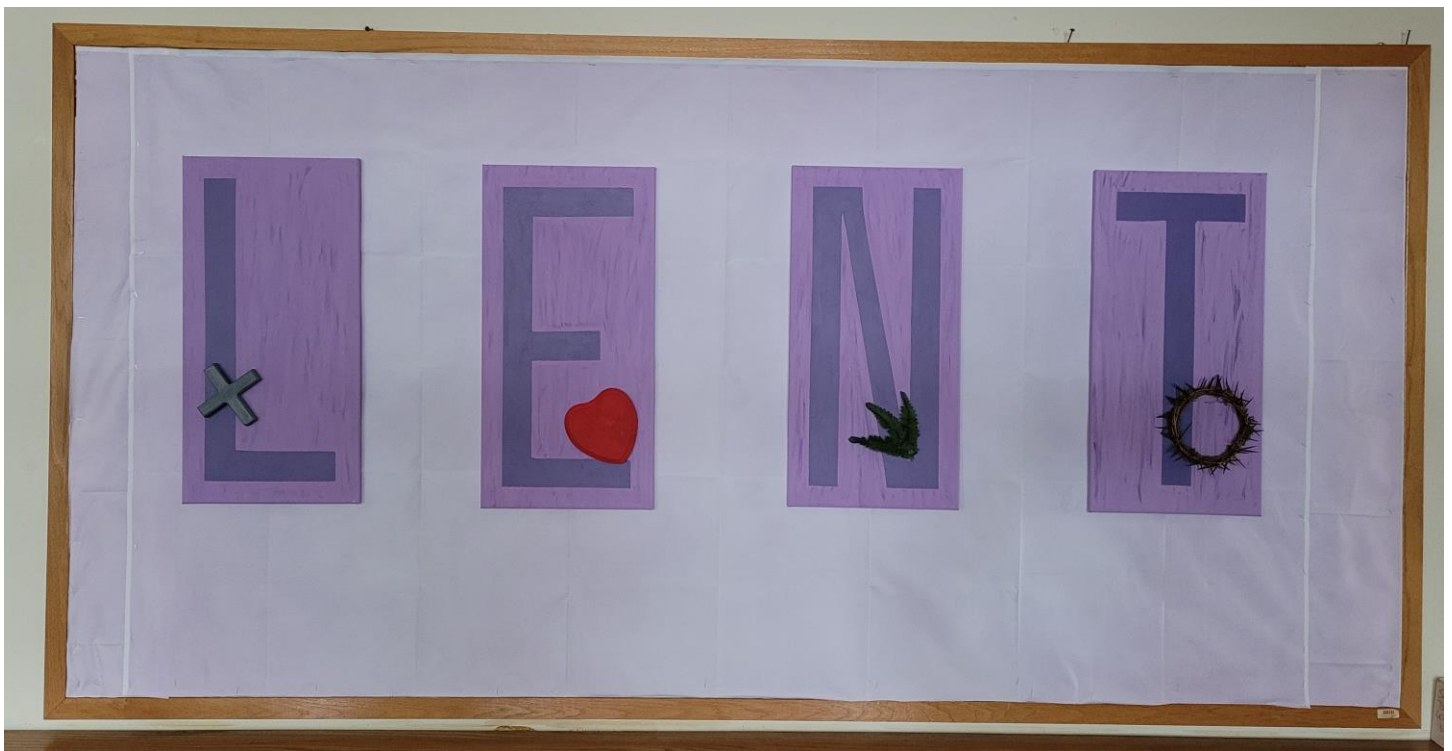
Time for a retro paragraph. I hope that everyone was aware that February was Black History Month. I also hope that we all did some reading, zooming, watching TV, or discussing our thoughts and questions concerning this important history of our heritage. We must all be equal in our "melting pot" country. Thanks to Mabel I have been reading some very interesting articles about both our black and indigenous populations. Please know that questions and discussions are an important part of continuing our racial reconciliations.

"Back to the Future" It is time for our next outreach project. We collected personal items for Capital Community College during last Lent. I brought my car full of them to our Cathedral. We are doing the same this year. There is an article included in this Pace to say what items are being collected each week. Thank you as always for your generous contributions. We can all help make a difference in someone else's life. If anyone in our parish could use some assistance, please call either Rev. Valerie or myself. We are a family who help each other.

