



Episcopal Church of the Advent
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Dear Friends,

We live in a world with so many differences and disagreements. In daily conversation, I encounter people who want to argue about faith and politics. Honest discussions about topics of interest can be engaging, but much of the time, we find ourselves in arguments where someone believes they are right and a different opinion is wrong. As we enter another presidential election season, these conflicts are likely to become worse. We need to come together and work together while we come to understand each other.

So how about attending *The Difference Course* from the Archbishop of Canterbury's office? As Lent begins, many of us are considering what we might want to give up or take on as a Lenten practice. I suggest this course, which your Education Committee has put a good deal of work into preparing.

Difference addresses five topics that are key to overcoming our differences and working together for the good of all people. One, we are called by God to love all people, and that means figuring out how to get along with each other. Two, how to go beyond the issues and opinions that divide us. Three, learning to deal with disagreements while having productive conversations. Four, practicing forgiveness so we can stay in relationship with each other. And finally, the value of taking risks and dealing with difficult subjects.

Beginning Sunday, February 18, *Difference* will meet at 9:00 a.m. in the Upper Room of the parish hall. I plan to attend it and I very much hope that you will join me. Programs that come from the Archbishop of Canterbury's office for the entire Anglican Communion are important and are things we should make every effort to participate in. Certainly we can all benefit from learning to overcome our differences!

I wish all of you a blessed Lenten season. May it be a time of self-examination and spiritual growth.

Faithfully yours,
Alan+

NEW VESTRY MEMBERS

The Annual Meeting, held on January 21, 2024 resulted in the election of the Wardens, and three Vestry members. Following is your Vestry for 2024:

Lew Price – Senior Warden
Noel Smith Wong – Junior Warden
Joel Rutenberg - Clerk
Martha Francis
Angela Gloria
David Hammond
Richard Hudson
Pam Kelly
Larry Morier
Joanne Morrison
Sharon Werth

Copies of the Annual Report are available on the table at the back of the church.

THE JOY OF SERVICE – BEING AN ACOLYTE

Have you sat during a Eucharistic Service on Sunday morning and thought about what was happening on the altar? Why does the priest make certain actions? How does the altar get prepared? Why are candles on the altar? How do the priest and the acolyte know what and when to do certain things? The mysteries of the Eucharist are fascinating and being on the altar brings them so close you can actually reach out and touch them!

Is now the time for you to get closer! Join the service and become an acolyte? I know what you are thinking, but I am not a teenager! No need to be. We can all serve at the altar.

I was trained as an acolyte in junior high after asking for a long time. After many training sessions, I was the crucifer and was so proud as I put on my cassock and surplis and brought the crucifix to the back of the church to lead the procession in. Unfortunately, a member was outraged that a female was serving on the altar and left the church making a big stink. A few minutes later, with my head held high, I walked up the main isle as the congregation sang. That image has been joined by countless others throughout the years. I stopped serving regularly when I left for college but was often called to help during big events, Christmas, Easter, or my father's ordination as a Deacon. Now I serve as an adult, and it is much richer than ever.

We are all asked to examine our time, treasure, and talent and help our church. If you have never thought to assist this way, you can consider this your invitation. Do not worry about the fear of making mistakes, everyone does, and on the altar we all help each other.

As I enter the last few months of my time at The Church of the Advent, I hope to see a few new faces on the altar. I would be glad to help anyone who feels they need it! So come join us!

-Sandi Eakin

LENTEN SUPPERS AND STATIONS OF THE CROSS

Church of the Advent Lenten suppers are back! We will resume our traditional Lenten soup suppers beginning Wednesday evening, February 21, at 6:00 PM in the parish hall, immediately following the 5:30 PM Stations of the Cross. There will be two choices of soup, hot bread, and beverages. Sign-up sheets for hosting these suppers by providing soup, hot bread or beverages are on the table in the back of the church. We hope the hot soup and warm Christian Fellowship will be inviting now.

We hope to see you Wednesday evenings during Lent for Stations of the Cross at 5:30 PM, followed by our Lenten supper at 6:00.

