



Grace Notes

Official Newsletter of Grace Episcopal Church Norwood, Massachusetts

In This Issue...

Spring Forward	2
Young at Heart Lunch	2
Financial Statements	2
Easter Memorials	2
Newsletter Deadline	2
Rector's Desk	3
Sanctuary Candle	4
InPrayer	4
Calendar	5



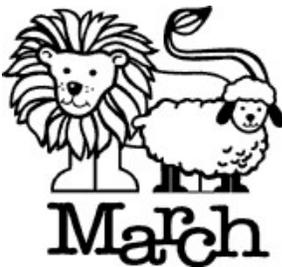
*You call us to return to you, O Lord.
Take us by the hand and
lead us back to you, our true home.
Begin your journey here.*

Ash Wednesday, March 2 **Imposition of Ashes**

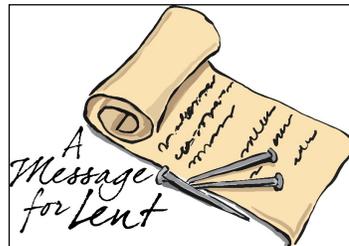
In-Church: 12:00 noon & 7:00 pm

Drive-thru: 5:00 pm

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Submit your articles or schedules on or before the 20th of the month prior to issue month.



Is Your Cup Full?
Use Lent to Empty it.

Story on pg.2



Spring Forward

Sunday, **March 13** at 2:00 a.m. begins daylight savings time. Remember to move your clocks forward one hour before you go to bed **Saturday night, March 12.**

Young at Heart Lunch, March 16 at noon

A lively discussion and fellowship for the over 60-set, this luncheon get together meets once a month at noon. To streamline planning, please let Fr. John know you are coming by Sunday prior. Everyone is kindly asked to bring a lunch. Dessert will be supplied by host of the month and a homemade soup will be offered by your favorite secretary. We will meet in a safely distanced setting while enjoy the blessings of our friendships over a light meal and discussion.



A Word about Financial Statements

You've received, at the Annual Meeting, a set of Financial Statements with 15 pages of information. That's a lot to absorb. As you have a chance to look it over, please feel free to contact me with any questions you may have – large or small, general or specific. Also, that same information is available on a monthly basis in a green binder in Patty's office.

Thank you,
Carolyn Escher
escherlynn@gmail.com
781-468-6862 text only

Easter Memorials

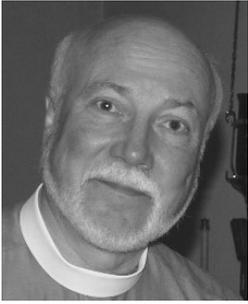


Each year, on Easter Sunday, our altar guild adorns the church with a glorious display of lilies celebrating the Risen Jesus. If you would like to offer a donation to help defray the cost of the flowers, you can pick up a Lily envelope at church (after March 18) or just make your check to St. Faith's Altar Guild in memory of a loved one with your offering ear-marked "Lilies" and mail to Grace Church. Be sure to include memorial names as they will be listed and included in the prayers on Easter Day. Deadline for listings into the Easter program is April 10.

Newsletter Deadline, March 20



The deadline for submitting articles and schedules to the monthly Grace Notes newsletter will be on the 20th day of each month prior to issue month. This better streamlines for easy recollection of the deadline date. The church office is grateful to receive any articles deemed news worthy to your parish family.



FROM THE RECTOR'S DESK

Office hours: Monday – Thursday 9:00 to noon.

Rector by appointment

Use Lent to Empty Your Cup

Once, a long time ago, there was a wise Zen master. People from far and near would seek his counsel and ask for his wisdom. Many would come and ask him to teach them, enlighten them in the way of Zen. He seldom turned any away.

One day an important man, a man used to command and obedience came to visit the master. "I have come today to ask you to teach me about Zen. Open my mind to enlightenment." The tone of the important man's voice was one used to getting his own way.

The Zen master smiled and said that they should discuss the matter over a cup of tea. When the tea was served, the master poured his visitor a cup. He poured and poured and the tea rose to the rim and began to spill over the table and finally onto the robes of the important man.

Finally the man shouted, "Enough. You are spilling the tea all over. Can't you see the cup is full?"

The master stopped pouring and smiled at his guest. "You are like this tea cup, so full that nothing more can be added. Come back to me when your cup is empty. Come back to me with an empty mind."

Anonymous author,
this particular version comes from *Bengt's Notes* (2009) a blog site on the web

Luke (6: 38) writes in his gospel that God wants us to know we are blessed, loved, and filled by God in the Kingdom of God:

A good measure, pressed down, shaken together, running over, will be put into your lap...

