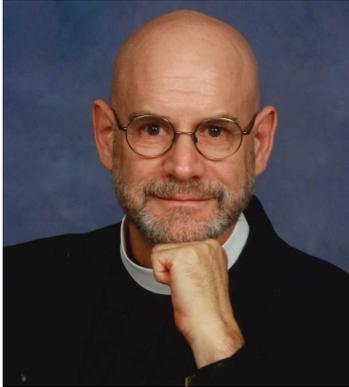




† ST. FRANCIS' EPISCOPAL CHURCH COMMUNIQUE

February—2021

The Newsletter for St. Francis



Fr. Jack Zamboni

A Letter from Fr. Jack Zamboni, Rector

Where is your passion for God?

Lent, we've often been taught is a time for giving things up. I'd suggest, instead, it is a time for going deeper – deeper into our living and understanding of the Christian faith; deeper into the life of the Spirit; above all, deeper into God.

Elsewhere in this Communiqué is information on Ash Wednesday Worship and Spiritual Formation opportunities (including Lent Madness). Here, I want to suggest another approach – getting in touch with your passion for God.

I believe that St. Francis matters to us is because at one or more times in our lives, God's love in Christ has moved, touched, changed -- even saved -- our lives in one way or another. If we reflect on those experiences, we can get in touch with our passion for God.

So - where is your passion for God? What in your experience of the Good News of God's love in Christ makes you feel alive, hopeful, energized? Where has the love of God become real for *you*?

Maybe you know the answers to those questions and know it well enough to tell someone else. But if you're not sure how to name your passion for God – or maybe if you're unsure exactly what it is -- here is an idea that may help you begin to put it into words. In a time of prayer and reflection, recall your life in the presence of God.

As you do, start asking questions like these:

- When in your life have you felt most connected to God?
- What about the Christian story makes your heart sing and brings you joy?
- What parts of Christian faith, life, or practice could you absolutely not live without?
- What do you put most of your time and energy into when it comes to living as a Christian?
- What moves you to tears and what makes you laugh?
- Where have you known love at its greatest depth?
- What are the deep desires of your heart?
- What do you most want God to give you?
- What do you most want to give to God?

If you spend prayerful time reflecting on these questions and maybe even talk to another Christian about them, you'll go a long way towards getting a handle on your passion for God and for the Gospel. And if you do nothing else this Lent, you will have moved deeper in your life in Christ.

Peace,

A handwritten signature in cursive script that reads "Jack" followed by a simple cross symbol.

Ash Wednesday in Coronatide

Ash Wednesday is the day the Church bids us face our mortality: *Remember that you are dust, and to dust you shall return.* With the pandemic bringing mortality before us in a way none of us have likely experienced before, you might wonder whether we need that reminder this year. I believe we need it now more than ever – in order to set the reality of mortality in the context of Christian faith and hope, as we pray in the Burial service: *All of us go down to the dust, yet even at the grave we make our song: Alleluia, alleluia, alleluia.*ⁱ So we will observe Ash Wednesday – but as with everything else in this time of pandemic, our observance will need to change this year.

- **Ashes to Go:** Bishop Stokes has wisely directed that we not offer Ashes to Go in public settings like the Dunellen Train Station this year. The challenges to doing this well and safely for all concerned are simply too great.
- **Ashes by Sprinkling:** The Bishop also discourages the familiar practice of signing ashes on the forehead. Skin to skin contact with the priest's thumb returning to the same bowl of ashes between people poses risks. Bishop Neil Alexander, a widely respected liturgical scholar, has suggested returning to the more ancient practice of the Church for administering ashes: sprinkling ashes on the head. This practice has roots in the Bible, and, he notes, calls to mind the “dirt that is cast on our mortal remains at the time of burial.”ⁱⁱ That is how we will administer ashes this year in the settings below.



