

THE ANCHOR



Newsletter

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Dear Friends,

Lent begins this month with Ash Wednesday on February 18. It is a season the Church sets aside for reflection, repentance, and renewal as we prepare for the joy of Easter. To support that shared journey, Advent is offering several opportunities throughout the season.

We will begin with our Shrove Tuesday Pancake Supper on Tuesday, February 17 at 6:00 p.m., hosted by the Episcopal Church Men. The word "shrove" comes from an old English word meaning "to be forgiven," and the day has long marked a joyful moment just before Lent begins. Pancakes became part of the tradition because they were a practical (and delicious) way to use up rich ingredients before the fasting season. Please bring a friend and join us for good food and good company.

On Ash Wednesday, services will be held at noon and 6:00 p.m. These services include the Eucharist and the Imposition of Ashes. When the cross of ashes is placed on our foreheads, we are reminded both of our human frailty and of God's mercy and grace. It is a simple and powerful way to begin the season and to set our hearts in the right direction for Lent.

Each Wednesday evening during Lent, we will gather for the Stations of the Cross at 5:30 p.m., followed by a soup supper. Walking the Stations allows us to reflect on Christ's suffering and death, which ultimately lead to our salvation. For many people, taking on this additional weekly service becomes a meaningful Lenten discipline and a steady rhythm of prayer.

On Sundays in Lent, Deacon Charlene will lead a class on the creeds between the services. The creeds form the foundation of our faith and theology, and this class will offer a helpful opportunity to reflect more deeply on what we say and believe each week in worship.

I will also be leading a Lenten Quiet Day on Saturday, March 7, at Villa Maria Retreat Center in Stone Harbor. The day will include Morning Prayer, guided meditation, shared meals, and extended time for quiet reflection. During the quiet portions of the day, participants will be asked to observe silence indoors and take conversation outside, creating space for prayer and listening. Deacon Charlene and I will be available for conversation, and I will offer private confession for anyone who wishes. The cost is \$55, which includes breakfast and lunch. If this presents a hardship, please speak with me. I hope many of you will consider setting aside this time for rest and spiritual renewal.

During Holy Week, we will offer our usual services, including Maundy Thursday with the washing of feet and the overnight watch with the Blessed Sacrament, followed by our Good Friday service at noon. On Good Friday morning at 9:30 a.m., I also encourage you to join the Cape May Ministerial Way of the Cross, beginning at the Convention Center. This annual tradition offers a public witness of faith and a meaningful way to mark the day with the wider Christian community.

We will again offer suggested Lenten reading, with sample copies available in church and an order sheet for those who wish to participate. On April 18 at 3:00 p.m., we will gather in the parish hall to share conversation about the books we have read.

I hope you will find one or more ways to engage with Lent this year. My prayer is that these weeks will be a time of honest reflection, spiritual growth, and deeper awareness of God's presence in your life.

Faithfully,
Alan+

FROM THE DEACON'S DESK

As we approach the end of January and anticipate the arrival of February, I am fascinated by the swings in temperature and sunlight! Those swings are often not anticipated but arrive even if we don't know they are coming.

I think our lives are like the weather. There are times when the sun lights up our life and times when darkness looms large. The moments of celebration and joy will coexist with the moments of loss and suffering. How do we survive the moments of suffering, the darkness?

We have so many things that give us hope in the time of darkness! Our Church year leads us through the story of God's love, compassion, and grace in times of joy and celebration and through the darkness and suffering as well.

We have just celebrated Christmas, God's entering the world in human form and substance, so that we may see our God and learn what it means to be his children! We will hear God's promises and learn what is required of us, as his children. We will also learn through the life and death of Jesus, that indeed, light and darkness can and will co-exist but we also have a God who is present with us through it all.

This year we will be exploring what it means for God to be with us each moment of our lives, from birth to death. I hope each of you will take the opportunity to explore your faith and experience with God, and with each of us, explore prayer, silence and what we believe.

This will be a great year at Church of the Advent! Come and be part of our adventure!

Rejoicing in the power of the Spirit,
Deacon Charlene

EPISCOPAL CHURCH WOMEN

Episcopal Church Women have a busy late winter/spring this year. Here are some of the things we are planning. Come and join the fun!

