



SEEK • SERVE • CELEBRATE



Pastoral Letter

The Rt. Rev. Carlye J. Hughes, XI Bishop of Newark

To be read in all congregations of the diocese, or otherwise made available to all members by email or other distribution.

Pastoral Letter: How shall we keep a Holy Lent this year?

[Click Here to Read the Letter from the Bishop](#)

A Prayer

Lord, open unto me

Open unto me light for my darkness.
Open unto me courage for my fear.
Open unto me hope for my despair.
Open unto me peace for my turmoil.
Open unto me joy for my sorrow.
Open unto me strength for my weakness.
Open unto me wisdom for my confession.
Open unto me forgiveness for my sins.
Open unto me love for my hates.
Open unto me thy Self for my self.
Lord, Lord, open unto me! Amen.
~ Howard Thurman (1900-1981)



Red Cross Blood Drive at St. John's: Please click on the following link to sign up for the NEXT drive on **March 11th**:

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=Ramsey>

Only 2 appointments left!

Announcements

Make sure that you download the worship booklet to see all announcements!

A special service marking one year of living with pandemic SAT, MAR 13, 10am
The diocese will observe one year of living in this challenging, extraordinary time with a

special, diocesan-wide online service. Please save the date; more details will be announced.

The Community Chefs is a grassroots program that provides cooked family meals to those in need every Friday. Here are the guidelines:

- Choose a one-dish recipe that provides a dinner for at least six people. Recipes that include vegetables are preferred since we are striving to provide as much nutrition as possible.
- Dinners can be either frozen, cooked or uncooked, but they should be cold at the time of pick-up.
- Meals will be picked up on Friday mornings for distribution at the Martin Luther King Center in the afternoon.

There are currently about 35 volunteer chefs and/or drivers. No one is expected to provide a meal every week, although many of the chefs do so regularly. Participating groups include St. John's ECW, Germonds Presbyterian Church, the Council of Jewish Women, and the original cooks – Sophie's yoga students.

The Martin Luther King Center has a large food pantry, but it also offers many other programs for families, seniors and students.

The link below gives a good introduction:

<https://www.facebook.com/watch/?v=836982223811463>.

If you are interested in becoming a "community chef," please contact Kathy Lathrop at lathropkathleen@gmail.com.

Helping Hands: For many years St. John's has supported Helping Hands ministry to the homeless population in Rockland County.

There is a constant need for personal grooming supplies such as toothbrushes, toothpaste, soap, shampoo, lip balm and lotion in small sizes as clients have little room for storage. Also needed is underwear, both men's and women's in size large, gloves, scarves, and winter hats (not baseball caps). Another request is for plastic grocery bags as they are used as "suitcases" or food bags. Please be sure bags you donate are clean and have no holes in them.

Donations may be left in the bin at the rear door of the church. Please mark them "Helping Hands". For more information contact James Fraser (jajafraser@me.com or 201-825-8033).



Church Leader University SAT, MAR 6, 8:30 AM - 12:30 PM. Workshops relevant to this extraordinary time for ALL congregational leaders! Stay at home and join us online via computer, tablet or smart phone.

[Check out the workshops and register online.](#)

Registration deadline: **5 PM on Wednesday, Mar. 3.**



New mutual aid organization: Common Food for Common Good. CFCG's mission is to maintain and cultivate community sustainable gardens throughout the area, bringing about several positive results:

1. Supplying food assistance with healthy, fresh produce to community members in need.
2. Curating a greater sense of community by inviting community members to help and work in our gardens.
3. Decreasing the reliance on large grocery store corporations, which will increase our community's food sovereignty and mitigate the negative impacts of grocery stores on the environment.

This winter, CFCG is working on establishing a seed stock, acquiring the equipment necessary to set up and care for several community gardens, and arranging food distribution infrastructure. Most of this costs money, and we are looking to the community for assistance. Our "[Seed Money](#)" [Holiday Fundraiser](#) will be going directly to covering these costs and any donation from you would be a vital contribution to our cause and greatly appreciated. This season, please consider investing in our community's future. For more information contact our own Nick Haas <nickhaas16@gmail.com>

The Community Thrift Shop: The Community Thrift Shop will receive winter clothing through the month of February. We have been asked to remind contributors that men's suits and shirts with company logos on them are not accepted. Small appliances, dishes, jewelry, and other household items are welcomed. Books are limited to one bag, and toys are not being accepted at this time. Donation days are Mondays from 10-2. Shopping days are Tuesday, Thursday and Saturday from 10-4. If you have questions or need more information, contact Mary Welton (mhswelton@yahoo.com or 201-825-8629).

