

## News of the Family from The United Presbyterian Church at Whitinsville

### Lenten practices 101

Ash Wednesday marks the beginning of the liturgical season of Lent. People in the pews may be asking questions. Why do Presbyterians participate in Ash Wednesday? Isn't it a Roman Catholic rite? What is the purpose of Lent in the Reformed tradition? Are we supposed to give up something for Lent? Congregations, increasingly called to welcome seekers and new Christians, are aware of the importance of defining the language of faith and interpreting the traditions of the community. A basic guide to Lenten practices may be helpful.

#### Lent

The season of Lent leads up to the most holy of Christian days, Easter Sunday. The forty days of Lent begin Ash Wednesday and end at dusk the Saturday before Easter, not counting the Sundays in between. The Sundays during Lent, like every Sunday, are considered weekly celebrations of the resurrection. Many denominations encourage disciples to renew and strengthen their faith during Lent. Plans are made for community-wide Lenten preparation through the spiritual disciplines of prayer, Bible study, fasting, and service.

This preparation is a historical model from the early church. New believers were mentored in the Christian faith weeks before Easter, preparing for their baptisms at the Great Easter Vigil. The idea of giving something up for Lent came out of this tradition, when fasting—abstaining from food as an act of discipline in solidarity with others in the community—was used to raise one's spiritual consciousness and empty oneself before God. Fasting or giving up something for Lent can be a good way to explore a deeper expression of faith, if not adopted as a show of piety, martyrdom, or moral righteousness. Presbyterians may find it meaningful to give something up for Lent, but it is not required. Some disciples may find a more valuable spiritual exercise in taking something on during Lent—a more Christ-like attitude toward others, a humble spirit at work, or a feeling of gratitude in the midst of scarcity. Whatever spiritual disciplines and preparations are embraced during Lent, they can help us prepare for or renew our baptisms as part of the resurrection celebration at Easter.

#### Ash Wednesday

Reclaimed by Reformed churches in the last few decades, Ash Wednesday is the entry point for Lenten preparation. It is a service rich in ritual and symbolism. Palms waved at the previous year's Palm Sunday service are saved and burned to create ashes for the next Ash Wednesday. Participants on Ash Wednesday come forward for a minister or elder to mark their foreheads with the sign of the cross in ashes, saying the words, "You are dust, and to dust you shall return," from Genesis 3:19. With these words, disciples are reminded of their mortality and, when combined with the sign of the cross, they are also reminded of the hope of the resurrection. Christians do not receive the sign of the cross to attract attention or to be noticed by others; they receive the sign of the cross to focus on who they are as human beings, bound in death and life to Christ. Ash Wednesday and the season of Lent provide time to explore the mystery at the heart of the gospel that being a Christian means a new life through Christ.

<http://www.presbyterianmission.org/ministries/curriculum/lenten-practices-101/>

**February  
2016**

### **The United Presbyterian Church at Whitinsville**

**51 Cottage St. (church) - 7 Spring St. (office), Whitinsville, MA 01588**

**Phone: 508.234.8220 Website: [www.whitinpres.org](http://www.whitinpres.org)**

**In case of emergency, please call 774-246-6313**

**Office E-mail: [Office@whitinpres.net](mailto:Office@whitinpres.net)**

**Pastor Renn E-mail: [rev.renn.serna@gmail.com](mailto:rev.renn.serna@gmail.com)**

**Office Hours: 12:00 PM - 4:00 PM Monday & Wednesday**

**8:00 AM - 12:00 PM Thursday & Friday**

ASH WEDNESDAY  
THE BEGINNING OF LENT  
Wednesday, February 10th  
*6:30PM Ash Wednesday Service*

When Jesus began his ministry, he was tempted in the wilderness for forty days as a time of preparation for what lay ahead (Luke 4:1-13). As followers of Christ, Christians have traditionally observed the forty days before Good Friday as a time of preparation for the events of Easter weekend. This traditional period known as Lent begins on Ash Wednesday and centers around preparing ourselves for the central events of faith, the cross of Jesus and his resurrection.

