

# Grace Notes

## One New Episcopal Church From Two Historic Parishes

Volume 5 Number 3

March 2025

Happy Mardi Gras, everyone!

It's true: one of the images of Mardi Gras in New Orleans, made popular by the media, is the obligatory TV shot of drunken folk on Bourbon Street carousing on Tuesday evening. Ugh! While that is a small part of Mardi Gras in New Orleans, it's not the essential part. The essential part of Mardi Gras is the meaning of Mardi Gras: Mardi Gras is the celebration, before entering the penitential season of Lent the next day on Ash Wednesday, that life is good.



Seven times in the first chapter of Genesis, in the creation story, God declares that his creation is good. Then, at the end of the creation, "God saw every thing that He had made, and, behold, it was very good." (Gen. 1:31 KJV). Mardi Gras is the grounded remembrance and celebration, before we start the hard, penitential season of Lent, that life is very good.

It's important we get the priorities straight. We don't repent because we are "bad" — although we may have done some "bad" things that we regret and we repent of. We repent because we are good. We repent because we make decisions that fail to fulfill our potential and the potential of others. We repent because we are grateful for our life and want to make the most of it. We repent because we take responsibility for ourselves and our actions and want to be our best selves. We repent because our mistakes hurt others. Honest recognition of our mistakes and thus of our need for repentance is something mature, caring adults do. Lent is necessary and helpful, but within the context that life is good and that we are the beloved of God (Colossians 3:12). As I have often shared, one of my favorite verses in our Book of Common Prayer, in the General Thanksgiving at the end of Morning and Evening Prayer, is:

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. (BCP, p. 125)

Mardi Gras remembers and celebrates that God loves all that God has made, because it is very good.

Come celebrate Mardi Gras with us at our St. Paul's campus as we celebrate the goodness of God and life together. Then, on Wednesday, participate in our Ash Wednesday services (see page 4), as we confess our need for forgiveness for our sins and pledge to work on ourselves, especially during the holy season of Lent, for change, growth, and improvement.

I close with an ancient prayer, from the first Book of Common Prayer, written in 1549:

We humbly beseech thee, O Father, mercifully to loke upon our infirmities, and for the glory of thy name sake, turne from us all those evilles that we moste righteously have deserved: and graunte that in all oure troubles we maye put our whole trust and confidence in thy mercy, and evermore serve thee in pureness of livyng, to they honour and glory: through our onely mediator and advocate Jesus Christ our Lorde. Amen.\*

Happy Mardi Gras, and a holy Lent to you and yours,

With love and prayers,

Fr. Hal+

With love and prayers,

Faithfully,

*Fr. Hal+*

\*We humbly beseech thee, O Father, mercifully to look upon our infirmities, and, for the glory of thy name sake, turn from us all those evils that we most righteously have deserved: and grant that in all our troubles we may put our whole trust and confidence in thy mercy, and evermore serve thee in pureness of living, to thy honour and glory: through our only mediator and advocate, Jesus Christ our Lord. Amen.



Chris Boswell, Sr. has moved to be with his son, Chris Jr., in the Berkshire Mountains in Massachusetts. This is the first time Chris, Sr. has seen the exhibition of his work, put on by Chris, Jr. If you would like to send a card, the address is P.O. Box 89, South Lee, MA 01260.



## MAKE IT A HOLY LENT

Years ago, I came across these seven simple ways to observe Lent on a flyer at the church where I worshipped in New Rochelle. I kept them and shared them with you last year during my first Lenten season at Grace.

Give thanks—Cultivate gratitude.

Pray—Talk to God...and listen.

Study—Read scripture and other words that inspire you.

Share—Give and do service.

Embrace the stranger—Jesus said, “I was a stranger and you welcomed me.”

Fast—Let go of the behaviors and things that distract you.

Celebrate—Center yourself in hope and light.

