



2013 Budget

By John Colaianni, Warden

Long before New Year's 2012, St. Peter's Vestry began work on the 2013 Budget. Thanks to a wonderful response to our Consecration Weekend and Stewardship Campaign, it is my pleasure to report that 2013 is looking good !

Here are some highlights : First, please give yourselves a pat on the back ! Both the number of pledges received, AND the amount pledged for 2013, are up almost 7% compared to 2012.

Second, our expenses in 2012 were in line with our projections. We continued to enjoy savings on our water bill due to the plumbing upgrades we installed more than a year ago, and we hope to begin to see savings in our gas and electric bills thanks to our 2012 capital energy upgrades.

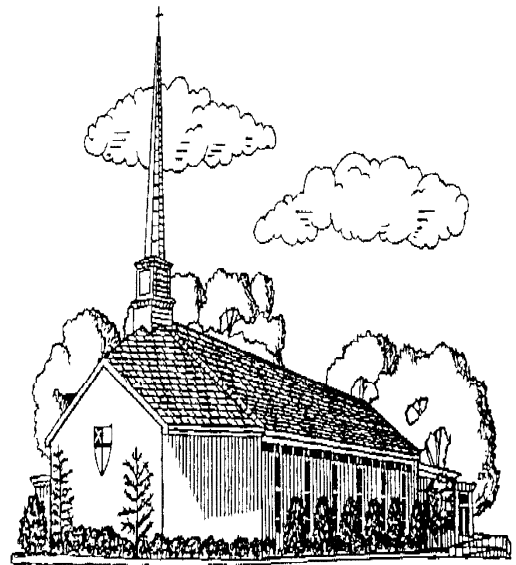
Third, we have once again increased our pledge to our Diocesan Assessment. We are one year closer to completing our plan to achieve a full Tithe to the Diocese.

Fourth, we added a budget line item, for Snow Removal, which of course we hope not to have to use, but are pleased nonetheless to have it built into the budget for the first time since anyone can remember.

Fifth, we have allocated \$1,000 to the Organ, for which we can all be grateful is in relatively good condition, but which certainly could stand some regular maintenance and TLC.

Last, but certainly not least, we have granted a small raise to our entire staff, and once again thank Father Don, Lisa, Eleanor, Sue, Mark and Howard for all of their dedication and hard work.

In the coming year, we will remain diligent in our quest to keep expenses down, and be faithful and conservative stewards of St. Peter's treasures. Respectfully submitted on behalf of St. Peter's Vestry., *John Colaianni, Warden*



**THANK YOU JOHNSON'S FARM
FOR DONATING OUR CHRISTMAS
TREE AGAIN THIS YEAR !!!**

February Calendar Highlights

- February 2.....Art Auction Fundraiser 7:00 p.m.
- February 9.....Holy Eucharist, Renew Wedding Vows
& Spaghetti Dinner 5:00 p.m.
- February 10.....St. Paul's Breakfast Program 7:45 a.m.
- February 12.....Shrove Tuesday Pancake Supper 5:30 p.m.
- February 12..... Vestry Meeting 7:30 p.m..
- February 13.....Ash Wednesday 645am, 10am,6pm,730pm
- February 18.....Office Closed President's Day
- February 25.....Caps and Laps 1:00 p.m.

FROM PULPIT TO PEW

by The Reverend Canon Donald J. Muller

We begin the season of Lent on Ash Wednesday, February 13. I believe Ash Wednesday and Lent are so important that we schedule four Services that day, trying to facilitate everyone's attendance on Ash Wednesday. The Services are at: 6:45 AM; 10:00 AM; 6:00 PM (especially for children); and 7:30 PM. I hope to see you there.

I've been reading a book by Joan Chittister, OSB entitled **The Liturgical Year: the spiraling adventure of the spiritual life**. "The liturgical year is an adventure in bringing the Christian life to fullness, the heart to alert, the soul to focus. It does not concern itself with the questions of how to make a living. It concerns itself with the questions of how to make a life."

About Lent Sr. Joan writes this:

Lent is a call to renew a commitment grown dull, perhaps, by a life more marked by routine than by reflection. After a lifetime of mundane regularity or unconsidered adherence to the trappings of faith, Lent requires me, as a Christian, to stop for a while, to reflect again on what is going on in me. I am challenged again to decide whether I, myself, do truly believe that Jesus is the Christ—and if I believe, whether I will live accordingly when I can no longer hear the song of the angels in my life and the star of Bethlehem has grown dim for me.