February 8, March 8, April 12-- Classical Cape May concert receptions. If you would like to help, there is a sign-up list on our bulletin board in the Parish Hall.

February 8 – Super Bowl Food Drive for St. Barnabas Cares Food Pantry and Cape May Community Food Closet until the end of February. Please leave your donations at the table near the TV in the Parish Hall. (Please check the expiration dates)

Beginning February 9, 4:30 p.m. in Parish Hall – Crafts group will meet to make things to sell at Spring Market.

February 15 – Bishop's Reception after 9:00 a.m. single service. Set up Saturday, February 14 at 10:00 a.m. Help is needed and you can sign up on our bulletin board.

February 18 - 10:30 a.m. – our regular meeting in the Parish Hall.

March 13 – our Annual Pot Luck Supper. Celebrate Friday the 13th with your church friends. More about this later.

May 2 - Spring Market Date – put this on your calendar!

Carol Obligado

SUNDAY COUNTERS NEEDED

Volunteers are needed for counting the Sunday collections. This is a very important job. It is neither time consuming nor arduous, takes about 45 minutes and is always done following the 10:30 service. Two people are needed every Sunday and an experienced counter is always one of the two, so no one goes in cold. If you would like to help, please leave your name and number on the sign-up sheet in the back of the church or text Richard Hudson at 856-304-7129. Thank you.

Joy Wadleigh

ADVENT BOOK CLUB

The Advent Book Club will meet on Tuesday, February 10 at 7:30 PM at the home of Fred and Carol Obligado. The book for discussion is Deacon King Kong by James McBride. For additional information please contact Lynda Cogswell at 609-884-6675.

LENTEN STATIONS OF THE CROSS AND SOUP SUPPERS

Please join your fellow parishioners for soup and bread after Stations of the Cross on Wednesdays during Lent. Stations of the Cross will be held at 5:30 PM and soup and bread will be served in the Parish Hall at 6:00 PM. Mark your calendars for Wednesday, February 25, March 4, 11, 18, 25 and April 1. On each Wednesday, at least one of the soups will be vegan. At each meal, Diane Dilworth and Scott Hinkle will provide a variety of breads. The sign-up sheet for donating soup is on the table at the back of the church. We look forward to your joining us for a wide variety of wonderful homemade soups and breads.

Joy Wadleigh

LENTEN READING, REFLECTION AND DISCUSSION

Join us this Lent as we engage a thoughtfully curated list of books chosen to encourage reflection, prayer and faithful living. These readings invite us to slow down, listen deeply, and consider how God is at work in our lives and in the world. On April 18 we will gather for a shared discussion to reflect on the readings together. Sign-up sheets to order books is on the table at the back of the church. See the list of books on page 5 of The Anchor.

Trisha Andrzejczak

February Birthday Celebrations

February Anniversary Celebrations

2	Robert Mitchell	7	Lee & Sally Snyder
4	John Schneider	22	John & Mary Ann Coyle
5	Ettore Cattaneo	27	Mike & Sara Ginder
8	Corbin Cogswell		
9	Leilani Wong		
10	Joanne Morrison		
12	Susanne McIntyre		
13	George Grubisic		
14	Bill Granahan		
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

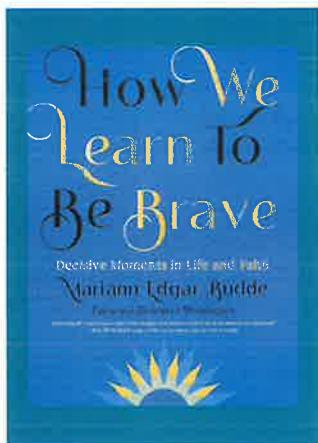
Episcopal Church of the Advent/St. John's Chapel
PO Box 261, Cape May, New Jersey 08204

COTA Lenten Reading Reflection and Discussion

Join us this Lent as we engage a thoughtfully curated list of books chosen to encourage reflection, prayer, and faithful living. These readings invite us to slow down, listen deeply, and consider how God is at work in our lives and in the world.

On April 18, we will gather for a shared discussion to reflect on the readings together. Whether you read one selection or several, all are welcome. Bring your book, your questions, and your insights as we learn from one another and grow together in faith during this sacred season.

