

RECTOR'S THOUGHTS...

*FASTING AND PRAYER!*



Our word Lent is the shortened version of the Old English *lencten*...meaning *spring season* or *lengthening*. Much of Lent takes place during the springtime. The days are getting longer...there is light at the end of the Lenten Tunnel. That light is the "royal feast of feasts" of Hymn #94 (*The Hymnal 1940*). The Lenten Tunnel is a good thing...because it leads to light and life and our experience of Christ's victory over darkness and death on Easter.

Within Catholic Christianity...Lent is both a spiritual and physical exercise...and the two are inextricably connected...so are fasting and prayer. For Christians...it's not possible to have fasting without prayer...that would be a diet (not that dieting is necessarily a bad thing). We fast and abstain from certain foods as we are able...following Jesus' example when he went off into the desert to fast and pray before he began his public ministry.

Fasting and prayer are central to Christianity and will be a consistent theme this year throughout Lent. Fasting and prayer of this kind teach us humility. We should approach fasting and prayer as we would any Lenten discipline...with enthusiasm and joy knowing we are doing what we can to share in Christ's own Lenten journey.

Fasting and prayer are biblical and normal parts of our spiritual walk of obedience with God. Fasting and prayer...especially during Lent...can be transformative and restorative...helping us to reorient our spiritual and personal lives toward love of God and others. Our spiritual and personal lives are not separate...we are *Ekklēsia*...we are called to be *Church* all the time...not just Sunday morning.

The Old and New Testaments are filled with examples of people fasting and praying...for strength and guidance in difficult situations...for help in finding direction when the way simply wasn't clear. Fasting, prayer, personal introspection, Holy Scripture and the Sacraments, help us in our journey through the Lenten Tunnel...and will greatly enhance our experience of Easter and the Risen Christ! Let's gladly take a journey through the Lenten Tunnel and walk toward the light that is Christ.

Father Craig Looney ✠

**Shrove Tuesday  
Pancake Supper**



All are invited to our Annual Shrove Tuesday Pancake Supper on 5 March...featuring delicious pancakes, savory sausages and superb scrambled eggs. Men of the Parish will cook and serve the supper.

We begin with Evening Prayer in the church at 6:00 PM followed by supper. Please sign up on the sheet provided after the Parish Mass on the two Sundays prior to Shrove Tuesday.



ASH WEDNESDAY  
12:15 PM AND 6:00 PM  
LOW MASS AND HOMILY  
IMPOSITION OF ASHES



9:00 AM MORNING PRAYER  
LITANY OF ST. JOSEPH/MEDITATION  
A TIME FOR PERSONAL INTROSPECTION AND  
CORPORATE PRAYER ASKING GOD'S GUIDANCE  
AS WE SEEK TO GROW IN OUR FAITH

## LENTEN BIBLE STUDY...

The Sunday Discussion Group hour will be the venue for this year's Lenten Study. We will be studying Paul's Letter to the Ephesians, commencing on the First Sunday in Lent (10 March) and continuing through Palm Sunday (14 April). We will be using the Good News Bible Catholic Study Edition alongside the King James Version.



MARIAN (MARIE) ADAMS

Long-time parishioner Marian (Marie) Adams died at her home in San Mateo on Tuesday 12 February after a brief illness. Marie was 94 years of age and remained active until recently as a volunteer at Mills-Peninsula Hospital Auxiliary. She also coordinated the Parish group...known informally and affectionately as the "Kitchen Cabinet"...that arranges refreshments and food each Sunday. A Requiem Mass for Marie is scheduled for Saturday 2 March at 11:00 AM at Saint Joseph Parish followed by a gathering in the Parish Hall.

