

## FROM THE SPIRE WITH GLAD TIDINGS!

ST. PAUL'S ON THE HILL AND TRINITY EPISCOPAL CHURCHES – OSSINING, NEW YORK

Volume 2 Number 3

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“This is the message we have heard from him and proclaim to you, that God is light and in him there is no darkness at all.” (1 John 1:5)



As I write on this Friday in Lent, the sun is shining, it's comfortable to be outside without gloves, and big sections of the backyard are showing their long-snow-covered green again. Even in these most solemn days of our liturgical year, we are reminded routinely that the God we worship is One whose essence is light. We observe our Lenten disciplines so that we can be in that light as fully as possible, setting aside those things that have blocked it.

For us as Christians, fasting in any form is never done as hardship for its own sake; it is done to make room for God where there would otherwise be none. Penitence and celebration are always a dialectic; we abstain from earthly things in order to welcome the divine. We are reminded of this throughout our lives, perhaps most clearly during this penitential time: God never stops being light and wants us to be illuminated by that light. Our task is simply to get out of our own way and allow the light to show us who we really are.

I have a photograph here on my desk of my grandfather, taken in 1907 in Scranton, PA, wearing his uniform as a left-handed pitcher on a Brooklyn Dodgers minor league team. He was nineteen years old. He is smiling differently than in any other picture I have of him: amazed and thrilled to be where he is, hardly believing his good fortune. Within months he contracted scarlet fever, was sick for nine months, and was so weakened by the illness that he was unable to return to professional sports. But he never lost his love of baseball, which has been transmitted now through four generations in our family's life.

God's light is like this. Through the darkness, grief, and necessary penitence of our lives, it holds and sustains us. It is, finally, the most true thing about us: namely, that we are children of light. Soon enough, it will be time to sing that simple, minor key Easter hymn to the tune of an old French carol:

Now the green blade riseth from the buried grain,  
Wheat that in dark earth many days has lain,  
Love lives again, that with the dead has been:  
Love is come again like wheat that springeth green.

The fact is, actually, that we would not be wrong to sing it now, or any time. For all Lent does is redirect us towards the green blade that is always there, if we will allow God's light to illuminate it for us.

Lenten blessings to you.

Charlie+



## REPORT FROM YOUR VESTRIES

As you may remember, your vestries met on Saturday, February 27<sup>th</sup>, from 10:00 to 3:15 for a Leadership in Transition review. The Rev. Anne Sawyer was our facilitator and she used the Appreciative Inquiry Process to help us clarify our thoughts and feelings. Appreciative Inquiry examines what's working rather than what's not and enables the community to see possibilities as we engage in working toward future focused possibilities.

We developed two lists: one of what we have learned in the past year and want to carry forward with us into the future, the other of what dreams we have for that future. Here are the lists:

### What We Want to Keep

#### Worshipping online

We built an online community; parishioners from far away found us online, come every week

God can transcend separation

Chris created a beautiful online service template

Parishioners stepped up to contribute (recording readings, helping with recording the service)

#### Ability to adapt and work together as a whole

Caring for shut-ins, re-gathering

We found the flexibility and expertise we need to carry forward for whatever happens

We carry our parish community and spiritual connections with us

#### Community – become one! Worship, everything has been together – Sister Parishes

Time together during the summer – in-person Eucharists at St. Paul's, tea parties

Build community, make sure we are okay, expand phone trees

Intimacy – camera, live chats; along with communion services, representation from both parishes

Individual kindnesses – people helping people

Gotten to know each other better online

It's everybody doing the work of God

Stewardship, strategic planning, team building, trust – all working together

Remember we are fragile; we can call upon God - faith and compassion

### Dream For The Future

Keep the best of the online experience; create a hybrid of in-person and online– completely interactive environment

Remember the Easter vision of seeing a packed church, all of us together, meeting new people; back in our physical space; new services – Evening?

Remember how much God has been able to do with and for us--and under challenging circumstances; cross lines and boundaries – take risks

Continue to let this happen–still work as one and will build as one – then help community; must hear from everyone going forward – work for the betterment of the community

Need to do grief work together – loss of beloved friends and/or family members, respond to issues of inequality, insecurity, Black Lives Matter! Be more kind and mindful of/ and present for others, be more understanding (esp. elderly and less fortunate) in whatever way, shape, or form as we help each other heal

Community beyond walls; Holy Spirit moving us into community

And at the end, your vestries wrote a prayer for us going forward:

Gracious and loving God, we give thanks for our community, the relationships that have grown, our shared resources, our compassionate hearts for one another, our creativity and flexibility, our eagerness to move forward, and our two church homes, our village campus and on the hill campus, that allow us to serve everyone.