Light refreshments will be provided.



How We Learn to Be Brave: Decisive Moments in Life and Faith by Mariann Edgar Budde

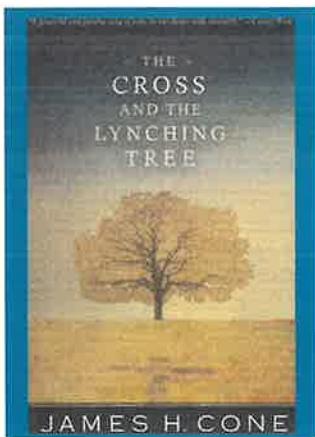
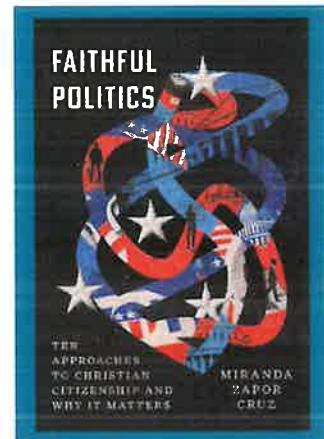
Drawing from her experiences as the Bishop of Washington, Budde explores what it means to find courage in moments of uncertainty and fear. She uses stories of scripture, history, and her own life to illustrate how faith helps us step into our callings with bravery and conviction.

Kindle: \$9.99 Audiobook: \$13.78 Hardcover: \$14.00

Faithful Politics: Ten Approaches to Christian Citizenship and Why It Matters by Miranda Cruz (2024)

Faithful Politics: Ten Approaches to Christian Citizenship and Why It Matters by Miranda Cruz (2024) offers a clear, nonpartisan overview of how Christians can think about political engagement in a polarized world. Cruz presents ten distinct approaches to Christian citizenship, explaining their theological roots and practical implications, and shows why faithful believers often reach different political conclusions. The book helps readers better understand these differences and encourages thoughtful participation in public life shaped by Christian convictions.

Kindle: \$14.88 Paperback: \$15.66.



The Cross and the Lynching Tree by James H. Cone

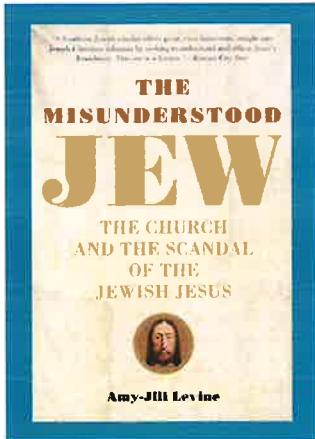
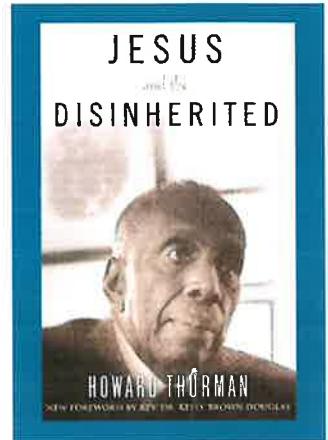
Cone draws parallels between the crucifixion of Jesus and the lynching of Black Americans, offering a powerful reflection on suffering, redemption, and justice. It's a challenging but transformative book for those exploring faith and social justice.

Kindle: \$13.01 Audiobook: \$15.04 Paperback: \$15.43

Jesus and the Disinherited by Howard Thurman

This seminal work explores the teachings of Jesus through the lens of those who live with their backs against the wall—those marginalized by society. Thurman emphasizes how Jesus' message offers hope, dignity, and a call to resist oppression through love and nonviolence. A powerful reflection on faith's role in the fight for justice and equality.