- **On-site/On-Line Worship** – There will be one communal service of Eucharist with Ashes at 7:30 PM on February 17th. On-line worshipers are encouraged to have ashes (of any kind) on hand to sprinkle on the heads of family members and themselves at the appropriate time in the service. I will explore the possibility of distributing ashes to the congregation in advance of Ash Wednesday, but can't say yet whether that will be feasible.
- **Home Visits with Ashes and Communion** – During the day on Ash Wednesday, I would be privileged to bring Communion and administer ashes to parishioners at home by request, observing the safety protocols described on page 8 of the October [Communique](#). Please contact me 732-403-4188 or jzamboni@juno.com to arrange a time.
- **Ashes with Communion at St. Francis** – I will be at St. Francis from 12 Noon to 1:30 PM (longer, perhaps, depending on how many home visits are requested) to offer ashes and Communion to parishioners who choose to come using appropriate safety protocols.

I look forward to observing this holy day and the Holy Season of Lent with you

Jack

ⁱ *Book of Common Prayer*, p. 499

ⁱⁱ “A Note on Ash Wednesday and the Imposition of Ashes in a Time of Pandemic” The Rt. Rev. J. Neil Alexander, January, 2021

Revolutionary Love

Lent and Eastertide Adult Formation

In our country, we are living through an unprecedented season of pandemic, political turmoil, and racial reckoning. We are called, as perhaps never before, with God's help, to live out the baptismal promises we renew at the Easter Vigil:

to love our neighbors (*all* of them) as ourselves;

to strive for justice and peace among *all* people,
and respect the dignity of every human being.

The question, of course, is how? How do we actually do that in the world we find ourselves in today? What practices will prepare, guide, and sustain us in the hard work that needs to be done to help bring to birth what America has long promised but never actually been – a multiracial democracy in which every person is safe and free?



Civil rights lawyer and activist Valarie Kaur says that the answer is *Revolutionary Love* – a “sweet labor” that loves people suffering injustice, loves people who cause injustice, and, not least, loves ourselves. This love, rooted in the great spiritual traditions, can birth “a nation waiting to be born.” (See her share a short teaching on *Revolutionary Love* in this [TED Talk](#).)

In the aftermath of the January 6th attack on the Capitol, two people I deeply respect mentioned Valarie's work to me, for each saw its importance in this season. I began reading her book, [See No Stranger: A Memoir and Manifesto of Revolutionary Love](#), and was moved and inspired. Valarie Kaur is of the Sikh faith, but in her words I heard the cadence of the Gospel and the heart of Jesus. And I heard a Divine invitation to go deeper.

It is no accident that her partners in this work come from many spiritual traditions, including Christian leaders like the Rev. William Barber, leader of the Poor People's Campaign; Brian McLaren, now on the Living School Faculty; and the wise Quaker teacher, Parker Palmer.

So I was thrilled to find a video series in which Valarie unpacks the practices of *Revolutionary Love* in depth, drawing on her own life's story, the wisdom of spiritual traditions, her organizing and legal experience, neuroscience, and more. She offers these practices primarily as ways to engage in the labor of striving for justice, but also talks of how we can use them in personal life.

There's one catch – this series is 12 intersecting sessions long, and needs to be taken as a whole. So this year, I'm inviting us to Adult Formation for the seasons of Lent *and* Easter. We'll do the first 5 sessions on the Sundays of Lent; take a break for Palm Sunday and Easter, resume on the Second Sunday of Easter, and conclude on Pentecost. We'll be on Zoom, of course, starting shortly after the end of the Eucharist each Sunday for an hour and 15 minutes: ~ 30 minutes of video and 45 minutes conversation.

Of all the programs I've offered at St. Francis over time, I'm most excited about this one. It also feels the most essential as we face the challenges of this present day. I hope you'll join me.

Jack ✦

Lent Madness - Who Will Win the Golden Halo?

Lent Madness began in 2010 as the brainchild of the Rev. [Tim Schenck](#). In seeking a fun, engaging way for people to learn about the men and women comprising the Church's Calendar of Saints, Tim came up with this unique Lenten devotion. Combining his love of sports with his passion for the lives of the saints, Lent Madness was born on his blog.

The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time and people vote online for their favorite saint. 16 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. If you're not sure about terminology, [check out our glossary](#). It's free!



In 2011 four "celebrity bloggers" were added to champion particular saints through the Faithful Four. In 2012 we partnered with [Forward Movement](#) and Executive Director Scott Gunn to create our own website and broaden the number of people involved in the writing process, with Tim and Scott serving as the self-appointed Supreme Executive Committee. Along the way we've added more celebrity bloggers, a poster-sized bracket, weekly Monday Madness videos and more.

