

THE MONTHLY NEWSLETTER OF ST. PETER'S IN ESSEX FELLS

# The Messenger

271 Roseland Avenue, Essex Falls, NJ 07021 • 973.226.6500 • [stpetersef.org](http://stpetersef.org)

MARCH 2025

*FROM THE RECTOR*

## Purple 365

*Dear St. Peter's Family,*

THE OTHER DAY I took my two sons out for lunch. When we got into the car, I asked them where they wanted to go, and they immediately said, “Wendy’s!” in unison. I’m not the biggest fan, but I like it okay, so I agreed. I hadn’t had the privilege in awhile, so besides chili and Frosties, I didn’t remember anything from the Wendy’s menu.

When I walked in, I was a bit overwhelmed with both the amount and the portions of entrees, drinks, and sides. After much study, I decided on the “Mushroom Bacon Cheeseburger” with a 40-ounce beverage. The cashier asked if I wanted to turn that into a combo with fries, but I declined. Then she said that Wendy’s was having a special—the “Triple Mushroom Bacon Cheeseburger” was the same price as the single. This would double the calories of the sandwich to about 1,350. Again, I passed. With a confused look she replied, “But don’t you want two more beef patties for free? No one ever says no.”

As 21st Century Americans, we love to stuff ourselves. We pack our bodies with large amounts of food. We load our eyes with lots of information. We cram our schedules with tons of activities. So much so that we don’t have any room for anything else. As a result, our physical, emotional, and spiritual selves are not as healthy as they can and should be.

Epiphanytide will end on Ash Wednesday, March 4, just a few short days from now. And this will mark the beginning of Lent. But let’s back up a bit. Liturgical seasons do not abruptly end before the next one begins. If we pay close attention, we will see that the last few weeks of one season will have some of the themes that appear in the next. And this is the case as we move from Epiphany to Lent. Traditionally, the Saturday before Ash Wednesday was the first day of Shrovetide. “Shrove” is the Middle English word for “confession,” because this is traditionally the time in which we begin to confess all the sins of commission and omission we have done. And we know this is one of the prime themes of Lent. But this forty-day season is much more than that. It’s the time in which we take stock of our physical, emotional, and spiritual selves and get rid of all of the garbage we’ve hoarded over the past year. Some of us do this by giving up something like chocolate or social media. Others do this by taking something on like praying regularly or working in a particular service ministry. While these are important and we very much should do those things, there is a deeper meaning to what we call “Lenten discipline.”

Now, let’s return to the part of Shrove that we’re familiar with—Tuesday. This is usually the time where parishes have something like a pancake supper, as our SPY group will do on March 3. This is done not just as a last minute chance to party before we begin the austerity of Lent. It’s a time to use up the last of our eggs, milk, and sugar with each other so they don’t go to waste. So, it’s as much about cherishing our community and responsibly using our resources as it is about cutting back. And this begins before Lent. But why? Because the purpose of our Lenten discipline is to start early so we back it up all the way to



merge it with our other penitential season, Advent. What's more, we back up the work we do in Lent to the beginning of the Church year so we can keep the momentum and extend it all the way through the end of the Pentecost Season. In other words, we are ultimately striving to make Lent a year-round practice.

And all of this requires us to take a long look at ourselves. This is not an easy thing to do. Because this leads us to let go of things we think are part of who we are but are really getting in the way of who God has always intended us to be. This involves an emptying out of our souls—of our fear, our anger, and our self-doubt. This also involves an emptying out of the activities and possessions that take up our time and our spaces. But this emptying is not an end to itself, but a means to make room in us for the Father, the Son, and the Holy Spirit. And despite the fact that our God is an awesome God, God doesn't need much real estate. If we just make a little time and space for silence, for stillness, for service, the Spirit will send us Jesus, who will fill us up much more than any social media reel or fast food combo ever could.

*Yours in Christ,*  
Nate

## STEWARDSHIP 2025

### *Walk in Love*

This year's theme is *Walk in Love*, taken from the Letter to the Ephesians: "Walk in love as Christ has loved us and gave himself for us, and offering and sacrifice to God" (Ephesians 5:2).

