

"Man shall not live by bread alone, but by every word that proceeds from the mouth of God."

Matthew 4:4

MARCH 2011

A Message From the Rector

This Valentine's Day, I had the honor of attending my father's retirement dinner after thirty-eight years of teaching at Sewanee. I flew to Tennessee and, along with my older brother, spent the day following Dad around.

I watched him teach two classes, sharing his experience and challenging his students to think clearly about tough questions in human psychology. I listened to him greet students and answer questions in the hall, and heard how he was gently encouraging young people to gain more confidence and take responsibility for their own learning.

I went with him to the town florist to buy a single red carnation, the exact same flower he gave my stepmother on Valentine's Day thirty years before. I saw his face grow animated as he told of plans he'd put in place and things he'd been able to improve, like a new way for parents to participate in commencement and a new tornado warning siren to protect the town. I took a tour of the boat he is building, nearing completion after eleven years of hard work and hands-on learning.

And then, in the evening, I stood beside him as he spoke passionately about his desire to make his community better, to contribute to the University's legacy of civility, integrity, and intellectual exploration. I joined in the standing ovation, my face beaming with pride.

In short, I got to spend the day remembering and honoring everything that is best about my dad. It was a rare and precious opportunity to turn the whole day over to someone I love. I

had nothing on my schedule, nothing on my to-do list, nothing on my mind except listening to him well and noticing his strengths.

As we enter the season of Lent, we are called to pay attention to God's presence in our lives. For forty days, our tradition asks us to slow down, shift our priorities, and try to spend some time with the Lord we love. Unfortunately, we can't just schedule a date, get on a plane and go visit God. We have to find God where we are, to be patient enough to see God at work here and now in our lives.

We have to clear our hearts of our resentments and regrets and free our minds from our worries and our schemes. Then we begin to notice God a little at a time, a glimmer of hope and purpose here, a burst of love and joy there.

Forty days is a long time. It is an open and spacious time, with plenty of room to come in and out of this holy work, plenty of new days to try and fail and try again. There is more than enough time to make our hearts ready for the work of Easter. For it will be a good Lent if we can find even just one moment to stop and say, "Yes! I know God is right here right now in my life, loving me."

Wishing you a blessed Lenten season,



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Reminder to set clocks ahead for Sunday, March 13th.

Trusting in God: Our Journey through Lent

For this Lent, I am inviting you to share the prayers, poems, and moments from your lives that have taught you how to trust God. For each of the 40 days of Lent, I'll post thoughts from one or more of our members online at a new blog: calvarytrusts.blogspot.com. For those of you who prefer not use the computer to take part, we will also print up each week's posts as a booklet of daily devotions. The booklets will be available at church or by request from the parish office. If you would like to take part, please just let me know (revthea@gmail.com or 617-458-1253). I am excited to hear your thoughts and already deeply moved by the stories I have received from your fellow parishioners.

CALENDAR OF EVENTS

Schedule for February

- 6-One service at 9:00 a.m./Meeting with Rev. Cynthia Hubbard after 9:00 a.m. service
- 8-April Newsletter deadline
- 9-Ash Wednesday Services 11:00 a.m. & 7:00 p.m. in the Sanctuary
- 12-Family Game Night 5:00 p.m.
- 13-Daylight Saving, set clocks ahead/Vestry 11:45
- 15-Senior Luncheon 12:00 p.m.
- 15-18 Rev. Thea at training conference
- 20-Perfect Paws Pet Ministry 5:00 p.m.
- 27-Potluck Luncheon after 10:00 a.m. service



Lunch and Conversation

On **Sunday, March 27**, we will gather for a potluck lunch after the 10:00 a.m. service and a further conversation about the future of our parish. The Vestry invites you to come and talk through the ideas generated in our March 6 workshop with Cynthia Hubbard, sharing concerns and possibilities and moving towards more concrete plans. Childcare will be provided.

By-Laws Update
 The new parish by-laws we adopted at annual meeting were accepted without any revisions by the Standing Committee of the Diocese.

