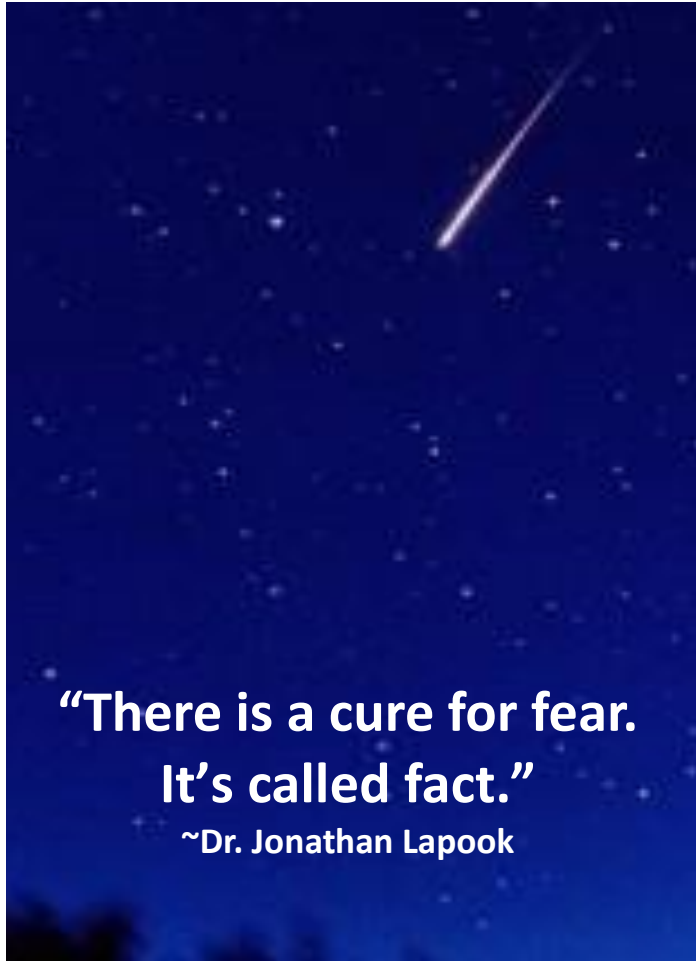


**This week's Epistle is a  
three week edition.**

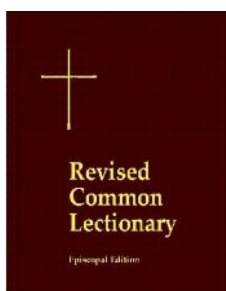
*Sunday, March 8th*

Second Sunday in Lent



**Daylight Savings Time Begins.  
Remember to Set your clocks  
ahead 1 hour!**

<b>8:00 AM</b>	
<b>CHALICE</b>	<b>CARLA BOYER</b>
<b>2ND CHALICE</b>	
<b>ACOLYTE</b>	<b>KATHY HAMILTON</b>
<b>O.T. LECTOR</b>	<b>CARLA BOYER</b>
<b>N.T. LECTOR</b>	<b>STEVEN MICHAEL</b>
<b>INTERCESSOR</b>	<b>LISA DENISCO</b>
<b>USHER</b>	<b>LISA DENISCO</b>
<b>USHER</b>	<b>GAIL LICHWICK</b>
<b>10:30 AM</b>	
<b>SUBDEACON</b>	<b>DAVID BROKAW</b>
<b>M.C.</b>	<b>PHYLLIS GUARDINO</b>
<b>THURIFER</b>	<b>LENORA VAUGHAN</b>
<b>CRUCIFER</b>	<b>TORRY GUARDINO</b>
<b>ACOLYTE 1</b>	<b>MARLENE PRESLEY</b>
<b>ACOLYTE 2</b>	<b>CLAIRE NEWQUIST</b>
<b>O.T. LECTOR</b>	<b>LOURDES CRUZ</b>
<b>N.T. LECTOR</b>	<b>MARGUERITE OSTERGAARD</b>
<b>INTERCESSOR</b>	<b>MARK STRUNSKY</b>
<b>USHER</b>	<b>SUE SCOTT</b>
<b>USHER</b>	<b>VOLUNTEER</b>



