

# Redeeming Features

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March 2010

## Greetings from the Rev. Kate Ekrem

### Newsletter

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Dear Friends,

I must admit that I always fight the temptation of having a New Year's resolution for Lent. For one thing, I never can get around to getting organized enough to have New Year's resolution for New Year's. So by the time Ash Wednesday rolls around, I've noticed how much healthier everyone else is (because of their New Year's resolutions) and I want to jump on the bandwagon. Giving up ice cream for Lent seems just the ticket. However, experience shows that this only leads to me laying in a good supply of Ben & Jerry's for Easter Sunday.

In truth, Lent is not a season of self-improvement. Self-improvement is about self. Lent is about God. Hopefully focusing our Lent on God instead of self helps us to realize that in fact life is about God – not us.

When we approach Lent – or our spiritual life in general – as a project of self-improvement, we are seeking certain results that we desire. Maybe it's better health or a better feeling about ourselves. But with this approach, God is only in the picture if we think God may be a help to our self-improvement project. The project is still about us, still about what we want. God is just the spiritual equivalent of a new exercise bicycle, and perhaps just as likely to end up unused in the corner.

What, then, is Lent about? It is a season not of self-improvement but self-emptying. Emptying ourselves of our goals, desires, to-do lists, busy-ness, preoccupations, prejudices, and preconceptions so that we may be filled with the new life of God. This life, which God offers us in abundance, is infinitely richer and more satisfying than any self-help goal we could set for ourselves. God is not a tool we use to achieve our own self-improvement goals, but rather the framer of all creation, of which we are just one small part.

So Lent is both easier and harder than a New Year's resolution. It's not necessary to spend a lot of effort giving up sweets or exercising more. Instead, we have to practice the non-effort of slowing down, letting go, being quiet, eating more simply, listening more, talking less, emptying ourselves so as to be filled with God.

The Rev. Kate Ekrem, Priest-In-Charge

[kate@our-redeemer.net](mailto:kate@our-redeemer.net)

## Keeping a Holy Lent

### Adult Christian Formation during Lent

The Book of Common Prayer invites us “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” (Ash Wednesday liturgy, 265). What does that mean in our busy, every day lives? These classes are stand-alone: you can come to one, several, or all.



### 3/7 Sabbath Time

Did you know that having a day off once a week with no work or chores is one of the Ten Commandments? It’s probably the one we break the most. We’ll talk about why Sabbath time – time for rest, relaxation, renewal and refreshment -- is so important that it is sacred and holy to God, and how we can realistically make Sabbath part of our lives.



### 3/14 Prayer

Prayer doesn’t have to be fancy, or quiet, or on your knees. Come explore some different kinds of prayer and find one that works for you!

### 3/21 Meditation

Did you know that meditation is part of the Christian tradition? We’ll trace its history, from Jesus to the Desert abbas and ammas to Sts. Theresa and John to present day teachers like Thomas Keating. We’ll also learn some meditation techniques and talk about how it might be a regular part of our prayer life.



### 3/28 Holy Week: What is it and why should I come?

The liturgies of Holy Week are filled with light and dark, death and life, uncertainty and hope – and, most of all, drama. We hope you’ll be so intrigued you’ll want to try them all!

## Confirmation Preparation

It’s not too late to sign up for Confirmation (or Reception or Reaffirmation) this Spring!

### Schedule

Sundays, March 21 & 28	Confirmation Classes 1 & 2
Sundays, April 11 & 25	Confirmation Classes 3 & 4
Sundays, May 2 & 9	Confirmation Classes 5 & 6
Saturday, May 15	Confirmation Retreat, all day
Saturday, May 22	Deanery Confirmation at Christ Church, Waltham at 10am



If you are interested, please contact the Rev. Sabeth Fitzgibbons for more information.

[Sabeth@our-redeemer.net](mailto:Sabeth@our-redeemer.net)





# PARENT'S NIGHT in the Atrium

Monday, March 8 from 7:30 - 9:00pm

See what your child will be working with during Lent.