### HOPE

**BUT THIS I CALL TO MIND,  
AND THEREFORE I HAVE HOPE:  
THE STEADFAST LOVE OF THE LORD NEVER CEASES,  
HIS MERCIES NEVER COME TO AN END;  
THEY ARE NEW EVERY MORNING;  
GREAT IS YOUR FAITHFULNESS.  
"THE LORD IS MY PORTION," SAYS MY SOUL,  
"THEREFORE, I WILL HOPE IN HIM."**

**-LAMENTATIONS 3.21-24**

## MARCH IS THE MONTH OF JOSEPH...



Since the 10<sup>th</sup> century entire months have been dedicated to one saint...March is the Month dedicated to our Patron...Saint Joseph.

Tuesday 19 March is the Solemnity of Saint Joseph and our Patronal Festival. Mass will be celebrated at 11:00 AM and will include the "Litany of Saint Joseph":

## Litany of St. Joseph

Lord, have mercy on us.

*Christ, have mercy on us.*

Lord, have mercy on us.

Christ, hear us.

*Christ, graciously hear us.*

God the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Ghost, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us. (after each line)*

Saint Joseph,

Illustrious Scion of David,

Light of Patriarchs,

Spouse of the Mother of God,

Chaste guardian of the Virgin,

Foster-father of the Son of God,

Watchful defender of Christ,

Head of the Holy Family,

Joseph most just,

Joseph most chaste,

Joseph most prudent,

Joseph most valiant,

Joseph most obedient,

Joseph most faithful,

Mirror of patience,

Lover of poverty,

Model of workmen,

Glory of home life,

Guardian of virgins,

Pillar of families,

Solace of the afflicted,

Hope of the sick,

Patron of the dying,

Terror of demons,

Protector of Holy Church, *pray for us.*

Lamb of God, who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, who takest away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, who takest away the sins of the world, *have mercy on us.*

V. He made him lord over his house,

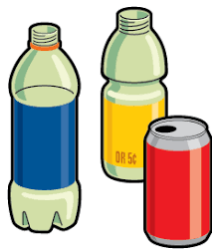
R. And the ruler of all his possessions.

*Let us pray.*

O God, who in Thine ineffable providence didst vouchsafe to choose blessed Joseph to be the spouse of Thy most holy Mother: grant, we beseech Thee, that we may have him for an intercessor in heaven, whom we venerate as our protector on earth. Who livest and reignest world without end. Amen.

## CANS FOR GOD...

Don't forget you can bring your aluminum cans and plastic bottles to the church for recycling. We take them to the recycling center and turn them in for cash. Please place your aluminum cans and plastic bottles in separate bags and bring them to the church on Sunday or by arrangement with the Rector during the week.



## CALL PRIMROSE...



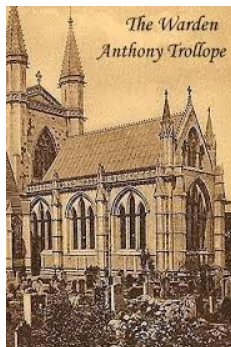
During March and April we are continuing to collect items from CALL's "Most Needed List". Please bring any of the following items to church on Sunday or by arrangement during the week and we will deliver them to CALL:

**CANNED/DRY GOODS...**Macaroni and Cheese, Pasta, Canned Vegetables, Hearty Soups/Stews (low-sodium varieties), Chili with or without Meat, Canned Fruit. **TOILETRIES...**Tooth Brushes, Tooth Paste, Shampoo, Conditioner, Diapers (Sizes 5 & 6), Pull-ups. **NO GLASS BOTTLES OR JARS!**

## BOOK REVIEW...

### *THE WARDEN* BY ANTHONY TROLLOPE

If you have a Prayer Book handy, turn to page 320 and read the rubric at the bottom of the page. In a way, this rubric is the beginning of *The Warden* by Anthony Trollope, which centers on a charitable testamentary trust. The trust animates and propels a human drama involving scandal, overbearing in-laws and young romance. Meanwhile, the fates of an old-age home, its residents and its priest-in-charge (called a "warden") hang in the balance. Will charity and love prevail, or will greed ruin what once was good? Find out in this classic novel of manners - the first installment of Trollope's Barchester Series focusing on a rural Anglican cathedral town.



