

*Lent, 2021*

# The Network



***St. James' Episcopal Church***

2584 Main Street, P.O. Box 206, Glastonbury, CT

## Service Schedule

**Sundays**                      9:00 am      Morning Prayer

**Mondays, Wednesdays, and Fridays**

9:00 am      Morning Devotions

*All services are on the Internet through Zoom and Facebook Live platforms.  
Check the Wednesday e-blast for the site link and password information.*

**February 17**                      *Ash Wednesday* 9:00 am, 7:00 pm

*Wednesdays*

**March 3**                      7:00 pm      **Sung Compline**

**March 10**                      7:00 pm      **Said Compline**

**March 17**                      7:00 pm      **Celtic Vespers**

**March 28**                      *Palm Sunday*

Holy Week

**April 4**                      *Easter*

## *St. James' Vision*

*We are a Christian community committed to our individual faith journeys through learning, sharing and listening to God and one another. We live this faith through hospitality and acceptance, challenging ourselves and one another to join God in God's mission in our neighborhoods and the world.*

# Rector's Ramblings

One of my favorite jokes goes like this: a pastor is in her office, head bowed, and hands folded in silent and fervent prayer. The church administrator walks in the office door without knocking, sees the pastor and sighs in relief, "Oh, good. You're not busy." It makes me think of our last Vestry meeting when beginning with Dwelling in the Word, we used the passage from Mark, where we read, "In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him." (Mk 1:35-36). During our conversation, Cheryl Turner said, "Denise, it reminds me of you and your sabbatical, and I hope you can find some uninterrupted time to just be." Uninterrupted time for prayer, reflection, reading, reconnecting and resting are all part of a clergy sabbatical.

The life of a clergy person, although certainly not unique by any means in terms of stress and exhaustion, does come with some unique circumstances. Weekly sermons, planning liturgies, working on various other administrative and pastoral tasks, walking with parishioners in the most emotionally intense periods of their lives, community outreach in a variety of forms, and being on call around the clock require a massive expenditure of physical, mental, and emotional energy each week. This past year, adding in a pandemic and the need to figure out new ways of being and doing church, as well as a particularly challenging personal life with my parents, I am feeling depleted.

A sabbatical is time to replenish spiritual care, revitalize neglected relationships, go deeper into a walk with God, and any number of activities that help one to heal, rest and grow. A sabbatical is NOT a vacation. As a matter of fact, it is ECCT and National Church policy that sabbatical is not to be considered vacation time and clergy should use vacation time, as well. That is not always possible, just by the nature of what there is to do on returning from sabbatical and starting up the new year (depending on when a sabbatical is taken). The point is that sabbatical is for a different purpose.

As I said in church, I will not have contact with this community while I am away. I will not respond to texts, calls or emails - this is a guideline given to all clergy taking sabbaticals so that you can truly "unplug". I leave you in excellent hands - The Rev. Don Hamer, your Wardens and Vestry, our Leadership team, and an amazing staff. My last day with you all will be Sunday, February 28<sup>th</sup>, after the 9:00 service. I will return on June 7<sup>th</sup> and we will have a wonderful celebratory service together on June 13<sup>th</sup>.

My hope is to have time away (God willing and the pandemic cooperates) where I can pray, read, and experience God in new and old ways I have not made/had time for. I will hold you all in prayer during my absence from you and will return ready to embrace our life together renewed and refreshed.

Love & Peace,

Denise<sup>+</sup>

## A MESSAGE FROM THE REVEREND DON HAMER...

Dear Brothers and Sisters in Christ,

I can't tell you how honored and delighted I am to be joining you during Denise's sabbatical time. For those of you who do not know me, I am a Glastonbury native (GHS '68), went to Washington, D.C. for college and stayed there until my wife, Debbie, and I decided to move back to Glastonbury in 1985. We joined St. James' and raised our two children, Katie and Frank, there, and the people of St. James supported me and raised me up when I transitioned from my career as an attorney through divinity school at Yale and ordination to the priesthood in 2000. St. James' holds many fond memories for us, and it will be good to "come home" to be with you all during these three months.

A Rector's sabbatical can be a time of spiritual refreshment and renewal not only for the Rector, but for the congregation as well. It occurs to me that, along with the rest of the world, we will be emerging from the long, dark year of COVID with new understandings of who we are, and who we can become, as the Body of Christ at St. James, Glastonbury. I look forward to serving with your lay leadership, and with each and every one of you, as together we journey through Lent and into the joys of resurrection life in Eastertide.

Your brother in Christ,

Don+

### Book Group

The Thursday morning book group begins a new book, *Grounded*, by Diana Butler Bass on March 11. We meet on Zoom at 10:00 am on every other Thursday.

Everyone is welcome! The Zoom link will go out the Wednesday before each gathering.



## Men's Group: Dessert Meeting, January 27



### The "BackPack Program"

Earlier this year, St. James' joined with other town faith communities to address the needs of our neighbors challenged by food insecurity. The national "Feeding America" project originated the "BackPack Program" fifteen years ago for children who are eligible for free or reduced school lunches. Backpacks of nutritious, easy-to-prepare food items go home with elementary school-aged children on Fridays so that they get enough food to eat on the weekends.