We've also inspired thousands of people along the way by forming an online community of people who are passionate about taking their faith but not themselves too seriously. Articles and spots about Lent Madness have appeared in the *Washington Post*, NPR, Huffington Post, FOX News, NBC, USA Today, and even *Sports Illustrated*.

Check out the [2021 Lent Madness Bracket](#) for your favorite saints – likely some you've never heard of. Then visit [Lent Madness](#) starting the Thursday after Ash Wednesday (or sooner!) and vote with reckless abandon. We're all spending so much time online this year. Let's have some holy fun while we do so!



OUTREACH

Outreach coordinator: Pam Maiolo

Tradition at St. Francis is that we chose an organization or charity at Advent & Lent to which we designate our special collections. Our Advent recipient was St. Paul's ELCA Food Pantry. Your generous donations enabled us to send a check to St. Paul's for \$2000. That money will go a long way to help with food insecurity for many people in our community.

The Episcopal Diocese of New Jersey has established Episcopal Community Services of New Jersey (ECS-NJ) at this extraordinary time in our nation's history to expand our capacity to meet critical human needs in the cities, towns, and villages our 140 congregations serve, while advocating for meaningful systemic change. ECS-NJ is committed to working to achieve a more just and equitable world. *This year, Episcopal Community Services (ECS) will be the recipient of our special Lent collection at St. Francis. Combining social and racial justice advocacy and awareness-raising with resource provision to empower under-resourced communities is an urgent priority.* You can learn more about ECS-NJ at <https://dioceseofnj.org/ecs>.

If you are using pledge envelopes please indicate ECS under "other". IF you are using the "Donate Now" button on our website (aka VANCO), please use the "Special Offering" line and designate ECS for your donation.

St. Paul's, Edison will continue to be the recipient of your non-perishable food item donations in 2021. The needs of many in our local communities are greater than ever. Please continue to be generous in your giving. Collection bins are in front of church doors for contactless drop off.

STEWARDSHIP

GET INVOLVED!

The Three T's of Giving: Time Talents & Treasures

We each ask ourselves how to live each day as a steward, through our personal interpretations of what it means to live out the Gospel through the 3 Ts: Time, Talent, and Treasure. How do we balance our lives as we attempt to live as good and faithful stewards?

Being good and faithful stewards doesn't just mean we give a little time here, share a talent annually or pledging. Being a devoted and faithful steward requires some sacrifice, not to the point where stewardship has to wear us out (though it sometimes does) but at least to the point where it feels meaningful and purposeful, so that in the end, you know you've made a difference in the world. It starts here at St. Francis, where you've chosen to be an active member.

Carrying out the Gospel with our time, talent, and treasure, while living out the challenging demands of everyday life including COVID pandemic, political unrest & racial injustice is not an easy task. It's not easy to find a balance. Being available to your church when you don't have the time or have the stamina to offer a special skills and talents when you're already feeling overworked mentally and physically is difficult. But with prayer, we can find comfort in our hearts and troubled minds that everything will be taken care of.

Now that Consecration Sunday is completed, and our budget approved at the Annual Meeting on Jan. 24th we continue our year long Stewardship by praying and being mindful of our joy, light, hope, faith, pardon and love as discussed at the Annual Meeting. As we look forward to this year, 2021- a changed world, we should consider how we can participate with our time and talents to fulfill our dreams of how St. Francis might bear witness to God's gifts of joy, light, hope, faith, pardon, and love in the wider world. Please consider giving of your time and/or talents by contacting Fr. Jack or a Vestry member (listed in your Annual Meeting booklet) and sharing skills or asking about tasks that might need to be completed and how you might help. Every offer of you time and/or talent whether little or big is important spiritually and faithfully to the love of Christ here at St. Francis' Church.

Which principle of Stewardship is the easiest for you?