Traveling News

By Linda Coddens

Nance and Herb Proctor arrived at their final winter destination on December 10th, after crossing the United States twice; once on a Northern route and then back on a more southern way. They had covered 11,000 miles in their motor home on mostly two lane highways. They are now living at the Jolly Roger Campground on the Marathon Key in Southern Florida. They did have some 50 degree weather and had to wear a jacket! Seeing Christmas lights in palm trees seemed strange.

On the fourth Sunday of Lent, they attended a service at Saint Columba's Episcopal Church in Marathon as the

Parish observed the fiftieth anniversary of the consecration of the Church. The service was celebrated by The Most Reverend Katherine Jefferts Schori, Presiding Bishop of the Episcopal Church!! They were duly impressed.

Nance says that the church was once a mission parish, but now has a full time priest. However, they do their pledging in January, presumably after the 'snow birds' arrive.

Donna and John Joyce are also in Florida. After Donna recovered from her gall bladder surgery, they all spent a few days together and toured Key West. There is a dolphin sanctuary nearby and they spent some time there. They are all enjoying the sun and warm weather.

From the Kitchen of Barbara French

By Barbara French

February may have been short in its number of days; but, it made up for that in the amount of snowfall. Let's pray for better weather along with good health. After all the "Christmas & Valentines" sweets, here is a healthy and delicious salad to start the Lenten Season.

Barbara Coleman's 24-hour Salad was a real "hit" at the Bishop's Luncheon, and she was happy to share the recipe with all of us.

1 head Romaine Lettuce (chopped)	1 Green Pepper (chopped)
1 bag Frozen Green Peas (baby)	bunch Celery (chopped)
Bunch Scallions or Onion (chopped)	1 can Water Chestnuts
1 jar Miracle Whip Dressing	4-5 hard boiled Eggs (chopped)
4 slices Bacon (crisped/crumbled)	Parmesan (fresh/ grated)

*In a 10x14 baking dish, spread 1 layer with chopped Romaine Lettuce; add layer of chopped Green Pepper; a layer of "frozen" Peas (uncooked).

*Add a layer each of chopped Celery and Scallions/Onion.

*Next chop and add a drained can of Water Chestnuts.

*Add 2 to 3 teaspoons Sugar to Miracle Whip Dressing and spread over entire mixture to seal it. Cover dish tightly w/Saran Wrap and refrigerate overnight.

*Remove from refrigerator and sprinkle 4 to 5 hard-boiled Eggs (chopped) over mixture. Add 4 slices crumbled (crisp-cooked) Bacon and freshly-grated Parmesan Cheese.

From the Office

March has begun. It's our first month emailing the newsletter. Please send us your email address at admincalvary@gmail.com if you would like to get the newsletter by email or have changed your email address. Thank You.

Lost and Found: If you think you may have left something behind while at church please check our lost and found box in the narthex. I also have several pairs of glasses in the office, please stop by to see if they belong to you.

Divide the Sorrow

By Paula C. Noyes

James 'Bob' R. Thrower, 87, husband of Jean (Campbell) Thrower passed into eternity on February 3, 2011 in Burlington at the Lahey Clinic surrounded by his family.

His parents, the late James R. Sr. and Mae A. (Lane) Thrower had James Jr. in Raleigh, NC. and his early years were spent in North Carolina. He earned his Bachelor of Science degree in Mechanical Engineering at the University of Virginia. He received his Master's degree in Education at Salem State College. James was one of our 'Greatest Generation' that served in the Navy in World War II. He was a highly decorated and honorably discharged veteran and received the Silver Star for valor among many other commendations.

Professionally, he began working at the General Electric's River Works Plant in Lynn. He changed directions in his career and became a professor at Massasoit Community College in Brockton until his retirement.

Bob's hobbies were photography, genealogy, nature and travel. But most important to him was the company of his wife and family.

He is survived by Jean, his wife, and his daughters, Linda Pempsel and her husband Nels, Jill Cote and Steve, Stacey Lee Doyon and husband Marc and Robin Louise Hatt and her husband Chris. Also he was survived by their son, Thomas Robert Thrower and his wife Nina. Jean and Bob had 10 grandchildren and three great grandchildren and many nieces and nephews.