Lent is not a ritual. It is a time given to think seriously about who Jesus is for us, to renew our faith from the inside out. It is the moment when, as the baptismal waters flow on every Easter Vigil altar, we return to the baptismal font of the heart to say yes once more to the call of Jesus to the disciples, 'Come and see' (John 1:39). It is the act of beginning our spiritual life all over again refreshed and reoriented."

It is with this renewal in mind that we offer the variety of opportunities listed in this newsletter to help you observe a holy Lent, "by self-examination and repentance; by prayer, fasting, and self denial; and by reading and meditating on God's Holy Word ("Invitation to a Holy Lent" page 265, 1979 Book of Common Prayer)."

Throughout my life I have found my life enriched by keeping Lent – giving things up, taking things on, additional worship Services, self denial, and the use of a Mite Box or Coin folder. As an elementary school child, it was our family custom to go to Church on Wednesday mornings before school. It must have made a large impression in my life to remember it over 50 years later.

I hope, pray, and encourage you to take on "Lent" as a means to reflect on "how to make a life."

Yours in Christ,

Fr. Don

UPCOMING EVENTS

BOY SCOUT SUNDAY – 10:15 AM SERVICE ON FEBRUARY 10

Our own Troop 26 will be present to process the flags and share in our worship. We encourage all of St. Peter's Boy Scouts and Cub Scouts to come in uniform.

VALENTINE'S DAY – RENEWAL OF MARRIAGE VOWS

When: Saturday, February 9 at the 5:00 pm Eucharist in the Church

What: Married couples are invited to gather around the altar and renew their marriage vows to each other, before God, and the witness of the congregation. Spaghetti dinner following in Williams Hall.

LENT 2013

SHROVE TUESDAY- FEBRUARY 12

Shrove Tuesday originated during the Middle Ages. As in contemporary times, food items like meats, fats, eggs, milk, and fish were regarded as restricted during Lent. To keep such food from being wasted, many families would have big feasts on Shrove Tuesday in order to consume those items that would inevitably become spoiled during the next forty days. The English tradition of eating pancakes on Shrove Tuesday came about as a way to use as much milk, fats, and eggs as possible before Ash Wednesday began. In France, the consumption of all fats and fatty foods on this day coined the name "Fat Tuesday" or *Mardi Gras*.

SHROVE TUESDAY PANCAKE SUPPER - FEBRUARY 12 @ 5:30 p.m. (details on Page 5)

ASH WEDNESDAY – February 13

6:45 AM Imposition of Ashes and Holy Eucharist: (specially for teens who are taken to breakfast at the diner after the Service and then dropped off at school)

10:00 AM Imposition of Ashes and Holy Eucharist

6:00 PM Children's Ash Wednesday Service: Imposition of Ashes/Holy Eucharist

7:30 PM Imposition of Ashes and Holy Eucharist (with Choir)

Ash Wednesday begins the season of Lent. Lent last forty days, not counting Sundays, and ends with Easter. Lent is the church season of sadness and repentance that prepares us for the joy and new life of Easter. The forty days of Lent come from the forty days that Jesus fasted in the desert. Like Jesus, we use these forty days as a preparation time.

The custom of putting ashes on our foreheads began long ago when people used the ashes as a way to express sadness. In the Old Testament, Job thinks about his sins and says "I repent in dust and ashes." Job is saying that ashes show repentance. The practice of using ashes to make the a cross on the forehead is over 1100 years old. When we have the priest (or deacon) make the sign of the cross in ashes on our foreheads, we are saying "I am sorry for my sins." (from "Praying with the Family of God")

THE SEASON OF LENT – Ash Wednesday (February 13) through Easter Day (March 31)

From the Invitation to a Holy Lent at the Ash Wednesday liturgy from the 1979 Book of Common Prayer: *I invite you, therefore, in the name of the Church, 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.*

(Continued on Page 4)

LENT 2013 (cont'd)

Lent began as a season of intense preparation for those who would be baptized at Easter. As time went on and there were very few adults to be baptized it became a time to reconcile sinners to the fellowship of the Church. Further down the road even to today, it is a season of preparation to renew our baptismal vows at Easter.

FRIDAYS IN LENT – STATIONS OF THE CROSS: 7:00 PM in the Church

From the Oxford Dictionary of the Christian Church: A series of 14 pictures or carvings, designed for devotional purposes, which depict incidents in the last journey of Christ from Pilate's house to His entombment. ... it is a popular devotion, especially during Lent and Passiontide to visit the stations in order, reciting prayers and meditating on each incident.