### *Ministry Volunteers for the Month of February*

MINISTRIES	Feb. 7	Feb. 14	Feb. 21	Feb. 28	
Worship Leader	M. Thomas	Z. Morin	A. Reichert	G. Shannon	
Welcome Center	H. Platt	J. Baker	M. Spalton	S. Santoro	
Greeter	L. & N. Joyce	K. Mediema	S. Mateer	J. Baker	
Offering Counters	M. Reynolds & T. Schelin	D. & S. Mateer	M. Thomas & G. Giemza	J. Baker & C. Pilibosian	
Coffee Fellowship	A. Whitney & L. Joyce	<i>Second Sunday Social</i>	K. Mediema & L. Reichert	T. Morin & C. Pilibosian	

**Your service is very important. If you cannot serve on the date listed, please switch with another person *and* inform the church secretary (508-234-8220) of the change.**

#### ***\*\*Sunday Morning Worship Schedule\*\****

<i>Sunday School for all Ages</i>	<b>9:30AM - 10:20AM</b>
<i>Morning Worship Service</i>	<b>10:30AM - 11:30AM</b>
<i>Coffee Fellowship</i>	<b>11:30AM</b>

*"For where two or three are gathered in my name, there am I in the midst of them"* Matthew 18:20



## The Pastors' Piece

### Growing Deeper

I often think of Lent as the time of year that we go in for our spiritual checkup and make sure that things are running smoothly under the surface. Lent is the 40 days leading up to Easter and it is traditionally observed by a time of repentance and intentional spiritual growth. People often celebrate this time by fasting from a particular food or activity, by taking on a particular spiritual discipline or by rededicating themselves to their Christian walk.

This year as a part of our corporate Lenten journey we will be through a sermon series called "Growing Deeper" specifically designed to help us grow in our faith. During each of the six weeks leading up to Easter we will be looking at a different spiritual discipline and exploring various ways to be strengthened in our faith. We will be exploring topics such as prayer, fellowship, suffering and service and learning how each of these disciplines might help us grow in faith. It is my hope that this time together will help us explore new ways of connect to God and will help make faith more applicable to our every day lives.

Along with studying the various spiritual disciplines, we will also be trying them out and then spending some time talking about our experience together. It is so important to talk about our victories and struggles in faith together, and to encourage one another in love. Faith was never meant to be a solitary experience, and we learn so much more when we are able to share our lives with one another.

I love how the author of Hebrews puts it:

*"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."* (Hebrews 10:24-25)

I don't know about you, but I could definitely use a couple of people spurring me on in faith. So with that in mind, we will be having a couple of Sermon Discussion Groups that will meet weekly throughout Lent to talk about what we have been learning each week. This is a great place to ask questions, share tips and be encouraged. There is no need to sign up, and it is okay if you can't make it every week, but what a wonderful way for us to journey through Lent together.

I hope you will join me on this Lenten journey and that you will commit to Growing Deeper in faith and with one another as we prepare ourselves for Easter.

### Sermon Discussion Groups

Have question about faith? Want to grow closer to God? Then join us for our Sermon Discussion Groups meeting during Lent. This is a great place to talk about the sermon, ask questions and encourage one another in faith.

We will have two Sermon Discussion Groups, one meeting on Mondays at 11:30 am and the other on Wednesdays at 7 pm. Both will meet in the church office and start the week of February 15.

Questions? Talk to Gaye Shannon or Chris Matchett.

## A PIECE OF PEACE...

For Peace of Bread Community Kitchen 2015 was another amazing year of giving & service. Through the generous donations of funds and food we were able to provide over 6,500 free dinners on Wednesday nights. Over 3,100+ volunteer hours were faithfully served. We also provided over 200 Summer Brunch Bags of kid friendly food to families with children during summer school vacation.



Thousands of canned goods & food staples were donated to our food pantry and given away each week to folks in need of help feeding their families. The Northbridge schools & local Scout Troops work very hard running food drives to support our food pantry.

The Free Clothing Room remains a weekly source of help with generously donated clean, gently used clothes, shoes & coats for all ages!

One of the highlights of the year is our Free Christmas Shopping Night! It was a huge success as always & a tremendous blessing to all the families with children who get to shop for new toys & all kinds of donated gifts. BJ's donated most of the toys, but many individuals also donated toys & gifts. The Northbridge VBS donated their offering collection this year to PoB to help us purchase age appropriate gifts for the older kids who come to PoB. Twenty-nine beautiful, handmade Christmas dresses were donated by the Sewing Circle from the Blackstone Valley United Methodist Church. "Santa's Elves" came & wrapped all the gifts for us too! It is an amazing night to say the least!

