

The Episcopal Parish of
SAINT JOHN THE EVANGELIST
Hingham, Massachusetts
781-749-1535 / www.stjohns-hingham.org

THE EVANGEL

We seek to share the Good News of the Gospel through engaging worship, faithful service, and life-long Christian formation while joyfully living out our faith in this community and the world.



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Lent Begins on Ash Wednesday!



Join us for Ash Wednesday services at St. John's on
Wednesday, March 6

12 noon Spoken Holy Eucharist

4:00 pm Children's Liturgy

7:30 pm Holy Eucharist with the St. John's Choir

"I invite you in the name of the Church to the observance of a Holy Lent, by self examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word."

Book of Common Prayer

FROM THE RECTOR

Preparing With Joy

If I'm honest, I'll admit I used to dread Lent. At least a little bit. I mean, the colorful flowers are removed from the altar, the joyful shouts of "Alleluia!" are silenced, the choir shifts to a minor key, the preacher talks about sin and repentance, there are fewer sweets at coffee hour. In an instant, everything suddenly goes from high definition to analog. And it's all just rather...depressing.

But that was before I started to see the joy in Lent. Yes, the joy. Not the ease or comfort but the deep, abiding, Spirit-filled joy that comes from being drawn ever deeper into relationship with Jesus Christ. That's what Lent is about after all.

I'm always reminded about the joy of Lent when, while standing at the altar, I pray the second proper preface appointed for Lent. It reads as follows,

You bid your faithful people cleanse their hearts and prepare with joy for the Paschal feast; that fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

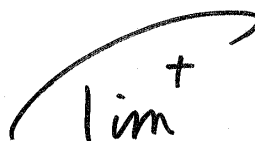
Lent is indeed a time to "prepare with joy for the Paschal feast," ie. Easter. And there are so many ways to do this both individually and communally. Elsewhere in this newsletter, Jack shares some ways that she and her husband Andrew will be keeping a joyful and holy Lent at home, and she invites you to join them in keeping a similar spiritual discipline.

And here at St. John's, I'm excited about our Sunday Adult Education Lenten Series which is focused on spiritual journeys – hearing the inspiring stories of fellow

parishioners and sharing some of our own stories in small groups. We are also restarting our weekday Prayer Group during Lent and we'll be holding a Saturday Lenten Mini-Retreat featuring a bit of yoga.

There are myriad ways to prepare with joy for the Paschal feast. I encourage you to encounter the joy of the Lord this Lent with reckless abandon. I promise, Jesus will meet you in new and surprising ways.

In Christ,



Choral Evensong

The St. John's Choir, under the direction of Organist /Choirmaster Buffy Gray, will offer a service of **Choral Evensong** on Sunday, March 3, at 5:00 pm, with a reception following in Upper Weld Hall. The choir will sing the John Stainer (1840-1901) settings of the Magnificat and Nunc Dimittis in B-flat, and the Preces and Responses of William Smith (1603-1645). Additional music includes the choral anthem "Transfiguration," composed in 2004 by the American Craig Phillips to a text by the 13th century German mystic Mechtild of Magdeburg. Guest organist is Jeremy Bruns, Associate Organist-Choirmaster at Church of the Advent in Boston.

ASSOCIATE RECTOR'S CORNER

A Lenten Invitation

I am a (recovering?) perfectionist. Every year, when Lent rolls around, I am sorely tempted to use it as a multi-pronged self-improvement plan to change my health AND transform my spiritual life. It's like New Year's Resolutions, except these are resolutions to God, which makes them harder to break, or at least makes me feel more guilty when I break them.

But I've very slowly begun to think differently about Lent. Lent isn't about self-improvement. It's not about being better. It's not even about sacrifice. Lent is God's invitation to us to come back, to return home to the God who loves us and is always seeking us. Lenten disciplines are about making space and clearing things out of the way that we can take up God's invitation and draw a little closer.

To that end, Andrew and I have decided to use Lent this year as an opportunity to try Faith5 as a way of making space for God. It's a simple spiritual practice for families that was developed by Lutheran pastor Rich Melheim. It takes between five and 15 minutes per night, and one of my colleagues swears by it. The steps are as follows:

- 1) **Share** your highs and your lows.
- 2) **Read** a bible verse or story (at least once per week).
- 3) **Talk** about the bible story and how it might relate to your highs and lows (at least once per week).
- 4) **Pray** for one another's highs and lows.
- 5) **Bless** one another.