The results so far: 58 pledge units for a total of \$ 160,190. These include 6 new pledges, 24 increased pledges, and 31 at the same level. Three pledges decreased. The average pledge is \$2,884. You can pledge online here: <https://stpetersef.org/donate/pledge-form/> Contact a member of the Vestry or Father Nate to find out more about how you can *Walk in Love* at St. Peter's.



### LENT 2025

#### *Ash Wednesday: The First Day of Lent, March 5*

Ashes and Holy Eucharist at 7 am, 4 pm, 7 pm

#### *The First Sunday in Lent, March 9*

The Great Litany and Holy Eucharist at 8 am and 4 pm

The Great Litany in Procession and Choral Eucharist at 10 am

#### *The Second Sunday in Lent, March 16*

Holy Eucharist at 8 am and 4 pm

Family Eucharist, 10 am

#### *Palm Sunday is April 13; Easter Day is April 20*

### *Ash Wednesday is March 5*

*"I invite you, therefore, in the name of the Church, to the observance of a holy Lent."*—BCP, page 265

All are cordially invited to receive Ashes and Holy Communion on Wednesday, March 5, services at 7 am, 4 pm, and 7 pm.

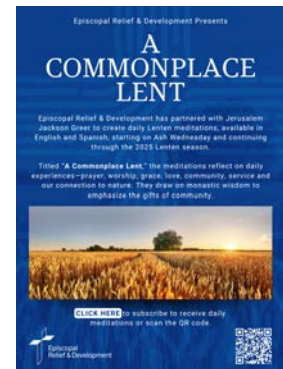
Ash Wednesday marks the first day of Lent. It is not a Holy day of obligation, nor is the reception of ashes required of Episcopalians. Whether you receive ashes on Ash Wednesday or not, you are encouraged to follow the Liturgy of the Day (BCP, page 264), including prayers, Scripture readings, and more.

Ashes remind us that God created us from the earth, and that we will return to it when we die. They also symbolize God’s promise that even though our bodies will return to dust, “we look for the resurrection of the dead, and the life of the world to come.”

### **‘A Commonplace Lent’:**

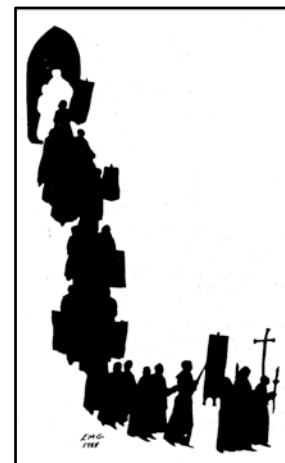
#### *Episcopal Relief & Development*

This Lent, “let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching” (Hebrews 10:24-25). Join writer Jerusalem Jackson Greer this Lent as she encourages us to partake in *A Commonplace Lent*. Go to [www.episcopalrelief.org/church-in-action/lent](http://www.episcopalrelief.org/church-in-action/lent) for more information.



### **Lent and The Great Litany**

The season of Lent is a forty-day period (excluding Sundays) of prayer, meditation, fasting and almsgiving. The number “forty” signifies a time of testing in the Bible and in the liturgical year; the days of Lent commemorate the 40 days Jesus spent fasting in the desert. The liturgical observances during this season are different than other times of the year; the *Gloria in excelsis*, *Te Deum*, and all alleluias are omitted. These changes are designed to help us journey, individually and as a community, through Christ’s suffering, death, and resurrection. In observance of a Holy Lent, we will observe silence and refrain from talking before and after services.



It is a longstanding custom in the Anglican tradition to begin the liturgy on the First Sunday in Lent with the Great Litany (BCP, page 148). The word “litany” comes from Greek, meaning “entreaty” or “suppliant.” Litanies are prayers in which the people make fixed responses to short biddings or petitions sung or said by a lay reader, deacon, or priest.

The Great Litany was first published in 1544 as a special supplication “to be read to the people in church afore processions.” The Great Litany was later incorporated into the first Book of Common Prayer in 1549—it is the oldest service in English. The Prayer Book suggests its use “especially in Lent and on Rogation days.” At the 10 am mass, the Litany will be sung in a procession around the church. The music was composed by John Merbecke and published in the *Book of Common Prayer, Noted* in 1550.