RISING ABOVE OUR DIFFERENCES

This forthcoming Lent, the Advent Education committee is prepared to offer a course designed by the Archbishop of Canterbury to be based on registered parishioner interests. It is entitled, *The Difference Course*. The Archbishop's aim is to offer in five 60-75 minute sessions a guided reflective, sharing, and meditative process to help participants grow in their ability to deal with differences and disagreements that exist between persons or groups in a world grown more fractious. The course process helps one gain a personal tool for approaching differences of opinion, disagreements, and even interpersonal instances of conflict. This is accomplished through short readings in scripture, sharing of stories, and seeking inspiration to change and grow into more skilled peacemakers. The five sessions of the *Difference Course* are labeled, "God's Call," "Crossing Divides," "Navigating Disagreement," "Practicing Forgiveness," and "Risking Hope." Across these five sessions three habits are developed, "Be curious," "Be present," and "Re-imagine."

The course is hosted by volunteer parishioner(s) who undergo online training aimed at making them knowledgeable and more practiced at facilitating. All materials are provided free of charge—each participant receives a downloaded manual containing content for each of the lessons. All one needs is a Bible, and writing materials.

Beginning the first Sunday in January a sign up sheet will be available on a table at the back of the church to indicate interest in participating and a choice of venue. The course begins February 18th and completes on March 17th. For more information please contact Sam Wilson, samwilsonjr46@gmail.com.

ADVENT MUSTARD SEED CAMPAIGN VIII

For the past eight years, Advent parish has successfully demonstrated Jesus' parable of the mustard seed. The lesson it contains was important enough to make it into all three synoptic gospels (Matthew 13:31-32; Mark 4:30-32); and Luke (13:18-19). Each year since 2016, parishioners have collected their loose change in blessed, mustard seed-containing canning jars available at church services beginning the first Sunday in Lent and in-gathered the second Sunday in Easter to support the Collateral Repair Program (CRP) in Amman, Jordan. CRP continues to operate a highly efficient war refugee settlement program through two established neighborhood centers and various programs. These programs provide skills, job training, and socialization for those living

in a foreign country under stressful circumstances. Because of this parish's steady support, Advent has doubled its annual contributions over the past three years through matching grant funding from the Diocesan Global Goals Commission. This commission seeks out overseas development projects that achieve sustainability and long-term durability. Advent's local Mustard Seed Campaign contributions are among those in the diocese awarded the annual Global Goals grant maximum of \$750. Essentially, our parish has been able to double its support of CRP, at least. This year, please continue your support. Join with fellow congregants to demonstrate the lesson that good things can be achieved from the smallest steps, just like the mustard tree that grows from the tiniest of seeds. Please pick up a canning jar at worship service and save your loose pocket change for the Collateral Repair Project.

The mustard seed jars will be available on Sunday, February 11, 2024.

-Sam Wilson

THANK YOU

Many thanks for the amazing retirement brunch on January 7, 2024. It was a very special time for me and I know and appreciate all the work and effort that went in to making it such a wonderful event. Thank you to all who made it happen.

-Carol Obligado

SUPER BOWL FOOD DRIVE

Once again, the Episcopal Church Women will sponsor a food drive for the two local food closets in the area. The food drive will begin on Super Bowl Sunday, February 11, and run for one month. Please check the dates on all donated foods and make sure that they have not expired. The lists below are items that the food closets are low on, but any grocery items are needed, as well as money donations. (Please make out checks to Church of the Advent ECW.) Please put your donations on the round table in the back left of the Parish Hall. It will be well marked. Collection times are Sundays and weekdays except Wednesday from 9:00 AM to 1:00 PM.

St. Barnabas Cares Food Pantry

General nonperishable groceries, especially

Cereal

Crackers

Hot Chocolate

Pancake Syrup

LITTLE DEATHS AND LITTLE RESURRECTIONS

In 2010, after 14-years of happy second career employment as a Virginia Governor's School educator teaching college-level courses to high school juniors and seniors who "wanted to be in school," I lost my job. It was antiseptically announced as a "downsizing" of the faculty and number of college campus teaching sites over a nine country region of Southside Virginia. Still, my contract was not renewed. My competition was someone whom I knew and liked from a neighboring county. However,

she had a newly minted Ph.D. in education and her husband was a member of the regional school board. It made the decisions to implement the reorganization. As a result of this "loss," I experienced what I reflectively termed, a "little death."

As I dealt with it, I remembered the other little deaths in my life. Some had a sharper sting than others, some occurred as unwanted or unexpected signposts. They posed a more radical change in direction of my life's unfolding: bygone relationships without closure due to frequent geographic relocations; six different junior-senior high schools in six years, prompting a period of inverted adolescent *schadenfreude*; military-related injuries that reoriented the path of my career; the onset of clinical depression in a full-blown mid-life crisis; even a bout with aseptic spinal meningitis. All of these challenged and tested me, or sometimes, frankly, overwhelmed me.