- * Giving of my Time
- * Giving of my Talent
- * Giving of my Treasure
- * All are easy for me

St. Francis' Member in the News

Generous Donor Establishes U.S. Representative John Lewis Memorial Scholarship



The Honorable John Lewis

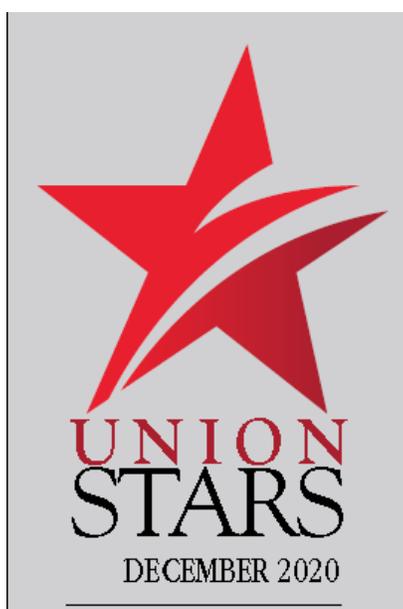
*Berkeley Heights resident
Rev. Dr. Francis A. Hubbard
of St. Francis Episcopal Church has
spent his career helping others and is
motivated by those who have done
the same.*

After the passing of U.S. Representative John Lewis in July 2020, and reflecting on all he did to end racism and promote equity, Rev. Hubbard was inspired to make impact in Union County. When Rev. Hubbard learned about the College's Close the Gap Fund and its impact in helping African American males break racial barriers and achieve their goal of earning an associate degree, he knew he had found a worthy cause. In September 2020 he established the Rep. John Lewis Memorial Scholarship.

Rev. Hubbard was all too happy to support his local community college. His wife, an immigrant from Cuba, attended community college in California and years later when she moved to New Jersey she completed two master's degrees and spent 22 years in secondary education.

Why name the scholarship after Rep. Lewis? It's an effort to honor his legacy for future generations. Each year, four scholarships will be awarded to African American students who are in a leadership role at the College or in their community involved in the struggle for racial justice and who have financial need.

Rev. Hubbard welcomes contributions to the scholarship in hopes it can eventually be endowed and continue in perpetuity. For now, he will support it annually and looks forward to meeting the four students who benefit from the scholarship. If you are interested in donating to this scholarship, please contact the Foundation's Executive Director, Doug Rouse at (908) 709-7113 or douglas.rouse@ucc.edu.





Black History Month Event with Guest Speaker

Building on last year's wonderful Black History Month event (without the good food, alas!), we will observe Black History Month with an online program on Sunday, February 14th following the 10:00 AM Eucharist.

Our featured Guest Speaker will be Michael Gordon, who will speak on *Environmental Justice Now!*

Michael currently serves as a Senior Policy Advisor for the New Jersey Department of Environmental Protection, where he supports and develops Natural Resource Damage (NRD) programs and major NRD cases; implements the Passaic River Superfund Cleanup, and is an advisor to the Environmental Justice Advisory Council. Most recently, Michael participated in the drafting and passage of New Jersey's 2020 first in the nation Environmental Justice Law that would protect New Jersey's overburdened environmental justice communities from certain additional environmental impacts.

Before joining the DEP, Michael was in private legal practice, concentrating in environmental, municipal, and constitutional law. As special counsel, he represented over twenty New Jersey municipalities and the State of New Jersey, as well as grass roots environmental organizations, private citizens, and environmental organizations, in areas such as of hazardous waste, environmental justice, water pollution, environmental aspects of real estate transactions, emergent public health issues, environmental compliance, and natural resource damages. He has served as environmental attorney to the Ironbound community in Newark over the past thirty years on issues including dioxin contamination, garbage incineration, and hazardous waste cleanup.

He is a graduate of Columbia University and Rutgers Law School, and has taught at Montclair State, and Rutgers and Seton Hall Law Schools. Among his many recognitions are "Super Lawyers" Top 100 Selection in Environmental Law awarded by his peers, Top Ten Leaders in Environmental Law in the State of New Jersey from the Digital Press, and a Lifetime Achievement Award for shaping Environmental Law in New Jersey from the New Jersey Law Journal.

FEED YOUR SOUL

St. Francis Offers a Quiet Retreat for Renewal and Hope

We've passed through a hard year, and we all know early 2021 will also be hard at least into spring. So on **Saturday, February 13, 1-3:30PM**, St. Francis will host a quiet retreat for anyone interested who wants to gather and join in a communal afternoon with friends and God.