Kindle: \$12.99 Audiobook: \$13.65 Hardcover: \$17.70 Paperback: \$9.30



The Misunderstood Jew: The Church and the Scandal of the Jewish Jesus by Amy-Jill Levine

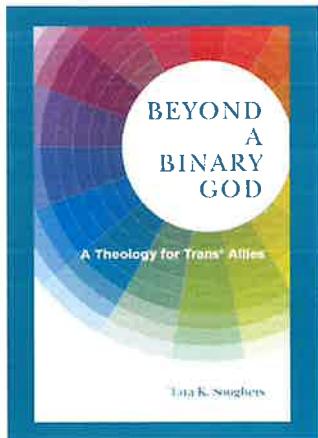
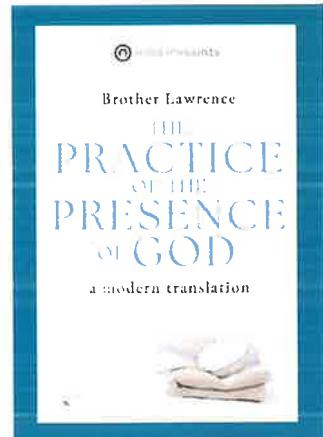
Written by a Jewish scholar of the New Testament, this book highlights the Jewish context of Jesus' life and teachings. Levine challenges misconceptions and explores how understanding Jesus as a Jewish teacher can deepen Christian faith while fostering mutual respect between Christians and Jews.

Kindle: \$13.49 Audiobook: \$10.83 Hardcover: \$11.48 Paperback: \$9.77

The Practice of the Presence of God: A Modern Translation by Brother Lawrence

This modern translation of the classic Christian work brings Brother Lawrence's timeless teachings on living in constant awareness of God's presence into contemporary language. The book is a guide for anyone seeking a deeper, everyday connection with God through simple and practical spiritual practices.

Kindle: \$4.99 Audiobook: \$4.86 Paperback: \$9.99



Beyond a Binary God: A Theology for Transgender Christians by Tara Soughers

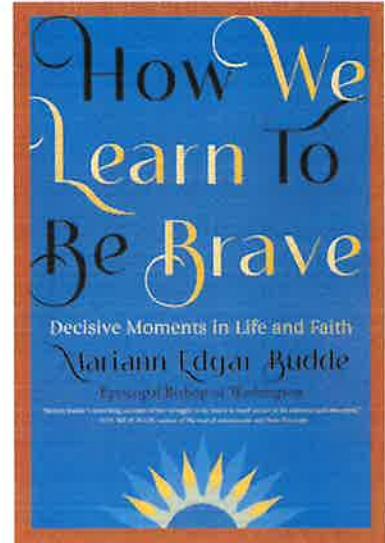
This book offers a compassionate and theological exploration of how God transcends gender binaries. Soughers weaves personal narratives and biblical reflections to affirm the faith and worth of transgender and nonbinary individuals, providing insight for allies and communities striving for inclusion.

Kindle: \$9.47 Paperback: \$9.97

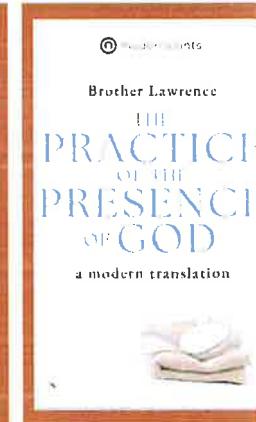
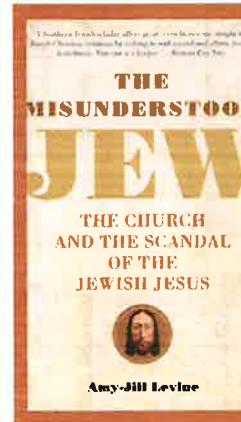
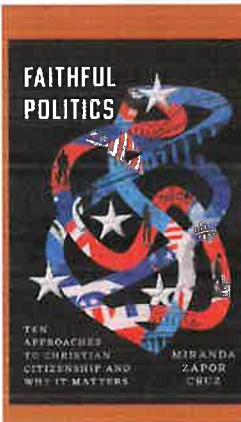
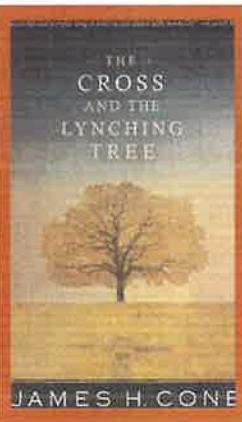
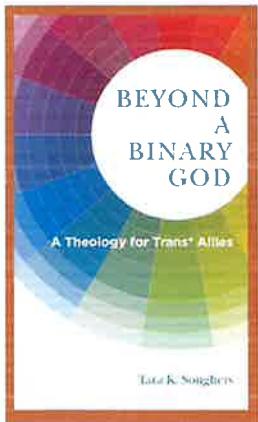
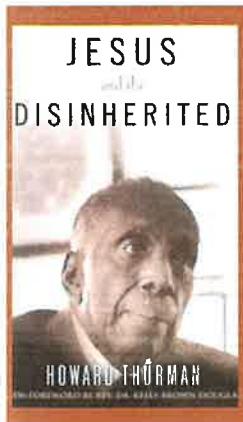
CHURCH OF THE ADVENT