The keys, my colleague says, are mutuality (you all share, you all read or listen, you all talk, you all pray, you all bless), consistency (shoot for at least share, pray, and bless every night, and read talk at least twice a week) and simplicity (don't make it too complicated).

The Bible verse might be the Gospel we will be reading in church that week. I would be happy to share children's Bible versions of these stories.

The prayer can be as simple as saying, "I pray that God gives you strength," or, "I pray that God is with you when you are scared," or "I pray that you know how much you are loved."

A blessing might be a kiss, or the words "God loves you and I love you," or "May the Lord bless you and keep you."



Andrew and I would love to have you and your family, or maybe a friend, try this practice along with us! I'd be delighted to support you with readings, ideas for prayers and blessings, and to troubleshoot any problems that arise. And I'd love to schedule a time to visit with you/your family at the end of Lent to hear about your experience of the practice.

However you observe Lent this year, and even if you don't, I hope, pray, and trust that God will use this season of renewal to draw closer to you.

Jack+

Expansive Language Eucharist Prayers During Lent

By Father Tim

In my Sunday sermon on February 10, I mentioned a coffee hour encounter I had with two young Sunday School girls who came to me with a burning question, and it was an important one: “Why aren’t there any female disciples?” They had been learning about Jesus and the twelve apostles and it didn’t go unnoticed that no women were mentioned as being part of his inner circle.

So, we talked about the first Easter morning and how it was the women who first discovered the empty tomb. How, while all the men had fled in fear after the crucifixion, the women were the first to learn of the Resurrection. How one of the women, Mary Magdalene, is known as the Apostle to the Apostles for her role in sharing the good news with the male apostles who ran away. And we talked about the fact that men wrote the accounts of Jesus’ life and left out the names of women. The reality is that there were plenty of female disciples, we just don’t know their names.

The question has continued to resonate with me. And even in my sermon that morning I said that we needed to do more to change the narrative and better model the ways we pass along the traditions of our faith. Specifically, I said that “It takes opening up the Scriptures and looking in the holy crevices that exist between the lines. It means lifting up and highlighting the holy women in our tradition and in our midst. It means perhaps reexamining the male-centered language we use for God; being reminded that God, in fact, transcends gender altogether. That the mythology of God as an old white man

with a beard is not only an unhelpful image, it is often a harmful one. The reality is that God is so much more than any human image or language can convey. When Jesus bids us to drop everything and follow him, sometimes that means dropping our childhood notions of God and entering into deeper relationship with the living Christ.”

Towards this end, on the Sundays in Lent, at the 10:00 am service, we will use an expansive language Eucharistic Prayer as we pray over the bread and wine at the altar. This will be very similar to what we usually use during Lent, as it’s a slight adaptation of Prayer A, found on page 361 of the *Book of Common Prayer*. This rite was approved for use at last year’s triennial General Convention of the Episcopal Church held in Austin, Texas. It incorporates what is known as “expansive language” for God by removing the male pronouns whenever they appear and replacing them with gender neutral options. In other words, rather than “Father” the text uses “God” in several places.

While it’s fairly seamless and you may not even notice the change, this may take some of you out of your comfort zones. But I encourage you to enter into this with open hearts and open minds as we experience this during the season of Lent. Allow this to be one of those “holy crevices” about which I preached a few weeks ago. A place where Jesus may just be able to get inside and do a new thing, opening you up to new ideas and new possibilities.

For me, this isn’t about specific words, as much as a reminder that God cannot be contained by human language or put inside a linguistic box. God’s love and grace is so much bigger than we can even imagine! As a man, I’m also aware that when we use

exclusively male-dominated language for God, it diminishes the divine feminine imagination, which is both ancient and powerful. But mostly, I want you to think about the question those two young girls posed at coffee hour. As a community of faith that take seriously the empowerment of women, we can and must do a better job in answering them.

Shrove Tuesday Pancake Supper



Food! Games! Intergenerational fun! Join us for the annual Shrove Tuesday Pancake Supper on Tuesday, March 5 at 6:00 pm in Lower Weld Hall. Sign up online or call the parish office. The cost is \$5 per person or \$20 per family, payable at the door. We're looking for volunteers to flip pancakes, make bacon and sausage, check people in, bring cake, and clean up. Bring your palms from last year's Palm Sunday service to be burned into the ashes used for Ash Wednesday.