Yet, as I now see it, each of these little deaths was followed by a "resurrection." A lost teenage crush in North Carolina was unexpectedly replaced with a new crush in Northern Virginia. The leaving behind of forged friendships and comrades in Vietnam because "I got my orders", was assuaged by new comrades in arms while serving along the DMZ in Korea, or in the jungles of Honduras. Depression was gradually replaced with cautious optimism that steadily grew. The loss of family of origin members over time in Virginia has been ameliorated in meaningful measure by relationships in my new extended family in New Jersey. Some things I simply got over with the passage of time. Some abruptly opened new doors of positive opportunity. My lost teaching job led 12 months later to a new mini-career as an interpretive Park Ranger at a Virginia State Battlefield Park not far from where I lived. There, I was able to create 40 different new interpretive programs on the story about that American Civil War battlefield. This burst of creativity was fed by a fusion of prior military service, public teaching, and my graduate communications training and experience. As a new chief park ranger, my "resurrection" arose from a summative life of integrated skills and experience composed of my previous "lives." I learned the art of telling simple stories and to help others uncover lost stories about their ancestors who fought and survived or died on that battlefield. An exuberance of my life returned.

Since then my life has been fed by a rich mixture of memories, new adventures, the gift of some wisdom that comes with aging, and the centering of my life in my faith. A "resurrection-follows-little-deaths-perspective" emerged. I believe this stems from a process of ongoing Christian formation fed by worship, prayer, fellowship, and reading & study as I sought an informed faith. Initially this process was the gift of my parents. Then it was fed by the caring ministries of Sunday school and vacation bible school teachers and facilitators. There were the enthusiastic youth ministers who escorted my passage reassuringly through adolescence. When I became an adult it became a matter of my choice and discipline to respond to the quickened spirit planted at my baptism and nurtured in my early years by the church. That post-baptismal nurturing is the point of this shared reflection.

Each year Church of the Advent customarily offers to its congregants selected texts as a Lenten observance program among several formation programs or projects year round. The purpose is to invite individuals to use reflective time prompted by this important season to explore a theme or aspect of their faith through the written perspective of carefully trusted others. The content may be spiritual, history, scripture, theology, ethics, or simply a personal reflection incorporating one or more. This year Advent's Education Committee has chosen six titles for your consideration. Copies of

each are arranged on a table at the back of the church for review and ordering, using the sign up list provided.

The selections include a respected work on Episcopal spirituality using the BCP (Julia Gatta); a classic reflection on faith by a beloved, world-renown, apologist (C.S. Lewis); a translation and commentary of the scriptural story of David by an esteemed OT scholar (Robert Alter); a unique focus on the historical, political, economic, and social context of Jesus' earthly ministry in Galilee (Jean-Pierre Isbouts); an inspiring work of personal belief and a roadmap for a Christian practice of that belief based on the life and experiences of our Presiding Bishop (Michael Curry); and an important work on the tragic history of the lynching of black Americans in the United States with a paradoxical search for hope by a respected black theologian (James H. Cone). The committee hopes you will find something that catches your eye. It invites you to private Lenten study as part of your formation process during the ongoing adventures of your life with all of its little deaths and little resurrections.

—Sam Wilson

LENTEN SERVICES AND DEVOTIONAL ACTIVITIES

Sunday: A five-week Lenten series at 9:00 a.m., entitled, The Difference Course. (Information on this course is included in the above article titled "Rising Above Our Differences")

Wednesday: Praying the Anglican Rosary at 9:00 a.m.
 Morning Prayer at 9:30 a.m.
 Stations of the Cross at 5:30 p.m.
 Soup and Bread Supper at 6:00 p.m.

February Birthday Celebrations

February Anniversary Celebrations

5	Ettore Cattaneo	7	Lee & Sally Snyder
8	Corbin Cogswell	22	John & Mary Ann Coyle
9	Leilani Wong		
10	Joanne Morrison		
12	Joan Fraser		
12	Susanne McIntrye		
12	Kathleen Pastiu		
14	William Granahan, Sr.		
23	Barbara Cattaneo		

WEEKLY WORSHIP SERVICES

Sunday: The Holy Eucharist at 8:00 and 10:30 a.m.
The 10:30 service is also livestreamed on YouTube

Wednesday: Morning Prayer at 9:30 a.m.

Thursday: The Holy Eucharist at 12:00 Noon

LIST OF PLEDGERS FOR 2024

Thank you to everyone for your support of Advent and our ministry. Receiving a pledge form from you helps us budget and know what gifts and talents you wish to offer to the church. Those forms are kept confidential. Thanks to the following people for their pledge for 2024.