**NEW WEBSITE FOR LECTIONARY READINGS**

**THE WEBPAGE IS IN CALENDAR FORM—JUST CLICK ON THE DATE AND YOU WILL  
SEE THE READINGS FOR THAT DAY.**

<https://www.lectionarypage.net/CalndrsIndexes/Calendar2020.html>

# Upcoming Events

Friday, March 6	6:30 PM: Stations of the Cross
Sunday, March 8	<b>Daylight Savings Time Begins</b> 8:00 AM: Holy Eucharist Rite I 10:30 AM: Holy Eucharist Rite II
Wednesday, March 11	10:00 AM: Healing Mass
Friday, March 13	6:30 PM: Stations of the Cross
Sunday, March 15	8:00 AM: Holy Eucharist Rite I 10:30 AM: Holy Eucharist Rite II
Wednesday, March 18	10:00 AM: Healing Mass
Friday, March 20	6:30 PM: Stations of the Cross
Sunday, March 22	8:00 AM: Holy Eucharist Rite I 10:30 AM: Holy Eucharist Rite II
Wednesday, March 25	10:00 AM: Healing Mass
Friday, March 27	5:30 PM to 8:00 PM: Lenten Fish Dinner Fundraiser



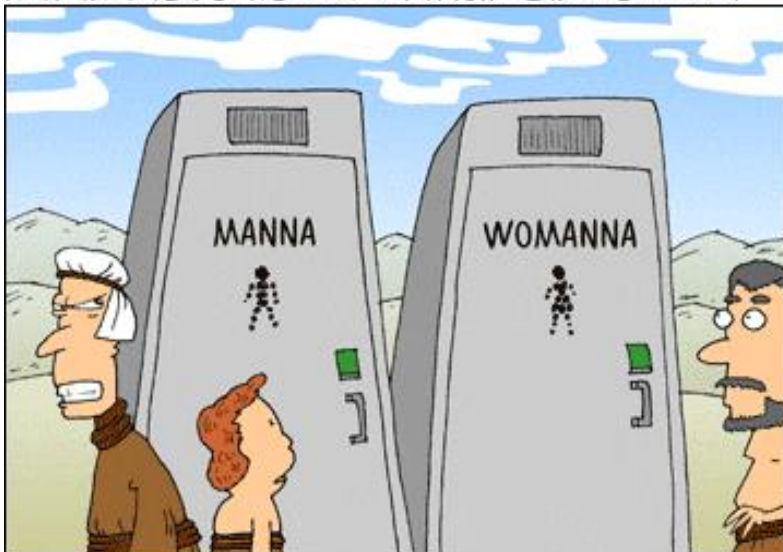
Grace  
Church  
Calendar



**S**hopRite Grocery Gift Certificates are available for sale EVERY Sunday after each service. Grace Church receives 5% on the sale of the cards from ShopRite, while you purchase the cards at face value! Shoprite gift cards can make shopping for the family easy. Our ongoing fundraiser of Shoprite gift cards helps you prepare your holiday meals while helping Grace Church. Please keep us in mind when preparing your shopping lists!

**W**e are happy and pleased to announce that we can accept credit card purchases for the ShopRite gift cards. So, if you use a rewards credit card you can now accumulate points while supporting Grace Church!

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



Thanks to Cale Hamblin 04-24-2006

BATHROOM HUMOR DIDN'T GO OVER VERY WELL IN THE WILDERNESS



Begins Sunday March 8th  
Remember to set your  
clocks ahead 1 hour

*Sunday March 15th*

*Sunday March 22nd*

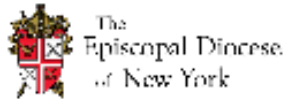
<b>8:00 AM</b>	
<b>CHALICE</b>	<b>JANET CUSACK</b>
<b>2ND CHALICE</b>	
<b>ACOLYTE</b>	<b>ALLISON McLEAN</b>
<b>O.T. LECTOR</b>	<b>JANET CUSACK</b>
<b>N.T. LECTOR</b>	<b>BEVERLY BAILEY</b>
<b>INTERCESSOR</b>	<b>LISA DENISCO</b>
<b>USHER</b>	<b>LISA DENISCO</b>
<b>USHER</b>	<b>GAIL LICHWICK</b>
<b>10:30 AM</b>	
<b>SUBDEACON</b>	<b>CLAIRE NEWQUIST</b>
<b>M.C.</b>	<b>TORRY GUARDINO</b>
<b>THURIFER</b>	<b>LIZZY ORTEGA</b>
<b>CRUCIFER</b>	<b>DAVID BROKAW</b>
<b>ACOLYTE 1</b>	<b>LENORA VAUGHAN</b>
<b>ACOLYTE 2</b>	<b>MARLENE PRESLEY</b>
<b>O.T. LECTOR</b>	<b>TORRY GUARDINO</b>
<b>N.T. LECTOR</b>	<b>PHYLLIS GUARDINO</b>
<b>INTERCESSOR</b>	<b>MARK STRUNSKY</b>
<b>USHER</b>	<b>BOB WARNER</b>
<b>USHER</b>	<b>PHYLLIS GUARDINO</b>

