



**The Episcopal
Diocese of Albany**

Phone
(315) 353-2037

Our E-mail
stphilips@live.com

Our Website
saintphilipsnorwood.com

*The Rev. Kathryn M. Boswell, Rector
The Rt. Rev. William H. Love, Bishop
The Rev. Edgar A. LaCombe III, Dean*

Vestry members

*Charlie Colbert
Lynn Howe
Karen Morgan
Lucille Waterson*

St. Philip's Episcopal Church



The Rev. Kathryn M. Boswell,
Rector

Inside this Issue :

Rector's Message	1-2
B'days & Anniv.	3
Shrove Tuesday & Poems	4 &5
Stations of the Cross	6
The Lord is my Shepherd	7
Feb. & Mar. Calendar	8&9
Lenten Luncheon & Reflections	10 & 11
Ash Wed. & Community Lunch	12 & 13
Poems & Pictures	14&15

CommonLife

Feb-March 2020 Volume 10 Issue 1

Welcoming the weary, dedicated to discipleship

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (Matthew 11:28-29)

Dear brothers and sisters,

The World Christian Encyclopedia estimates that there are more than 33,000 different Christian denominations in the world today (give or take a few thousand). They break them down into six major categories, or theological traditions, as follows:

Anglicans: 168 denominations
Catholic: 242 denominations
Independents: 22,000 denominations
Marginal: 1600 denominations
Orthodox: 781 denominations
Protestants: 9000 denominations

Within our little bitty village of Norwood, even, there are 6 different denominations represented, and possibly there will soon be 7 if a new congregation moves into the old Congregational building on Main St. and Baldwin Ave. When this CommonLife arrives in your mailbox St. Philip's will have recently observed a week of prayer for Christian Unity, along with our sister churches in Norwood. Whether you participated or not, we all know that Christian unity is very important – in fact, we all know that is the will of our Lord, who prayed on his last day on earth, "Father, may they be One as you and I are one." The problem is, we human beings rarely see eye to eye on everything.

In our various churches we find differing theological views on the Eucharist, baptism, church governance and finances, the role of women in the church, standards for clergy, liturgical style, music, and rules for membership. And I'm sure I have not named all the differences between us. But there is one thing on which we can all agree. The head of our Church is the Lord Jesus Christ, who is the Son of God, and who is sovereign over the whole Creation.

Notice that God chose to use the image of the body to describe the vast community of human beings, past, present and future, who belong to him, heart, soul, mind, and strength. The human body: can you think of any other thing that is less comfortable being divided?



*St. Philip's Episcopal Church
42 S. Main Street
PO Box 225
Norwood, NY 13668*

TO:

Many structures can be deconstructed and rearranged—physical structures like buildings, or gatherings of human beings from clubs to nations. But the human body can never be divided without causing great pain to the whole. So it is with this group of incredibly diverse people we call the Church. We have been built, not by human hands, but by God's will and purpose, and we cannot divide without doing harm to the whole body.

Scott Eric Alt, of the National Catholic Register, puts it well: "The scandal [of division in the church] would be no less if there were two denominations, and no greater if there were two million. Any division in the body of Christ is a scandal."

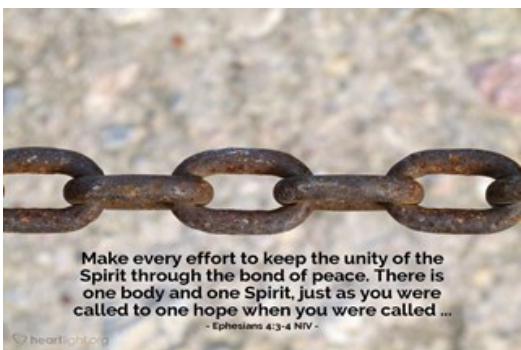
The truth is, there will never be a time on this side of Christ's return when every Christian agrees about every point of theology, when every congregation worships in the same way and sings the same hymns, when there is not a single verse in the Bible on which Christians disagree. Some of our differences will simply evaporate when we come face to face with our Lord, and know the truth at last. And some of our differences are simply delightful marks of how God created each us unique. I would be very surprised if there were not a huge diversity of styles and personalities and modes of expression in the New Creation itself! But as long as we are serving the same Christ, none of our differences is a cause for division, now or in the age to come.