His funeral service was held at Calvary Episcopal Church on February 7th and the visiting hours were at Peterson-O'Donnell Funeral home on February 6th. In lieu of flowers, expressions of sympathy may be made in Bob's memory to the charity of one's choice.

Double the Joy

By Paula C. Noyes

It didn't snow this week!

Pet Ministry gets Diocesan Support

The Congregational Development committee of the Diocese was very impressed by our creative and engaging new Perfect Paws Pet Ministry, and granted us \$1000 to help develop and enrich the program. Bravo to all our Pet Ministry volunteers!

“Lace Reader” Author Brunonia Barry Surprises Church Book Club

By Paula C. Noyes

Brunonia Barry, author of “The Lace Reader” and “The Map of True Places” was invited by the Calvary Book Club of Calvary Episcopal Church in Danvers, Massachusetts to appear via Skype on Thursday, February 17, 2011 at 7 pm, a computer program where you can converse and see your caller. At 4:00 pm that day, one of the organizers, this author got a phone call.

“At first I was stunned – ‘Hello, this is Brunonia Barry. Is this Paula? Would you mind if we didn’t communicate by computer and I came there to talk about ‘The Lace Reader’?”

I immediately answered in the affirmative and thanked her profusely and gave her directions to the church. Then I called my Pastor, Thea Keith-Lucas and shared my good news. We planned on setting up the computer as if she was still going to be on Skype and letting Brunonia sit quietly as if she was a fellow book club member. About ten ladies showed up and got themselves coffee and situated, totally unaware of our guest’s identity.

The last time we had an author via Skype everyone was a bit shy. Katherine Howe, author of ‘The Physick Book of Deliverance Dane’ came to our group via Skype and book club members were reticent to talk to someone via Skype.

So at an appointed time, I said, “Now Ms. Brunonia Barry will read an excerpt of her book.” And they all turned to the computer screen.

Then the real Brunonia started reading from her book. Well, after hysterical laughter and cries of surprise Ms. Barry talked to us for two hours. She told how she worked. (First thing in the morning with no coffee and a little sleepy.) How she got her inspiration to write ‘The Lace Reader’ (From a dream where she looked through handmade, heirloom Ipswich lace at some new



construction in her house. She saw horses and she is very allergic to horses. The next day she stopped the demolition of horsehair plaster walls in her living space.) How she got the book initially published. (She self-published the novel first.) ‘The Lace Reader’ is going to be made into a movie and the screenplay was due the next day and it might be filmed in Salem and we should try out as extras. She gave the group an autographed copy of her new book ‘Map of True Places’ and we gave her a Prayer Shawl from our Prayer Shawl Ministry and she promised to come back when we read her newest book. Her visit was a wonderful, warm experience, not one we will soon forget!

The next Calvary Book Club is Thursday, April 28th, at 7 pm at Calvary Church Parlor in the Parish Hall at the corner of Holten and Cherry Sts. The book we are reading is “Brooklyn” by Colm Toibin. For directions call the church at 978-774-1150.

Submitting an Article to the Visitor

By Paula Noyes

This is just a reminder on how to submit an article to the newsletter. If you have access to a computer send me an email with an attached document in verdana – regular – 12 pt – If you don’t know what I am talking about just send it as part of the body of the email and email it to paulandsam@aol.com – it comes to me **first** as I look it over for misspellings and punctuation and then I put it in a large document for Lauryn to work off of. If you send it to Lauryn first she just has to send it to me to go through that process. Our editorial process does not include changing content but we do spell and grammar check and we do not allow lewd or vulgar comments – The deadlines must be adhered to and they are: **March 8, and April 26.**

Then I have a week to get things to Lauryn and then she produces it or makes it look pretty and then I proofread it and then Thea proofreads it after Lauryn produces it. Then our trusty volunteers fold and spindle and label the newsletter to be sent out bulk mail. We send to neighborhood churches and some news agencies along with a lot of people who love Calvary. If you can’t get hold of a computer then I will accept legibly hand written (I prefer printed) paper articles. I thank for your cooperation in this matter.