<b>8:00 AM</b>	
<b>CHALICE</b>	<b>CARLA BOYER</b>
<b>2ND CHALICE</b>	
<b>ACOLYTE</b>	<b>KATHY HAMILTON</b>
<b>O.T. LECTOR</b>	<b>CARLA BOYER</b>
<b>N.T. LECTOR</b>	<b>ALLISON McLEAN</b>
<b>INTERCESSOR</b>	<b>PATTY SEEKAMP</b>
<b>USHER</b>	<b>PATTY SEEKAMP</b>
<b>USHER</b>	<b>BOB SEEKAMP</b>
<b>10:30 AM</b>	
<b>SUBDEACON</b>	<b>RICK SCOTT</b>
<b>M.C.</b>	<b>CLAIRE NEWQUIST</b>
<b>THURIFER</b>	<b>DAVID BROKAW</b>
<b>CRUCIFER</b>	<b>TORRY GUARDINO</b>
<b>ACOLYTE 1</b>	<b>MARLENE PRESLEY</b>
<b>ACOLYTE 2</b>	<b>PHYLLIS GUARDINO</b>
<b>O.T. LECTOR</b>	<b>JOE GAYTON</b>
<b>N.T. LECTOR</b>	<b>MICHAEL SAUNDERS</b>
<b>INTERCESSOR</b>	<b>MARK STRUNSKY</b>
<b>USHER</b>	<b>SUE SCOTT</b>
<b>USHER</b>	<b>VOLUNTEER</b>

**A**t the February 20th Vestry meeting, the Grace Church Vestry authorized the purchase of an Automated External Defibrillator (AED). The AED has been purchased and installed. If needed, you can find the AED in the Parish House lobby next to the Grace Church welcome banner. The AED is stored in a cabinet which is identified by a sign.

We would like to compile a list of parishioners who are certified to perform CPR and operate an AED. Also, if you are not CPR certified would you like to be? Please click [here](#) to email me if you are CPR/AED certified or click [here](#) if you would like to be. ~Joe





March 3, 2020

## Faith and Facts in a Climate of Fear

Dear Sisters and Brothers in Christ,

We are writing to you about COVID-19, the coronavirus disease currently affecting the lives of many around the globe. Much advice and information has already been disseminated—and rather than repeating it all, we refer you to the *Episcopal Relief & Development* website, which has an excellent page titled *Faith-Based Responses to Epidemics*. You can reach this page by entering <https://episnyd.io/erd> in your browser or by going to [www.episcopalrelief.org](http://www.episcopalrelief.org) and following the links.

We also offer these simple guidelines for adaptations of services:

- Remind congregants not to come to church or meetings if they feel ill.
- Clergy should wash hands thoroughly with soap and water before services and use hand sanitizer before distributing communion.
- Provide hand sanitizer for congregational use.
- If desired by the congregation, adapt rituals to minimize personal contact.
- Communion: those who are ill should stay home; those who are concerned may abstain from communion or receive "in one kind" (host only); use of the common cup with proper purificator procedure presents relatively low risk; intinction should be avoided.
- Sharing of the Peace: waving or bowing are perfectly acceptable in place of shaking hands or hugging.

**Above all, we should be compassionate, and ground our actions in faith and facts.**

Episcopal Relief & Development puts this well on the page linked to above:

Our role in responding, as churches, dioceses and compassionate Christians, is to:

- Combat fear with knowledge in order to encourage preparedness and decrease stigma.
- Maintain operational continuity and continue worship life in the case of potential quarantine and disruption.
- Show God's compassion and care to those in our communities who are affected.

Today we express our profound gratitude for your own leadership and discernment. We have already read and experienced, in our congregations and communities, thoughtful, measured, and helpful responses to the COVID-19 outbreak.

As becomes necessary and as the situation evolves, we will communicate further.

We close with a prayer.

*O God, by whom the meek are guided in judgment, and light rises up in darkness for the godly: Crant us, in all our doubts and uncertainties, the grace to ask what you would have us do, that the Spirit of wisdom may save us from all false choices, and that in your light we may see light, and in your straight path may not stumble; through Jesus Christ our Lord. Amen. (BCP, p. 832)*

The Rt. Rev. Andrew ML Dietsche  
Bishop of New York

The Rt. Rev. Allen K. Shin  
Bishop Suffragan

The Rt. Rev. Mary D. Glasspool  
Bishop Assistant

## **Advice From The Centers For Disease Control**

The Centers for Disease Control and Prevention (CDC) is reporting widespread influenza (flu) activity in all 50 states and Puerto Rico, and local activity in the District of Columbia. The CDC estimates that so far this season there have been at least 19 million flu illnesses, 180,000 hospitalizations and 10,000 deaths from flu. Overall, hospitalization rates remain similar to what has been seen at this time during past seasons. Vaccination is always the best way to prevent the flu and its potentially serious complications. If you have not already received the flu vaccination, the CDC continues to recommend getting one, as there are months of flu activity still to come.