In Glastonbury, a Backpack program has been implemented at Naubuc School for a number of years. The pandemic revealed needs at other Glastonbury elementary schools, as well. Across the U.S., "backpacks" are assembled with food items by various community entities. As of this fall, a town committee was formed of 7 faith communities, 5 of us from St. James', with representatives from FOGY, the school district, and the town outreach social work coordinator for this task for our town school children. The committee meets monthly and is a very active group. Look for an article in The Gl. Citizen soon. Although we're each church is ahead of demand, when we ask for donations, we need, per child, in individual servings per weekend/backpack: 2 cereals or cereal bars, 2 fruit cups (e.g., applesauce; no fresh fruit), 2 meal items (ravioli, pastas), and 2 snacks such as pretzels.

Contact Marie Dixon, Nancy Connell, Lisa Gleason, or Debbie O'Donnell.

# Lenten Wednesday Services



March 3 — 7 pm

Sunŷ Compline  
and ORŷan Meditation



March 10 — 7 pm

Said Compline  
and ORŷan Meditation



March 17 — 7 pm

Celtic Vespers  
with Wild Notes

Saint James' Episcopal Church, Clastonbury  
[www.stjameszclastonbury.org](http://www.stjameszclastonbury.org)  
Zoom Virtual Services

# St. James' Helping Hands

**Ed Crow** has volunteered to drive people or pick up things for people or help in other ways.

**Janice Davis** is willing to pick up and deliver anything that needs to be delivered to the church.

**Barbara Buddington** is willing to give assistance with transportation or errands, etc. You can get in touch with her at ([Barbara@buddington.net](mailto:Barbara@buddington.net) or 860-633-1991 and leave a message.

**Pamela Hall** will offer Reiki to people in exchange for them doing something such as donating money to feed the hungry.



## And thanks to...

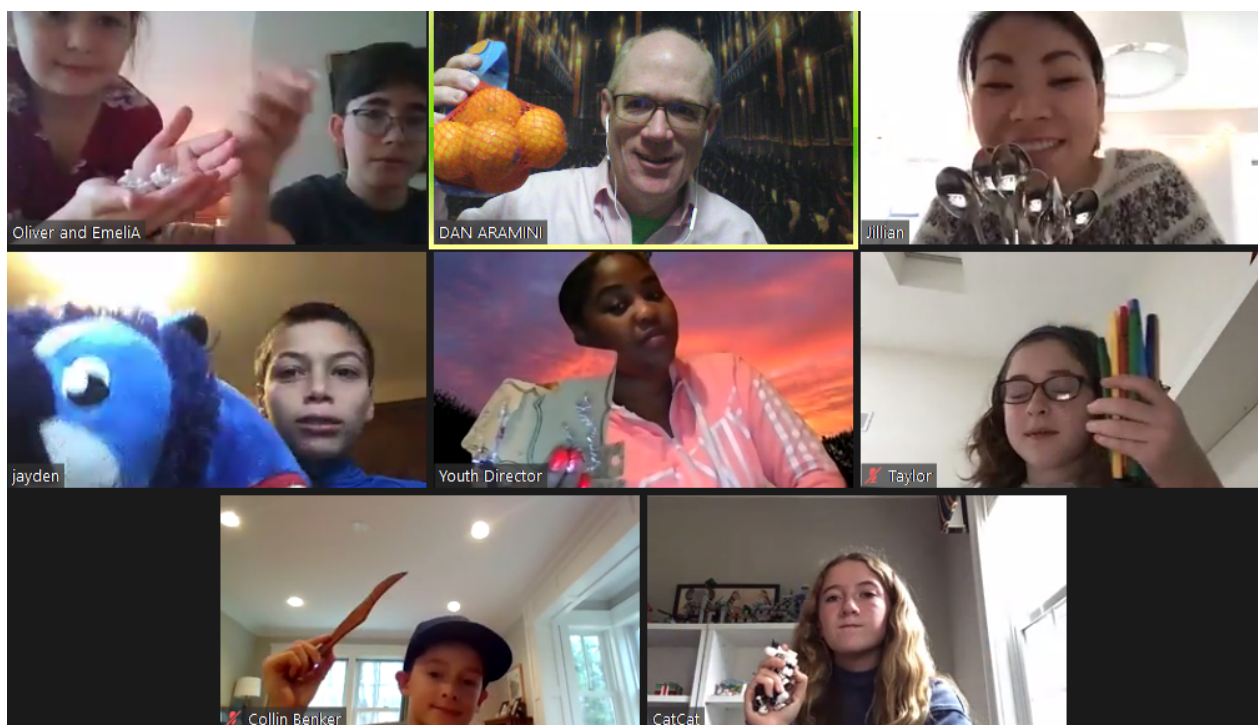
- *Joan and Ed Crow* who continue to bring meals to parishioners when needed, as does *Caryl and Robert Donovan*.
- The always dependable crew for our monthly *Carol's Closet* distribution.
- The *Bread Ministry* rotating crew who faithfully picks up unsold bread and pastry items from *Panera* on Sunday evenings and drop it off at the *MANNA* food bank at *Hands on Hartford* each week. (*Mike Berdan, David Buddington, Blakeley/Rick Crevoiserat, Debbie/John O'Donnell*)