At St. Peter's this is led by members of the congregation, processing around the church to each station, passing on the cross and leadership for the devotions at each station.

THURSDAY BIBLE 101 – LECTIO DIVINA at 11:00 AM- 12:30 PM Library

A very ancient art, practiced at one time by all Christians, is the technique known as "lectio divina" - a slow, contemplative praying of the Scriptures which enables the Bible, the Word of God, to become a means of union with God. We will learn this prayer technique and practice it through the Thursdays of Lent.

WEDNESDAY SOUP AND STUDY (February 20, 27, March 6,13,20)

- 6:30 PM Soup will be provided in the Library
- 7:00 PM Evening Prayer
- 7:30 PM Study begins in the Library, ends at 9:00 PM

LENT 2013 (cont'd)

SUNDAY MORNINGS –

ADULT STUDY AT 9:15 AM in Moore Chapel Finding a Voice:

A Lent Course on the film 'The King's Speech'

Finding a Voice is a new and original Lent course by Hilary Brand. Taking the film, The King's Speech, as a starting point, the course explores the ways in which fear holds us back and examines how we, like Bertie, can face and overcome our fears and begin to find our authentic voice.

The course is based around five weekly group sessions which each includes extracts from the film, group discussion questions, exercises and meditations. There are also short introductory and follow up chapters, with related Bible passages, for individual reading each week.

Morning and Evening Prayer

We are nearing the time of year when many Christians ask themselves: "What will I give up for Lent?" Answers often range from "chocolate" (a neat diet trick) to something less tangible, such as "complaining."

Have you thought of asking yourself: "What am I taking on for Lent?" Whether you choose to add daily Bible reading, meditation, or extra personal prayer time to your schedule, all will open you further to God. Another suggestion is to join your fellow parishioners in reading Morning and/or Evening Prayer as often as possible.

This year, volunteers will lead Morning and Evening Prayer as follows:

Morning Prayer: Monday-Friday at 9:00 am in the Rev. Canon James L. Moore Memorial Chapel

Evening Prayer: Monday-Thursday at 7:00 pm in the Rev. Canon James L. Moore Memorial Chapel

On Friday evenings, you are invited to gather in the church at 7:00 pm to walk the Stations of the Cross.

ANNOUNCEMENTS

YOUTH ANNOUNCEMENTS

VAN DUZER & ECW SCHOLARSHIPS

Van Duzer Scholarships offer assistance for recent high school graduates preparing to enter their first year of accredited post-secondary education. ECW scholarships are also available for seniors and college students. Application forms are now available in the narthex and must be post-marked no later than March 1.

THANK YOU

A big thank you to all you helped with the Greening and De-greening of the Church for Christmas! Jim & Anita Beard, John Colaianni, Leslie, Steve & Stephen Haines, Mike Hayes, Ben & Betty Jones, Joe Kelly, Mike Krug, Trudy McArthur, Rich Montgomery, Joe Moore,

Don & Janice Powell, Mary Shone, Dave & Laurel Smith, Rob, Pat & Samantha Worley and the Altar Guild.

RENEWAL OF VOWS & SPAGHETTI DINNER

Married couples: have you been looking for an opportunity to renew your wedding vows, but have been waiting for the perfect place and time? St. Peter's Church at the 5 pm on February 11th, Valentine's Day Saturday service is that place and time. At that service, St. Peter's will welcome all married couples wishing to re-affirm their commitment and love to each other in front of their families, friends, and neighbors. After the service, come join us for a traditional spaghetti dinner – bring a bottle of wine to celebrate! Babysitting will be available. Please contact Laurel to let her know if you will need this service. A sign-up list for those wishing to attend the dinner will be in the narthex.

Shrove Tuesday Pancake Supper **Tuesday, February 12th**

5:30-7 p.m.

Once again, St. Peter's will host a traditional pancake supper of pancakes, sausage, applesauce and beverages. Following supper, we will read Compline ending with the burning to ash of blessed palms saved from last Palm Sunday.

\$7 per adult

\$5 for seniors 62 and over

\$3 per child

Children under 2 are free

Heavenly Father, we ask you to bless these little breads. Each time we eat them may we be reminded of the special season we are in and that through prayer we will become better people to each other. Let us not forget those who are in need of our prayers daily. Keep your loving arms around us, O Father, to protect us always. Amen.

(*Pretzels for Lent from Sharon Ely Pearson, Church Publishing Incorporated, 2013)

Did You Know...

