

SAINT PAUL'S Epistle

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February 2010

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MAKING A CASE FOR LENT

On February 17, Ash Wednesday, the Christian Church will enter into a new liturgical season called Lent. Lent is a 40 day period (not including its 6 Sundays) that leads up to Easter. It offers us an opportunity to prepare for Easter by advocating those disciplines that will ready our hearts and minds for such a celebration. But it seems as if the disciplines of Lent have become more and more neglected. Our lives are encumbered by so many “things” that we have little or no time to actively work on our spiritual health. I believe there is good reason to recommit ourselves to these disciplines.

Years ago, when I was living in the Boston area attending seminary, I had to drive up and down a road each day that had a stretch of light rail track running down its middle, parallel with the traffic. The track was actually part of the road. And while it was flush with the level of the pavement you still had to be very careful when changing lanes or when entering or exiting the road. Each time you crossed over these tracks, they would grab at the sides of the tires and twist them sharply making the steering wheel jerk in your hands.

Not only did these tracks make driving more difficult, it made it more costly. Each Spring it became necessary to pay to have my front end realigned. The tracks, along with the other potholes and road hazards of winter, would throw my tires so out of alignment that my steering wheel would start wobbling back and forth every time I drove.

The disciplines of Lent are like that seasonal journey to the garage to have our front ends realigned. During the course of our busy lives our priorities and values, our attitudes and the states of our hearts are repeatedly challenged and assaulted. And as a consequence our lives can seem to be—well—out of alignment.

By participating in the disciplines of Lent our hearts and lives can be brought back in line with God's will for us. But what are these disciplines, anyway?

Worship: The first place we begin is in worship. This may seem so simple as to be trite, but it is true. Each of us, whether we are intentional or not, worship one way or another each and every day. Worship, in its broadest sense, is that conscious or unconscious devotion we pay to our god or gods. This devotion shapes our hearts and lives according to the allegiances, priorities and values that nat-

urally flow from that god. If our god is the One that created the universe and all that exists, the God that we encounter in Jesus, then our worship of God will bring us an ever richer experience of life. If our god is anything less, then we become shaped accordingly.

The intentional *liturgical* worship that we are invited to participate in during Lent offers an opportunity to clean all the false and lifeless idols off of the altar of our hearts. It begins with the recognition that, indeed, our hearts are idolatrous, that we are inclined away from God, and turned inward upon ourselves. And it ends with the promise that forgiveness is given, and hope is renewed.

Prayer: Daily disciplined prayer can make all the difference in refocusing our lives, too. Martin Luther is reported to have said that when he was the most busy, it was then that he would spend the most time in prayer. And prayer is not about repeating words, it is about becoming completely honest with God, about opening every area of our lives, even those most painful and damaged, to his love and care.

Scripture Reading: Another discipline, springing from worship and prayer, is the regular reading of scripture. Meditating upon a passage from the Bible helps us to deepen our understanding of God's love for us and those about us. God's word reminds us of who we are—children created in the image of God, yet sinners in need of redemption. This kind of reading exercises more than the mind, it feeds our souls.

Service: Finally, Lent calls us to turn toward our neighbors, especially those most vulnerable. In Matthew 25:40 Jesus tells us that “just as you did it to one of the least of these who are members of my family, you did it to me.” In Lent we are called to serve Jesus by serving our neighbor. And as we do, we come to a deeper understanding of what life is truly all about. The irony is that when we love others, we often get back more than we give.

My hope and prayer for all the members and friends of St. Paul's is that Lent will become a time of renewal. Below you will find a description of the services offered during Lent. Join us and become part of the renewing not only of our personal hearts and lives, but also of this community.

Pastor Haffenreffer

WORSHIP OPPORTUNITIES DURING LENT

Bible Study will continue on Wednesdays at 10:30 A.M. Our focus during February will be to explore who Jesus is for us. We will look at the idea of Jesus death and resurrection for us and for our lives by first exploring the idea of the atonement (what God has done for us in Jesus to restore wholeness to humanity) and then, during Lent, by exploring the “Five Cries of the Human Soul” (the cry of abandonment; the cry of outrage against injustice; the cry of empty meaningfulness; the cry of guilt and shame; and the cry of exhaustion within life’s challenges) and then asking how God’s love in Jesus addresses each of these cries.

Ash Wednesday Service will take place on Wednesday, February 17 at 7:00 P.M. This service will include both the imposition of ashes and Holy Communion.

Wednesday Nights in Lent, starting on February 24 and continuing through March 24, will include a light supper at 6:00 P.M. followed by a 45 minute Vesper Service (Evening Prayer) beginning at 7:00 P.M. The theme of the “Five Cries of the Human Soul” will guide the focus for each of the Lenten services. ***We need volunteers to help coordinate our suppers!***

Adult Forum Between the two services, from 9:15 to 10:00, Pastor Haffenreffer will take a closer look at the scriptures chosen for that Sunday. This informal exploration is a great follow-up to the sermon (for those attending the early service) as well as a way of preparing for worship (for those attending the 10:30 service.)