The Great Litany consists of four parts: an invocation to the Holy Trinity; *deprecations* (to ward off something by prayer), directed to the second person of the Trinity; *obsecrations* (to entreat solemnly), which remind us that Jesus’ atoning work was manifest in all his life on earth; and *supplications* for the universal church and its mission, the nation, the welfare of the world and the local community, the suffering and the departed. Except for the invocation to the Trinity at the beginning, the entire Litany is addressed to God the Son. The Litany concludes with the *Kyrie* and the Collect of the Day.

—Mark Trautman

### **The Sacramental Rite of Confession**

The Episcopal Church offers a form for private confession to a priest. The forms for Reconciliation of a Penitent begin on page 447 in the Book of Common Prayer. The church’s ministry of reconciliation is from God, “who reconciled us to himself through Christ, and has given us the ministry of reconciliation” (2 Corinthians 5:18).

Confession is a place to be open and honest, an opportunity to drop some of the leaden weight of the yoke of sin. The invitation is made to everyone. Our Anglican tradition sums it up in this way: “All may, none must, some should.” Contact Father Nate to find out more.

## ***Easter Flowers and Music***

*EASTER DAY IS APRIL 20, 2025*

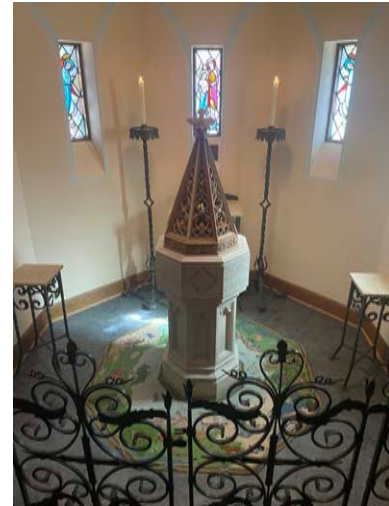
Flowers and music regularly adorn our worship, especially at Easter, the holiest day of the Christian Year. They remind us visually and aurally that we are here for a celebration of the wonder and glory of God—we’re here for a feast!

If you wish to write a check, please mark “Flowers” or “Music” in the memo line. Please let the Parish Office know if you are giving your gift in thanksgiving or in memory of loved ones and clearly print or type each name or intention. The names may be sent to the Parish Office or emailed to [info@stpetersef.org](mailto:info@stpetersef.org). Please make sure to deliver your gift and names no later than Monday, April 14.

Easter lilies and other beautiful plants are cherished traditions at St. Peter’s and remind us of the new life and promise of the resurrection. Gifts to the Music Fund will help us provide a string ensemble for Easter Day.

The flowers and music help the entire community celebrate the joy of the Great Fifty Days of Easter which begins on Easter morning. The feast is foretaste of the Easter promise, where the song of “Alleluia” never ceases.

—Mark Trautman



## ***Choir News***

The St. Peter’s Handbell Choir will play the opening voluntary (prelude) on Sunday, March 2. The Handbell Choir rehearses every Wednesday at 7 pm in the South Transept of the church. Everyone is welcome to join—and no previous experience is necessary. It’s great fun!

The Parish Choir is busily working on music for Lent and Easter, including traditional Anglican anthems, Spirituals, and music from around the world. We will sing some excerpts from Handel’s beloved oratorio *Messiah* on Easter Day. This is a great time to give choir a try—maybe you’d like to just sing for Holy Week and Easter! Consider joining us on Thursday evenings at 7:30 in the Choir Room. As always, feel free to reach out to Mark Trautman ([trautman@stpetersef.org](mailto:trautman@stpetersef.org)).



## ***Choral Evensong, Sunday February 2***

Thanks to our choir for a wonderful Evensong in celebration of Candlemas on February 2. More than 25 singers, readers, and acolytes joined together from four parishes to sing music by A. Herbert Brewer, Alice Parker, and more. Thanks to directors Laura Greenwald, Mark Trautman, Wolff van Roos and Giulia Utz and choirs from Grace Church in Newark, St Paul’s Choir School in Englewood, Holy Innocents in West Orange and our own St. Peter’s Parish Choir.