Sunday School News

During Lent the Sunday School will be participating in a project with Heifer International. Heifer is a global nonprofit working to eradicate poverty and hunger through community development. Heifer distributes animals, along with agricultural training to families in need around the world as a means of providing self-sufficiency. Recipients must agree to "pass on the gift" by sharing animal offspring, as well as skills and knowledge of animal husbandry and agricultural training with other families.

On the first Sunday of Lent, we will distribute "Fill the Ark" giving banks to our Sunday School families. Fill the Ark uses a four-week calendar as a guide on how families can help others in Heifer projects around the world. Each day includes information about their work, animals, and resources. Each calendar day includes a giving challenge for families to consider as they appreciate their abundance and collect change to help families in need.

Sunday School Special Event! Prayer Walk Through Holy Week

Join us for a special edition of Sunday School on Sunday, April 7 Jack will be leading the children on an experiential Prayer Walk through the events of Holy Week, from the parade into Jerusalem on Palm Sunday, to the Last Supper on Maundy Thursday, to Jesus' prayer in the garden, to the cross and finally the resurrection. We will not come upstairs for the Eucharist on this day but will have our own Eucharist downstairs as part of our remembrance of Maundy Thursday. We hope you can join us for this special day!

Lent Madness 2019

The Saintly Smackdown is Back!

Just when you thought Lent couldn't possibly become even more penitential, have we got an online hair shirt for you! For the tenth year running, people of faith are filling out saintly brackets and gearing up for the 2019 "saintly smackdown."



With its unique blend of competition, learning, and humor, Lent Madness allows participants to be inspired by the ways in which God has worked through the lives of saintly souls across generations and cultures. Throughout Lent, thirty-two saints will do battle to win the coveted Golden Halo. Based loosely on the NCAA basketball tournament of a similar name, this online devotion pits saints against one another in a bracket as voters choose their favorites throughout this penitential season.

Here's how to participate: on the weekdays of Lent, information is posted at www.lentmadness.org about two different saints. Each pairing remains open for 24 hours as participants read about and then vote to determine which saint moves on to the next round. Sixteen saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo.

The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.

This year, Lent Madness features an intriguing slate of saints ancient and modern, Biblical and ecclesiastical. 2019 heavyweights include Ignatius of Loyola, Nicodemus, Margaret of Cortona, John Chrysostom, and Nicholas of Myra (aka St. Nick). The competition kicks off on "Ash Thursday," March 7, with an epic battle between Biblical saints Mary and Martha.

The full bracket is online at the Lent Madness website www.lentmadness.org and, while not necessary to participate, you can pick up a free copy of *The Saintly Scorecard: The Definitive Guide to Lent Madness 2019* in Upper Weld Hall (while supplies last!). This companion guide includes biographies of all 32 saints, a full-color bracket, and information about how to fully participate.

Lent Madness began in 2010 as the brainchild of the Rev. Tim Schenck, an Episcopal priest and rector of St. John's Church in Hingham, Massachusetts. In seeking a fun, engaging way for people to learn about the men and women who make up the church's calendar of saints, Schenck devised this devotion. Combining his love of sports with his passion for the lives of the saints, Lent Madness was born.

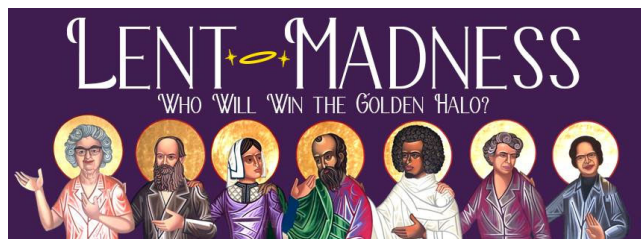
Starting in 2012, Schenck partnered with Forward Movement (the same folks that publish *Forward Day by Day*) executive director Scott Gunn, to bring Lent Madness to the masses. Schenck and Gunn form the self-appointed Supreme Executive Committee, a more-or-less benevolent dictatorship that runs the entire operation.

Borrowing inspiration from yet another national sporting event, Schenck and Gunn are referring to the 2019 competition as Lent Madness X.

Over the years, the formula has worked as this online devotional has been featured in media outlets all over the country including national television, the Washington Post, NPR, USA Today, and even Sports Illustrated (seriously). More importantly thousands of people have been inspired by the saintly stories of those who have come before us in the faith.