Service Opportunities Lent is a good time to begin something new, especially something that will help others. There are many opportunities to serve others. Here are a few suggestions: Join us in serving meals at South Park Inn (Feb. 17), or Mercy House (Feb. 27); sign up for Nursery duty (there are still plenty of open Sundays); bring food or other items in for our food pantry (or bring items like

soaps, towels, and other toiletries for South Park Inn); become a Eucharistic Minister and bring Communion, and a large dose of God’s love, to those who are homebound or in nursing homes; become an Assisting Minister and help us share God’s love through word and sacrament. These are a *few* of the many possibilities that exist. The point is, give of your time to someone who truly needs it.

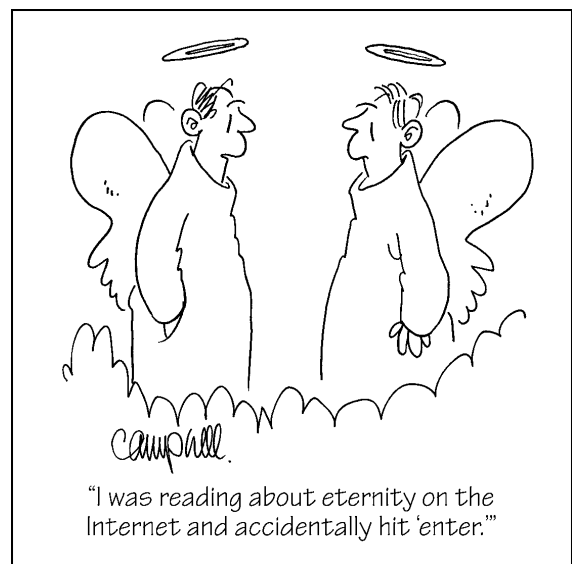
If you have any questions about this or anything else discussed above, please contact Pastor Haffenreffer.

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**2010 Census Jobs:
Earn Extra Money,
Serve Your Community**

While the economy continues to create uncertainty, the U.S. Census Bureau is providing opportunities for individuals to supplement their incomes with flexible, good-paying jobs—hiring hundreds of temporary workers in the local area to ensure the 2010 Census is a success.

For more information on temporary employment with the U.S. Census Bureau, or to schedule an appointment to take an employment test and submit an application, call the toll-free 2010 Census Jobs Line: 1-866-861-2010.





FEBRUARY BIRTHDAYS

- | | |
|--------------------|---------------------|
| 1 Glen Warstock | 22 Kyle McDonald |
| 2 Sandra Colpitts | 23 Diane Bayek |
| 3 Griffin Myers | 24 Joyce Pieciewicz |
| 5 Peter Lupoli | 25 Robert Prill |
| 8 Doris Bunnell | 25 Gavin Power |
| 8 Debbie Viola | 27 Sandra Schultz |
| 16 Kyle Parsons | 28 Sara Colpitts |
| 17 Federico Preuss | 28 Walter Rupparr |
| 18 Winnie Sawrun | |

**Is your birthday missing from the monthly birthday list?*

**Do we have you listed with the incorrect birth date?*

**Do we have someone on the list that should be removed?*

Please contact the church office if you are able to assist in any of these questions.

FRIENDS OF LUTHER RIDGE

The Friends of Luther Ridge, formerly known as Friends of The Lutheran Home, have made a significant difference in the lives of the residents at the Middletown facilities since forming over 30 years ago. We are a small, but dedicated group.

You are cordially invited to our next meeting on Monday, Feb. 8, at 9:45, in the second floor meeting room at Luther Ridge. Come see the ART GALLERY we funded! For info call Sue Sonstrom at 860-665-9745.

Thank you,
Sue

Bins are located in the fellowship area, church office, furnace room & downstairs kitchen.



COMING SOON!

Bake Sales to raise funds for Diakonia (service) projects, our caring ministry, and to bring the kitchen at St. Paul's up-to-date. Bake Sales will be on the first Sundays of each month, with specific baked items available on each date:

Feb 7th ~ pies

March 7th ~ cakes & cupcakes

April 4th ~ breads & rolls

May 2nd ~ cookies & bars

June 6th ~ varieties of baked goods

Do you have a favorite item that you bake? Please sign up for one or more of these sales. If you don't bake, but love sweets, be sure to purchase something!

Thanks for your participation! Call Ellie B. 860-666-7877, to participate in this project.

