



# The Good News

St. Paul's Episcopal Church

Chittenango, New York

March 2022

## Looking Ahead to Lent

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### Inside This Issue

2| Prayer List

3| Anniversaries & Birthdays

3| Ministry Schedule

4| Upcoming Events

6| Way of Love

9| Message from Bishop DeDe

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The Mission of our Parish is to be an active community reflecting God's presence in Chittenango and other communities we represent.

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### Our Services

Sundays at 9 AM

Join us on Zoom!

Link will be posted to our Facebook page every week

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204 Genesee Street  
Chittenango, NY 13037  
(315) 687-6304  
stpaulschittenango.net

Greetings from the North Pole!

Well, maybe not, but it sure feels like it. Bitter cold, going into March. I wonder if we will come in like a Lamb or a Lion - by the time you get this newsletter, we will know. **BIG REMINDER!!! SPRING AHEAD AN HOUR ON MARCH 13th.** Lucky me -- I'll be doing Morning Prayer that morning....wonder if I'll be alone? HaHa!!

We are starting Lent soon, we will start it out with Stations of The Cross on Wednesday, March 2nd at 6:00 PM, immediately followed by our Ash Wednesday Service at 7:00 PM, with Holy Communion, led by Father Mozeliak.

So begins Lent. And so begins our walk with Jesus during his time of self reflection. I have a suggestion for the adults of this church, follow this link to the "40 Days of Gratitude":

<https://unitedthankoffering.com/wp-content/uploads/2021/10/40-Days-of-Gratitude-4.pdf>

If you don't have access to a computer, so you can print out this booklet, let me know, I'll print out copies and have them available for ANYONE who wants one.

I haven't forgotten about our kids, here is something that can be done at home, perhaps a great way for families to explore Lent, a time to talk. I know it isn't easy to find time, so my suggestion is to schedule it into your busy lives. Perhaps, instead of giving up alcohol or sugar for Lent, you decide to add special family time to learn about Lent? Anyhow, all I can do is offer the information for you to use. Here it is: Lenten Education.

Also, don't forget, during this time, we "bury" the Alleluia during the season. Why? Well, with a bit of searching, I found the answer to the question. This is what I learned: The omission of Alleluia in the Western Church, goes back to the 5th Century. It was considered a verbal fast, which was supposed to lead up to the anticipation and joy when we return the "Alleluia" to the service again. Some churches even "bury" the Alleluia on the Sunday before Ash Wednesday. A type of physical reminder that Alleluia is gone for the time between Ash Wednesday and Easter Sunday.

You will also notice the church colors change to Purple. Purple represents preparation, penance and sacrifice. We will have a short period of Red during Holy Week, with Good Friday being bare or covered in Black, followed with White - the color of Jesus' burial clothes, for Easter Sunday!!

*Continued on Page 5*

## Contact Information

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Treasurer

Judy Olmsted  
Jr Warden  
Education

Tania Mousaw  
Outreach

Lynn Mozeliak  
Fellowship/Pastoral Care

Sue Gerling  
Worship

Jan Lee  
Vestry Clerk

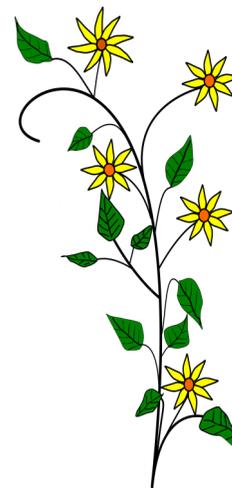
Amy Veator  
Newsletter Editor

## Prayer List

Ethel Barber, April Boyle, John Brennan,  
Mike Furtado, Joan Grover, Donna Hoff-  
man, Lynn Mozeliak, Sawyer Nichols,  
Gaven Sherman, Joan Tedford, and  
Ted Tedford

New Prayer List for February 2022/March 2022 has  
been posted on the bulletin board.

If you wish to have someone added to St. Paul's Pray-  
er list, please contact Becky Kraus at  
bak092364@gmail.com / 315- 382-9056 or Robin  
Weisbrod at rdweisbrod@gmail.com /315 655-4321.