Participate in the spirit of the Atrium.

Ask questions of the Catechists.

For more information,  
contact Evelyn Hausslein at 781 861-0378.



## Vestry Summary

Annual Meeting attendees unanimously elected the 2010 vestry slate on January 31 and members were commissioned the following Sunday. Six days later found us at St. Paul's Bedford for our vestry retreat. We had a very full and productive day talking vestry membership and service, our "covenant" for how we will work together and goals for this year. Our next steps are to look at the many goal areas we identified, determine our immediate priorities, and identify specific objectives for 2010. We will share them with the parish in a future RF issue. We expected to begin this task at our first vestry meeting, but it was canceled in anticipation of a much-hyped snow storm.

The 2010 Vestry includes: Connie Parrish (Senior Warden), George Murnaghan (Junior Warden), Dinesh Dulipsingh (Treasurer), Paula Antonevich, Robert Bettacchi, Randy Bowlby, Susan Emanuel, Sandra Keshishian, Peter Lund, Rose Bennett and Alex Davis (Youth Representatives). Please visit Redeemer's web site for all addresses, reports, and materials from the 2010 Annual Meeting.

Regular vestry meetings are on the third Wednesday of every month and are open to all parishioners. Vestry minutes are posted online under "Documents" on Redeemer's website and also in paper copy on the bulletin board outside the church office.

- Submitted by Connie Parrish, Senior Warden

## MEET OUR NEW VESTRY MEMBERS...



Susan Emanuel



Paula Antonevich



Rose Bennett



Alex Davis

Not shown: Bob Bettacchi





## El Hogar 2010

We are now organizing Redeemer's fifth trip to El Hogar's Agricultural School in Honduras from **July 16-23**. If you missed the informational meeting on February 28 and would like more information about this year's trip, please contact Chris Needham (781) 862-0591 or Bill Vogele (781) 863-5825.



El Hogar de Amor y Esperanza (The Home of Love and Hope, [www.elhogar.org](http://www.elhogar.org)) now serves over 110 children ages six to twelve at a school in Tegucigalpa. The Technical Institute provides education and vocational training for 100 young men (roughly 14 to 18 years old) outside of Tegucigalpa. The Agricultural School has 50 boys (ages 14-20), mostly from rural communities, in Talanga.

After four Redeemer visits and nearly sixty "volunteer weeks", we have found this trip to be a deep and enriching experience for all travelers, especially for teens (with or without a parent). It is an opportunity to live on the farm with these young men – to join in some ways in their lives. It also is a time to come to know other members of the Redeemer community in new ways. Parents, young folks, and other adults join fellowship with the staff and students of the School. We get few chances in our lives to live with others in their place – to eat, to play, to work and to share. This is one of them.



- Submitted by Bill Vogele

## Time to fill those "Everything-but-the Baby" bags!

Donations collected between February 21 - March 28

All are encouraged to participate in our Annual Lenten practice of donating "Everything but the Baby" Bags to the Grow Clinic at Boston Medical Center. Grocery bags with attached lists of needed items can be found at both entrances to the sanctuary. Please take a bag, fill it with requested items and return it by Palm Sunday, March 28<sup>th</sup>. Members of the Mission Committee will deliver the bags to the clinic during Holy Week to make the Easter season a little brighter for Grow Clinic Families.