Simple instructions, but not always easy. “Giving thanks ... Centering yourself in hope and light” are a challenge as we observe the ongoing struggles in our community and our world. That’s when I have to dig deeper and be more honest — with God and those around me.

I believe that God loves us and wants our authentic selves. When I pray, I honestly tell God my toughest issues. “I’m angry when I see...” “I’m in grief because...” I keep it simple. “Please show me the next right step...” I don’t need to know all the turns on the path. I do often pray for the strength to move forward. I pray, too, for all of us. That we know we are loved.

I pray a lot for courage these days, as we navigate the dangerous cultural shifts that scapegoat and demonize immigrants and transgender people, and that denigrate so many civil servants in various agencies. We have executive orders and new laws that reinforce these ideas.

Times are hard, no doubt. That’s why I continue with all the suggestions for a Holy Lent. I read scripture and so much else every day. A long time ago, someone advised me to “always have a spiritual book going.” As for doing service—I am so inspired by you. I work to keep that open spirit of generosity going at work and in our community. I so remember all the ways people have been there for me at times in life when I needed help!

We now embark on our 40-day Lenten journey. My prayer is that we find our renewal and discover new strength in the spirit.

Yours in peace, Deacon Jean Marie



## OUR UPCOMING SERVICES

March 2	10:30 AM	Holy Eucharist (Trinity Campus)	Last Sunday after the Epiphany
March 5	7:15 AM	Imposition of Ashes (Trinity Campus)	Ash Wednesday
	7:30 AM	Ashes to Go (Ossining Train Station)	
	Noon	Ash Wednesday Liturgy (St. Paul's Campus)	
March 9	10:30 AM	Holy Eucharist (St. Paul's Campus)	Third Sunday in Lent
March 16	10:30 AM	Holy Eucharist (Trinity Campus)	Second Sunday in Lent
March 23	10:30 AM	Holy Eucharist (St. Paul's Campus)	Third Sunday in Lent
March 30	10:30 AM	Holy Eucharist (St. Paul's Campus)	Fourth Sunday in Lent

All Sunday services are live streamed to our YouTube channel. And you can also find them there and on our Facebook page after the service is over. The links are:

YouTube Channel: [https://www.youtube.com/channel/UCP1qGAuJlxWU8Z\\_ucCKEGA](https://www.youtube.com/channel/UCP1qGAuJlxWU8Z_ucCKEGA)

Grace's Facebook page: <https://www.facebook.com/graceossining/>



## WARDENS' REPORT

- Ground Hog Day is passed and, depending on your favorite prognosticator, we will—or we won't—have 6 more weeks of winter. Spring is in the air...March 20<sup>th</sup>, less than 3 weeks away!
- Thank you to all who attended our Annual Meeting. Special thanks to those who prepared committee reports, to our Hospitality Committee for the delicious lunch, and to all who presented. Please share your thoughts on all the presented materials.
- And even more special thanks to our newly elected vestry: Cecilia Quintero, Graham Gulian, Ann Barringer Spaeth, Alison Ford, Milton Kerr, Jo Ann McGrath, Maribeth Osgood, and Kate Pendzuk.
- Grace Church hosted our Emergency Shelter Program guests from February 3 - 18. Special thanks to the Monroes, Kellie Ishmael, Nicola Kenny, and Ed Shultz, for providing a total of 180 meals (60 meals per day for 20 guests for 3 days)! And to the Holy Spirit Church and the Unitarian Universalist Congregation of the Hudson Valley for helping us with the other meals needed!
- 2025 has started off strong to keep Grace Episcopal clean, safe, and WELCOMING TO ALL! Thanks for your faith and support to keep the momentum going through 2025 and beyond!