*The Warden* is available from bookstores, and from the San Mateo County public library system in print and audio formats. (Save the price of the book for your own charitable testamentary trust!) Residents of many cities over the age of 60 pay no library fines.

*Rebekah Shapiro and Alex Gorelik contributed this book review.*

# Holy Week



## PALM SUNDAY – 14 APRIL

9:00 AM PALM SUNDAY LITURGY

COFFEE AND FELLOWSHIP

LENTEN STUDY CONCLUDES

## MAUNDY THURSDAY – 18 APRIL

6:00 PM SUNG MASS AND SERMON

PROCESSION TO ALTAR OF REPOSE

## GOOD FRIDAY – 19 APRIL

12:00 PM LITURGY OF GOOD FRIDAY

SACRAMENT OF PENANCE

## EASTER DAY – 21 APRIL

7:00 AM VIGIL AND LOW MASS

9:00 AM SUNG MASS AND SERMON

COFFEE AND FELLOWSHIP

## APCM HIGHLIGHTS...



The Annual Parish Corporation Meeting (APCM) of Saint Joseph Parish was held on Sunday 27 January following the 9:00 AM Parish Mass. Following are reports given by the Rector, Senior Warden and Junior Warden.

### RECTOR'S PASTORAL REPORT:

"Don't be afraid"...words often spoken by Saint John Paul II during his long pontificate..."Don't be afraid!"

Saint Joseph Parish is at a critical point in its existence. We worry about declining attendance and the future of the parish. We have all expressed fear and anxiety...we must not allow those fears and anxieties to rule our lives. We must not be afraid to meet the challenges that lie ahead.

On the positive side of things...notable events in the life of Saint Joseph Parish during 2018 included Archbishop Mark Haverland's visit and potluck luncheon on Pentecost and Father Blake Schwendimann's visit in August.

In September...I visited Saint Matthew's Parish in Newport Beach CA...reconnecting with long-time friend Bishop Stephen Scarlett. Bishop Scarlett accepted my invitation to visit Saint Joseph Parish and we welcomed him as Celebrant and Preacher on Advent III. We will continue to work at building a permanent bridge between Saint Joseph Parish and the Diocese of the Holy Trinity.

Where do we go from here? God has given us a great treasure...Saint Joseph Parish...not the building...but each other. He has given us his grace and blessings to meet today's challenges...and tomorrow's...and whatever lies ahead. He only asks of us..."Don't be afraid!"

*Fr. Craig Looney+*  
*Rector*

#### SENIOR WARDEN'S REPORT:

As the parish faces new challenges in the coming years, we have seen some positive things happening around us. We celebrate and congratulate our Rector, Father Craig Looney on the 15<sup>th</sup> anniversary of his ordination to the priesthood!

Unfortunately our church family continues to decline for various reasons, such as relocation for some in order to live more comfortably, work or school issues and of course the health of some members. We have lost two long-time church members in 2018 George Youngling & Elaine Secrest.

As a country and western music fan I think of the lyrics of a Toby Keith song, "I am not as good as I once was, but I am as good once as I always was. My how the time has flown". Relating those words to our church family, we see how things have changed over time and that is affecting our future as we try to do more with less.

Our building is in need of repairs but we must defer most maintenance because the funds are simply not there. The vestry is cutting operation costs where possible, eliminating some programs that may not be to favorable among our group but necessary none-the-less. We still stand strong, loving, helping and supporting each other and trying to find ways to increase our membership and income.

We do see some new faces on Sundays and other occasions, a good indication that hopefully some day we will again be as good as we once were. Many thanks to those who go the extra mile, the Altar Guild, "Kitchen Cabinet", choir and special gratitude to Al Schick who continues to keep things running even though he himself faces many challenges.