God, we pray for patience, inner-peace, confidence, perseverance, clear communication, guidance, and trust in our love for each other. Holy Spirit, help our congregations be renewed to grow as one.

We ask you God, to continue to bless Charlie with leadership, wisdom and understanding so he may guide us. All this we ask in your name. Amen.

## DEACON BEACON



Are you seeing signs of Spring? Are you looking? Perhaps the bird song, or snow drops poking through the still frozen ground? The melting of the still frozen and dirty snow mounds? Sometimes I think I look harder for the signs that may be easier to identify than the more elusive ones like God's blessings in my life.

What I have noticed recently is that, as we come to the close of our first year of pandemic living, how much I have seen our Sister Parish community grow.

Individually and as a real community of one congregation. A full year of joint services! Sharing our resources and companionship each other on our spiritual journey. God did not bring the pandemic to us, but, as they say, we've made lemonade from an otherwise lemony situation! What a blessing this is from God!

So here we are at the beginning of Lent, our second one in 'pandemic time,' and I'm wondering what it is you are looking for? For me, it's continued deepening of this wonderful community and to grow ever closer to the will and love of God. Think about what you're looking for.

Personally, I am so happy to be back with the EfM group I originally formed in 2006 with Lanning Taliaferro. Joining my group from NH to the Landmark EfM brought a new online spirit and much needed tools to the group that has been so well carried by Lanning and the departed John Deuel. Consider if you might want to join in September. We'll have 6 open slots, as 3 of you will graduate in June! More details on this soon.

Lastly, also on a personal note, I have been the recipient of your deep meaningful prayers. My husband Rick has been battling cancer now for over 5 years and your prayers have made a real and significant difference in our lives. I am counting my blessings! And you all are in them.

What are you noticing? Be it signs of a much-needed Spring or where your spiritual journey has gone in this unusual year of pandemic living?

See you in the garden,

Deacon Dorothee



### OUR UPCOMING SERVICES

March 5	7:00 PM	Stations of the Cross from St. Paul's	
March 7	9:45 AM	Online Service of Morning Prayer (Rite I)	Lent 3
March 14	9:45 AM	Online Service of Morning Prayer (Rite II)	Lent 4
March 19	7:00 PM	Stations of the Cross from Trinity	
March 21	9:45 AM	Online Service of Morning Prayer (Rite I)	Lent 5
March 28	9:45 AM	Online Service of Morning Prayer (Rite II)	Palm Sunday

The service of Compline is posted by 7:00 PM Monday through Saturday, also on our Facebook pages and our YouTube channel. Our leaders are Fr. Mayer, Deacon Dorothee, Carolyn Black, and Graham Gulian. Thank you all!

During Lent, Deacon Dorothee is offering a Zoom service of Evening Prayers at 7:00 in the place of that evening's Compline. Here is the link for that service:

<https://us02web.zoom.us/j/89842138521?pwd=TXN3ckJPM0N0N0JubEtJdk9FQXd6QT09>

Meeting ID: 898 4213 8521

Passcode: 143122

By phone: +1 646 558 8656

Meeting ID: 898 4213 8521

Passcode: 143122

Our online services are delivered on our YouTube channel:

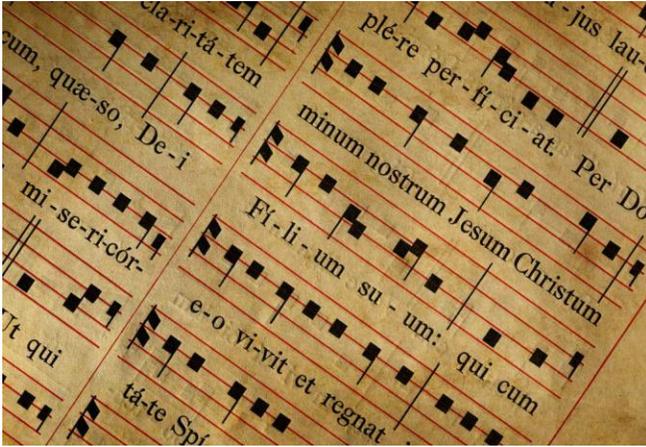
[https://www.youtube.com/channel/UCP1qGAuJllxWU8Z\\_ucCKEGA](https://www.youtube.com/channel/UCP1qGAuJllxWU8Z_ucCKEGA)