We are so blessed by the Peace of Music ministry that continues to be a wonderful time of beautiful music, scriptures & prayer. Quite a few of the folks who come to Peace of Bread stop in for part or all of the service. Some of our volunteers pop upstairs when they can as well. It is such a wonderful atmosphere of sharing God's love!

Alternatives Unlimited has a sweet group of individuals & staff who provide crafts & games for the kiddos before dinner.

We also have some NHS students providing homework help & tutoring every other week to middle school age kids who need some help with their school work. (This is something we've prayed for for many years...Praise God!)

Also new this year is our Bible Study at 4:30! We have a faithful small group who attend each week for a time of devotions, bible study, sharing & prayer. It's incredible!

We are beyond grateful to ALL who support our ministry efforts at Peace of Bread. So, so many unseen "angels" who pray, give sacrificially of time & talents & quietly serve the Lord in countless ways.

There really are no adequate words to express what this ministry means to our community. For some this is the only contact with a church that they have in their lives. How great is it that WE here at UPCW get to open our doors, as well as our hearts, & share the love of God through our ministry at Peace of Bread?!

We are looking forward to the year ahead as we remain "United in Christ to feed His people, body & soul!"

In His Service~  
Laurie Sabourin

From Randy Alcorn's new book "Happiness" - a quote from Octavius Winslow

"The child of God is, from necessity, a joyful man. His sins are forgiven, his soul is justified, his person is adopted, his trials are blessings, his conflicts are victories, his death is immortality, his future is a heaven of inconceivable, unthought-of, untold, and endless blessedness - with such a God, such a Saviour, and such a hope, is he not, ought he not, to be a joyful man?"



"My whole family's giving up something for Lent. Mom's giving up cookies, Dad's giving up cake, and I'm giving up squash."

### Second Sunday Social

for February will be a Potluck lunch. Bring something you LOVE to eat and would LOVE to share with your LOVING church family!

Happy Valentine's Day!!!



## The Recipe Corner

### SEAFOOD BISQUE

CHUCK PHOEBE

(served at January's Second Sunday Social)

3 CANS CONDENSED CREAM OF SHRIMP (CAMPBELL'S)

1 CAN CONDENSED CREAM OF POTATO (CAMPBELL'S)

3 2/3 CUPS MILK (WHOLE)

1/2 LARGE ONION, FINELY CHOPPED

3 CLOVES GARLIC, FINELY CHOPPED MINCED

1/2 CUP CELERY, FINELY CHOPPED

1 AND 1/2 TSP WORCESTERSHIRE SAUCE

1 / 2 TSP FIRE ANT SAUCE (OR ANY OTHER HOT SAUCE)

1 LB COOKED SHRIMP (TAILS REMOVED AND CUT INTO SEVERAL PIECES EACH)

1 LB BAY SCALLOPS (RINSED I WATER)

IN A LARGE PAN HEAT ABOUT A TABLESPOONFUL OF OLIVE OIL AND COOK THE GARLIC FOR 1 MINUTE, ADD ONION AND CELERY AND COOK FOR AN ADDITIONAL 5 MINUTES.

ADD ALL CONDENSED SOUPS, MILK, WORCESTERSHIRE SAUCE, HOT SAUCE AND MIX WELL HEATING BUT NOT BOILING.

ADD SHRIMP AND SCALLOPS, HEAT UNTIL VERY WARM AND SERVE.

## Minute for Mission

Kelsey Rice Bogdan, the new moderator of the Boston Presbytery, will be joining us for Worship on February 14 and sharing some highlights from the life of our Presbytery. Please join us and help give her a warm UPC welcome!