**Other ways to prevent the spread of the flu (and also the coronavirus) include:**

**Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.**

**Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.**

**Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If a tissue is unavailable sneeze into the crook of your elbow.**

**Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.**

**Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Wash your hands after touching your eyes, nose or mouth.**

**Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Such surfaces include door handles, railings, keyboards and tele-phones. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.**

## **Accessibility Ramp Fundraising News**

Those of you who have pledge envelopes may have noticed a new envelope in your pledge envelopes this month, or if not, you soon will. It's marked "Special Accessibility Offering" and it was put there for all who wish to donate toward our accessibility ramp. These special donation envelopes are inserted at quarterly intervals in this year's donation envelopes.

As you know, the Accessibility Fundraising Committee has sought other sources of funding for the ramp; these efforts are ongoing. Yet, the time has now come to ask all parishioners to help as well. We can all look around Grace on a given Sunday and notice many of our friends who can no longer worship with us because the Church is not accessible to them. In addition to our friends, there are Soup Kitchen clients and others with physical and developmental disabilities who are unable to avail themselves of the services our Parish offers because they cannot enter our Parish House. The Accessibility Committee is asking you to help correct these situations.

Our goal is to break ground on September 12<sup>th</sup> of this year, the 172<sup>nd</sup> anniversary of the founding of Grace Church, and complete the project this Fall. Our timeline for starting and completing this project is just around the corner and we have a long way to go in our fundraising campaign. We are encouraging all parishioners to donate, even if you don't have the special accessibility envelopes. Your donations will be received with much gratitude. Thank-you. ~The Accessibility Fundraising Committee (Fr. Vic, Claire, Torry, John, Patty, Mike, Marj and Joe)



**The Greater Middletown Interfaith Council  
Presents  
The 8th Annual  
*CHORAL MUSIC FESTIVAL***

**March 8, 2020  
Sunday 3:00 PM  
United Presbyterian Church of Middletown  
25 Orchard Street, Middletown, NY**

**Featuring talented members of  
Grace Episcopal Church  
and other GMIC congregations!**

**Donation: Free Will Offering  
For more information, phone 845-386-5817**

**Proceeds to benefit  
The Warm Place at The Salvation Army  
A companion ministry of the Community Warming Station  
providing protection during those hours when there is no place for  
the homeless to go until the Warming Station opens at 9:00 PM**

# Authentic British Fish & Chips Dinner



*Join us for a  
Lenten Fish Dinner!*

**\$15<sup>00</sup>**  
*Take Out  
Available!*

**Friday, March 27, 2020, 5:30 – 8:00 PM**

**Grace Episcopal Church, 12 Depot Street, Middletown, NY**

**Enjoy a traditional fish & chips dinner including homemade fresh-cut "chips," cole slaw, and crispy fish filets, as well as beverages and dessert! Last year we sold out. Buy your tickets in advance!**

 **GRACE**  
EPISCOPAL CHURCH

**845-343-6101 [www.gracechurchmiddletown.org](http://www.gracechurchmiddletown.org)**



## Coffee Hour Signup



Just a reminder how easy it is! Either sign up on the Coffee Hour Sheet on the wall in the vesting room. Or on your computer, go to [GraceChurchMiddletown.org](http://GraceChurchMiddletown.org); you'll see a spot on the far right, Coffee Hour Signup.

You can bring in a couple of packages of cookies, coffee cakes, fruit, cakes, or bagels. Anything will do. ~Patty Seekamp

### Vestry News

The next Vestry meeting will be held in the Parish House Boardroom on March 19th starting at 7:30 pm. All are invited to attend!

[To read the highlights of the December 19, 2019 Vestry meeting, click here.](#)

[To read the highlights of the January 16, 2020 Vestry meeting, click here.](#)



Try out our audio mixer to listen to the 10:30 Sunday Mass live. No matter where you are you can join us in worship.

[Just click here!](#)

### Your Grace Church Vestry

#### Wardens

Joseph Barrett

Clerk of the Vestry

Bill Gunn

Claire Newquist

Treasurer

Janet Cusack

#### Vestry

Lourdes Cruz

Joseph Gayton

John Cusack

Allison McLean

Anne Caldwell

Connie Herm

Sue Scott

Pepe Gutierrez