Kate Mason will offer a guided introduction to silent prayer. Marilyn Zimmerman, a certified labyrinth facilitator, will provide a Finger Labyrinth Walk. There will also be time for optional sharing as everyone feels moved.

Though there is no cost, we do ask people to register in advance so we can better plan ahead, and because we need to ensure everyone has a Finger Labyrinth before we gather.

If you'd like to join this quiet gathering, or if you want more information, email Kate at kate.mason.alchemy@gmail.com.



Intercessory Prayer Meets on St. Francis Zoom

Intercessory Prayer Group meets on the first Thursday of the month at 1PM and at 6PM on the third Thursday of the month. Contact Father Frank Hubbard.

Contemplative Prayer is Easier—Now Every Wednesday

Lent is a time for stillness, for going within. It is a time to allow God to meet us in sacred silence. Join us for Contemplative Prayer and get to know the Divine in this special and transformative way. No experience with silent prayer or meditation is ever required.

We have two offerings to accommodate schedules:

- ◇ Every Wednesday afternoon at 1 pm - 25-minute sit. Join via the "Zoom" link on the St. Francis website.
- ◇ On the first and third Mondays at 7 pm - 10-minute sit. Join via <http://www.stdavidscranbury.com/events.html>.

With questions, email Kate at kate.mason.alchemy@gmail.com.



FEBRUARY HEALTHY BITS

Since February is American Heart Month, I thought it would be helpful to remind us all to take care of our hearts! In an article in '[healthy together](#)'...A publication of Robert Wood Johnson Hospital, Somerset, Dr. Oxana Ovakimyan, a RWJUH Somerset cardiologist states "Heart disease is insidious. It often doesn't manifest itself until you experience a heart attack or stroke." In the U.S., someone has a heart attack every 40 seconds! While it can be difficult to change a genetic predisposition to heart disease, there are risk factors that are within your control. Here are steps you can take now to improve your heart health:

- ◇ **Control your Cholesterol.** Total cholesterol should be less than 200 mg/dL; "good" cholesterol should be more than 45mg/dL; and "bad" cholesterol should be less than 100 mg/dL. Lifestyle changes, including healthy eating and exercise, can help you achieve an optimal cholesterol level.
- ◇ **Aim for Healthy Blood Pressure.** A normal reading is less than 130/80mm Hg. Limit your sodium intake to less than 2,000mg per day and take medication if necessary.
- ◇ **Don't Smoke.** Nearly one-third of heart disease-related deaths are caused by smoking and secondhand smoke, according to the American Heart Association.
- ◇ **Watch your Weight.** Being overweight increases your risk of developing high blood pressure, high "bad" cholesterol and low "good" cholesterol, type 2 diabetes and other health problems. Eating a healthy diet and exercising regularly can help you keep your weight in check.
- ◇ **Eat a Diet Rich in Vegetables, Fruits and Whole Grains.** Research shows that a low-fat, low-sodium diet high in whole grains (quinoa, farro and bulgur, for instance) and plant-based foods is best for heart health. Fill more of your plate with vegetables instead of red meat, which can be high in fat. A study published in *The American Journal of Clinical Nutrition* showed that a plant-based diet was associated with a 53% lower risk of dying from heart disease. Also, consider substituting meat with protein-rich beans, chickpeas and tofu, which have been shown to have a positive effect on blood pressure and weight.
- ◇ **Maximize Movement.** The American College of Cardiology and the American Heart Association recommend getting at least 150 minutes of moderate-intensity exercise each week (that's only 30 minutes, five days a week). Any kind of movement is beneficial, whether it's biking, gardening, walking briskly, swimming or playing tennis.
- ◇ **Get Treated for a Sleep Disorder.** Sleep apnea, a condition that causes you to stop breathing for short periods of time throughout the night, can raise your blood pressure and increase your risk of atrial fibrillation, an irregular heartbeat. If you experience snoring or gasping during the night and daytime sleepiness, see your doctor.
- ◇ **Reduce Stress.** Studies have shown that stress can have an impact on the heart. It can lead to stress-induced cardiomyopathy, in which the body overproduces the stress hormones cortisol and adrenaline, reducing heart function. Stress also increases blood pressure. Consider taking a yoga class, which can help reduce stress and lower blood pressure.