### ***In gratitude, Darryl & Cecilia***

Wardens:                      Graham Gulian (2026) [ggulian@gmail.com](mailto:ggulian@gmail.com)  
   Cecilia Quintero (2027) [cquintero1506@gmail.com](mailto:cquintero1506@gmail.com)

Vestry Members:            Ann Barringer Spaeth (2027) [abspaeth55@gmail.com](mailto:abspaeth55@gmail.com)  
   Alison Ford (2028) [alisonford@msn.com](mailto:alisonford@msn.com)  
   Milton Kerr (2027) [mkdj46@yahoo.com](mailto:mkdj46@yahoo.com)  
   Jo Ann McGrath (2026) [mcgrathinator@gmail.com](mailto:mcgrathinator@gmail.com)  
   Maribeth Osgood (2028) [mbosgood@outlook.com](mailto:mbosgood@outlook.com)  
   Kate Pendzuk (2026) [katependzuk@gmail.com](mailto:katependzuk@gmail.com)



## ONE LAST DELICIOUS NOTE FROM OUR RETIRING SENIOR WARDEN, DARRYL

I would like to thank Fr. Hal, who, on behalf of the vestry and parish, presented me with a gift certificate to Crawdaddy's Creole Kitchen, honoring my service on the vestry and as warden. It's been an honor and a gift to be able to give back to this community which has always been there for me and our family. We enjoyed a delightful dinner. Thank you!



Dirty Fries, yum!



Blackened Catfish



Jambalaya



Fried Catfish

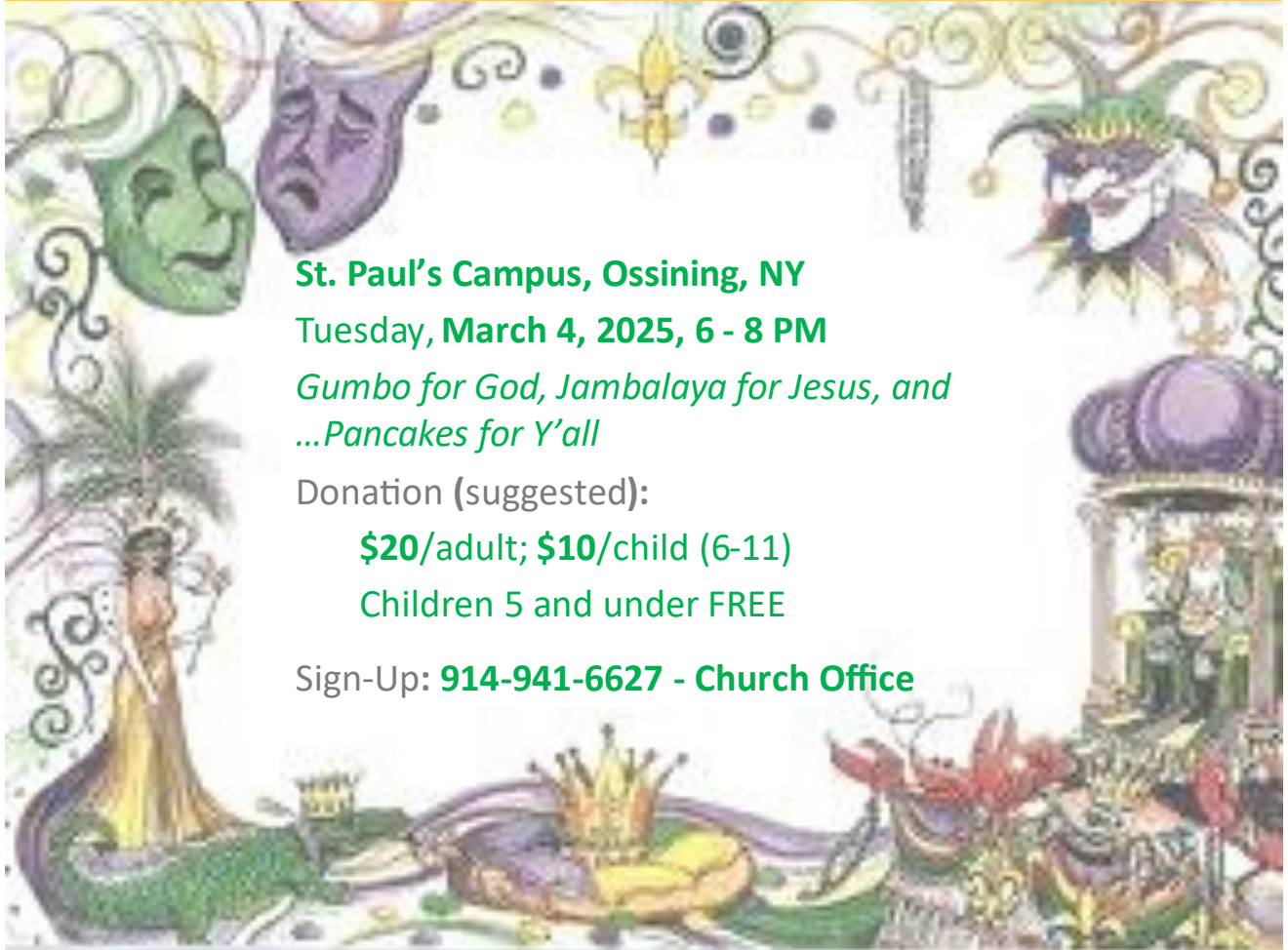
Sorry, no pictures of the Beignets!