Paul wrote: "There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, who is above all and through all and in all."

As Lent begins, the churches of Norwood will be observing our excellent tradition of opening our houses to one another, sharing good food and fellowship as a sign of our true unity. I hope we can all enjoy the many differences between us. But I also pray we will remember at all times that we are not many churches, but one Body in Christ.

Much love to you all,

Kathryn+



St. Philip's Episcopal Church



The Ballad of Reading Gaol

Oscar Wilde

...And thus we rust Life's iron chain
Degraded and alone:
And some men curse, and some men weep,
And some men make no moan:
But God's eternal Laws are kind
And break the heart of stone.

And every human heart that breaks,
In prison-cell or yard,
Is as that broken box that gave
Its treasure to the Lord,
And filled the unclean leper's house
With the scent of costliest nard.

Ah! happy those whose hearts can break
And Peace of pardon win!
How else may man make straight his plan
And cleanse his soul from Sin?
How else but through a broken heart
May Lord Christ enter in?

If we do not bear the
cross of the Master, we
will have to bear the
cross of the world, with
all its earthly goods.
Which cross have you
taken up?

Pause and consider.
...Sadhu Sundar Singh

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Separated from you let me never be.

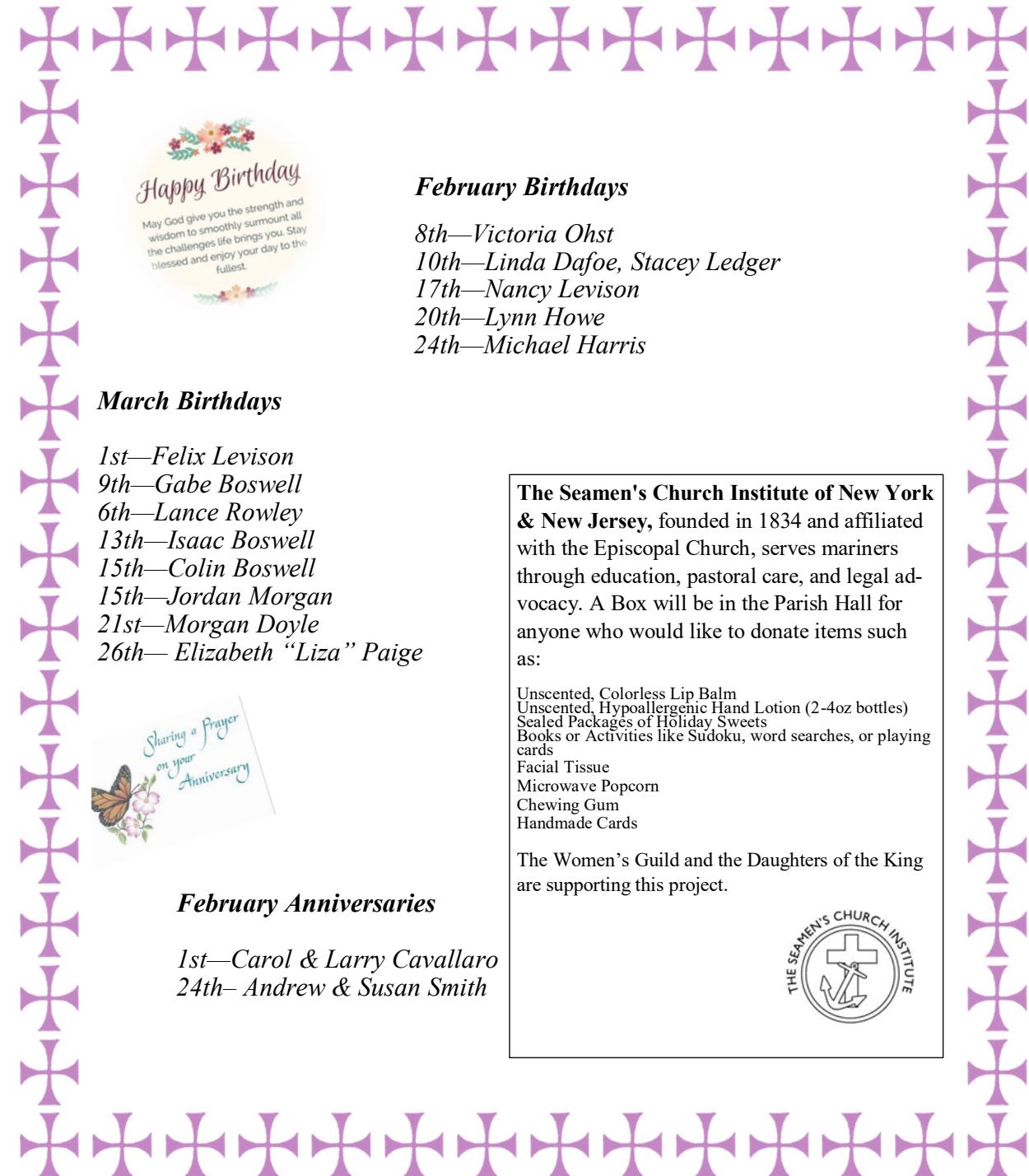
From the malignant enemy, defend me.