The money that the children put in their Offering Envelops and Mite Boxes is used for our parish Millennium Development Goal project. Last year the children of our parish contributed approximately \$320.00 to the MDG's. Please encourage your child to use his or her envelopes each time they come to church. It not only helps those outside our parish, it teaches good stewardship of time, talent and money. During Lent please consider using the Mite Boxes that are provided to add to your preparation for Easter.

A Big Thank You to all who participated in the Martin Luther King morning of service on Jan. 21st. The kids and adults who came out had a great time and created lovely bags that contained all the fixings for a child's Birthday Party. Eight bags were picked up by the Christian Caring Center that afternoon. There are seven more bags that we plan to send to hurricane Sandy victims. We also made lovely Anglican Prayer Strands that will be sent to Trinity Episcopal Church in Newtown, Conn. We played some fun games and our morning ended with a hot dog lunch and birthday cake for Dr. King.

Multi-Generational St. Valentine's Day outreach will be held again on February 10th during Sunday School. The children should report to their classrooms at 9:15 and they will be brought to Williams Hall to make Valentine's for the children of the Weisman Rehabilitation Hospital and for home bound parishioners. Everyone is invited to participate along side the children. Please also consider donating a small gift that will be taken to the hospital. Items needed are for boys and girls 6 months to 17 years of age. Ideas include new books and magazines, hand held games, playing cards, activity and coloring books, small stuffed toys and personal gift item. Please no food items. Items can be placed in the bin in the Narthex by February 10th.

KIDS' CORNER

By Sue Legnani, Director of Christian Formation

It doesn't seem possible that Lent is almost here. Ash Wednesday is February 13th and we will usher in this season with a pancake dinner at church on Shrove Tuesday, February 12th. The children will decorate an Alleluia banner the Sunday before that will be hidden away until Easter because we don't use *Alleluia* during Lent. There will be special programs going on and we will all be challenged to take on something, as well as perhaps give up something we really like for Lent. February is dark and cold and we probably don't feel like going through all of this before Easter Day arrives in March. But we are all in this together and just like any group that is trying to accomplish something we are all working toward the same goal.

There are many ways of keeping a good Lent. I think the best advice is, don't take on too much, but don't take on too little either. Maybe we can only take on one thing like reading *Forward Day By Day* each morning or evening. The best thing we can give ourselves is a little time with God each day. It's up to you to figure out what part of the day works best for you and to be faithful about doing it. Perhaps you might try having a time for the family to pray together at least once a week other than in church. During this time you can share your "bummers and blessings", remember friends and family who need prayers, talk about what your family could do to reach out beyond the walls of your home to your community and pick one thing you can do this Lent.

Don't forget to use your church as a resource for keeping a good Lent. Look for a handout about Ash Wednesday that will be given out in Sunday School and copies will also be in the Narthex. This something you can use in your home to jumpstart your Lenten pilgrimage.

We can't do everything, but we can all do one thing. What will that be for Lent? To begin your good Lent try this fun recipe for pretzels and maybe share them with friends and neighbors too.

***Making Pretzels for Lent:**

The pretzel has been used during Lent for over 1500 years. It is thought that originally pretzels were made by monks to resemble arms crossed in prayer. These breads were called "little arms." This can have deep spiritual meaning for us during Lent. Since basically only flour and water are used, pretzels can remind us of fasting.

Ingredients:

1 cake yeast, 1 ½ cup warm water, 1 tsp. salt, 1 T. sugar, 4 cups flour

Directions:

Dissolve yeast in warm water and sugar for about 5 minutes. Mix the flour and salt and add yeast mixture. Knead well (7-8 minutes), adding more flour if necessary to form firm dough. Let rise, covered, in a greased bowl until double. Preheat oven to 475°F. Divide dough into 32 equal parts. Roll each part into a snakelike strand, form strand into pretzel shape, and place on greased baking sheet. Brush with beaten egg and sprinkle with coarse salt if desired. Bake for about 10 minutes or until done.

PARISH FAMILY NEWS

PARISH REGISTER

BAPTISMS

None this month.

WEDDINGS

None this month.

MEMORIAL SERVICES

Don Galbraith, January 15, 2013.

YOUTH ANNOUNCEMENTS

February 23, 9:30-11:00 A.M. : Communion Workshop for children

February 24, 10:15 A.M. : Communion Sunday

Please see Sue Legnani for more information, thank you.