Darryl

***LAISSEZ LES BONS TEMPS ROULER!***

# ***Laissez Le Bon Temps Rouler!***

**Grace Episcopal  
Welcomes you to our  
Shrove Tuesday...Mardi Gras Dinner**



**St. Paul's Campus, Ossining, NY**

**Tuesday, March 4, 2025, 6 - 8 PM**

*Gumbo for God, Jambalaya for Jesus, and  
...Pancakes for Y'all*

Donation (suggested):

**\$20/adult; \$10/child (6-11)**

**Children 5 and under FREE**

Sign-Up: **914-941-6627 - Church Office**

Join us...and...

***Let The Good Times Roll!***



## LENTEN RESOURCES

### Episcopal Relief and Development

This Lent, “let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.” (Hebrews 10:24-25) Join writer Jerusalem Jackson Greer this Lent as she encourages us to partake in “A Commonplace Lent.” [Click here](#) to sign up for daily emails and for other resources.

### Lent Madness

Lent Madness began in 2010 as the brainchild of the Rev. Tim Schenck, former rector of All Saints’ Briarcliff. In seeking a fun, engaging way for people to learn about the men and women comprising the Church’s Calendar of Saints, Tim came up with this unique Lenten devotion. Combining his love of sports with his passion for the lives of the saints, Lent Madness was born. The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time and people vote for their favorite saint. 16 saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch. [Click here](#) for more information and to sign up.

### Forward Movement Publications

Forward Movement, publisher of Forward Day by Day, offers several study options, both in book and digital form. A Spring in the Desert: Rediscovering the Water of Life in Lent and The Disciple’s Way: Daily Reflections for Lent are two examples. [Click here](#) for more listings

If you have others, please let us know!