If anyone would like a written copy of the weekly lessons/Gospel,  
Psalm, and Fr. Leon's sermon, either mailed to you or emailed to  
you - please contact the Church, by phone or by email and let  
Becky know. She will drop them in the mail to you weekly.

Please email  
stpaulschittenango@gmail.com  
Or call (315) 687-6304

## About St. Paul's

The earliest record of Episcopal Church services in this vicinity  
was 1816 when St. Stephen's Church of Perryville was incorpo-  
rated. At that time Chittenango was little more than a gathering of  
frame and log houses. From 1816-1832 rectors from St. Stephen's  
held missionary services in Chittenango.

Around 1849 a few gentlemen who greatly admired and revered  
the beautiful services of the Church, agreed to make an effort to  
have services occasionally held. By the spring of 1855 services be-  
gan to be held regularly once a month in the Bethel. St. Paul's was  
officially organized as a parish on June 18, 1855. St. Paul's church  
was built in 1865 as a Gothic Revival-style structure. The lot, build-  
ing, furniture and windows cost \$5000. The building  
was completed in less that six months. The first service was held in  
the church on Easter Day, April 1, 1866.

On May 12, 1866 the church was consecrated by Bishop Coxe. It  
was added to the U.S. National Historic Register of National Places  
in 1996.

# March

## Birthdays

03 Ed Hoffman  
 11 Pat Stucker  
 12 Katherine Weisbrod  
 22 Erick Haas

22 Evelyn Huttar  
 25 Phil Randall  
 26 Joanne Furtado

## Ministry Team Schedule

### March 06, 2022

#### Holy Eucharist

Rev. Dr. Leon C. Mozeliak, Jr.

L.E.M.: Judy Olmsted  
 Lessons: Becky Kraus  
 Prayers: Becky Kraus  
 Acolyte: Ed Hoffman  
 MIDI: Valerie Travers  
 Coffee Hour: Vestry

### March 13, 2022

#### Morning Prayer

Robin Weisbrod  
 Lessons: Judy Olmsted  
 Prayers: Judy Olmsted  
 Acolyte: Ed Hoffman  
 MIDI: Valerie Travers  
 Coffee Hour: Please volunteer

### March 20, 2022

#### Holy Eucharist

Rev. Dr. Leon C. Mozeliak, Jr.

L.E.M.: Judy Olmsted  
 Lessons: Claudia Jensen  
 Prayers: Claudia Jensen  
 Acolyte: Ed Hoffman  
 MIDI: Valerie Travers  
 Coffee Hour: Donna Hoffman

### March 27, 2022

#### Holy Eucharist

Fr. Charles Grover  
 L.E.M.: Judy Olmsted  
 Lessons: Sue Gerling  
 Prayers: Sue Gerling  
 Acolyte: Ed Hoffman  
 MIDI: Valerie Travers  
 Coffee Hour: Please volunteer

### Altar Guild for March:

Judy Olmsted  
 Mary Jane Pokorny  
 Robin Weisbrod

Prayerfully consider

Would you like to join us  
on Vestry?

If so, reach out to Robin or Judy  
and let us know.

Upcoming Events  
at St. Paul's



Ash Wednesday: March 2nd at 7:00 PM

Palm Sunday: April 10th at 9:00 AM

Easter: April 17th at 9:00 AM

Blessing of the Bikes - May 7th

Mother's Day Breakfast - May 8th

Oz Fest June 3rd-5th



*Thank  
You Note*

Much Thanks to ALL involved with the new  
desk, file cabinet, chair mat, blinds and valance in  
the Sacristy. It is greatly appreciated. :)