As of December 31, 2012

Income	\$342,733.93
Expenses	\$339,588.65
Difference	\$ 3,145.28

A Lenten Poem by Anonymous

This Lent, mend a quarrel / Seek out a forgotten friend /
Dismiss a suspicion and replace it with trust / Write a letter of love / Share some treasure / Give a soft answer /
Encourage youth / Manifest your loyalty in word and deed / Keep a promise / Find the time / Forego a grudge /
Forgive an enemy / Listen / Apologize if you were wrong / Try to understand / Flout envy / Examine your demands on others / Think first of somebody else /
Appreciate / Be kind; be gentle / Laugh a little / Laugh a little more / Express your gratitude / Go to church /
Welcome a stranger / Gladden the heart of a child / Speak your love / Speak it again / Speak it yet once again.

DEACON'S BENCH

By Deacon Helen Orlando

They took palm branches and went out to meet him, shouting, “Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the King of Israel!” (John 12:12-13)

Thus ends one John’s story of Jesus’ last, triumphant entry into Jerusalem, during which he was greeted with the waving of palms and cries of praise. More than 3 million palm fronds are purchased each year for U.S. consumption, most of them for Palm Sunday observances. At St. Peter’s, we usually purchase at least 200 palms each year for this purpose. This year’s palms will look quite different than those to which we are accustomed. We are purchasing a new sort of palm which will both provide for our liturgical needs and support social and environmental justice in Guatemala and Mexico.

In these countries, an effort is underway to encourage a new method for palm harvest that both protects the environment and provides a fair income for those who harvest the palms. “Eco-Palms” encourages harvesters to concentrate on quality, not quantity, thus preventing the current problem of over-harvesting of native palm forests. In some areas, where the previous level of waste was high as 50%, it has now decreased to 5-7% of harvested volume. The steady market for palms also prevents the palms forests from being destroyed for other uses.

The Eco-Palm project also provides a framework to enable the members of the indigenous rural communities of Guatemala and Mexico to not only harvest the palms, but also to sort, package, and export them. As a result, more of the money paid for the palms actually goes to those who worked the hardest to provide them. Previously, harvested palms had been sorted, packed and shipped by large, foreign floral conglomerates.

In the Prayers of the People (Form IV, p. 388), we ask God to “give us all a reverence for the earth as your own creation, that we may use its resources rightly for in the service of others and to your honor and glory.” Our use of Eco-Palms is one response to this prayer.

In Peace, Deacon Helen



PARISH PHOTO ALBUM

St. Peter's decorated for Christmas. Jamie Cureton delighted the congregation and accompanied the Choir with a saxophone performance at a recent service. Photos courtesy of Jim Beard.



PARISH PHOTO ALBUM

At our MLK Day of Service, St. Peter's Youth created birthday care packages for our brothers and sisters served by the Christian Caring Center. Below, some of the goodie bags. Sue Legnani led the efforts, for children of all ages ! Photos courtesy of Michelle Scarpulla.



PARISH PHOTO ALBUM

The Choir celebrated with Organist and Choir Director Eleanor Meyer at her birthday dinner at St. Peter's favorite restaurant, Medford's own Zinc Cafe. Photos courtesy of Jim Beard.

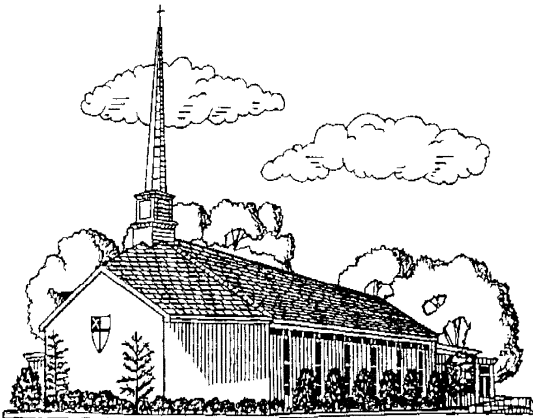


St. Peter's Episcopal Church

One Hartford Road, Medford, NJ 08055
The Rev. Donald J. Muller, D. Min., Rector
The Rev. Canon Ronald Albury, Associate Priest
The Rev. Helen M. Orlando, Deacon

Lisa Miner, Parish Administrator Eleanor Meyer, Director of Music Sue Legnani, Director of Christian Formation
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Saint Peter's Church is a blessed community of faith, grounded in the power of God's transforming love, where Jesus Christ welcomes all to abundant life. Empowered by the Holy Spirit, we follow Him in prayer and praise, study and service.



Service Schedule

Saturday Eucharist.....5 p.m.
Sunday Traditional Eucharist.....7:45 a.m.
Family Eucharist.....10:15 a.m.
Weekdays
Thursday, Healing Eucharist.....10 a.m.
Morning Prayer (Monday-Friday).....9 a.m.

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