At the hour of death, call me.

And close to you bid me.

That with your saints I may be.

Praising you forever and ever. Amen.



February Birthdays

8th—Victoria Ohst
10th—Linda Dafoe, Stacey Ledger
17th—Nancy Levison
20th—Lynn Howe
24th—Michael Harris

March Birthdays

1st—Felix Levison
9th—Gabe Boswell
6th—Lance Rowley
13th—Isaac Boswell
15th—Colin Boswell
15th—Jordan Morgan
21st—Morgan Doyle
26th—Elizabeth “Liza” Paige



February Anniversaries

1st—Carol & Larry Cavallaro
24th—Andrew & Susan Smith

The Seamen's Church Institute of New York & New Jersey, founded in 1834 and affiliated with the Episcopal Church, serves mariners through education, pastoral care, and legal advocacy. A Box will be in the Parish Hall for anyone who would like to donate items such as:

Unscented, Colorless Lip Balm
Unscented, Hypoallergenic Hand Lotion (2-4oz bottles)
Sealed Packages of Holiday Sweets
Books or Activities like Sudoku, word searches, or playing cards
Facial Tissue
Microwave Popcorn
Chewing Gum
Handmade Cards

The Women's Guild and the Daughters of the King are supporting this project.



“What is Shrove Tuesday, and Why Do We Eat Pancakes?”

Shrove Tuesday is the Tuesday before Ash Wednesday which is the first day of Lent. It gets its name from the term “shriving” which has to do with the whole process of confession, forgiveness and absolution. The tradition of Shrove Tuesday has a very long history. Over 1000 years ago a monk wrote in the Anglo-Saxon Ecclesiastical Institutes:

“In the week immediately before Lent everyone shall go to his confessor and confess his deeds and the confessor shall so shrive him.”

Shrove Tuesday became a day of celebration as well as penitence, because it was the last chance to indulge yourself, and to use up the foods that aren't allowed in Lent. The idea was to give up foods for a Lenten fast: to give them up, but not to waste them. In the old days there were many foods that observant Christians would not eat during Lent: foods such as meat and fish, fats, eggs, and milky foods. So that no food was wasted, families would have a feast on the shriving Tuesday, and eat up all the foods that wouldn't last the forty days of Lent without spoiling.