Let's all stay healthy so we can continue enjoying each other through our St. Francis family!

CELEBRATIONS

FEBRUARY BIRTHDAYS

Catherine Pfeiffer	02/01
Errol Maye	02/01
Vanessa Phua	02/03
Matthew Toke	02/05
Benit Kurian	02/08
Daryl DeRogatis	02/09
Ilia Scriven	02/16
Jack Zamboni	02/16
Joy King	02/16
Chris Colwell	02/18
Merris Maye	02/20
Anthony DeRogatis, Sr	02/21
Richard Trotman, Jr.	02/21
Xavier McConney	02/22
Trinity Kolarick	02/24
Sam Mathew	02/25
Samuela Crowther	02/26

FEBRUARY BAPTISMS

Benit Kurian	02/08
Christy McGuire	02/11
Geraldine Peters	02/13
Kaitlyn Meyer	02/16
Juan Tirado	02/19
Sharon Benjamin	02/20

FEBRUARY CONFIRMATIONS

Christy McGuire	02/11
Althea Heirholzer	02/27

FEBRUARY WEDDINGS

Michelle & Jeff Klastava	02/01
Carline & Paul Sinckler	02/02
Karen & Cecil Baker	02/14



MONTHLY CALENDAR & LITURGICAL SCHEDULE

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7PM Contemplative Prayer (W/St. David's)	2	3 1PM Contemplative Prayer Group 7PM Bible Study with Bishop Stokes	4 1PM Intercessory Prayer Group 7PM Lay Leader Town Hall with Bishop Stokes	5	6
7 FIFTH SUNDAY AFTER THE EPIPHANY 10AM Holy Eucharist (On-Site and Via Zoom/Facebook)	8	9	10 1PM Contemplative Prayer Group 7PM Bible Study with Bishop Stokes	11 7PM Lay Leader Town Hall with Bishop Stokes	12	13 1-2:30PM QUIET RETREAT FOR RENEWAL AND HOPE
14 LAST SUNDAY AFTER THE EPIPHANY 10AM Holy Eucharist (On-Site and Via Zoom/Facebook)  Black History Month Tribute	15 7PM Contemplative Prayer (W/St. David's)	16	17 ASH WEDNESDAY 12-1PM Ashes & Communion at STF 1PM Contemplative Prayer Group 7PM Bible Study with Bishop Stokes 7:30PM Eucharist with Ashes at STF	18 6 PM Intercessory Prayer Group 7PM Lay Leader Town Hall with Bishop Stokes	19	20
21 FIRST SUNDAY IN LENT 10AM Holy Eucharist (On-Site and Via Zoom/Facebook) 11:30AM Revolutionary Love	22	23	24 1PM Contemplative Prayer Group 7PM Bible Study with Bishop Stokes 7PM VESTRY MEETING	25 7PM Lay Leader Town Hall with Bishop Stokes	26	27
28 SECOND SUNDAY IN LENT 10AM Holy Eucharist (On-Site and Via Zoom/Facebook) 11:30AM Revolutionary Love						

ST. FRANCIS LITURGICAL SCHEDULE (On-Site & On-Line Services)

ROLE	USHERS <u>On-Site</u>	Camera <u>On-Site</u>	FIRST LESSON <u>On-Line</u> Reader	PSALM <u>On-Line</u> Reader	Zoom Host	USHER (Zoom/Facebook)	SECOND LESSON <u>On-Site</u> Reader	PRAYERS OF THE PEOPLE (*) <u>On-Line</u> Reader
FEBRUARY 7	Alan/David	David	Kathy	Elaine	Christy	Heather/Cynthia	Sharon	Amy
FEBRUARY 14	Bill/Barbara	Fausto	Janet	Hilary	Jabari	Christy/Ilia	Bill	Paul
FEBRUARY 17 Ash Wednesday	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
FEBRUARY 21	Chris	Fausto	Larry	Kathy	Julia	Ilia/Heather	Chris	Pam
FEBRUARY 28	Jabari/Grace	Jabari	Rillette	Princess	James	Cynthia/Gerriane	Grace	Cynthia

Ash Wednesday Service assignments are TBD at the moment – we will be asking for volunteers.