And our YouTube services are all on our websites. Here are the links:

<http://trinityossining.org/>

<https://stpaulsonthehill.org/worship/virtual-church-services/>

## OUR LENTEN MUSIC MINISTRY



As we enter this Lenten season during the pandemic, a few musical changes occur. Because Lent is a season of reflection and humble prayer, it makes sense for our music to align with this mood. When the choir is in session, we give up harmony and descants. Singing in unison may sound simple, but blending voices singing the exact same notes is actually extremely challenging.

You may have noticed we have begun singing the Psalms in the Gregorian chant style. The Psalms were written not merely as poems, but as songs for singing. There are 8 different chants found in the Plainsong Psalter. The 150 Psalms are set to these 8 chants, or tunes, or melodies. The words are to be read distinctly, deliberately, smoothly and naturally — we sing them as they would be spoken.

If you have attended a service at Trinity outside of the penitential seasons, you have heard the choir sing the Psalms set to Anglican chant. Anglican chant grew out of the Gregorian (plainchant) tradition during the English Reformation. These chants follow the same “sing it as you would speak it” style as the older Gregorian chants do. The only difference is that there is harmony. But as I mentioned before, we give up harmony during Lent.

Thanks to Cameron Beaudreault, Dennis Parker, Kellie Ishmael, Mark Monroe, and Fr. Charlie for their willingness to record themselves singing the Psalm chants.

Lenten blessings,

Christopher Fasulo  
Minister of Music



## THE BENEFICIAL EFFECTS OF CHOIR SINGING

### Physical Effects

- reductions in the level of the hormone cortisol which is associated with stress, leading to greater relaxation
- increased levels of oxytocin which leads to feelings of satisfaction and emotional bonding
- better breathing leading to physical well-being
- improved posture
- pain relief and management
- increases in the level of certain cytokines which were linked to better immune function

### Emotional Effects

- improvements in mood and well-being
- better concentration
- improved ability to bring about ordered thought processes
- increased resilience and strength of mind

### Personal Impact

- spiritual satisfaction or finding a relationship to spiritual power
- positive feelings
- emotional regulation, which meant a better outlet for tension and the achievement of relaxation
- a change in self-perception as one capable of doing meaningful things
- a feeling of empowerment, and increased or more effective self-expression through the activity as a group
- improved self-acceptance
- increased autonomy in the sense of doing something just for themselves, and by their own choice

- experiencing feelings of self-efficacy, or recognizing that they could motivate themselves, commit to a group activity and achieve what they set out to do
- enhanced motivation and planning for the future

### Social Effects

- better employment capabilities
- higher degree of connectedness
- a sense of being part of the choir
- relating to others in a safe environment and in a progressive fashion: first to other choir members, as well as to the audience, and with the local community at large, with improved social functioning
- peer support and friendships

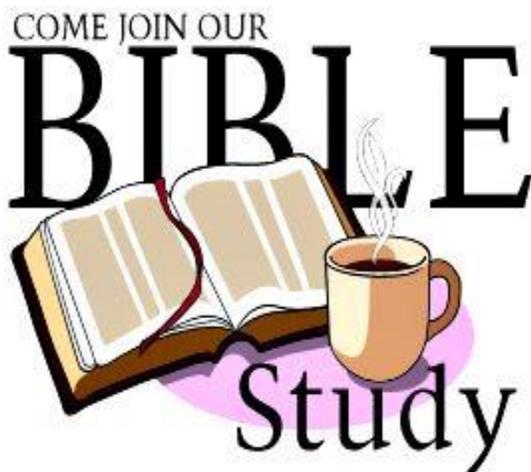
### Functional Effects

- the ability to function according to a set routine and to experience structure in their lives,
- ability to be employed
- improvement in health

From *Complete Health News* PO Box 25006 PMB Phoenix, Arizona 85004 United States

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## THE GOSPEL ACCORDING TO MARK



We began Lent with the Gospel of Mark, starting Sunday, February 28 at 11:00 AM via Zoom (after Coffee Hour).