The need to eat up the fats gave rise to the French name Mardi Gras; meaning fat Tuesday. Pancakes became associated with Shrove Tuesday as they were a dish that could use up all the eggs, fats and milk in the house with just the addition of flour.



Community Lunches for February and March

When considering the calendar for February and March, it became clear to the Women's Guild that Lent was going to play havoc with our Community Lunch schedule. We did not want to cancel the lunches we offer to our neighbors for two whole months. On the other hand, we wanted to be free to participate in the Lenten luncheons that are an important part of our life as a community of God's people every year. What to do? What to do?

The decision was to be a little creative with our scheduling during Lent. Our Community Lunches will be held on **Wednesday, February 19th** (a week earlier than usual) and **Thursday, March 19th** (six days earlier than usual). Hopefully having them both on the 19th will make it easier for people to remember! Here are the menus:

February 19th
Turkey pot pie
Rolls
Raw veggies and dip
Desserts

March 19th
Macaroni and Cheese
Rolls
Fruit salads
Cookies





Ash Wednesday

The following is the invitation to Lent from the service for Ash Wednesday. Join us for our Ash Wednesday Mass, with the imposition of ashes, on **Wednesday, February 26th** at **5:30 p.m.**

From the *Book of Common Prayer*, pp. 264-265

Dear People of God:

The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of 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.

I invite you, therefore, 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.

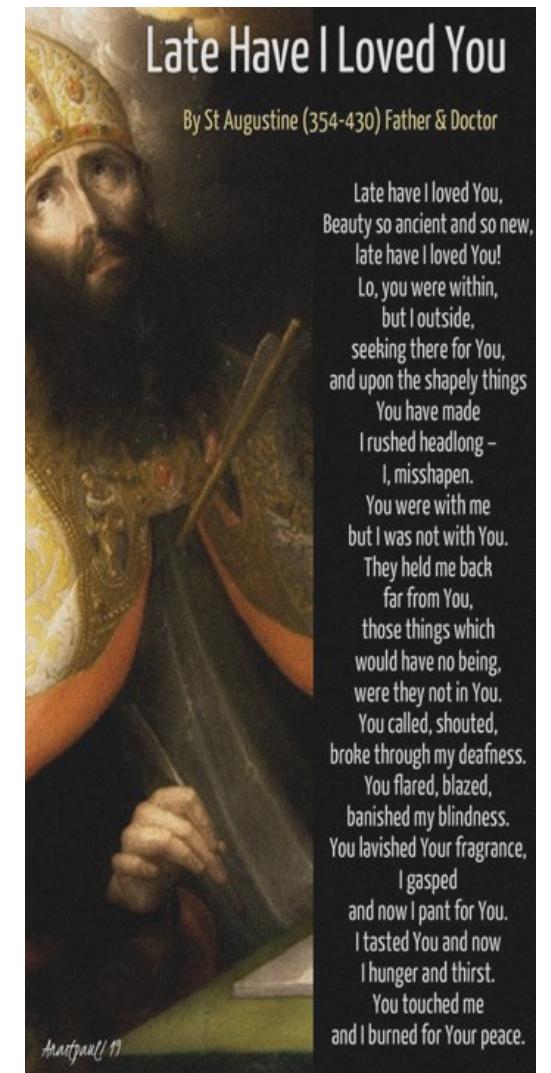


*Jesus, lover of my soul,
Let me to Thy bosom fly,
While the nearer waters roll,
While the tempest still is high.
Hide me, O my Savior, hide,
Till the storm of life is past;
Safe into the haven guide;
Oh, receive my soul at last.*

*Other refuge have I none,
Hangs my helpless soul on Thee;
Leave, ah! leave me not alone,
Still support and comfort me.
All my trust on Thee is stayed,
All my help from Thee I bring;
Cover my defenseless head
With the shadow of Thy wing.*

*Thou, O Christ, art all I want,
More than all in Thee I find;
Raise the fallen, cheer the faint,
Heal the sick, and lead the blind.
Just and holy is Thy Name,
Source of all true righteousness;
Thou art evermore the same,
Thou art full of truth and grace.*