### In-Demand Items

Thermos, straw bottles, 12 oz. Foogo— Target	Blenders
Poly-vi-sol with iron (liquid)	Toddler plates, suctioned
Stage 3 & 4 Gerber, beechnut foods	

### Other Items

16 and 32 oz. calibrated plastic bottles with caps	Non-spill sippy cups
Baby bottles with nipples— Advent, Dr. Brown	Diapers and Pull-ups— all sizes
Toddler spoons and forks and Baby spoons	Cereal bars without nuts
Gerber graduate meals and Gerber toddler snacks	Cups with attached straws
Flinstones complete chewable vitamins with zinc & iron	
Iron-fortified formula: milk, soy, and special hypoallergenic (Alimentium)- liquid or powdered	



## The Giving Garden is now the *Interfaith* Giving Garden

Last year, Redeemer planted two small garden beds in order to offer fresh produce to The Food Pantry. Lovingly dubbed "The Giving Garden", it is now part of a larger project, called The Interfaith Garden. Being part of the Interfaith Garden (see below), we will benefit from any donations made to the larger community effort, but we at Redeemer will care for this garden ourselves over the growing season. Think Spring! We will be looking for "shepherds" to tend the garden soon.

### The Interfaith Garden across the Green

[www.interfaithgarden.org](http://www.interfaithgarden.org)

The Lexington Interfaith Garden is faith-based group whose mission is (1) to provide fresh produce for people in need (2) to educate ourselves and our community on the value of local, sustainable farming, (3) to build connections within our interfaith communities, (4) to have fun while doing rewarding work and (5) to foster the notion of community and community work.



Several faith communities in and around Lexington agreed last year to find a space to grow vegetables and distribute them to those in need. Since that time, the group has grown and donations have been made for seedlings and a garden space just across the Lexington Green from Redeemer. We plan to start as early as March 15, weather permitting, to prepare the ground for early vegetables. Everyone is very excited about yet another garden in Lexington and have been fortunate to have The Giving Garden as a model going forward.

The following faith communities are participating in the Interfaith Garden: Church of Our Redeemer, Trinity Covenant Church, Islamic Center of Boston in Wayland, Religious Society of Friends, Grace Chapel, St. Brigids Roman Catholic Church, Sacred Heart Roman Catholic Church, Follen Community Church (Unitarian), First Parish (Unitarian), Hancock Congregational Church, Pilgrim Congregational Church, Temple Isaiah, Temple Emunah.

- Submitted by Katharine Mockett

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## Daffodil Day Pick-up

Mark your calendars: Wednesday, March 24 is the day! Come pick up your daffodil orders from noon till 4pm in Redeemer's Handley Library. You'll be amazed as you watch them bloom and fill your space with floral sunshine. **Please make checks payable to the American Cancer Society.** For more information, or to arrange another time for pick-up (or delivery) please contact Ginny Neumann 781-862-3655, Mary Ayvazian 781-862-5279. Thank you for your continuing support.



### Lexington Choral Festival Packs Sacred Heart Church

The Lexington community packed Sacred Heart Church, Sunday, February 7th for The 5th Annual Lexington Inter-faith Choral Festival. In addition to Redeemer and Sacred Heart, First Baptist, Lexington United Methodist, St. Brigid's, and Temple Emunah sang short programs of music from their respective traditions. The combined choirs sang "The Heavens are Telling" from Haydn's The Creation, with Katie Vogele singing soprano in the solo trio. Sacred Heart then treated us all to a truly sumptuous reception. Our choir always returns inspired with lots of ideas, and, perhaps more importantly, having received lots of kudos from the grateful listeners. We are thankful to Joanne Messier, Music Director at Sacred Heart, Branden Grimmet, organist, for his skillful accompaniment of the Haydn, and to Father Colletti for his broad support of culture in the Lexington community. It was a thrilling day for all who treasure the sacred choral art.



- Submitted by Cheryl Duerr, Music Director

Music



Mary Etta King, Jim Beaty, Ingrid Klimoff, and Murray Daniels



Redeemer's choir processes in Mary Etta King, Katie Vogele-Bongiovanni, and Jim Beaty



*The Heavens are telling the glory of God,  
The wonder of his work displays the firmament.*





*Editors' note: We'd like to introduce some new "redeeming features" to our newsletter. This page is intended to help build our community - to get to know each other better, share our celebrations, and match talents with the needs in our church.*

## CELEBRATIONS

Please send us announcements of your "Life Celebrations" — graduations, anniversaries, births of children, grandchildren, retirements, etc. ... Or send us special thank you messages to your church community that you would like to publish.