Ten “celebrity bloggers” from across the country have been tapped to write for the project: the Rev. Amber Belldene of San Francisco, CA; the Rev. Laurie Brock of Lexington, KY; the Rev. Megan Castellan of Ithaca, NY; Anna Fitch Courie of Honolulu, HI; Dr. David Creech of Morehead, MN; the Rev. David Hansen of Woodlands, TX; Emily Miller of Chicago, IL; Carol Howard Merritt of Chattanooga, TN; The Rev. Marcus Halley of Minneapolis, MN; and the Rev. David Sibley of Walla Walla, WA. Information about each of the celebrity bloggers and the rest of the team is available on the Lent Madness website.

If you’re looking for a Lenten discipline that is fun, educational, occasionally goofy, and always joyful, join the Lent Madness journey. Lent needn’t be all doom and gloom. After all, what could be more joyful than a season specifically set aside to get closer to Jesus Christ?



Lenten Adult Education Series: Spiritual Journeys

Our 2019 Lenten Adult Education Series kicks off on March 10 and will run five consecutive Sundays following the 10:00 am service.

During this series we will be exploring spiritual journeys, broadly defined. The series will offer our community the opportunity to reflect upon and discuss the various forms and manifestations that spiritual journeys can take, such as physical pilgrimages to profess and deepen one's spirituality as well as more reflective, inward journeys that may not even require leaving the South Shore!

Each week will highlight a different type of spiritual journey and will begin with a short, informal presentation from a community member who is excited to share his/her story of transformation. All members will have ample opportunity to share, discuss, and reflect in a safe and welcoming space, and we encourage everyone to join us on this collective spiritual journey right here at St. Johns!

March 10: Journey of the Camino de Santiago with Jack (lunch provided)
 March 17: Journey of Vocation
 March 24: Journey of Death and Dying
 March 31: Journey of Addiction and Recovery
 April 6: Journey to South Africa

St. John's
 Spiritual Journeys

Beloved: A Lenten Mini-Retreat

"Jesus said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat."

Mark 6:31

Come away to our Lenten Mini-Retreat on Saturday, March 30. We'll begin with gentle yoga. Then, we will have stations set up with materials inviting contemplation on the theme of Belovedness through scripture, reflection questions, art materials, and more. Participants are also very welcome to spend quiet time in the church, on a walk, using art materials—wherever the Spirit leads you. We may even have a labyrinth.

We will debrief over lunch and end around 1:00 pm. Childcare will be provided. Please RSVP to Jack+ if you would like to attend: jclark@stjohns-hingham.org.

We suggest a donation of \$10 to cover the costs of materials and lunch. Schedule:

- 9:00 am Gathering time and introduction to the day
- 9:15 am Yoga
- 10:15 am Self-directed retreat time
- 12:30 pm Lunch and debrief

ASH WEDNESDAY



CLERICAL
ATTENDEE

CLERICAL
ERROR

Candles, Contemplation, Chant! S.W.5 During Lent



Candlelight, contemplation, chanting, and perhaps a hint of incense. That will be the mood we'll set for our 5:00 pm Sunday

evening S.W.5 Lenten services. The liturgies will follow the usual format – readings, a reflection, communion -- but with more candles and a bit more space for contemplation.

Musically, rather than being interspersed with three hymns, we will use three Taizé chants. These simple, mantra-like chants, some of which we've used at S.W.5 in the past, come from the ecumenical monastic community in Taizé, France. They are intentionally repetitive and easily memorized so that over the weeks of Lent, they will become part of your spiritual DNA – even when you're not in church.

Here are the texts for the three we'll use throughout Lent (don't worry, Jeremiah will teach us the sing-able tunes!):

1. Bless the Lord, my soul, and bless God's holy name. Bless the Lord, my soul, who leads me into life.
2. Eat this bread, drink this cup, come to me and never be hungry. Eat this bread, drink this cup, trust in me and you will not thirst.
3. Jesus, remember me when you come into your kingdom.