Yet we can't even begin to receive such abundance **IF our cup is full**; if our life is complete and tidy; if our sins don't exist; and, when it really comes down to it, we don't need God.

But, let's say we take the Zen master's admonition to heart: "*Come back to me when your cup is empty,*" then perhaps we can take the time of Lent to empty ourselves so that we can be filled by God at Easter. We can take the time Lent provides to empty ourselves of preoccupations, preconceptions, full schedules, addictive behaviors, etc. etc.

In a very similar way, Joyce Rupp in her *The Cup of Our Life* (2012) explores how a cup can be a rich symbol of life, with its emptiness and fullness, its brokenness and flaws, and its many blessings. And, she offers this meditative practice that perhaps you can try out this Lent:

Hold an empty cup in your hands.

Look at all the room the cup has for filling.

Picture the inner part of yourself.

Notice how much or how little room there is for filling.

Hold the cup out before you in the gesture of a beggar.

Ask God to fill you.

Arise, go and slowly pour something in your cup (coffee, tea, water).

Come back and sit down.

Receive and enjoy the contents of the cup.

Rupp continues: "Opening ourselves to God's grace is a practice that we should do every day. Perhaps instead of the cup ritual, you might use a prayer gesture such as holding your hands with the palms up or cupping your fingers around your ears as you ask God to speak to you today. These simple movements signal your willingness to trust in God's guidance. See how they feel compared to clenching your fists in anger or using your arms to indicate that you want to keep something away."

So this Lent, take the time to empty your cup and prepare to receive God's Easter blessings.

Father John

SCRIPTURE READINGS for SUNDAYS in MARCH

March 6 1 Lent

[Deuteronomy 26:1-11](#)

[Romans 10:8b-13](#)

[Luke 4:1-13](#)

[Psalm 91:1-2, 9-16](#)

March 13 2 Lent

[Genesis 15:1-12,17-18](#)

[Philippians 3:17-4:1](#)

[Luke 13:31-35](#)

[Psalm 27](#)

March 20 3 Lent

[Exodus 3:1-15](#)

[1 Corinthians 10:1-13](#)

[Luke 13:1-9](#)

[Psalm 63:1-8](#)

March 27 4 Lent

[Joshua 5:9-12](#)

[2 Corinthians 5:16-21](#)

[Luke 15:1-3, 11b-32](#)

[Psalm 32](#)

Sanctuary Candle

The sanctuary candle burns continuously 24 hours a day, 365 days a year representing the presence of the Lord. All are welcome to make an offering in memory of a loved one. The signup sheet is on the bulletin board by the offices. Or, call Patty in the church office. She can let you know what dates are available and take the information for your memorial. Donation checks can be made payable to St. Faith's Altar Guild. Suggested donation \$6.00.

Healing Ministry at Grace Church

Healing Prayers are being offered by phone. You can call one of our Healing Ministers any time: Cathy Noble (781-344-1237), Deb Morton (781-769-4044), or Carol Maloof (617-584-2219).



Ink Cartridges

Did you know you can donate your empty printer ink cartridges to the church office? The parish secretary collects them, turns them in for cash which helps pay for new printer ink in the church office. Feel free to drop any you may have at the church office, in the alms basket, or in the mail slot marked secretary by the sacristy.

Pantry Sunday

Remember those less fortunate on the first Sunday of each month by bringing a non-perishable food item to the Pantry Sunday. Donation bin is located in front of the pantry building.

In Prayer



You call us to return to you, O Lord.

Take us by the hand and lead us back to you, our true home.

Please keep your prayers...

- The world's leaders that they may avert war in Ukraine
- Our efforts to understand the apostles and disciples in our Lenten Study discussing *The Chosen*
- Our four confirmands who study hard in their class
- The 900,000+ COVID patients who passed into God's eternal glory--double the number we prayed for a year ago.
- A.J., Andrea, Jose, Olivia, Juliana, Tim, Carolyn Escher, Lorna Flaherty, Arlene Gemba, Shane Gibson, Tara Guschov, Barbara Hagberg, Betsy Hornbuckle, James Jarrell, Madeleine King, Matt Mackinnon, Roberta McCormack, Madeleine Merifield, Carol Misner, Kevin Most, Ellen Paulsen, Melanie Paulson, Allen Peeler, Ralph Regner, Emily Rennie, Karen Rennie, Carol Ringler, Manny Sanchez, Geoffrey & Valerie Stone, Joseph Warren, John Whitcomb, Linda Wiedmann, Pauline Wilhite and Ann; Trish & John Wood, and for those being prayed for on the Grace Church Prayer Line.



MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Last Sun. after EPIPHANY Transfiguration Sunday 8:00 AM Holy Eucharist 10:00 AM Holy Eucharist	28 7:00 AM AA Meeting 7:00 PM EFM Class	1 7:00 AM AA Meeting	2 Ash Wednesday 7:00 AM AA Meeting 12:00 PM In-church Eucharist & Imposition of Ashes 5:00 PM Drive-thru Imposition of Ashes 7:00 PM In-church Eucharist & Imposition of Ashes	3 7:00 AM AA Meeting	4 7:00 AM AA Meeting	5 9:00 AM Food Pantry
6 1 LENT Pantry Sunday 8:00 AM Holy Eucharist 10:00 AM Holy Eucharist	7 7:00 AM AA Meeting 7:00 PM EFM Class	8 7:00 AM AA Meeting 7:00 PM EFM Class	9 7:00 AM AA Meeting 7:00 PM Lenten Program via Zoom	10 7:00 AM AA Meeting	11 7:00 AM AA Meeting	12 9:00 AM Food Pantry
13 2 LENT Daylight-Saving Time Begins 8:00 AM Holy Eucharist 10:00 AM Holy Eucharist 7:00 PM Vestry Meeting	14 7:00 AM AA Meeting 7:00 PM EFM Class	15 7:00 AM AA Meeting 7:00 PM EFM Class	16 7:00 AM AA Meeting 12:00 PM Young @ Heart Lunch 7:00 PM Lenten Program via Zoom	17 St. Patrick's Day 7:00 AM AA Meeting	18 7:00 AM AA Meeting	19 9:00 AM Food Pantry
20 3 LENT First Day of Spring Grace Notes Deadline 8:00 AM Holy Eucharist 10:00 AM Holy Eucharist	21 7:00 AM AA Meeting 7:00 PM EFM Class	22 7:00 AM AA Meeting 7:00 PM EFM Class	23 7:00 AM AA Meeting 7:00 PM Lenten Program via Zoom	24 7:00 AM AA Meeting	25 7:00 AM AA Meeting	26 9:00 AM Food Pantry
27 4 LENT Mothering Sunday 8:00 AM Holy Eucharist 10:00 AM Holy Eucharist	28 7:00 AM AA Meeting 7:00 PM EFM Class	29 7:00 AM AA Meeting 7:00 PM EFM Class	30 7:00 AM AA Meeting 7:00 PM Lenten Program via Zoom	31 7:00 AM AA Meeting	1 Deadline for Scholarship Applications 7:00 AM AA Meeting	2 9:00 AM Food Pantry



3/3 Robyn Currier
3/6 Ryan Stanley
3/6 Erich Nedder
3/9 Gail Beane
3/9 Brendan Cogliano

3/11 Patrick McGettigan
3/14 Jake Fleming
3/14 Lillian Cogliano
3/15 Mason Baguma
3/17 Zoey Fleming
3/18 Julia Daly
3/18 Debbie Morton
3/20 Giacobbe Jordan
3/21 Bob Folsom

3/21 Noel Dent
3/23 George Nedder
3/24 Paul Falcone
3/26 Kevin Wisheart
3/28 Stephen Falcone
3/31 Ben McTeague
3/31 Amanda Nichols
3/31 Maia Sangalang

Submittals to this newsletter must be received in the church office
On or before the 20th of the month prior to issue month.

<p style="text-align: center;">STAFF</p> <p style="text-align: center;">The Rev. R. John Brockmann, Rector Paula King, Music Director Patricia Begin, Parish Secretary Roy McHoul, Sexton</p> <p style="text-align: center;">OFFICE HOURS</p> <p style="text-align: center;">Monday - Thursday 9:00 a.m. - 12:00 noon Rector by appointment (Tues – Thurs 10-1)</p> <p style="text-align: center;">Office: 781-762-0959 Prayer Line: 508-668-7175 Email: Grace.Norwood@Verizon.net Visit our web site: www.gracenor.org</p>	<p style="text-align: center;">OFFICERS</p> <p style="text-align: center;">Katherine Wharton, Senior Warden David Button, Junior Warden Beth Gurney, Treasurer Carolyn Escher, Assistant Treasurer Cathy Noble, Clerk</p> <p style="text-align: center;">VESTRY MEMBERS</p> <p style="text-align: center;">Sue Breen Leslie Grant Carol Johnson Tracey Johnson John Stanley</p>
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150 Chapel Street, Norwood, MA 02062
Office: (781) 762-0959

Email: Grace.Norwood@Verizon.net
Website: www.gracenor.org

Grace Episcopal Church
150 Chapel Street
Norwood, MA 02062

Place
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