Charles Wesley (1740)





It is our tradition at St. Philip's to offer the service of the Stations of the Cross on Fridays in Lent each year. It is an ancient tradition, dating back to the very early centuries of the Church, when Christian pilgrims walked the streets of Jerusalem, prayerfully following in the footsteps of our Lord. The form that we use is found in the *Book of Occasional Services*, which tells us: "The devotion known as the Way of the Cross is an adaptation to local usage of a custom widely observed by pilgrims to Jerusalem: the offering of prayer at a series of places in that city traditionally associated with our Lord's passion and death."

The icons around the walls of our sanctuary were given to St. Philip's as a gift from Ruth Blanchard, in memory of her sister Dorothy Colby. These two women were long-time pillars of our Church, and very dear sisters to those of us who were fortunate to know them.

The service is a simple, quiet one. Those participating are invited to take part in reading the Scripture passages from the booklet, but it is certainly perfectly fine to participate without reading. We gather for the service at noon every Friday in Lent. People may like to participate every week as part of their Lenten devotion and discipline. Others may only be able to participate once or twice; some may not be able to participate at all. There are no requirements or expectations, only an opportunity.

The Way of the Cross is also a wonderful service for a private devotion. It would be appropriate to make the Stations of the Cross on your own, using the booklet and the stations in the sanctuary. I would be very happy to open up for you or lend you the key if the Church is closed. We are all pilgrims in this life, and of all the seasons in the Church year, Lent is most purposefully ordained for meditating and focusing on our spiritual journey, as we follow Jesus Christ through the events of his Passion. I encourage you to consider how the Way of the Cross might be a helpful part of your pilgrimage this year.



To Keep a True Lent

by Robert Herrick

IS this a fast, to keep
The larder lean?
And clean
From fat of veals and sheep?

Is it to quit the dish
Of flesh, yet still
To fill
The platter high with fish?

Is it to fast an hour,
Or ragg'd to go,
Or show
A downcast look and sour?

No; 'tis a fast to dole
Thy sheaf of wheat,
And meat,
Unto the hungry soul.

It is to fast from strife,
From old debate
And hate;
To circumcize thy life.

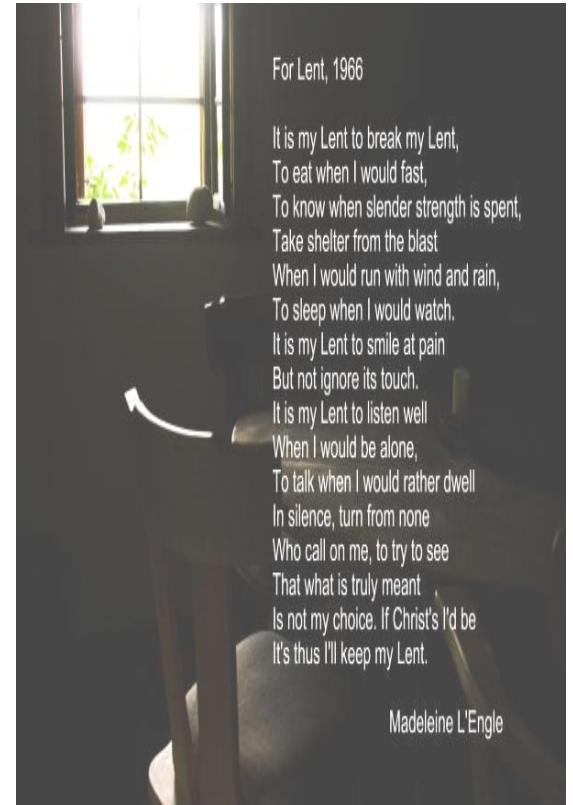
To show a heart grief-rent;
To starve thy sin,
Not bin;
And that's to keep thy Lent.