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Epiphany 7 8:00 AM Eucharist Rite I 9:45 AM Sunday School/Nursery 10:00 AM Eucharist Rite II 11:30 AM Middle Schi (LWH) 4:00 PM Confirmation Class (LWH) 5:00 PM SW5 (UWH)	25 8:00 AM Shining Lights (sacristy/church) 7:00 PM Book Club (Thayer Room)	26 1:30 PM Beukman+ retreat (LWH) 4:00 PM St John's Choristers (UWH) 7:30 PM Finance Committee	27 10:00 AM HE II/Bible Study 6:30 PM AA (Thayer Rm)	28 7:30 PM St. John's Choir (UWH)	1 10:00 AM Redeye with the Rector (Redeye Roasters)	2 7:00 PM AA (UWH)
3 Last Epiphany 8:00 AM Eucharist Rite I 9:00 AM Green Team Mtg (UWH) 9:45 AM Sunday School/Nursery 10:00 AM Eucharist Rite II/Baptisms 11:30 AM Middle Schi (LWH) 12:30 PM High Schi Youth Lunch (LWH) 5:00 PM Evensong/Reception in UWH	4	5 Shrove Tuesday 4:00 PM St John's Choristers (UWH) 6:00 PM Shrove Tuesday Pancake Supper (LWH)	6 Ash Wednesday 12:00 PM Ash Wed Svc 4:00 PM Children's Ash Wed Svc 6:30 PM AA (LWH) 7:30 PM Ash Wed Svc/Choir	7 11:00 AM Prayer Group (Thayer Room) 7:30 PM St. John's Choir (UWH)	8 9:00 AM Young Parents Group (UWH) 10:00 AM Redeye with the Rector (Redeye Roasters)	9 7:00 PM AA (UWH)
10 Lent 1 8:00 AM Eucharist Rite I 9:45 AM Sunday School/Nursery 10:00 AM Eucharist Rite II 11:30 AM Adult Ed Lenten Series 11:30 AM Middle Schi (LWH) 4:00 PM Confirmation Class (LWH) 5:00 PM SW5 (UWH)	11	12 10:00 AM Needlepoint Guild (St. John's) 4:00 PM St John's Choristers (UWH) 7:00 PM Vestry Meeting	13 10:00 AM HE II/Bible Study 6:30 PM AA (Thayer Rm)	14 11:00 AM Prayer Group (Thayer Room) 7:30 PM St. John's Choir (UWH)	15 10:00 AM Redeye with the Rector (Redeye Roasters)	16 7:00 PM AA (UWH)
17 Lent 2 8:00 AM Eucharist Rite I 9:45 AM Sunday School/Nursery 10:00 AM Eucharist Rite II 11:30 AM Adult Ed Lenten Series 11:30 AM Middle Schi (LWH) 5:00 PM SW5 (UWH)	18	19 4:00 PM St John's Choristers (UWH)	20 10:00 AM HE II/Bible Study 6:30 PM AA (Thayer Rm)	21 11:00 AM Prayer Group (Thayer Room) 7:30 PM St. John's Choir (UWH)	22 10:00 AM Redeye with the Rector (Redeye Roasters)	23 7:00 PM AA (UWH)
24 Lent 3 8:00 AM Eucharist Rite I 9:45 AM Sunday School/Nursery 10:00 AM Eucharist Rite II 11:30 AM Adult Ed Lenten Series 11:30 AM Middle Schi (LWH) 4:00 PM Confirmation Class (LWH) 5:00 PM SW5 (UWH)	25 8:00 AM Shining Lights (sacristy/church)	26 4:00 PM St John's Choristers (UWH) 7:30 PM Finance Committee	27 10:00 AM HE II/Bible Study 6:30 PM AA (Thayer Rm)	28 11:00 AM Prayer Group (Thayer Room) 7:30 PM St. John's Choir (UWH)	29 10:00 AM Redeye with the Rector (Redeye Roasters)	30 8:30 AM Lent Quiet Day 7:00 PM AA (UWH)
31 Lent 4 8:00 AM Eucharist Rite I 9:45 AM Sunday School/Nursery 10:00 AM Eucharist Rite II 11:30 AM Adult Ed Lenten Series 11:30 AM Middle Schi (LWH) 11:30 AM Newcomers Com Mtg (Thayer) 5:00 PM SW5 (UWH)	1	2 4:00 PM St John's Choristers (UWH)	3 10:00 AM HE II/Bible Study 6:30 PM AA (Thayer Rm)	4 11:00 AM Prayer Group (Thayer Room) 7:30 PM St. John's Choir (UWH)	5 10:00 AM Redeye with the Rector (Redeye Roasters)	6 7:00 PM AA (UWH)