Coffee & Conversation

SATURDAY, APRIL 18
TIME TBD



Lenten Reading Reflection and Discussion



Join us for a meaningful time of reflection and discussion. We will gather to share insights and thoughts from our recommended Lenten readings. Whether you've read one book or all of them, this is a chance to connect, reflect, and grow together in faith.

Bring your book, your reflections, and an open heart as we journey through this sacred season as a community. Light refreshments will be provided.

CHURCH OF THE ADVENT
CHURCH HALL



St. Stephen's, Whiting Chapter
in association with
the Church of the Advent



Brotherhood of St. Andrew 2026 Spring Retreat

LOCATION

CHURCH OF THE ADVENT EPISCOPAL CHURCH

612 Franklin St, Cape May, NJ 08204

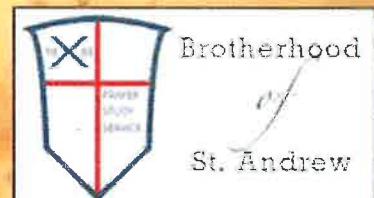
SATURDAY, APRIL 11, 2026 9AM-3:30PM

Join us for a day filled with
Bible Study, Discussions,
Workshops and Reflection.

Breakfast and Lunch are
Provided

- 8am - Arrival & Registration
- 9-11am - Prayer Breakfast

For More Info, Call:
Bill Bodine at
848-210-4206



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Epiphany 4 Holy Eucharist -8:00 & 10:30 AM Youtube.com livestream at 10:30	2 Bible Study -7:30- 8:00 PM Zoom link: https://us04web.zoom.us/j/5312528003 Mtg ID: 531 252 800					
8 Epiphany 5 Holy Eucharist -8:00 & 10:30 AM Youtube.com livestream at 10:30	9 Bible Study -7:30- 8:00 PM Zoom link: https://us04web.zoom.us/j/5312528003 Mtg ID: 531 252 800	10 Men's Breakfast- 8:00 AM—Parish Hall	11 Office Closed Advent Walkers-8 AM-Promenade	12 Holy Eucharist- Noon	13	14
Classical Cape May Concert -4:00 PM-reception after	Outreach Comm. - 3:00 PM-Parish Hall	Advent Book Club-7:30 PM- Cogswell home	Morning Prayer- 9:30 AM			
	ECW Crafts -4:30PM		Confirmation Class-7:00 PM- Parish Hall			
15 Last Epiphany Holy Eucharist- 9:00AM only Bishop visits- Youtube.com livestream at 9.00AM	16 Bible Study -7:30- 8:00 PM Zoom link: https://us04web.zoom.us/j/5312528003 Mtg ID: 531 252 800	17	18 Office Closed Advent Walkers-8 AM-Promenade	19	20	21
	ECW Crafts -4:30PM		Morning Prayer- 9:30 AM	Holy Eucharist- Noon		Vestry Retreat-St. Barnabas
			Ash Wed.- Noon & 6:00 PM	ECW Meeting – 10:30 AM-Parish Hall		
22 Lent 1 Holy Eucharist -8:00 & 10:30 AM Youtube.com livestream at 10:30	23 Bible Study -7:30- 8:00 PM Zoom link: https://us04web.zoom.us/j/5312528003 Mtg ID: 531 252 800	24	25 Office Closed Advent Walkers-8 AM-Promenade	26	27	28
	ECW Crafts -4:30PM		Morning Prayer- 9:30 AM	Holy Eucharist- Noon		

CHURCH OF THE ADVENT

FEBRUARY 2026