- Becky Kraus



March 13

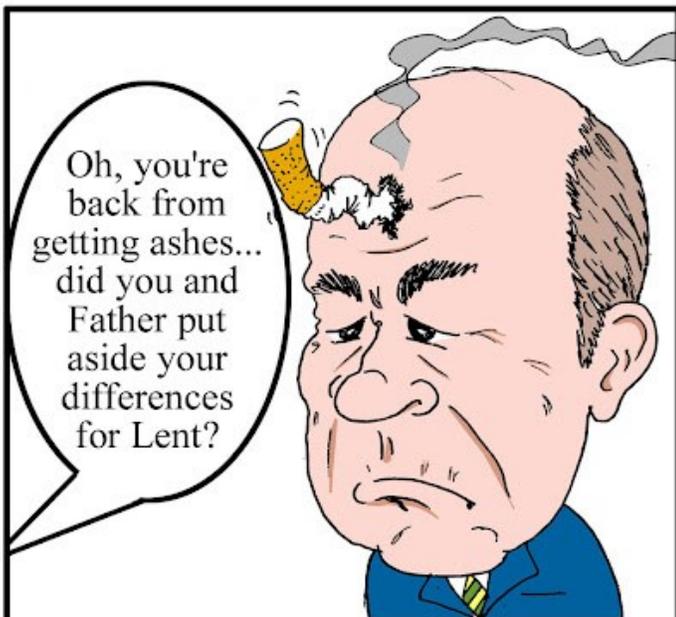
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With Lent, comes the knowledge that Palm Sunday, Holy Week and Easter are coming. So you can make your plans accordingly, here are service dates and times:

- Ash Wednesday - 7:00 PM March 2nd
- Palm Sunday - 9:00 AM April 10th
- Stations of the Cross - April 13th
- Maundy Thursday - 7:00 PM April 14th
- Good Friday - 3:00 PM April 15th
- Easter - 9:00 AM April 17th

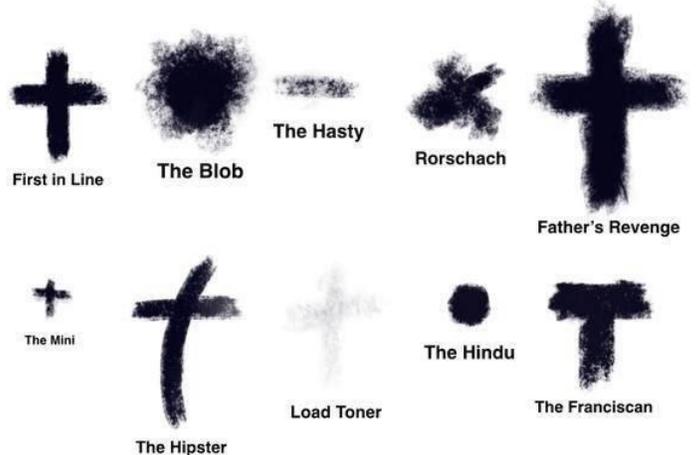
May you have a blessed and fulfilling Lenten Season, and before I go, one final ALLELUIA for us all.

ALLELUIA!!  
Robin W.



[www.catholiccartoonblog.blogspot.com](http://www.catholiccartoonblog.blogspot.com)

### A Catholic Guide to Ashes



@BillDonaghy

# The Way of Love

## Practices for Jesus-Centered Life



### What is the Way of Love?

The Way of Love is a way of life. More than a program or curriculum, it is a return to the ancient pathways and Rules of Life that followers of Jesus have observed for centuries. They knew the power of commitment to a core set of practices – Turn, Learn, Pray, Worship, Bless, Go, Rest – and the power of gathering in a small group where you find love and support for living into these commitments. If we hope to not only worship Jesus but to grow more like him and bear his redeeming love in the world, we can adopt a rule of life like the Way of Love and find a community with which to practice it.

### What is a Rule of Life? How Do I Begin?

A Rule of Life is an intentional commitment to a set of practices that provide guidance, rhythm and inspiration for living a beautiful, meaningful and holy life. As we place these practices at the heart of our daily lives and join with companions who share the commitment, we grow more and more in the unselfish, hope-filled Way of Love that Jesus embodied in the world.

### Exploring and Living the Practices

We invite you to take time exploring these practices for living a Jesus-centered life. Sit with the words from scripture and from the Book of Common Prayer, pray over the practice, reflect and discern where God is calling you, and note the “Helpful Terms” at the end if you want to learn a little more. And remember: no one follows Jesus all alone. The ideal way to live the Way of Love is in a community of love, support and accountability.