For Lent, 1966

It is my Lent to break my Lent,
To eat when I would fast,
To know when slender strength is spent,
Take shelter from the blast
When I would run with wind and rain,
To sleep when I would watch.
It is my Lent to smile at pain
But not ignore its touch.
It is my Lent to listen well
When I would be alone,
To talk when I would rather dwell
In silence, turn from none
Who call on me, to try to see
That what is truly meant
Is not my choice. If Christ's I'd be
It's thus I'll keep my Lent.

Madeleine L'Engle





Norwood Lenten Luncheons 2020

The following is the schedule of Lenten luncheons for this year. Luncheons are all on a Wednesday and begin at noon. Everyone is welcome and encouraged to join us!

- * March 4 St. Philip's Episcopal Church, 42 S. Main Street
- * March 11 Norwood United Church, at the United Methodist building on Prospect St.
- * March 18 Knapps Station Community Church, 3035 CR 47
- * March 25 St. Andrew's Roman Catholic Church—Park Avenue
- * April 1 Norwood Free Methodist Church (confirmation pending!) 12 Dry Bridge Rd.

God's Mercy Renews

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Psalm 51:1

OUR TEMPTATION IN LENT IS TO BE SO IMPRESSED BY OUR SINS AND FAILINGS and so overwhelmed by our lack of generosity that we get stuck in a paralyzing guilt, a guilt that leads to introspection instead of directing our eyes to God. It is guilt that becomes an idol and form of pride.

But Lent is precisely the time to break down this idol and to direct our attention to our loving Lord. The question is: "Are we like Judas, who was so overcome by his sin that he could not believe in God's mercy any longer and hanged himself? Or are we like Peter, who returned to the Lord with repentance and cried bitterly for his sins?"

"You are dust, and to dust you will return." This ancient formula will be heard by millions of Christians all over the world this Ash Wednesday as the sign of the cross is made in ashes on their forehead. Thy symbolic act is both a solemn reminder and an invitation to renewal. Lord God, this Lent help me to do my best to keep my mind fixed on you and your Kingdom.

Lenten Reflections based on the Writings of Henri J.M. Nouwen

Surely I am with you always. (Matthew 28:20)

Never look ahead to the changes and challenges of this life in fear. Instead, as they arise look at them with the full assurance that God, whose you are, will deliver you out of them. Hasn't He kept you safe up to now? So hold His loving hand tightly, and He will lead you safely through all things. And when you cannot stand, He will carry you in His arms.

Do not look ahead to what *may* happen tomorrow. The same everlasting Father who cares for you today will take care of your tomorrow and every day. Either He will shield you from suffering or He will give you His unwavering strength that you may bear it. Be at peace, then, and set aside all anxious thoughts and worries. *Frances de Sales*

The Lord is my shepherd. Psalm 23:1

Not *was*, not *may be*, nor *will be*. "The Lord *is* my shepherd." He *is* on Sunday, on Monday, and through every day of the week. He *is* in January, in December, and every month of the year. He *is* when I'm home and in China. He *is* during peace or war, and in times of abundance or poverty.

J. Hudson Taylor

*He will silently plan for you,
His object of omniscient care;
God Himself undertakes to be
Your Pilot through each subtle snare.*

*He WILL silently plan for you,
So certainly, He cannot fail!
Rest on the faithfulness of God,
In Him you surely will prevail.*

*He will SILENTLY plan for you
Some wonderful surprise of love.
No eye has seen, no ear has heard,
But it is kept for you above.*

*He will silently PLAN for you,
His purposes will all unfold;
Your tangled life will shine at last,
A masterpiece of skill untold.*

*He will silently plan FOR YOU,
Happy child of a Father's care,
As if no other claimed His love,
But you alone to Him were dear.*

Whatever our faith says God is, He will be.