## GRACE GRIEF GROUP

<http://www.refugeingrief.com/shop/>

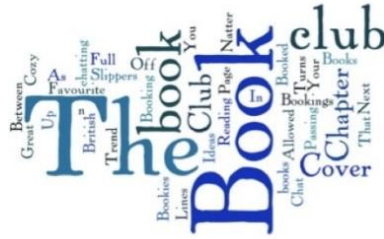
<b>DON'T</b>	<b>DO</b> <small>INSTEAD TRY</small>
<b>DON'T COMPARE GRIEFS</b> No one else has experienced their grief.	<b>ASK QUESTIONS</b> You can connect by showing curiosity about their experience.
<b>DON'T FACT CHECK OR CORRECT</b> Especially in early grief, facts and timelines can be confused.	<b>RESPECT THEIR EXPERIENCE</b> It's not important who's "more" correct.
<b>DON'T MINIMIZE</b> Even if you might think their grief is out of proportion to the situation.	<b>REMEMBER THIS GRIEF IS THEIRS</b> Grief belongs to the griever. Your opinions are irrelevant.
<b>DON'T GIVE COMPLIMENTS</b> When someone is in pain, they don't need to be reminded how wonderful they are.	<b>TRUST YOUR FRIEND</b> All the things you love about the person will help them through this experience.
<b>DON'T BE A CHEERLEADER.</b> When things are dark, it's OK to be dark.	<b>MIRROR THEIR REALITY</b> When they say, "This sucks," say, "Yes, it does."
<b>DON'T TALK ABOUT "LATER"</b> Right now, in this present moment, that future is irrelevant.	<b>STAY IN THE PRESENT MOMENT</b> Or if the person is talking about the past, join them there.
<b>DON'T EVANGELIZE</b> When something has worked for you, it's tempting to prescribe it for others.	<b>TRUST THEIR SELF-CARE</b> They know themselves best. What works for you may not be for them.
<b>DON'T START WITH SOLUTIONS</b> In most cases, people need to feel heard, not be "fixed."	<b>GET CONSENT</b> Before you offer advice or strategies.

**SHOW UP. LISTEN. DON'T FIX**

**We meet Saturdays: March 8<sup>th</sup> & March 22<sup>nd</sup> at 10:00 AM**

This is an ongoing, confidential, safe, and welcoming grief support group that meets twice a month. There is no need to register, just come to the Family Room at 40 Ganung Drive, Ossining on the St Paul's Campus of Grace Episcopal Church.

**ALL ARE WELCOME**



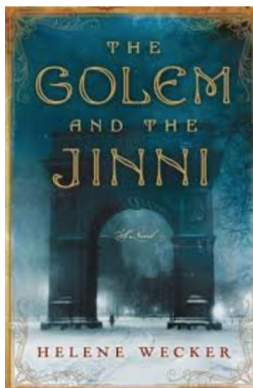
THANKS TO ALL OUR AWESOME MEMBERS FOR THE FOOD, DISCUSSIONS,  
AND GOOD BOOK SELECTION & IDEAS!

We began this year with our traditional TBC Champagne Toast and tasty food, followed by a great discussion of James McBride's *The Heaven and Earth Grocery Store*, and finished with our annual Oscar Ballot contest!

We opened the festivities popping the corks off sparkling libations and expressed our prayers, our gratitude and wishes for the world, our nation, and our loved ones; and for the outcome of Germany's elections which were happening when TBC met.

*The Heaven and Earth Grocery Store* was the perfect choice for our current national tensions along partisan, racial/ ethnic, and religious lines. This work offers the reader much hope and inspiration in what the residents in a small Pennsylvania town near Philadelphia can accomplish together when one of them is in harm's way. The lessons around EQUITY, UNITY and COMMUNITY are timeless and very relevant for 2025. Here is an interview with this insightful author: <https://www.youtube.com/watch?v=LAPmDKnBRYc> (runs approx. 1hr:15min) We learned at the end of our discussion that this colorful and visual narrative of McBride's book has already been optioned by Steven Spielberg's Amblin Entertainment and A24, the film adaptation is currently in progress. Spielberg will produce the movie but is not directing it...stay tuned!

This news is the perfect segue to the 2025 Oscars ballot which most of our 14 members completed. So far, all bets are on Lori Kennedy, who **ACED** last year's contest! Results for this year's TBC contest winner will be known after Sunday, March 2<sup>nd</sup> - The 97<sup>th</sup> Academy Awards air on ABC. [Click here](#) if you'd like a copy of the ballot.