Caring Deeply

By Paul French, Warden

I recently received an e-mail that talked about living successfully by following four precepts: Living simply, loving generously, caring deeply and speaking kindly. I certainly agreed with the author that all of these were well worth applying to one's daily living; and yet, I couldn't help but add one more to the list: forgiving quickly. Each one of these precepts is worth an entire essay written about it, and perhaps we should do just that in up-coming newsletters but, the one that stirs me greatly, and leaves me wanting to write about, is the one that admonishes us to care deeply.

Most of us spend much of our lives trying not to be self-centered; some of us succeed better than others. It seems to me that the ones who succeed the most are those who somehow turn self-caring into caring about others, individually or collectively, in our institutions. Caring about our fellow man takes courage because people, who care, run the risk of being hurt, or at the very least inconvenienced. It isn't easy to let your guard down, open your heart, to be sympathetic or compassionate or to be indignant at an injustice inflicted upon another, especially when it's much easier, and safer, to just not get involved.

And yet, the people who take the risk make a startling discovery; the more intensely you care, the more alive you are. This capacity for caring can intensify any relationship: marriage, family, friendships, our church or any other worthwhile organization we might belong to, and even our connections with the pets we so adore. Each one of us has some capacity to care about the things in our lives, but whether we let it grow and flourish or just let it diminish, is largely up to us and the choices we make. To really care requires us to surrender to the thick skin of indifference. You absolutely have to be willing to act, to make the first move. As I think back over my own lifetime, the failure to make the first move, has left me with many missed opportunities. Fortunately, like so many of you, I've been given many chances to learn, second chances, to make it right the next time. These second chances are a gift, a gift from God that should leave us grateful for another opportunity.

I recently saw a documentary that depicted the military of the U.S. and many of its allies during World War Two. The sacrifices and deep caring for one another under the most horrific conditions, including many instances of the loss of life as soldiers, seamen and airmen resolutely chose to commit acts of bravery in the defense and caring for their fellow compatriots that left the viewer with the belief that they were indeed, truly, the greatest generation. Most of us will never be asked to, or be put into a position, to commit to this kind of daunting and

selfless acts. But surely, if they could be so selfless under those conditions, we owe it to them, and to ourselves, to struggle daily to become more deeply caring in all our everyday living. The willingness to make the first move, to approach the choice of caring, will leave us absorbed, and in the absorption, to be fulfilled.

Bishop's Visit Update

By Carol Pechinsky

After our Vestry meeting with Bishop Tom on Feb. 6, Rev. Thea told us that he'd got a good feeling about us and Calvary. I must say that I came out of that meeting feeling so joyous and filled with the spirit. I felt as if I could have danced home! What a sincere and wonderful man he is—so down to earth and most definitely approachable, understanding, and sincerely seems to really care. I must admit that before the meeting I was thinking "oh dear, this is going to be a long drawn out morning" when in reality, had I to miss it, the loss would have been mine! When our two boys were younger, whenever they were seemingly delighted over something they saw in nature or times they felt filled with joy, that these were "thank you God moments" and for me, this was one of them!

Thank You from Stepping Stones Preschool

By Brenda Karolides

Well, the Groundhog did not see his shadow, as was predicted in both our 2 and 3 day classes, so the students and teachers at Stepping Stones are excited for an early spring.

Stepping Stones Preschool would like to thank everyone that participated in the Scholastic Book Fair February 7-11. Stepping Stones Preschool earned \$313.62 in free books for the classroom.

Starting in September Stepping Stones Preschool will be offering an EXTENDED DAY ENRICHMENT PROGRAM until 2:00 Pm Monday – Friday in our 2,3 and 5 Day programs. Our extended day enrichment program activities will include Lunch, Indoor and Outdoor Play, Science Experiments, Cooking Projects and Literacy Fun. Space is extremely limited please call or email for more information or to schedule a tour 978-777-9370;



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