Let us continue to take care of ourselves because we are the only self we have. It is important for both our physical and mental beings to be going to the doctor, therapist, clergy person, family member or friend to get either the advice or treatment needed. God gave us free will but it is hoped to be used to the best we can. Sometimes that does not happen but let us take this Lenten season to see if we are on the right pathway or if maybe a course change would help. No judgements - just support and a whole lot of love

Stay safe-stay well- stay connected- vax to the max
p&j
Cj

PS I am finishing this article on 2|22|22
PPS what is celebrating its 110th birthday on 03/06/22 with a chocolate confetti cake cookie with rainbow sprinkles both in and on the cookie? (Sometimes you dunk it in milk)



Thank you Val and company for the beautiful bulletin board!



03/09 Melissa Haseley
 03/10 Benjamin Page
 03/23 Jane Stewart



03/06 Brandon and Kathy Johnson



March 3	Ash Wednesday 12 pm Drive-through Ash distribution 7 pm Prayer Service & Ash Distribution
March 6	Morning Prayer
March 12	Celebration of Life – George Johnson – 10 am
March 13	Holy Eucharist
March 19	Celebration of Life – Jeff Parker – 10 am
March 20	Holy Eucharist
March 27	Morning Prayer



Seniors on the Go! HI-NOON - All parishioners and their friends are invited to attend the meetings of Hi-Noon. The group's activities vary and are a combination of informative, cultural, social and entertaining events. With the decrease in Covid cases the group will resume meeting.

March 7, Monday, 12:00 - Games and Conversation in the Parish Hall - Bring a bag lunch, Coffee, tea and hot chocolate served.

April 6, Wednesday – Noonday Eucharist Service at Christ Church Cathedral - Hartford, the Bishop's seat of the Episcopal Church in Connecticut – Will carpool from Grace parking lot. Details in April Pace of Grace.

May 2, Monday – Lunch at Parkville Market in Hartford, the largest Food Hall in Connecticut. Select your food from the 23 vendors serving many different cuisines. Seating is available both inside and outside. Will carpool from the Grace parking lot.

June – Annual Picnic – Parish Hall & Patio



A Celebration of Life Service for Jeffrey Parker will be held on Saturday, March 19 at 11 am.



The deadline for the April issue is Tuesday, March 22. Please make every effort to meet this deadline to allow us to distribute the issue promptly. The earlier you submit, the easier it is to publish the issue.

Safe church Training: Safe Church Training includes an online course followed by a 3-hour live session on Zoom that will build on and put into practice content from the online course. The online course must be completed two days before the Zoom live session. Dates through May:
April 5-9-23-27
May 10-14-15

Registration is through the ECCT website:
<https://www.episcopalct.org/event/safe-church-training-19>



The Grace Church Book Club had their February meeting on February 16 in person in the Music Meeting Room. The meeting was at noon and each participant brought a bag lunch. The book selection was Wish You Were Here by Jodi Picoult.

The discussion centered around each person asking a question about the book plot, its theme or something around character development. The overall feeling about the book was mixed at best. There were certain parts that didn't ring true with some people, relative to what the world was experiencing at the same time. And a lot of the time was spent discussing the first disconcerting and frightening days of March 2020.

In March there will be no book club because of the Lenten study starting on Thursday, March 3 and meeting weekly throughout Lent. Book Club meetings will be held on the third Wednesday of the month unless specified otherwise. Therefore, the next book club meeting will be on Wednesday, April 20. All meetings will be in person at noon, unless specified differently, and each participant is welcome to bring a bag lunch if they so choose.

There are several avid readers in the group and a list of potential reads is always at the ready! To that end, the next few selections have been made for those who are always looking for a good book to cozy up with. The following is the list of book selections through September.

March - no meeting, Lenten study

April 20 – The Prayer Box by Lisa Wingate

May 18 - The Apple Never Falls by Liane Moriarty

June 15 – The Carnegie's Maid by Marie Benedict

No meeting in July and August

September 21 – The Lincoln Highway by Amor Towles

October, November and December TBD

The group enjoys reading and in particular enjoys the discussions that follow. And the discussions are fun, lively and not always about the book! We have a lot of fun, fellowship and laughs and good will toward each other. If you like to read, please consider joining us. Or if you have a good book that you have recently read, please pass the title along as we are always looking for a good read.