Mark opens with words from the prophet Isaiah: "See, I am sending my messenger ahead of you," and indeed the gospel itself serves as a messenger for the life and ministry of Jesus. Written around 65-75 CE, Mark proclaims the good news that Jesus is the messiah and Son of God.

We're excited for this journey, during which we'll encounter the risen Lord through the Gospel of Mark. And it's still not too late to join us.

## MEMORIES OF ST. PAUL'S ON THE HILL

By Maribeth Osgood

I suppose you could say that I grew up with St. Paul's on the Hill. I remember going to the old St. Paul's in downtown Ossining with my mother and younger sister, but I do not remember the exact move to the hill. The church had not been converted from the huge garage that housed a lot of farm machinery and other pieces of equipment. There was a big door that opened to the space where the Altar is now. I can remember going in there and exploring. At the age of about 9 or 10, I thought about eventually being married in the church and used to practice "walking down the aisle." The only problem was that I was walking from the Altar to the back of the church instead of the other way around.



My whole family used to go up to St. Paul's once a week in good weather to cut the grass in the courtyard. My job was to do the edging of the walkway from the upper parking lot to the entrance to the kitchen and parish house and also the walk from the parking lot to the Narthex. I remember it was a big job at the time given my age, although I never minded doing it. The walkways at that time were flagstone and I thought the courtyard was beautiful and held a special aura. My father used a hand mower and, one evening while mowing, he went over a rabbit hole in the middle of the courtyard, which could not be seen, and a baby rabbit came out. We were all so surprised but pleased at the unexpected visitor.

Services at this early stage were held in the parish house. In fact, I was confirmed in the parish house. I remember being very nervous that day. The confirmands had been through rigorous teaching for weeks, covering all the things we should know and memorize in our young Christian lives. I thought that the Bishop might ask me a question about the catechism when I went up and kneeled before him. I felt a huge sense of relief when he didn't.

The church seemed to be built quickly under the watchful eye of Father Sharkey. The Bishop made a visitation to consecrate the church. I was in the junior choir at the time and had a bird's eye view from the choir loft. I was always in awe of Father Sharkey. He had many ideas of ways to beautify the church. There are many things in the church still that he placed there, including the stained-glass panes he made that are now in the windows. My father, who was a master carpenter in his working years, did many jobs in the church that were asked of him. In the summer, my mother would bring flowers from our yard for the Altar. I remember the church being full on most Sundays and overflowing on Feast Days.

The rooms that form the long hallway (down a few steps from the kitchen) were Sunday School rooms where many children were taught about their faith. The room at the very end used to be the nursery. It was one big service there.

I was a member of the junior choir and later the senior choir, so I have good memories of the choir practicing in that room. There was a piano there and we practiced the music we would be singing on Sunday, led by our very capable organist at the time. We would then go into the church and practice with the organ. An interesting fact is that, if you view the church from above, you can see that it is built in the form of a cross.

Fast forward a few years... I was married in the church—and actually walked down the aisle in the right direction! My three daughters were all baptized in the font at the back of the church when they were infants. My maternal grandmother, my mother, and my youngest brother all had their funeral services there. By that time, the Columbarium had been built, which is where my mother's and brother's ashes are interred. It is a peaceful place for me to visit with them and pray.

The church itself, I think most would agree, is unique and very beautiful. Sitting there in a pew, I can feel all the prayers that have been offered over the years and remember how my life unfolded there. Being in the church gives me a deep sense of comfort and closeness to God.



Our family began watching your virtual morning prayer services after Easter when we found you on the internet. We've really enjoyed it. The service and messages from Mo. Cooper Conway and Fr. Mayer have been so meaningful and the music with Chris Fasulo is glorious!

My brother, sister, and I were baptized by Fr. Lloyd and confirmed at Trinity Church many years ago... I have happy memories of helping polish the brass candlesticks with our mom, who helped in the Pantry years later. Trinity was a major part of our lives and we still love it!

My nieces also attend, one from Germany and one from Spain. And one emails us your great weekly letters. Thank you all for being there during these COVID times, continuing Trinity's spiritual life in Ossining and for your critical work in spreading social justice! Thank you for all the work you put into creating virtual worship services.