Special thanks to Mary Shearin and Liz Irwin for helping to make the reception following the service so wonderful. *Thanks be to God.*

## CHRISTIAN FORMATION

### ADULT FORUM, 9-9:45 SUNDAYS

In the past weeks, we've made it through the history, biblical, and manuscript tradition of Philippians as well as the first two verses of the letter(s). We are fortunate to have a dedicated time to listen with ears to hear what the Apostle Paul wrote almost 2,000 years ago and to discern how Philippians still speaks to us today. Please join us as we continue our journey. Reach out to Jonathan Lace ([jdlace@icloud.com](mailto:jdlace@icloud.com)) to find out more.

### SUNDAY SCHOOL

Sunday School meets in the two rooms in the Undercroft (directly below the Narthex) during the first part of the 10 am service during the school year. Thanks to our teachers: Christine Albano, Beth Manfre and Serena Watkinson, *Godly Play (grades K-3)*; Laura Copeland, Christina Doyle, Quinn Egan and Christine Mulcahy, *4-6 grade*. Reach out to Father Nate ([darville@stpetersef.org](mailto:darville@stpetersef.org)) and check out [www.stpetersef.org/christian-education/](http://www.stpetersef.org/christian-education/)

### FAMILY EUCHARIST, MARCH 16

Family Eucharist, a time when youth take leadership roles in the liturgy, takes place one Sunday every month; next date is March 16. Youths serve as *lay readers* (reading the lessons), *ushers*, and *oblationers* (bringing the elements forward at the offertory). This ministry is a vital part of our worship on Sunday, and a wonderful opportunity for our youth. Reach out to Father Nate ([darville@stpetersef.org](mailto:darville@stpetersef.org)) to find out how your children can be a part of this exciting ministry.

### NEWS FROM CROSS ROADS CAMP

We're looking for some amazing people to join our summer staff at Cross Roads this coming summer, and we thought you might know just the right folks! We're hiring counselors (18+), kitchen staff (16+), and maintenance crew (18+) for Summer 2025. It's not just a job—it's a chance to grow, make lifelong friends, and have the best summer ever!

Do you know someone who would love the experience? A former camper, a college student, or someone in your community who is looking for a meaningful summer? We'd love for you to pass the word along. Your help means the world to us, and every share helps us find those perfect fit! Apply here:

[www.crossroadsretreat.com/employment](http://www.crossroadsretreat.com/employment). Thanks so much for helping us build an awesome team for this summer!

—Anthony Briggs, Director ([Anthony@CrossRoadsRetreat.com](mailto:Anthony@CrossRoadsRetreat.com))

Proceeds Benefit St. Peter's  
Youth Group

# Shrove Tuesday


5:30-7pm March 4th

Adults \$10  
Kids \$5  
Family: \$25

RSVP to [doyle531@hotmail.com](mailto:doyle531@hotmail.com)

If you are in need of a ride, please contact  
Christina Doyle  
301.802.7878

ST. PETERS ESSEX FELS



CROSS ROADS  
CAMP AND RETREAT CENTER [www.crossroadsretreat.com](http://www.crossroadsretreat.com)

# WE ARE HIRING

SUMMER STAFF

Requirements:

- Counselor/Other Positions - Ages 18+
- Kitchen Staff - Ages 16+

APPLY NOW



## THE WORK OF MINISTRY

### Care & Connect

#### PRAYER CIRCLE FOR HEALING AND THANKSGIVING

Next dates: March 9 and 23

If you have someone or something specific for whom/which you've been praying come join our Prayer Circle! The Prayer Circle is a brief addendum to Sunday worship and meets the second and fourth Sundays each month directly after the 10 am service. We come together as a group to lift our prayers for healing and thanksgiving. Prayers can be for ourselves or others and are said either aloud or quietly in our hearts and minds. We have begun meeting in the lovely quiet space of All Saints' Chapel. I am aware it can be difficult for some of us to maneuver extra stairs to the Chapel, so I encourage people who have a need to use the church's side door to the porch and cut through the Nursery School and Parish Office. There is plenty of time following our Prayer Circle to enjoy the important fellowship of Coffee Hour. If you are unable to come, but have someone who needs our prayers, feel free to reach out to me, and we'll make sure they are mentioned.