Happy Reading!
Melissa Haseley



Before you go to bed on March 12, change your clocks ahead one hour!



Newington Food Bank: We continue to support the food bank by donating shampoo/conditioner, toilet paper, paper towels and grocery store gift cards. You are truly the hands of Jesus serving the poor. Bless you all and thank you for your ongoing generosity.

JoAnn Cromwell



QUICK UPDATE: January 31, 2022

	<u>DECEMBER OPERATIONS</u>	<u>Year to Date OPERATIONS</u>	<u>Year to Date BUDGET</u>	<u>TOTAL 2021 BUDGET</u>
Pledge Income	\$ 4,463	\$ 4,463	\$ 4,433	\$ 63,468
<u>INCOME:</u>	\$ 5,347	\$ 5,347	\$ 7,829	\$ 101,028
<u>EXPENSES:</u>	(\$ 12,223)	(\$ 12,223)	(\$ 13,190)	(\$ 130,248)
<u>NET CHANGE:</u>	(\$ 6,876)	(\$ 6,876)	(\$ 5,362)	(\$ 29,220)
Checkbook Balance:	\$ 25,920		<i>End 2021 Checkbook:</i> \$ 32,797	



Lay Ministry Schedule
9:00 AM

	March 2	March 6	March 13	March 20	March 27
	Ash Wednesday	1 st Lent	2 nd Lent	3 rd Lent	4 th Lent
		Morning Prayer	Holy Eucharist	Holy Eucharist	Morning Prayer
Clergy		Rev. Valerie Miller		Rev. Valerie Miller	
Deacon/LWL	Rev. CJ Puskarz	Rev. CJ Puskarz	Rev. CJ Puskarz	Rev. CJ Puskarz	Rev. CJ Puskarz
					Richard Buika
LECTOR		Beverley Manning	Mabel Maynard	Karen Halpert	JoAnn Cromwell
PRAYERS		Marie Ritchie	Walt Parker	Beverley Manning	Mabel Maynard
ALTAR GUILD		Jane Stewart	Elizabeth Welk	Elizabeth Welk	Candy Casciano
		Kathy Shoemaker	Pat Rogorzenski	Pat Rogorzenski	Marie Ritchie
COUNTERS		Melissa Haseley			JoAnn Cromwell
		Lorraine Belyea			Nancy DiPrato





Companions in Christ,

In the Gospel of Matthew 25:35 Jesus says to the disciples:

“for I was hungry and you gave me food, I was thirsty and you gave me something to drink. I was a stranger and you welcomed me in.” The disciple’s response: Lord when did we see you hungry and gave you food, or thirsty and gave you something to drink. In verse 40 Jesus replied; Truly I tell you just as you did it to one of the least of these who are members of my family, you did it to me.”

Many university and college students across the U.S. report lacking access to a reliable supply of nutritious food, a concept known as food insecurity, which can affect their ability to learn, according to research presented at the annual convention of the American Psychological Association.

Christ Church Cathedral is inviting you to join in a Lenten Discipline of loving and caring for our neighbors.

Let us support our college students. The statistics are concerning. 41% of undergraduates and 48% of community college students suffer from food insecurity. Many of the students are beneficiaries of SNAP Vouchers (formerly called Food Stamps), which does not allow for the purchase of personal hygiene products.

Therefore, we invite your faith community and its members to **weekly collect one personal care hygiene product for each week of Lent to benefit Capital Community College (CCC) Food Pantry.** Please note, and share with your community, the Director of CCC Food Pantry has identified the most needed hygiene products:

- Soap
- Shampoo
- Deodorant
- Conditioner
- Feminine hygiene products

These items can be delivered to our Cathedral from Wednesday, April 20th to Friday, April 22nd from 9 a.m. to 12 pm or Sunday April 24 from 12 pm to 2 pm. **Imagine what we as the North Central Region of ECCT can collectively accomplish for the students.**

For more information contact Cathedral Deacon Bonnie Matthews at bmatthews228@comcast.net.

Faithfully,

Deacon Bonnie