



NEWS FOR ALL THE SAINTS

All Saints' Memorial Church Newsletter

Navesink, NJ

Note from Mother Debbie

Greetings to you during this challenging time.

Jim and I were watching television the other night, and it struck me how many commercials were now rapidly out of date with the current dynamic—geared to a way of life that seems so long ago, but was only maybe a week or 10 days ago. The daily reports with the exponential increase of those infected and those dying are wearing enough; in addition, all of life seems upended: schools closed, many businesses closed or on minimal staff, churches closed, people stressing over having enough paper products (sorry, I still don't get that). The personal physical, emotional, mental costs as well as the potential community and economic cost is staggering.

In time of great stress and fear, however, we have a choice: to let the fear infect our hearts and turn us against one another, or to face that fear knowing that we are not alone, to meet it with love. How can we do that? Well, it's never easy; but we do that each time we choose not to panic buy, when we cut each other some slack and practice forgiveness, when we practice social distancing for others' good and not just our own. God did not promise a life free from trouble or suffering—but that God would be with us in the trenches, seeing us through.

And so, this Lent—and likely into Easter—our call to self-giving love may not look like the love we'd think. Instead of hugs and handshakes, we will greet one another online or at a distance. But regardless we are still the Body of Christ, called to a life of love and compassion and caring—and prayer. And not matter where you are, prayer is something we can all do. In fact, it is the most important thing we can do—for ourselves and for a frightened and overwhelmed world.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
(Philippians 4:6-7)



ONLINE WORSHIP

At All Saints: We will continue to provide Morning Prayer with Homily on Sundays at 10:15 a.m on Facebook live on the All Saints' Memorial Church page. Mother Debbie will offer up a variation of our Healing service on Wednesdays at 10 am as well (same site). We are working on linking the feed to our website. We can email a pdf of the Sunday Morning Prayer service to you upon request, and will link it to our website for download at <https://allsaintsnavesink.org>. You can also find online a pdf of the Book of Common Prayer at www.bcponline.org.

Diocesan Options: Many parishes/clergy are offering on-line Morning prayer, compline (in the evening) and some are offering on-line Eucharist. All this is via Facebook Live or on a church YouTube channel. If you need further guidance, visit our Diocesan website at <https://dioceseofnj.org/> for a list of churches and their on-line offerings. Bishop Stokes is offering an online bible study via Zoom on Wednesday nights at 7 pm; his letters and communiques are under <https://dioceseofnj.org/newsletter/>. The National Cathedral is offering on-line Service at 11 am each Sunday at <https://cathedral.org/>

Holy Week and Easter: Our Presiding Bishop has advised us that virtual services are a distinct possibility for Palm Sunday, Holy Week and Easter. We are working on some potential online options to mark these days as mindfully as possible, and will keep you posted. Suffice it to say, if do not gather again until after Easter—once we do, it will truly be a joyful celebration!

Deacon's Doings....

Dear Fellow Saints!

"The Bible is a letter God has sent us; Prayer is a letter we send Him."
-Matthew Henry

First, let us talk about pardon; no is perfect except Jesus. Prayer gives us the opportunity to unburden ourselves; to confess our faults and sins before God.

... and forgive us our trespasses(transgressions), as we forgive those who trespass(transgressors) against us. This speaks about forgiveness among our associates, neighbors, friends, family and loved ones. Any and all persons in our lives that we come in contact with in social or business situations are included as well.

This is a tough one; its interpretation is as unique and individual as each individual is unique. Why? Because as human beings, we are broken and imperfect. Many of us would prefer not to illuminate the truth about our trespasses against others. If we did (or did so more often), we would see clearly the need to strive harder to do it "on earth as it is in heaven." Doing so requires that we confront the three most powerful words any of us can say about ourselves, "I was wrong" and having to say "I am sorry."

Forgiving those who trespass against us is another tough one. Some of us are better equipped to forgive than others dependent, perhaps, on the severity of the trespass. If we can't forgive others, how can we expect our heavenly Father to forgive us?

Second, in the midst of what is happening ... The importance of prayer becomes a source to mediate anxiety and uncertainty. **Studies show** that prayer reduces anxiety and depression. A reduction in anxiety allows people to process and react to external events with a more cognitive rather than emotional manner. And a time in which there is worldwide concern over a virus without a treatment, a strategic and peaceful approach to problem solving is a good thing.

Let us discuss protection ...

and lead us not into temptation, but deliver us from evil.

I believe Evil is perpetuated by humankind and can be a byproduct of being led into temptation. Asking to be delivered from evil keeps us conscious of its pitfalls, and the duplicitous and deceptive manner in which evil attempts to seduce us.