#### CROSS ROADS RETREATS, MARCH 4 AND APRIL 2

Do you need a mental health day? If so, please join me at Cross Roads Camp and Retreat Center in Port Murray for *Wednesdays Away*. The March 5 session, *A Different Kind of Fast*, ushers in Lent. “Fasting is not just the physical practice of giving up food. Fasting can also be a way to combat our culture of endless distractions and busyness. Fasting is an act of letting go, of making more internal space to listen to the sacred whispers of our lives.” The April 2 session, *Lenten Lost and Found*, examines Psalm 32, “Happy are they whose transgressions are forgiven and whose sin is put away!” Time is 9 am-3 pm, cost is \$50, and it is open to all. Find out more at [www.crossroadsretreat.com/wednesdays-away](http://www.crossroadsretreat.com/wednesdays-away) or reach out to me.

—Dana Leach, [leach@stpetersef.org](mailto:leach@stpetersef.org), 201-694-6543

## IN THE WIDER COMMUNITY

### Street Fair

Our beloved Street Fair is back this year, Friday June 6 from 4-10 pm. Please join us in welcoming our community for this fun-filled event. Contact Mary Shearin ([shearchaos38@gmail.com](mailto:shearchaos38@gmail.com), 973-590-1678), sign up: [www.signupgenius.com/go/10C0C4BAAAB2AAAF4C43-54421713-saint#](http://www.signupgenius.com/go/10C0C4BAAAB2AAAF4C43-54421713-saint#/)/

### St. Peter's OpShop

*Winter is winding down—we hope!* Come in for great deals on all cold weather wear. And—starting Saturday, March 1—clothing, shoes, and accessories will be 50% off. *Come check it out!*

The OpShop at St. Peter's Church is open seasonally from mid-September until the end of May each year. Proceeds from OpShop sales support a variety of community outreach programs. Cash or check only: <https://www.facebook.com/TheOpShop>

### St. Peter's Nursery School

There are still a few openings for the next school year. Contact director Jacquelyn Albietz at [stpeterssexfellns@gmail.com](mailto:stpeterssexfellns@gmail.com) to find out more about this important ministry.



# MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>Altar Guild, 10 am OpShop, 10 am-2 pm</i>
2 <b>Last Epiphany</b> <i>HE, 8 am, 4pm, Chapel 10 am, Church 4 pm, Evensong</i>	3 <i>AA, 7 pm</i>	4 <i>Shrove Tuesday Pancake Supper, 5:30- 7 pm</i>	5 <b>Ash Wednesday</b> <i>Ashes &amp; Holy Eucharist, 7 am, 4 pm, 7 pm</i>	6 <i>OpShop, 11 am-2 pm Parish Choir, 7:30 pm</i>	7	8 <i>Altar Guild, 10 am OpShop, 10 am-2 pm SPY Chili making</i>
9 <b>Lent 1</b> <i>Great Litany/HE, 8 am, 10 am, 4 pm C&amp;C, 11:15</i>	10 <i>AA, 7 pm</i>	11 <i>Vestry, 7 pm</i>	12 <i>Handbell Choir, 7 pm</i>	13 <i>OpShop, 11 am-2 pm Parish Choir, 7:30 pm</i>	14	15 <i>Diocesan Event, 8:30-11:30 am Altar Guild, 10 am OpShop, 10 am-2 pm</i>
16 <b>Lent 2</b> <i>HE, 8 am, 4pm, Chapel 10 am, Church</i>	17 <i>AA, 7 pm</i>	18	19 <b>St. Joseph</b> <i>Handbell Choir, 7 pm</i>	20 <i>OpShop, 11 am-2 pm Parish Choir, 7:30 pm</i>	21	22 <i>Altar Guild, 10 am OpShop, 10 am-2 pm</i>
23 <b>Lent 3</b> <i>HE, 8 am, 4pm, 10 am, Church C&amp;C, 11:15</i>  30 <b>Lent 4</b>	24 <i>AA, 7 pm</i> <hr/> <b>31</b> <i>AA, 7 pm</i>	25 <b>The Annunciation of our Lord</b>	26 <i>Handbell Choir, 7 pm</i> <b>April Messenger Deadline</b>	27 <i>OpShop, 11 am-2 pm Parish Choir, 7:30 pm</i>	28	29 <i>Altar Guild, 10 am OpShop, 10 am-2 pm</i>

## How to Make Your Pledge Commitment Online for 2025

- Go to the <https://stpetersef.org/donate/pledge-form/>
- Donate > Pledge Form
- Complete the form
- Click 'Pledge' button



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### STAY CONNECTED!