*God Shil Yi'ash (He Leadeth Me)*

The Spirit of God is within me. The Spirit of God walks with me.  
The Spirit of God teaches me about my faith to trust in Jesus to  
lead me through grief and darkness. Jesus holds my hand. He  
leadeth me by faith that lights up my path in the harmony way.

*Navajo Hymns of Faith*

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LOAVES AND FISH

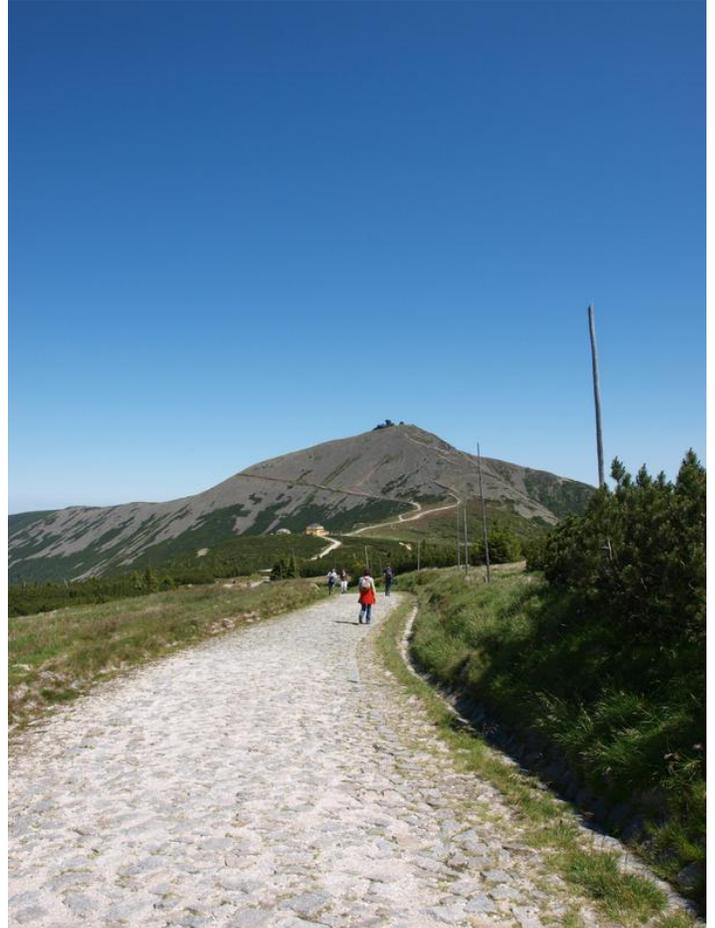


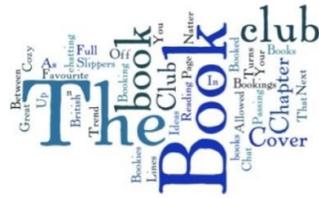
Our team, now led by Ed Shultz, ably assisted by Sally Evans, Jo McGrath, Sue and Mark Monroe, Cha and Darryl Moy, and Melanie Rowe, cooked the meals for delivery on February 16<sup>th</sup>. In case that date doesn't remind you of anything, it was Shrove Tuesday. And our team (specifically in this case the Moys) kept up our tradition! This picture is of their famous chicken and sausage jambalaya! Can't wait until we can all enjoy that together again!

## THE JOURNEY

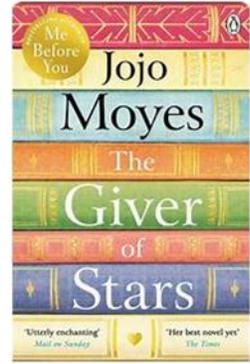
One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice --  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
"Mend my life!"  
each voice cried.  
But you didn't stop.  
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.  
It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voice behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do --  
determined to save  
the only life that you could save.

--Mary Oliver

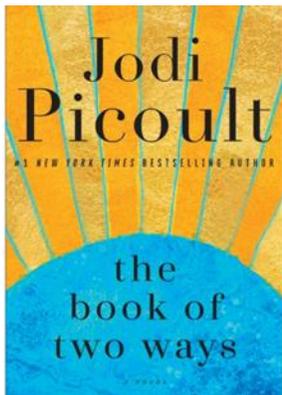




TBC met on Saturday, February 20th, to discuss the novel *The Giver of Stars*, the story of the unforgettable women who fearlessly worked as Packhorse Librarians in Kentucky. Their delivery routes would cover up to 20 miles during their regular deliveries of books and magazines to their rural readers in Appalachia. This novel was inspired by the WPA program which funded the Packhorse Librarians from 1935 to 1943. We had a small but productive gathering, as we creatively worked on imagining which actors should be cast for the upcoming film adaptation. (I'll be very disappointed if Sally's choice for Sven does not work out.) 😊



Hopefully, we can revisit this book via a movie outing in the theater or via a Zoom watch party whenever it is released!