CONDOLENCES



The Reverend Kenneth J. Mart, retired pastor at the First Baptist Church of New Market for many years has died at the age of 91.

Pastor Mart was active in the local community and was part of the Piscataway Dunellen clergy association. In late 1989, when Saint Francis Church was about to be rendered homeless as our old building (Holy Innocents) was demolished to make way for the “new” Saint Francis Episcopal Church Pastor Mart and his congregation welcomed us.

We held weekly worship there, had an annual meeting there and even a confirmation service with our Bishop. Pastor Mart may be remembered from his participation in our community Lenten services at Christ United Methodist Church and as a guest preacher at Saint Francis. Prayers and condolences are sent to his wife of 69 years, Bonnie and their family.

A truly wonderful man. May he rest in peace.

THE SYMBOLS OF LENT AND THEIR MEANING?

Posted on 21 March 2017 by mafrivale

Lent is an important period in the Church calendar. It is a forty-day period in preparation for Easter, the greatest feast of the Liturgical Year. In addition, it is a penitential period of fasting, intense prayer and alms-giving. All these aspects are geared towards following Christ in his suffering until Calvary and further. In order to be in solidarity with Jesus on his way to Calvary, we have some symbols which are very helpful during this period of lent, and I would like to share some of them with you. They are as follows:



Ashes: They remind us of the creation story that we are made from dust (Gen 2:7). They symbolize our human mortality and need for forgiveness, humility, purification and sorrow for our sins. Similarly, the ashes remind us that we are vulnerable persons before God and as it is written in Gen (3:19) that, 'we are dust and unto dust we shall return.'

Violet/purple color: This is a somber color for the Lenten season which signifies humility, willingness to repent, mourning for the sins and suffering with Jesus.

Stones: They remind us of Jesus' experience in the desert for forty days and being tempted by the devil. Jesus was tempted by the devil to change stones into bread but he did not heed to the devil. He remained steadfast and overcame the temptations. The stones symbolize austerity and rigor, desolation, misery and sadness.



Fish: It is a symbol of lent which calls us to fast on Ash Wednesday and Good Friday. It further reminds us of abstinence from meat on all the Fridays of Lenten season.

Incense: It is a symbol of prayer, and as it is written in Ps (141:2) that 'Let my prayer come like incense before you.'

A money bag: It symbolizes the Lenten penitential practice of alms-giving. In the book of Tobit (12:8-9), it says, 'prayer and fasting are good, but better than either is alms-giving accompanied by righteousness.'



Thorns: It reminds us of physical suffering, loneliness and injustices in the world.

Cross: It symbolizes victory over death and salvation from sin.

May these symbols help us to prepare spiritually during this Lenten season in our encounter with God in the salvation mysteries.

*St. Francis Episcopal Church
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Dunellen, NJ 08812*

ST. FRANCIS EPISCOPAL CHURCH

www.stfrancisdunellen.org (732) 968-6781

February 2021

Rector

The Rev. Jack Zamboni

Vestry

Amy Myzie—Sr. Warden, Finance, Buildings & Grounds
Paul Sinckler—Jr. Warden, Finance, Buildings & Grounds
Kathy Balenson—Sunday School, COME, ECW
David Doll—Buildings & Grounds
Christy McGuire—Stewardship, Communications
Hilary Cox—Finance, Outreach
Pam Maiolo—Outreach, Finance, Buildings & Grounds, Rectory Liaison
Marie Petit-Holmes

Vestry (continued)

Gerrienne Breck—Vestry Clerk
Larry Quirk—Fundraising, Finance
Grace McDougall—COME, Vestry Liaison, Fellowship

Non-Vestry

Ilia Scriven—Treasurer, Finance
Cynthia Pelliccia—Fellowship
Tom Patania, Yuennadi Moya—Buildings & Grounds
Sam Mathew—Website, Facebook
Laura Breck—Communique, Liturgical Scheduling
Nathalie Edwards—Sunday School
Xiomara Mitchell—Fish Hospitality Dinners