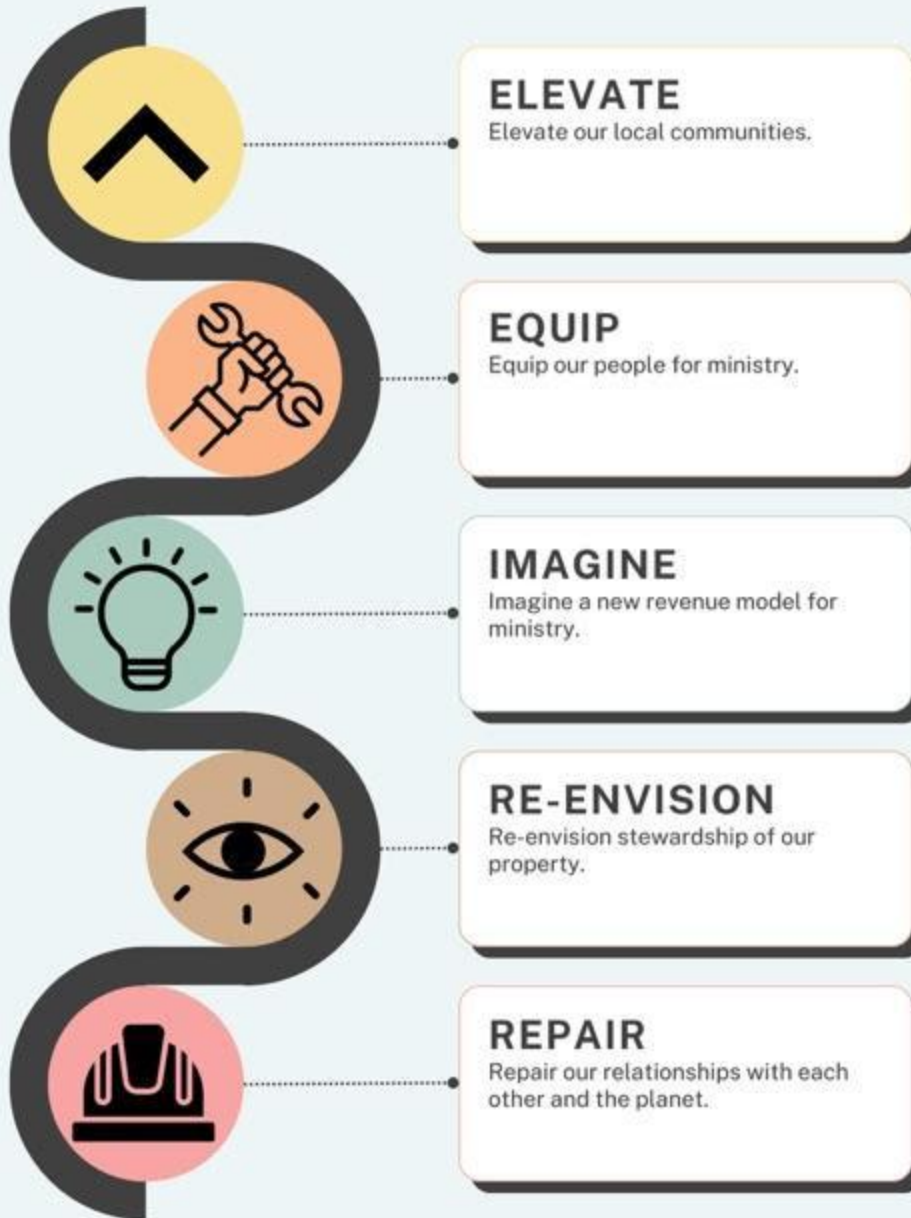


*The Golem and the Jinni* by Helene Wecker is our next book, a historical fiction debut novel which was a huge bestseller! It is 485 pages, so we'll maybe schedule a June/July date for this pick?

<https://sffbookreview.wordpress.com/2019/07/19/magical-immigrants-helene-wecker-the-golem-and-the-jinni/>

# MISSION PRIORITIES OF THE DIOCESE OF NEW YORK

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*The Holy Spirit Moves at Ground Level*



Faith leaders, union members, and community groups are joining to demand that Congressman Mike Lawler protect New Yorkers from \$880 billion in cuts to Medicaid. Thousands of residents of Mike Lawler's district and our hospitals and nursing homes would be harmed by this massive transfer of federal dollars—from lifesaving healthcare to the pockets of ultra-rich campaign donors.