## The Way of Love

### TURN: Pause, listen and choose to follow Jesus

*As Jesus was walking along, he saw Levi son of Alphaeus sitting at the tax booth, and he said to him, “Follow me.” And he got up and followed him. – Mark 2:14*

*“Do you turn to Jesus Christ ...?” – Book of Common Prayer, 302*

Like the disciples, we are called by Jesus to follow the Way of Love. With God’s help, we can turn from the powers of sin, hatred, fear, injustice, and oppression toward the way of truth, love, hope, justice, and freedom. In turning, we reorient our lives to Jesus Christ, falling in love again, again, and again.

### For Reflection and Discernment

- ◆ What practices help you to turn again and again to Jesus Christ and the Way of Love?
- ◆ How will (or do) you incorporate these practices into your rhythm of life?
- ◆ Who will be your companion as you turn toward Jesus Christ?

**LEARN: Reflect on Scripture each day, especially on Jesus' life and teachings.**

*"Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them."* – John 14:23

*Grant us so to hear [the Holy Scriptures], read, mark, learn, and inwardly digest them.* – Book of Common Prayer, 236

By reading and reflecting on Scripture, especially the life and teachings of Jesus, we draw near to God and God's word dwells in us. When we open our minds and hearts to Scripture, we learn to see God's story and God's activity in everyday life.

For Reflection and Discernment

- ◆ What ways of reflecting on Scripture are most life-giving for you?
- ◆ When will (or do) you set aside time to read and reflect on Scripture in your day?
- ◆ With whom will you share in the commitment to read and reflect on Scripture?

**PRAY: Dwell intentionally with God daily**

*He was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples."* – Luke 11:1

*"Lord, hear our prayer."* - Book of Common Prayer

Jesus teaches us to come before God with humble hearts, boldly offering our thanksgivings and concerns to God or simply listening for God's voice in our lives and in the world. Whether in thought, word or deed, individually or corporately, when we pray we invite and dwell in God's loving presence.

For Reflection and Discernment

- ◆ What intentional prayer practices center you in God's presence, so you can hear, speak, or simply dwell with God?
- ◆ How will (or do) you incorporate intentional prayer into your daily life?
- ◆ With whom will you share in the commitment to pray?

**WORSHIP: Gather in community weekly to thank, praise, and dwell with God**

*When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him.* – Luke 24:30-31

*Celebrant: Lift up your hearts. People: We lift them to the Lord.* – Book of Common Prayer, 361

When we worship, we gather with others before God. We hear the Good News of Jesus Christ, give thanks, confess, and offer the brokenness of the world to God. As we break bread, our eyes are opened to the presence of Christ. By the power of the Holy Spirit, we are made one body, the body of Christ sent forth to live the Way of Love.

For Reflection and Discernment

- ◆ What communal worship practices move you to encounter God and knit you into the body of Christ?
- ◆ How will (or do) you commit to regularly worship?
- ◆ With whom will you share the commitment to worship this week?

**BLESS: Share faith and unselfishly give and serve**

*"Freely you have received; freely give."* – Matthew 10:8

*Continued on Page 8*

*Continued from Page 7*

*Celebrant: Will you proclaim by word and example the Good News of God in Christ? People: We will, with God's help.* – Book of Common Prayer, 305

Jesus called his disciples to give, forgive, teach, and heal in his name. We are empowered by the Spirit to bless everyone we meet, practicing generosity and compassion and proclaiming the Good News of God in Christ with hopeful words and selfless actions. We can share our stories of blessing and invite others to the Way of Love.

For Reflection and Discernment

- ◆ What are the ways the Spirit is calling you to bless others?
- ◆ How will (or does) blessing others – through sharing your resources, faith, and story – become part of your daily life?
- ◆ Who will join you in committing to the practice of blessing others?

**GO: Cross boundaries, listen deeply and live like Jesus**

*Jesus said to them, "Peace be with you. As the Father has sent me, so I send you."* – John 20:21

*Send them into the world in witness to your love.* – Book of Common Prayer, 306

As Jesus went to the highways and byways, he sends us beyond our circles and comfort, to witness to the love, justice, and truth of God with our lips and with our lives. We go to listen with humility and to join God in healing a hurting world. We go to become Beloved Community, a people reconciled in love with God and one another.