Webpage: [www.stpetersef.org](http://www.stpetersef.org)

Facebook: <https://www.facebook.com/St.PetersEssexFells>

OpShop Facebook: <https://www.facebook.com/TheOpShop>

OpShop Instagram: [@opshopstpeters](https://www.instagram.com/opshopstpeters)

**The next deadline for the monthly *Messenger* will be March 26. Please feel free to email news and events to [info@stpetersef.org](mailto:info@stpetersef.org)**

### ST. PETER'S STAFF

The Rev. Nathaniel Darville, *Rector*, [darville@stpetersef.org](mailto:darville@stpetersef.org)

Mark A. Trautman, *Director of Music and Administrator*, [trautman@stpetersef.org](mailto:trautman@stpetersef.org)

Dana Leach, *Care and Connect*, [leach@stpetersef.org](mailto:leach@stpetersef.org)

DJ Elmore, *Bookkeeper*, [bookkeeper.stpeters@gmail.com](mailto:bookkeeper.stpeters@gmail.com)

### THE VESTRY OF ST. PETER'S CHURCH

Jim Irwin and Mary Shearin, *Wardens*

Christine Albano, David Cowell, Barbara Gargiulo, Erika Grothues, Sarah Latson, Kurt

Vonderahe, *Vestry Members*

### LITURGY & FORMATION LEADERS

**Altar Guild:** Alice Samuels, [inkyretired@aol.com](mailto:inkyretired@aol.com), Karen Mosher, [looker-mosher@msn.com](mailto:looker-mosher@msn.com)

**Acolytes:** Christine DiGiovanni, [adigio1552@aol.com](mailto:adigio1552@aol.com)

**Eucharistic Ministers/Chalichists:** Father Nate Darville, [darville@stpetersef.org](mailto:darville@stpetersef.org)

**Lectors:** Kathleen McLaughlin, [kathleenmcl27@gmail.com](mailto:kathleenmcl27@gmail.com)

**Music Program:** Mark A. Trautman, [trautman@stpetersef.org](mailto:trautman@stpetersef.org)

**Ushers:** Wayne Copeland, [waynecopeland@keyconsult.com](mailto:waynecopeland@keyconsult.com)

**St. Peter's Youth (SPY):** Father Nate Darville, [darville@stpetersef.org](mailto:darville@stpetersef.org)

**Christian Youth Formation:** Father Nate Darville, [darville@stpetersef.org](mailto:darville@stpetersef.org)

### OUTREACH MINISTRIES

**St. Peter's Opportunity Shop:** Stephanie Kent and Dawn Ruggiero, 973-226-0337

**David St. George Outreach Fund:** Erika Grothues, [davidstgeorge.committee@gmail.com](mailto:davidstgeorge.committee@gmail.com)

**St. Paul's Shelter:** Liz Irwin, [lizcirwin@comcast.net](mailto:lizcirwin@comcast.net)

**Christine's Kitchen:** Jennifer and Kurt Vonderahe, [jcvonderahe@gmail.com](mailto:jcvonderahe@gmail.com)

**Vacation Bible School:** Jack and Sarah Latson, [spfvbs@gmail.com](mailto:spfvbs@gmail.com)

**St. Peter's Nursery School:** Jacqueline Albietz, [stpetersessexfellsns@gmail.com](mailto:stpetersessexfellsns@gmail.com).

### EPISCOPAL LEADERSHIP

The Most Reverend Sean Rowe, *XXVIII Presiding Bishop and Primate of The Episcopal Church*

The Right Reverend Carlye J. Hughes, *XI Bishop of Newark*

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St. Peter's Episcopal Church • 271 Roseland Avenue, Essex Fells, NJ 07021 • 973.226.6500