**MORAL MONDAY ACTION**  
**MARCH 10, 2025**  
**2:00 PM - 3:30 PM**  
**OFFICE OF CONGRESSMAN MIKE LAWLER**  
 One Blue Hill Plaza, Pearl River, NY 10965

**RSVP:** <https://digital.1199seiu.org/3QDgzS1>



**We stand united to denounce cuts to essential care for millions of our neighbors as a moral outrage!**







PERFORMANCE DATES:  
**MARCH 21 7PM**  
**MARCH 22 7PM**

SACRED BODIES WORKSHOP:  
**MARCH 18, 6-8PM**  
IN PARTNERSHIP W/ GRACE  
CHURCH IN OSSINING

PRAISE! IS PRESENTED BY WENDER COLLECTIVE AND  
VTDANCE AND IS CO-CREATED AND PERFORMED BY VINCENT E.  
THOMAS AND GABRIEL THOM PASCULLI WITH DESIRÉ GRAHAM  
AND MALIA'KEKIA NICOLINI.

**Praise! Project** is an original dance theater performance that opens the door into a conversation around **sacred bodies, queerness, and coming in-to ourselves**. As the performers crisscross memories and fantasies of divine encounters, the piece asks how we reconcile past experiences to make new meaning for the present.

**TICKETS AT:**

[WWW.BETHANYARTS.ORG](http://WWW.BETHANYARTS.ORG)

**DON'T  
MISS IT!**

40 SOMERSTOWN RD, OSSINING NY  
914.944.4278 | [INFO@BETHANYARTS.ORG](mailto:INFO@BETHANYARTS.ORG)







### MARCH EVENTS

- 1 Hospitality Steering Committee (11:00 AM, Trinity Campus)
- 4 Shrove Tuesday Dinner (6:00 PM, St. Paul's Campus)
- 5 Ash Wednesday
- 8 Grief Group at Grace (10:00 AM, St. Paul's Campus Family Room)
- 9 Daylight Savings Time Begins
- 22 Grief Group at Grace (10:00 AM, St. Paul's Campus Family Room)
- 26 Vestry Meeting (7:00 PM, location TBD)
- 30 Fifth Sunday [Neighbor's Link] (10:30 AM, St. Paul's Campus)

### MARCH BIRTHDAYS

Alexander Pollack	1	Terri Roman	19
Sarah Brewster	4	Fr. Hal Roark	24
Helen Ishmael	5	Steven Pendzuk	25
Liliana Rose DeOliveira-Scappaticci	10	Maxwell Ishmael	26
Salvatore James Triano	11	Max Gulian	30
Margaret Morse	15	David Kamp	30
Lily Roark	16	Christopher Boswell, Sr.	31
Sean Docker	17		

### MARCH ANNIVERSARIES



### **CLERGY**

The Rev. Hal Roark, Priest-in-Charge  
The Rev. Jean Marie Angelo, Deacon

### **VESTRY**

Graham Gulian, Warden                      Cecilia Quintero, Warden  
Jo Ann McGrath, Clerk

Ann Barringer-Spaeth                      Maribeth Osgood  
Alison Ford                                      Kate Pendzuk  
Milton Kerr

### **STAFF**

Beth Pollack, Treasurer  
Tina Farrell and Tamsen Hernández, Parish Administrators  
Suji Jung, Music Director  
Katherine Pendzuk, Verger  
Megan Whalen, Bookkeeper  
Anthony Sena, Sexton, St. Paul's Campus  
Pablo Montoya, Sexton, Trinity Campus

### **MISSION STATEMENT**

To love God is a call to action. Strengthened by prayer, worship, and study, Grace Church embraces and serves all people, the earth, and every living thing.