For Reflection and Discernment

- ◆ To what new places or communities is the Spirit sending you to witness to the love, justice, and truth of God?
- ◆ How will you build into your life a commitment to cross boundaries, listen carefully, and take part in healing and reconciling what is broken in this world?
- ◆ With whom will you share in the commitment to go forth as a reconciler and healer?

**REST: Receive the gift of God's grace, peace, and restoration**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.* – John 14:27

*Blessed are you, O Lord ... giving rest to the weary, renewing the strength of those who are spent.* – Book of Common Prayer, 113

From the beginning of creation, God has established the sacred pattern of going and returning, labor and rest. Especially today, God invites us to dedicate time for restoration and wholeness - within our bodies, minds, and souls, and within our communities and institutions. By resting we place our trust in God, the primary actor who brings all things to their fullness.

For Reflection and Discernment

- ◆ What practices restore your body, mind, and soul?
- ◆ How will you observe rest and renewal on a regular basis?
- ◆ With whom will you commit to create and maintain a regular practice of rest?

## Helpful Terms for Understanding the Way of Love

- ◆ **Jesus Movement:** The ongoing community of people who center their lives on Jesus and follow him into loving, liberating and life-giving relationship with God, with each other and with the earth.  
<https://www.episcopalchurch.org/jesusmovement>
- ◆ **Rule of Life (from the Society of St. John the Evangelist and the Virginia Theological Seminary Center for the Ministry of Teaching):**
  - The idea of a “Rule of Life” comes from the Latin word *regula* and suggests a way to regulate or regularize our lives to stay on an intentional path. A “Rule of Life” is not just a set of rules to live by; rather, it is a gentle framework to guide and support us on our way.
  - A “Rule of Life” allows us to live with intention and purpose in the present moment. It helps us clarify our most important values, relationships, dreams and work.
  - A “Rule of Life” is meant to be simple, realistic, flexible and achievable. It is a purposeful tool to help us grow into a more meaningful life with God.
- ◆ **Book of Common Prayer:** The book of liturgies (worship services), prayers, devotional and teaching resources that Episcopalians use in our individual and corporate life. The first English prayer book was published in 1549; the current Episcopal Church prayer book was revised in 1979.  
<https://www.episcopalchurch.org/book-common-prayer>
- ◆ **Beloved Community:** A community dedicated to the dream of dignity and abundant life for all, where people see themselves and others as beloved children of God, and “where the good of all is the quest of each” (Clarence Skinner). It is the body within which we grow to love God, love our neighbors, love ourselves and love creation. The phrase is widely known for its use by Martin Luther King Jr.  
<https://www.episcopalchurch.org/beloved-community>

[www.episcopalchurch.org/wayoflove](http://www.episcopalchurch.org/wayoflove)

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### “How Will you make it count” Bishop DeDe’s message for Ash Wednesday and Lent, 2022

“Ashes to ashes, and dust to dust.” In other words: you’re going to die. You only have today. How will you make it count?

Our Christian faith calls us to repentance; to start with telling the truth that the things we have thought were so important—our pride, our self-sufficiency, our comfort—have actually led us to a place that is tired and wanting. Only when our lives are filled with the grace of God and the hope of God can we fully live each moment, not based on comfort or power of our own, but dwelling deep within the power of God, and knowing that our comfort comes from God’s living love in us.

We are dust, and to dust we shall return. So I pray, dear friends, that this Lent we might draw closer to the truth of God: that God loves us; that God loves you; that you have all you need to be the person God’s called you to be, and that you are called to live fully and deeply into each moment.

I pray you will fast this Lent from things that have held you back. I pray you will meditate on God’s love as revealed in scripture; that you’ll tell the sacred stories and hear in the stories your story. And most of all I pray you’ll know that your life is bigger than this moment: that God is calling you beyond this time to live with love, compassion, and mercy, with all people.

May you be blessed and be a blessing. This holy Lent you discover your real purpose. And may this holy Lent you feel God’s love for you in new ways.

Blessings.

St. Paul's Episcopal Church  
Chittenango, New York

**We are on the Web**  
**stpaulschittenango.net**

Forwarding Service Requested



# The Good News

The March 2022 Newsletter of

## St. Paul's of Chittenango

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