## Prayer Chain

The Prayer Chain at St. James' is a group of people who pray daily from a list of people in need of prayers due to illness, family issues, mental health problems, or any other reason. This list is private and not discussed outside of the group. Please contact me (or Denise when she's back) to add a family member, friend or neighbor to the list. We don't need detailed information, unless you wish to share that. The name will remain on the list for 1 month unless you contact me with up-dates or if you wish to remove someone from the list (e.g., recovery, death). That helps to keep everything up to date. If you would like to join the group, please call me.

Diane Obernesser, [oberdiane@yahoo.com](mailto:oberdiane@yahoo.com) 860-633-7930



## *Music Notes*, Jim Barry, Minister of Music

Embracing reality and technology, we've come quite far these past couple of months. Our Choristers and Adult Choir created our first virtual anthem recording used at Advent Lessons & Carols. Our most ambitious hymn project was heard on January 31, with instruments, choir and organ: thirty tracks of music. My thanks to the Adult Choir who, like me, have learned a virtual recording process in order to produce our Sunday music. In this digital world, copyright compliance is a challenge. We have upgraded our two music licenses to include streaming/podcasts, and every piece of music needs careful research to determine how and if we can use it. One of my joys these past few months has been finding artwork that complements the music. Just as music can lift words off the page in a new way, so can an image bring a new dimension to the music and text. *We've come this far by faith*, and that faith will continue to challenge us and also move us forward to the time when we will worship together in-person at St. James'.

## Lent Suggestions

We are entering the Season of Lent and many of us struggle with how to live into this holy season. Here are some suggestions:

- Make a commitment to read the [Sunday](#) scriptures *before* Sunday service. Familiarizing yourself with the readings ahead of time will help you experience them in a deeper way on Sunday.
- Think about what you usually spend your money on. Pick one type of expenditure that you'll "fast" from during Lent and then give the money you would usually spend to a local charity.
- Take something on — 40 days of letter writing, 40 acts of kindness, 40 phone calls to the important people in your life.
- When you first sit down in front of your computer at work, or at the very end of your workday, try a 10-minute guided prayer from <http://www.sacredspace.ie/> based on the spiritual exercises of St. Ignatius.
- Read the entire [Gospel of Mark](#). As the shortest Gospel, it is the most concise story of Jesus' life, and the cross, a central Lenten symbol, plays an even more prominent role than in the other Gospels.
- Purchase a book of daily reflections and keep it by your bed. There are some good ones available online.
- Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
- Reach out to your community to see how you might volunteer your skills .
- Make a commitment to fast from insensitive, cruel comments about others.
- Consider your Lenten almsgiving. Watch the weekly eblast for ideas.
- Pray for someone. (See Diane Obernesser's Prayer Chain article, above.)
- Safely, get to know your neighbors better – for example, during snow removal.
- Read the "Works of Mercy" as Jesus describes them in [Matthew 25:31-46](#). Put this teaching into practice and choose an act of service you can perform throughout Lent.

Adapted from: [bustedhalo.com](http://bustedhalo.com)



### *Lenten Meditation and Fundraising Opportunity*

The Book of Common Prayer tells us that, historically, Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

Each week during Lent, the email blast will offer suggested opportunities to incorporate the following common themes as Lenten disciplines into your schedule, that include: **Prayer, Fasting, Almsgiving, Sacrifice, Repentance and Reconciliation**. To help each participant personally engage in a holy Lent, the weekly meditations will include scripture, prayer, action, journaling and an individual/family donation. Stay tuned to the email blasts each week for more information. While the scripture, prayer, action, and journaling will help us focus on the spiritual aspects of a holy Lent, the individual/family donation will comprise the fundraising portion of this project.



# Contact Information

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*The Episcopal Church in Connecticut*

[www.ctdiocese.org](http://www.ctdiocese.org)

The Rt. Rev. Dr. Ian T. Douglas, Diocesan Bishop  
The Rt. Rev. Dr. J. Laura Ahrens, Bishop Suffragan

*St. James' Clergy*

The Rev. Denise Cabana, *Rector*  
The Rev. Don Hamer, *Interim*

[rector@stjamesgl.org](mailto:rector@stjamesgl.org)  
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*Children and Youth Services*  
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*Music Ministry*

James R. Barry, Minister of Music  
Debbie O'Donnell, Children's Choir

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*Vestry*

Debbie O'Donnell, Senior Warden  
Mitch Chester, Junior Warden  
Bob Dugger, Treasurer  
Cheryl Turner, Clerk

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[jacquesapn@cox.net](mailto:jacquesapn@cox.net)

Office Hours: *The church is closed at this time.*

*Pastoral Emergency: Call the church office (860-633-8333) and dial 4 any time during the message. Your call will be routed to the clergyperson on call.*