Mr & Mrs Robert Andrzejczak James & Alison Brown Donna Brownstein
Robert Bullington & Pam Kelly Richard & Marrie Cassidy Kathe Christensen
Corbin & Lynda Cogswell John & Mary Coyle Jonathan & Kelly Carter Currier
Walter & Anna DeForest Diane Dilworth John & Martha Francis Brenda Williams Grubisic
Frank & Kitty Garcia Angela Gloria William Granahan Martyn & Grete Greenacre
Scott Griffith Paul & Joan Hagy David Hammond Charles & Janice Hardy
Carol Hoffman Richard Hudson & Joy Wadleigh Johanna Keltie Patricia Keltie
Karla Kiefer Michael Kirk Alan and Brenda Leonard Mr & Mrs David Maahs
Carol Mohr Larry & Debra Morier Karann Murphy Fred & Carol Obligado
Mark & Beth Paulosky Lew & Joann Price Joel Rutenberg Georgeanna Sexton
John & Lorraine Shaw Barbara Smith Calvin & Martha Stafford
Geraldine Street Gini Tate David & Diane Tornberg Michael & Marty Torpey
Peter & Janet Van Syckle Alice Vasser Sharon Werth Tom Crane
Samuel & Jane Carol Wilson David & Sandra Eakin Barbara Vigliotti

It is not too late to make a pledge to Advent; forms are available in the back of the church or on our website at www.capemayadvent.org. Thank you for all you do for our Church.

You're Invited to Our Shrove Tuesday Pancake Feast!



Join us for a delicious breakfast-for-dinner event featuring a stack of
fluffy pancakes.

\$10-adult / \$5-children 12 and under / Free-5 and under

The Episcopal Church of the Advent Cape May

TUESDAY, FEBRUARY 13TH,
4:30 TO 7:00 PM

RSVP APPRECIATED
609-884-3065
ADVENTSECRETARY@COMCAST.NET

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Each Wednesday Advent Walkers- 8:00 AM	1 Holy Eucharist- Noon	2 Potluck Supper- 6:00 PM Parish Hall	3
4 Epiphany 5 Holy Eucharist - 8:00 & 10:30 AM Youtube.com livestream at 10:30 Education Mtg.- 9:00 AM--Parish Hall	5 Bible Study -6:30- 8:00 PM Zoom link: https://us04web.zoom.us/j/5312528003 Mtg ID: 531 252 800	6	7 Office Closed Rosary -9:00AM Morning Prayer - 9:30AM Holy Bookworm Club-7:30-Zoom	8 Holy Eucharist- Noon	9	10
11 Last Epiphany Holy Eucharist - 8:00 & 10:30 AM Youtube.com Livestream at 10:30	12 Bible Study -6:30- 8:00 PM Zoom link: https://us04web.zoom.us/j/5312528003 Mtg ID: 531 252 800	13 Shrove Tuesday Pancake Supper - 4:30 to 7:00 PM	14 Office Closed Rosary -9:00 AM Morning Prayer - 9:30 AM Ash Wednesday - Noon & 6:00 PM	15 Holy Eucharist- Noon ECW Mtg -10:30 AM- Parish Hall	16	17 -
18 Lent 1 Holy Eucharist - 8:00 & 10:30 AM Youtube.com livestream at 10:30 Vestry Mtg-Noon Free Concert -4 PM- "Solo Bach"- cello & violin-reception follows	19 Bible Study -6:30- 8:00 PM Zoom link: https://us04web.zoom.us/j/5312528003 Mtg ID: 531 252 800	20	21 Office Closed Rosary -9:00 AM Morning Prayer - 9:30AM Outreach Mtg -3:00 PM Stations of Cross - 5:30PM Lenten Supper - 6:00PM	22 Holy Eucharist- Noon	23	24
25 Lent 2 Holy Eucharist - 8:00 & 10:30 AM Youtube.com livestream at 10:30	26 Bible Study -6:30- 8:00 PM Zoom link: https://us04web.zoom.us/j/5312528003 Mtg ID: 531 252 800	27	28 Office Closed Rosary -9:00 AM Morning Prayer - 9:30 AM Stations of Cross - 5:30PM Lenten Supper - 6:00PM	29 Holy Eucharist- Noon		AA Meetings: Sun-4:00 PM Tues-7:30 PM Wed-7:30 AM