*Jerry McDonnell*  
*Senior Warden*

#### JUNIOR WARDEN'S REPORT:

When Bishop Scarlett visited in December, he met with the Vestry, and four words came out of that meeting: The first two were a phrase, "relational mission." The other words describe how we ask for God's help and guidance to accomplish relational mission: "prayer" and "fasting."

You'll be hearing a lot about relational mission, prayer and fasting from Fr. Craig and the Vestry this year. We enjoy good relationships with each other at Saint Joseph Parish, and with prayer and fasting we will be giving attention to how we can fulfill our mission to extend those relationships to those who are not yet members of Saint Joseph Parish.

I ask that each of you engage in some time of prayer, and some form of fasting to consider what your relational mission is within the Parish, and for God to guide us as we consider what our relational mission is as an entire Parish.

*Rebekah Shapiro*  
*Junior Warden*



At the Annual Parish Corporation Meeting (APCM) held on 27 January, Father Looney thanked retiring Vestry members Marie Adams, Barbara Wullschleger and Al Schick for their unwavering support and counsel and commitment to the Parish. Al Schick's many years of service as Treasurer and "Music DJ" were acknowledged with applause.

Nominated for Vestry were Candyce Francis, Marcia Rayher and Lindsay Pettit. With no further nominations received from the floor, the nominees for Vestry were unanimously elected by voice vote. Jerry McDonnell's term was extended for an additional year as allowed by Parish By-laws.

Following the APCM a brief Vestry Meeting was held. Father Looney appointed Jerry McDonnell as Senior Warden. Rebekah Shapiro was elected as Junior Warden. Candyce Francis was elected as Treasurer. Marcia Rayher was elected as Clerk.

The next full Vestry meeting will be held on Sunday 3 March following coffee and fellowship time. All Vestry meetings are open to anyone who wishes to attend.

YOU CAN MAKE A DIFFERENCE...



People are the greatest treasure of Saint Joseph Parish. It is each other and the love of God that sustain us the most. The spirit of volunteerism and reaching out to others defines the parish. We currently need help in the following areas:

- The Altar Guild needs additional women to assist in the preparation of the Altar, to prepare the priests' vestments for various church services, and to assist in maintaining the various linens required for such service. Training is provided. For more information, please contact Father Looney or a member of the Altar Guild.
- We have a dedicated group...informally and affectionately known as the "Kitchen Cabinet"...that coordinates and arranges coffee and refreshments each Sunday. A schedule is maintained: volunteers to supply food and help "clean up" after coffee hour are always welcomed. Please visit the "Kitchen Cabinet" on Sunday and sign up to help...you will be greeted with open arms.



## A PRAYER FOR PARISH GROWTH

*O GOD, WHO KNOWEST THE NEED OF ALL THY CREATURES, AND DOST BESTOW THE FAVOUR OF THY GRACE ALIKE UPON THE HUMBLE AND THE GREAT; BE WITH US IN ALL OUR ENDEAVORS DEVOTED TO THY SERVICE, AND GRANT US, WE BESEECH THEE, SUCH INCREASE OF NUMBERS AND OF MEANS AS WILL SECURE THIS HOUSE OF PRAYER TO THE WORSHIP AND GLORY OF THY SON, OUR SAVIOUR JESUS CHRIST, WHO LIVETH AND REIGNETH WITH THEE AND THE HOLY GHOST, ONE GOD, WORLD WITHOUT END. AMEN.*

### SCHEDULE

SUNDAYS – 9:00 AM SUNG MASS & SERMON  
COFFEE HOUR & DISCUSSION GROUP

WEEKDAYS/HOLY DAYS AS ANNOUNCED

SACRAMENT OF PENANCE BY APPOINTMENT

THE REVEREND FATHER CRAIG LOONEY, RECTOR

*THE CONTINUATION OF ANGLICANISM: We affirm that the Church of our fathers, sustained by the most Holy Trinity, lives yet...are determined to continue in the Catholic Faith, Apostolic Order, Orthodox Worship and Evangelical Witness of the traditional Anglican Church.*



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