Our next TBC book is by the best-selling author, Jodi Picoult, *The Book of Two Ways*, (432 pgs). This novel is about Death Doulas and the possible choices one can make in life was published in 2020. It appears that this book was delivered at the right time during the pandemic as many folks are currently reevaluating their life/work choices and wondering which is the best life they want to live post-COVID. This passage is from the NYT book review:

“Now at No. 5, the novel is now in its second week as a best seller. Picoult says the response has been heartening: People who have lost relatives to COVID have said this book has been very healing for them, and transformative. We're all thinking about what we've lost. We're all imagining a world where this isn't happening.”

I am wondering if the Saturday after Easter (April 10) might be a good date to schedule this book? Let me know at: [cquintero1506@gmail.com](mailto:cquintero1506@gmail.com)

Last, but not least, **The Book Club is marking its 18<sup>th</sup> Anniversary on March 31<sup>st</sup>!** It is hard to believe it has been 18 years already! Our first book, *The Lovely Bones* by Alice Siebold launched us on a beautiful experience where we have enjoyed the company, food, and hospitality of so many wonderful people. Your humor, insights and wisdom have certainly been a gift on this journey. Thanks for your support!



## UPCOMING EVENTS IN MARCH

- 1 Re-Gathering Committee
- 10 Vestry Meeting (Trinity)
- 16 Vestry Meeting (St. Paul's)
- 12 Staff Meeting
- 24 Social Justice Mission Committee  
REPAIR meets
- 28 Palm Sunday

### ST. PAUL'S MARCH BIRTHDAYS

- 1 Alexander Pollack
- 4 Sarah Brewster
- 11 Salvatore James Triano
- 13 Robert Brocchi
- 15 Margaret Morse
- 17 Sean Docker
- 21 John Joseph Dias IV
- 22 Brenda Dias
- 30 David Kamp  
Max Gulian

### ST. PAUL'S MARCH BAPTISMS

- 18 Robert Docker
- 27 Madison Madera  
Jaden Prince  
Christopher Schuler

### ST. PAUL'S MARCH ANNIVERSARIES

- 28 Robert and Lisa Rosenbloom

### TRINITY'S MARCH BIRTHDAYS

- Helen Ishmael 5
- Liliana Rose DeOliveira-Scappaticci 10
- Jack McClung 18
- Elissa DeLuccy 19
- Terri Roman 19
- Steven Pendzuk 25
- Maxwell Ishmael 26
- Christopher Boswell, Sr. 31

### TRINITY'S MARCH ANNIVERSARIES

- Cameron and Hyangmok Beaudreault 17

### ST. PAUL'S MARCH DEATHS

- 15 Mary Hamshire
- 17 Ralph McGibbon
- 22 Shirley Decker  
Matt McLeod
- 30 Jean Budnick



### **CLERGY**

The Rev. Dr. Charles D. Mayer, Acting Priest-in-Charge  
The Rev. Dorothee R. Caulfield, Deacon

#### **ST. PAUL'S OFFICE**

Carolyn R. Black, Music Director  
Tina Farrell, Church Administrator  
Beth Pollack, Treasurer

#### **TRINITY'S OFFICE**

Christopher Fasulo, Minister of Music  
Tam Hernández, Parish Administrator  
Katherine Pendzuk, Treasurer and Verger  
Pablo Montoya, Sexton

#### **ST. PAUL'S 2021 VESTRY**

Sue Monroe, Warden  
Margery Barnes, Clerk  
Julie DiLoreto  
Milton Kerr  
Darryl Moy  
Lisa Rosenbloom  
Roger Rowe

#### **TRINITY'S 2021 VESTRY**

Tam Hernández, Warden  
Sally Evans, Clerk  
Charles Baker  
Alexis Cullen  
Kellie Ishmael  
Kate Pendzuk  
Cecilia Quintero