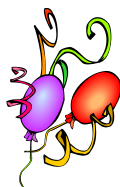
## Lenten & Easter Schedule 2015

Ash Wednesday - February 10  
Forty Days of Lent - February 10 - March 26  
Palm Sunday - March 20  
Maundy Thursday - March 24  
Good Friday—March 25  
Easter Sunday - March 27



## Birthday Corner

<i>Sally Staples</i>	<i>2/4</i>
<i>Alana Johnson</i>	<i>2/6</i>
<i>Lauren Johnson</i>	<i>2/6</i>
<i>Ryan Johnson</i>	<i>2/6</i>
<i>Mike Reynolds</i>	<i>2/11</i>
<i>Matt Stone</i>	<i>2/12</i>
<i>Ron Garabedian</i>	<i>2/12</i>
<i>Diana Hoover</i>	<i>2/12</i>
<i>Noah Redden</i>	<i>2/12</i>
<i>Ian Connelly</i>	<i>2/22</i>
<i>Michaela Joyce</i>	<i>2/22</i>
<i>Chris Bilodeau</i>	<i>2/23</i>
<i>Chris Matchett</i>	<i>2/27</i>
<i>Nicholas Joyce</i>	<i>2/28</i>



*If the church office doesn't have you/your family's birthday/anniversary information, let your church family celebrate your special days with you. Please call Alice in the office at 508-234-8220 or email the office at [office@whitinpres.net](mailto:office@whitinpres.net) so we can include your birthday/anniversary dates in the Sunday bulletins and monthly newsletter*



Join us for our Lenten Sermon Series  
"Growing Deeper"  
Starting February 14

**It's time to Grow Deeper**  
Deeper with God, Deeper with each other

Sunday Worship - 10:30am  
Peace of Music - Wed at 6:15pm

Sermon Discussion Groups  
Mon at 11:30am & Wed at 7pm

# February 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 7:00 PM Session Prayer Meeting	<b>2</b>	<b>3</b> 4:30 PM PoB Bible Study 5:30 PM Peace of Bread 6:15 PM Peace of Music 7:00 Sermon discussion group (office) 7:15 PM Choir Practice	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> 9:30 Sunday School 10:30 Worship Service 11:30 Coffee Fellowship 6:30 PM FPU	<b>8</b> 7:00 PM Trustee Mtg	<b>9</b>	<b>10</b> 4:30 PM PoB Bible Study 5:30 PM Peace of Bread 6:30 PM Ash Wednesday Service	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Valentine's Day 9:30 Sunday School 10:30 Worship Service 11:30 2nd Sunday Social 6:30 PM FPU	<b>15</b> Presidents' Day 11:30 AM Sermon Discussion Group (office) 7:00 PM Session Business Meeting	<b>16</b>	<b>17</b> 4:30 PM PoB Bible Study 5:30 PM Peace of Bread 6:15 PM Peace of Music 7:00 Sermon discussion group (office) 7:15 PM Choir Practice	<b>18</b>	<b>19</b> 6:30 PM Women's Book Club Meeting - @ Linwood Apartments	<b>20</b>
<b>21</b> 9:30 Sunday School 10:30 Worship Service 11:30 Coffee Fellowship 6:30 PM FPU	<b>22</b> 11:30 AM Sermon Discussion Group (office) 7:00 PM Deacon Mtg	<b>23</b>	<b>24</b> 4:30 PM PoB Bible Study 5:30 PM Peace of Bread 6:15 PM Peace of Music 7:00 Sermon discussion group (office) 7:15 PM Choir Practice	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> 9:30 Sunday School 10:30 Worship Service 11:30 Coffee Fellowship 6:30 PM FPU	<b>29</b> 11:30 AM Sermon Discussion Group (office)					



The United Presbyterian Church  
at Whitinsville  
Church Office: 7 Spring Street  
Whitinsville, MA 01588

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### **Financial Peace University**

We all need a plan for our money. *Financial Peace University* (FPU) is that plan! It teaches God's ways of handling money. Through video teaching, class discussions, and interactive small group activities, FPU presents Biblical, practical steps to get from where you are to where you've dreamed you could be. This plan will show you how to get rid of debt, manage your money, spend, save wisely, and much more!

Dave Ramsey's world renowned program is coming to our church and we want you to join us! This 9 week program meets 6:30 –8:00 pm Sunday evenings, starting on January 31<sup>st</sup> and will teach you real world tools to gain control of your finances.



The entire program costs \$99 per family, and guests are invited to join for only \$19.95. Registration is required, so please talk to Leslie Reichert to signup.

More information about the program and testimonies from those who have participated can be found at [www.daveramsey.com](http://www.daveramsey.com)

***Financial Peace University* has helped over 2.5 million families. The average family pays off \$5,300 and saves \$2,700 in the first 90 days. These nine lessons will teach you to get out of debt the same way you learned to walk-one step at a time.**