College and Graduate School Advising: Dr. Emily Abbey, a new member of our congregation, has 20 years of excellence as a Professor at Ramapo College & College of the Holy Cross. Whether your child is contemplating college or graduate school, Dr. Abbey has volunteered to work with your family. Using her unique knowledge of the college & graduate school application & admission processes, her aim is to help students gain acceptance at his or her preferred schools. Her advising is entirely free of any charge, and will be first come first serve.

You are invited to submit your photos to add a personal parish family touch during our online liturgies. **We have set up a secure website for you to upload your photos:**

<https://photos.mikelpeters.com/>

Username: stjohns Password: upload

If you have any questions, please contact Renee Peters at reneebruce@optonline.net or 201-790-3865.

Family Service videos for 5th Sunday of Lent, March 21 in our online church services during the pandemic.

- **“The readings for this day remind me of.....”** The readings for this day are listed here: https://www.lectionarypage.net/YearB_RCL/Lent/BLent5_RCL.html

Please upload your video to the secure “in-house” site mikelpeters.com

Username: stjohns Password: upload

- **Families volunteers to help lead during the Family Service.** Please contact Martha Anderson if you would like to volunteer.

Bells. Families are encouraged to have bells on hand in services to ring at the beginning and end of our worship.

Local Food Collection Points: John Chapter six tells us about the feeding of the 5,000. While we can't accomplish this on our own, we can help. During Lent many people set an extra place at their dinner table once or twice a week. The cost of feeding the "guest" is donated either monetarily or in goods to a food bank.

Here's how we can help locally.

Ramsey Responds has put out an urgent request for all types of food. Donations may be dropped off on Tuesdays from 5-7PM behind St. Paul's Roman Catholic Church on Wyckoff Ave.

Center for Food Action's most pressing need this week is for personal grooming items (toothpaste, toothbrushes, shampoo and soap) and cleaning supplies (wipes, laundry detergent and other cleaners). Ongoing needs are hearty soups (like Progresso brand), Parmalat shelf-stable milk, pancake mix and syrup, macaroni and cheese, and healthy snacks for kids. Gift cards for grocery stores are also needed as they allow CFA to purchase needed items in bulk. CFA is located at 90 Ridge Rd. in Mahwah. Donations are accepted Monday through Friday from 10-2.

Need a facemask?

St. John's parishioners have you covered! Donna Rann (rannd511@gmail.com) and Kathy Lathrop (lathropkathleen@gmail.com) would like to provide handmade facemasks to anyone who is interested. Please email them with your requests.

There is no shame in asking for help!

There can be a point when dealing with this pandemic, where not only does our spiritual health need help but our emotional and mental health need help. Bishop Hughes reminds us there is no shame in asking for that. Contact our priest or another parishioner and talk.

If you are experiencing a crisis, or suspect someone you know is, the resources below are available to help now:

<https://covid19.nj.gov/>

NJ Mental Healthcares: 866-202-CARES (4357)

NJ Hope Line: 855-654-6735

Domestic Violence: 800-572-SAFE (7233)

Disaster Distress Helpline: 1-800-985-5990

National Suicide Prevention Lifeline: 1-800-273-8255

or suicidepreventionlifeline.org/chat

Crisis Textline: Text TALK to 741741

Resources from The Episcopal Church for Formation and Ministry There are many ways to continue your own formation or maybe gather a group with St. John's Zoom account for study and reflection or enhancing or creating a new ministry. Here are a few – just click on the title to get more info:

[Embracing Evangelism](#) a new six-part evangelism video course, is a resource to help Episcopalians grow in their own relationship with Christ and to help others do so as well. Presiding Bishop Michael Curry invites you to join him each week to take a moment to cultivate a '[habit of grace](#).' A new meditation will be posted on Tuesdays through July. These meditations can be watched at any time by clicking [here](#).

[The Education for Ministry](#) (EfM) program provides people with the education to carry out the ministry to which they are called in Baptism and participation in a parish community.

[Kaleidoscope Bible/Text Sharing](#) invites small group dialogue and reflection on passages from scripture or historical and civic documents. No one and everyone is an expert as the Holy Spirit inspires each to share, guided by the structured process.

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As we continue to actively be St. John's Church and Community in this time, please remember that there are multiple ways that you can continue to support the church electronically by Pledge or Weekly/Monthly donation.

You can:

Go to our website: <http://www.stjohnsramsey.org/> and click on the Online Giving email address

or

click the "**Donate Now**" button below.

Donate Now

**Use our secure GivePlus+ application
Text to Donate to St. John's Ministries**

Text number: 844-202-6980

To donate:

- Enter text number
- In the message, enter dollar amount, followed by a space and then the fund code (i.e. 25 fund)
- General Fund – fund
- Outreach – out
- Annual pledge – pledge
- Altar Guild – flower

GivePlus+ also offers an easy to use app (downloadable from the Apple Store or Google Play Store) for one time donations

AND

to set up recurring donations.

Sign up with your email and search for St Johns by zip code (07446).