E. Mary Grimes



February 2020



March 2020

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

If you would like to view the CommonLife newsletter in color so you can see the pictures clearer, access the Church Website: www.saintphilipsnorwood.com and select the newsletter option for this and each edition.						1 Common Cents 10— noon
2 The Presenta- tion of our Lord Holy Eucharist 10:00 a.m.	3	4 Bible Study —10 a.m. Common Cents —10-2:00 p.m. AA Meeting— 8:00 p.m.	5 Service at United Helpers in Canton—10:00 a.m.	6 Common Cents —10—2:00 p.m.	7	8 Vestry—10:00 a.m. Common Cents—10— Noon
9 Fifth Sunday after The Epiphany— Holy Eucharist 10:00 a.m.	10	11 Bible Study—10:00 a.m. Common Cents —10-2:00 p.m. AA Meeting— 8:00 p.m.	12 Women's Guild Meeting—12:00 noon	13 Common Cents 10—2:00 p.m.	14	15 Daughters of The King meeting— 10:00 a.m.
16 The Sixth Sunday after The Epiphany —The Holy Eucharist 10:00 a.m.	17	18 Bible Study—10:00 a.m. Common Cents —10-2:00 p.m. AA Meeting— 8:00 p.m.	19 Community Luncheon— 11:30—1:00 p.m. Services at Nor- wood Group Homes—3:30 p.m.	20 Common Cents —10-2:00 p.m.	21	22 Common Cents —10— noon
23 Last Sunday after The Epiphany - Holy Eucharist —10:00 a.m.	24 Saint Mat- thias The Apostle	25 Bible Study— 10:00 a.m. Common Cents 10—2:00 p.m. AA Meeting— 8:00 pm	26 Ash Wednesday —Holy Eucharist & Imposition of Ashes—5:30 p.m.	27 Common Cents - 10-2:00 p.m.	28 Stations of the Cross at noon	29 Common Cents -10-noon

SUNDAY MON-
DAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 First Sunday in Lent— Holy Eucharist— 10:00 a.m.	2	3 Bible Study— 10 a.m. Common Cents —10—2:00 p.m. AA Meeting 8:00 p.m.	4 Service at United Helpers in Canton—10:00 a.m. Lenten Luncheon at St. Philip's— Noon	5 Common Cents— 10—2:00 p.m.	6 Stations of the Cross—Noon	7 Common Cents —10— Noon
8 Second Sunday in Lent —10:00 am— Holy Eucharist Daylight saving time begins	9	10 Bible Study — 10:00 a.m. Com- mon Cents —10— 2:00 pm AA Meeting —8:00 p.m.	11 Lenten Lunch at United Meth- odist Church— Noon Women's Guild 1:30 p.m.	12 Common Cents — 10—2:00 p.m.	13 Stations of the Cross—Noon	14 Vestry— 10:00 a.m. Common Cents -10— Noon
15 Third Sunday in Lent—Holy Eucha- rist 10:00 a.m.	16	17 Bible Study — 10:00 a.m. Com- mon Cents —10— 2:00 pm AA Meeting —8:00 p.m. St. Patrick's Day	18 Lenten Lunch— Knapps Station Church—Noon; Services at Nor- wood Group Homes—3:30 p.m.	19 Community Lunch—11:30-1:00 p.m. Common Cents— 10—2:00 p.m. First Day of Spring	20 Stations of the Cross—Noon	21 DoK Meeting— 10:00 a.m. Common Cents -10— Noon
22 Fourth Sunday in Lent 10:00 am— Holy Eucharist	23	24 Bible Study— 10:00 a.m. Common Cents — 10—2:00 p.m. AA Meeting—8:00 p.m.	25 The Annuncia- tion of our Lord Jesus Christ to the Blessed Vir- gin Mary Lenten Lunch at St. Andrew's noon	26 Common Cents — 10—2:00 p.m.	27 Stations of the Cross—Noon	28 Common Cents —10— Noon
29 Fifth Sunday in Lent —10:00 am— Holy Eucharist	30	31 Bible Study— 10:00 a.m. Common Cents— 10—2:00 p.m. AA Meeting—8:00 p.m.				