This verse seems to be about our individual conscience as well as our collective consciousness. I think it's more about our faulty egos leading us into temptation which unfortunately frequently occurs as opposed to God leading us astray. In order for us to not be led into temptation, we need to be aware of the commitment we have made by saying this prayer. When we ask for pardon and to be delivered from evil this petition keeps us conscious of our and its pitfalls. Also, the byproduct of being led into temptation in the deceptive, duplicitous manner in which the Enemy attempts to seduce us.

Now Pope Francis has risked the wrath of traditionalists by approving a change to the wording of the Lord's Prayer. Instead of saying "lead us not into temptation", it will say "do not let us fall into temptation".

The new wording was approved by the general assembly of the Episcopal Conference of Italy last month.

Native American Lord's Prayer

O Great Spirit,
You are our Shepherd Chief in
the most High place.
Whose home is everywhere,
even beyond the sun, the moon
and stars.
Whatever You want done, let it
also be done everywhere.
Give us Your gift of bread day by
day.
Forgive us our wrongs as we
forgive those who wrong us.
Take us away from wrong do-
ings.
Free us from all evil.
For everything belongs to You.
Let your power and glory shine
forever. Amen

Adapted by Parker Palmer

Heavenly Father, Heavenly
Mother, Holy and blessed is
your true name.
We pray for your reign of peace
to come.
We pray that your good will be
done.
Let heaven and earth become
one.
Give us this day the bread we
need, give it to those who have
none.
Let forgiveness flow like a river,
from each one to each one to
each one.
Lead us to holy innocence, be-
yond the evil of our days,
Come swiftly Mother, Father,
come, For yours is the power,
and the mercy and the glory.
Forever your name is all in One.
Amen

Finances

Finances are no doubt a concern for all right now. There are a number who can work from home, or whose employers will continue to pay for some time; but for many, no work means no pay. Not to mention, the falling stock market impacts 401K balances and other investments. Finances are a concern for All Saints' too—no weekly collections affects our income substantially, and the falling market affects our limited investments. If you submitted a pledge for 2020, we respectfully ask that you try to keep it up as you are able. As we work to setup on-line options, **you can still mail your payments to the All Saints' address at:**

P.O. Box 326, Navesink, NJ 07752.

The parish, of course, continues to have financial obligations for utilities, insurance and other fixed costs—as well as staff costs. Inasmuch as we are able, we are committed to fully paying staff as long as we can. The Vestry will explore financial options and a timeline at our meeting on March 26 (held by Zoom), and share any pertinent information after that time.

Pastoral Care

Mother Debbie and Deacon Michelle are committed to being available in any way we can be. While in-person visits are discouraged now except in the case of emergency, we are available by phone, email or text. The best number to reach Mother Debbie is 732-492-1943, and her mail is mother.debbie@comcast.net. And while we will be checking in with people, please also reach out and check in with one another. Now more than ever, we need some sort of connection.

Meetings

Vestry and other meetings are or can be on-going, via Zoom, a videoconferencing service the parish has had for a year. It is easy to use, and the Zoom app can be downloaded onto a computer, phone or tablet. Once downloaded, if you receive an invitation to a Zoom meeting, just click on the link offered, and it should open up and launch for you. Zoom can be used for bible and book studies as well, stay tuned!

Self-Care

First, be gentle with yourself. Feeling out of sorts, anxious, down are normal reactions to this stressful situation. And with that, be gentle with others too.

For those who now have more time on their hands than they thought—try to keep a schedule. Set the alarm, plan something for each day; whether it is a walk, a phone call with a relative or friend, a special movie, or working on a project-- it helps to have something to look forward to and/or check off the list. Take the time for reading, for prayer, for reflection. We tend to be such a busy society that sometimes we miss the little things such as the signs of spring.

For those who are now working from home, or learning from home (or both!): Set aside a workspace if you can. (If you have multiple kids at home doing online learning that may be a near impossibility!). Schedule work/school time as best you can, and also plan a time to put it down. I know I work best in two hour doses before I take a short break. Honor what works for you.

Pay attention to the news, but not all day. Set a time or two each day for updates, and don't react to every alert on your phone. Wash your hands, practice social distancing, be careful when you have to venture out to the grocery store or pharmacy or other essential place. Stay home, enjoy your backyard or condo balcony, wave to your neighbors, be kind. Check in on others by phone or text or email. And pray—for yourself, your family and friends, for All Saints', for our neighbors near and far. Pray that a treatment is found soon. Pray for healthcare workers, first responders, for those who keep us stocked with food, for postal workers and delivery persons. Pray for our leaders, that they act wisely and compassionately.

After all, we're all in this together—and remember, God is here too, in us and with us.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine; Glory to him from generation to generation in the Church, and in Christ Jesus forever and ever.

Ephesians 3:20-21)

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