## HELP WANTED

Have you been looking for someone with a particular set of skills to help with something you are doing for the church? Someone who can sew that banner, or make atrium supplies, or... sky-dive with the youth? (just kidding). Seriously. Think about it, and ask for help here! You just might finally get that church project completed!

Please send all announcements by email to [RF@our-redeemer.net](mailto:RF@our-redeemer.net) or for those without email, call or send to the church office, with "RF" clearly marked.

The **monthly deadline** for all Redeeming Features submissions is the **11th of the Month**.

## Getting to Know You

*We hope this interview feature will give readers a chance to get to know their fellow parishioners better... To get everyone used to the format, we're starting off with...*

### *Mary Alice Bennett*

#### **Tell us about yourself and how you came to Redeemer.**

"I am originally from California, but came to Massachusetts in 2006 by way of Virginia, Mississippi, Hawaii, Georgia, and Nebraska (our home is where the Air Force sends us). Dan has been a communications officer for the Air Force for 16 years. I am currently working to become an RN and then hope to pursue a Master's degree in midwifery. Lucia is a high school senior, planning to attend Charleston Southern University in the fall. Rose, currently a youth member of the vestry, is a junior at Bedford High School and is working private pilot's license. Dell, our oldest, is in the U.S. Coast Guard, currently deployed to Haiti in support of the Haitian relief efforts."



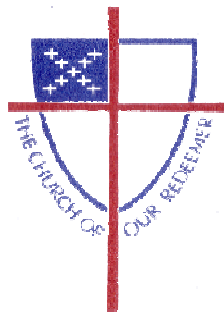
#### **What activities are you involved with at Redeemer?**

"I offered to help with the Rite-13 youth this year, because having recently survived those critical years with my own children, I feel I understand their needs and concerns at that age. (And I am no longer quite as terrified of the age). And as far as *Redeeming Features* goes - because I've moved so often, remaking a home life in so many new places, I bring the perspective of a "seeker" to the table; I look at newsletters with the eyes of a person who is seeking information about a potential church home. I hope that my contribution to producing *Redeeming Features* every month will help to make more people feel at home with us."



**CHURCH OF OUR REDEEMER**

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# March Calendar



Monday	1	Property Committee Meeting 7:30-9:30pm
Tuesday	2	Stewardship Meeting 7:30-9:00pm
Thursday	4	Art Class 10:30am-Noon
Saturday	6	Liturgy Team Meeting 9:00-10:30am
<b>Sunday Lent 3</b>	7	Acolyte Refresher & Training 8:30-9:30am Adult Christian Formation: Keeping a Holy Lent: Sabbath Time
Thursday	11	Art Class 10:30am-Noon, Communications Meeting 3:00-4:00pm Due date for newsletter submissions
Saturday	13	Set your clocks forward tonight!
<b>Sunday Lent 4</b>	14	Daylight Savings Time: SPRING Forward! Adult Christian Formation: Keeping a Holy Lent: Prayer
Monday	15	Finance Committee Meeting 7:30-9:30pm
Wednesday	17	St. Patrick's Day, Vestry Meeting 7:30-9:30pm
Thursday	18	Art Class 10:30am-Noon
<b>Sunday Lent 5</b>	21	Adult Christian Formation: Keeping a Holy Lent: Fasting Confirmation Class 1
Monday	22	Cooking for Bristol Lodge 1:30-4:00pm
Wednesday	24	Daffodil Flower Pick-up Noon-4:00pm
Thursday	25	Art Class 10:30am-Noon
Saturday	27	Passion Play Rehearsal & Dinner
<b>PALM Sunday</b>	28	Ingathering for Everything-but-the-Baby Drive Adult Christian Formation: Keeping a Holy Lent: Holy Week Confirmation Class 2