WANTED

ASSISTING MINISTERS NEEDED ~ please contact Janet at the church office, 860-529-5397

USHERS NEEDED ~ please contact Louise Lostocco, 860-529-3079

FLOWER & CANDLE CHART

The 2010 chart is posted and we still have some open dates. Please note that the cost of the flowers did not go up this year, (\$40 per week).



The Eternal candle did go up to \$20 per month. *Please indicate on the chart if you will be using your own florist.

SOUTHPARK INN & MERCY HOUSE

The next date to serve meals at S.P.I. will be Wednesday February 17th. Our first visit to serve at Mercy House will be Saturday, February 27th. We meet at St. Paul's @ 4:15 PM. For information or to indicate your desire to participate, please contact Jim Newmark at (860) 268-5070 or jnewmark@stpaulswethersfiled.org.



VALENTINE'S DAY DINNER
FEBRUARY 13, 2010 5:30 - 7:30 PM

ST. PAUL'S LUTHERAN CHURCH
371 WOLCOTT HILL ROAD
WETHERSFIELD, CT

"HONEY HAM & SWEET POTATOES"

- SALAD
- CORN
- GREEN BEANS
- HOMEMADE DINNER ROLLS
- HOMEMADE CHEESECAKE
- CHOCOLATE COVERED STRAWBERRIES
- COFFEE, TEA, PUNCH
- \$14 Adult, \$7 Child,
\$35 Family (3 children)



CONTACT JIM NEWMARK OR RICK SEIP (860) 529-5397

TO BENEFIT OUR OUTREACH ACTIVITIES

PREVENTING DISEASE THROUGH PHYSICAL ACTIVITY

The Stewardship Team at St. Paul's believes that taking responsibility for one's health is an important but sometimes overlooked component of Christian stewardship. As part of the Health Stewardship series, Rick Seip will speak on February 7 at 12:30 PM on the relationship of physical activity to common diseases. Emphasis will be on heart disease, stroke and diabetes. Light lunch / refreshments will be provided. The team plans to invite other speakers in a series that will continue through the 2010 year.

Richard L. Seip, PhD, is an exercise physiologist and research consultant for Genomas, Inc., affiliated with Hartford Hospital, Hartford, CT. He studies the physiological response variability that is characteristic of lifestyle (exercise and diet) and pharmacologic intervention (e.g., statin myopathy). An Adjunct Professor of Kinesiology at the University of Connecticut, he previously directed the Exercise Science program at the University of Nebraska at Kearney following fellowship training in human lipid metabolic research at Washington University, St. Louis. He regularly speaks to employee groups about cardiovascular disease risk avoidance on behalf of the American Heart Association.

Rick Seip



One Sunday morning, the pastor noticed little Alex standing in the foyer of the church staring up at a large plaque. It was covered with names and small American flags mounted on either side of it. The six-year old had been staring at the plaque for some time, so the pastor walked up, stood beside the little boy, and said quietly, "Good morning Alex." "Good morning Pastor," he replied, still focused on the plaque. "Pastor, what is this?" The pastor said, "Well son, it's a memorial to all the young men and women who died in the service." Soberly, they just stood together, staring at the large plaque. Finally, little Alex's voice, barely audible and trembling with fear asked, "Which service, the 8:30 or the 10:30?"


Submitted by Woody Anderson

Thoughts to Prepare Us for Lent

To deny oneself is to be aware only of Christ and no more of self, to see only him who goes before and no more the road which is too hard for us.

Dietrich Bonhoeffer,
The Cost of Discipleship,

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Outreach Mtg. 7 PM OA 7:30PM	3 Bible Study 10:30 AM Youth Group 6:30 PM AA 7 PM Choir rehearsal 7:30 PM	4 Thurs. Group 10AM	5 AA 10 AM	6 AA 7:30PM
7 Holy Comm. 8 AM Holy Comm. 10:30 AM Sunday School 10:30 AM	8	9 OA 7:30PM	10 Bible Study 10:30 AM Youth Group 6:30 PM AA 7 PM Choir rehearsal 7:30 PM	11 Thurs. Group 10AM	12 AA 10 AM	13 Valentine's Day Dinner: 5:30 PM AA 7:30PM
14 Valentine's Day Holy Comm. 9 AM Holy Comm. 10:30 AM Sunday School 10:30AM	15	16 OA 7:30PM	17 Bible Study 10:30 AM South Park Inn 4:15 PM Ash Wednesday Service 7PM AA 7 PM Choir rehearsal 8 PM	18 Men's Breakfast 7:30AM Thurs. Group 10AM	19 AA 10 AM	20 AA 7:30PM
21 Holy Comm. 9 AM Holy Comm. 10:30 AM Sunday School 10:30AM	22 Pastor away	23 Parish Admin. 6:30PM Council 7:30PM OA 7:30PM	24 Bible Study 10:30 AM Lenten Soup&Salad 6:00PM Lenten Service 7 PM AA 7 PM Choir rehearsal 7:45 PM	25 Thurs. Group 10AM	26 AA 10 AM	27 South Central Mission Area Assembly: St. Andrew Luth, Bristol 8:30AM - 4:30PM Mercy House 4:15 PM AA 7:30PM
28 Holy Comm. 9 AM Holy Comm. 10:30 AM Sunday School 10:30AM	28					

ST. PAUL'S MEMBERS IN SERVICE FOR February 2010

ACOLYTES:

Linda Anderson, Coordinator, 659-4094

- Feb 7 - Kaitlin Anderson
- 14 - Celia Cheyney
- *17 - Jared Christensen
- 21 - Cameron Cheyney
- 28 - Angela Mihalick

ALTAR GUILD:

Linda Anderson, Coordinator, 659-4094

- Feb 7 - Jennie Dott & Betty Lamo
- 14 - Anderson, Linda & Kaitlin
- *17 - Ann French & Winnie Sawrun
- 21 - Carol Farley & Debbie Howe
- 28 - Mary Procyk & Cindy Seip

ASSISTING MINISTERS:

- Feb 7 - Art Bruce - 8:00
- Jerry Vaillancourt - 10:30
- 14 - Emily Lourigan - 8:00
- Patty Bengtson - 10:30
- *17 - Mike Coyle - 7:00
- 21 - Jim Newmark - 8:00
- Bill Fisher Jr. - 10:30
- 28 - *Volunteer Needed* - 8:00
- Mary Procyk - 10:30

COMMUNION ASSISTANTS:

Sue Agne, Coordinator, 563-0776

- Feb 7 - Mike Coyle
- 14 - Jim Newmark
- *17 - Mary Procyk
- 21 - Patty Bengtson
- 28 - Helen Peterson

FELLOWSHIP HOUR HOSTS:

Winnie Sawrun, Coordinator, 529-7588

- Feb 7 - Joanne & Allen Piscitello
- 14 - Debbie & George Howe
- 21 - Mary Procyk & Tracy Newmark
- 28 - Debbie & Amanda Viola

FINANCE:

Mary Procyk, Coordinator, 257-4793

- Feb 7 - Debbie Viola
- 14 - Art Bruce
- *17 - George Howe
- 21 - George Howe
- 28 - Winnie Sawrun

LECTORS:

Lillian Doerschler, Coordinator, 529-1939

- Feb 7 - Sue Agne
- 14 - Winnie Sawrun
- *17 - Emily Lourigan
- 21 - Joan Kratzer
- 28 - Carol Bruce

NURSERY:

Ann French, Coordinator, 529-3245

- Feb 7 - AnnMarie & Katie Grottke
- 14 - *Volunteers needed*
- 21 - *Volunteers needed*
- 28 - *Volunteers needed*

USHERS:

Brian Beckwith, Coordinator, 8AM, 563-4066

- Feb - Emily Lourigan

Louise Lostocco, Coordinator, 10:30AM, 529-3079

- Feb 7 - Bob Bowman & Dick Agne
- 14 - Bob Bowman & Curt Leonard
- *17 - Bob Bowman & Curt Leonard
- 21 - Bob Bowman & Curt Leonard
- 28 - Bob Bowman & Curt Leonard

****Ash Wednesday 2/17 ~7:00 PM***

SAINT PAUL'S **Epistle**

SAINT PAUL'S EV. LUTHERAN CHURCH
371 Wolcott Hill Road
Wethersfield, CT 06109
www.stpaulswethersfield.org

RETURN SERVICE REQUESTED

SAINT PAUL'S EVANGELICAL LUTHERAN CHURCH

WORSHIP SCHEDULE
Worship at 8:00 and 10:30AM
Adult Ed. at 9:15AM; S. C. S. at 10:30 AM

OFFICERS AND STAFF
Rev. Hugh R. B. Haffenreffer, PastorOffice: (860) 529-5397
Cell Phone: (860) 966-7360
pastorh@stpaulswethersfield.org
Office ManagerJanet Vasel: janet@stpaulswethersfield.org
Council President.....Rick Seip: rseip@stpaulswethersfield.org
Council Vice President.....Jim Newmark: jnewmark@stpaulswethersfield.org
SecretaryBill Fischer: bfischer@stpaulswethersfield.org
TreasurerTom Grottke: tgrottke@stpaulswethersfield.org
Financial Sect'y/Bookkeeper.....Mary Procyk: mprocyk@stpaulswethersfield.org
Minister of MusicMelissa Cheyney
Superintendent of Sunday Church School.....Alice Rupp

REMINDERS:
Ash Wednesday Service: Feb. 17 at 7PM. Wed. Evening Prayer starts the 24th!
Material for the March issue of the Epistle, must be submitted to Janet by
February 15th: janet@stpaulswethersfield.org or (860) 529-5397

February 2010