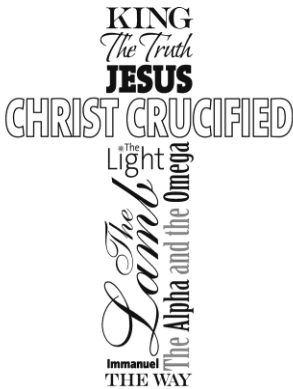


# St. Matthew's Messenger

MARCH 2017

St. Matthew's Episcopal Church, Pennington, N.J. 08534

To receive the monthly Messenger announcements please go to our website <http://stmatthewspennington.org/>, click on the link "sign up for emails" under "About us" to add yourself to our mailing list. *The Church is open for prayer and meditation* during parish office hours on weekdays: Monday, Wednesday, Thursday from 9:30am-4pm and Tuesdays and Fridays till 12noon.



## LENT - HOLY WEEK – EASTER WORSHIP SCHEDULE OF SERVICES

### **Weekdays in Lent, (mon-Fri)**

8:00-8:45am Christian Meditation and silent prayer in the chapel

### **Wednesdays in Lent**

7:00am Holy Eucharist in the chapel

### **HOLY WEEK**

**April 9, Palm Sunday** – 8 and 10am

**April 13, Maundy Thursday** – 8:00pm, Service with Foot Washing

**April 14, Good Friday** – 12noon, Ecumenical Service

**April 15, Saturday** - 8:00pm, **EASTER VIGIL**

**April 16, Sunday** - 8 and 10am, **EASTER SUNDAY**

**TO DWELL IN SILENCE:** Join Rev. Barbara in the chapel for Silent Prayer from **8am – 8:45am**, Monday through Friday during Lent. We will begin at 8:00 with a brief introduction to centering prayer. The silence will be offered for 25 minutes. There will be time at the end for sharing.



## Lenten Choral Evensong

Sung by the choirs from St. Matthew's, Pennington,  
St. Andrew's, Yardley, and Doane Academy, Burlington



Sunday, March 5, 2017, 4:30pm

Chapel of the Holy Innocents (handicapped parking and accessibility)

Doane Academy, 350 Riverbank, Burlington, NJ

Our adult choir will be collaborating with the choirs from St. Andrew's Episcopal Church, Yardley, PA and Doane Academy, Burlington, NJ to offer a service of Choral Evensong on the First Sunday of Lent, March 5, 2017, at 4:30pm. The service will take place at the Chapel of the Holy Innocents on the picturesque campus of Doane Academy in Burlington, overlooking the Delaware River. The Rev. Paul Briggs recently succeeded our own Bishop George Councill as School Chaplain at Doane Academy, and he also serves as Interim Rector at St. Andrew's Church in Yardley. Mark Dolan, organist/choirmaster at St. Andrew's, Yardley, previously served at All Saints' Church, Millington, NJ, in the Episcopal Diocese of Newark, where our interim music director Jim Douglas succeeded him. There are many connections between each institution, and all are cordially invited to join together in this unique collaboration for worship and fellowship. Please speak with Jim Douglas for any further details.

**BOOK CLUB: March 16, 7:00 pm at the Driscolls The Little Way of Ruthie Leming: A Southern Girl, a Small Town, and the Secret of a Good Life by Rod Dreher**

*THE LITTLE WAY OF RUTHIE LEMING* follows Rod Dreher, a Philadelphia journalist, back to his hometown of St. Francisville, Louisiana in the wake of his younger sister Ruthie's death. Dreher was moved by the way the community he had left behind rallied around his dying sister, a schoolteacher. Dreher began to wonder whether the ordinary life Ruthie led in their country town was in fact a path of hidden grandeur, even spiritual greatness, concealed within the modest life of a mother and teacher. Dreher and his wife Julie "decided to accept the limitations of small-town life in exchange for the privilege of being part of a community."





**Our Children's Interactive Ash Wednesday Service will be held on Wednesday, March 1st at 4:30pm.**

**This year an INDOOR LABYRINTH will be part of our worship experience!**

Ash Wednesday marks the beginning of the Lenten season. Lent is an annual opportunity for us to grow in our faith. It is a perfect time to abstain from unhealthy things in our lives and to make choices to do things that will make our relationship with God stronger. Challenge yourself and be creative in how you make Lent meaningful for you and your family! Here are some ideas for you to consider:

1. **Attend the Children's Ash Wednesday Service:** This is a short interactive worship that includes an indoor labyrinth this year. Simple and special. A perfect way to begin the Lenten season.
2. **Make a Prayer Chain:** List 40 intentions or people on 40 slips of paper. Link them together into a chain. Tear one paper link off each morning of Lent and pray for that need or person.
3. **Bury the Alleluia:** We don't proclaim "alleluia" during Lent since it is a time of reflection and not celebration. Print out the word alleluia on paper, decorate/color it and then "bury" it in a box or special place until you can bring it out again on Easter Sunday.
4. **Buy a "Christ Candle":** Purchase a special candle that you light during prayer time or while you read from the Bible to remind you that Christ is present.
5. **End the day with prayer:** Say a prayer before bed (light your Christ Candle!). You can pray together as a family (pile up on a bed) or choose a special prayer for each child and say that prayer together at bedtime.
6. **Gratitude Ribbons:** Take short pieces of colorful ribbon. Tie one to your stair railing, fencing or bed post each day or evening as you think about something or someone you are thankful for. By the end of Lent you will have a beautiful mosaic of ribbon art!
7. **Make pretzels:** There are numerous accounts of the origin of the beloved pretzel. The most common is that in 610AD an Italian monk invented the "pretiola" (little reward), folding the strips of dough into a shape resembling a child's arms crossed in prayer, as a reward for the children who learned their prayers.
8. **Attend the Children's Good Friday Service:** Like our Ash Wednesday Service, this is an interactive worship where we move from station to station remembering the events leading up to Jesus death. This is a gentle service, appropriate for all ages.

Looking Ahead:

**Children's Good Friday Service** will be held on Friday, April 14th at 3pm.

**Second Grade Eucharist Instruction:** April 23<sup>rd</sup> & April 30<sup>th</sup> with a **Family Service Celebration** on Sunday, May 7th.

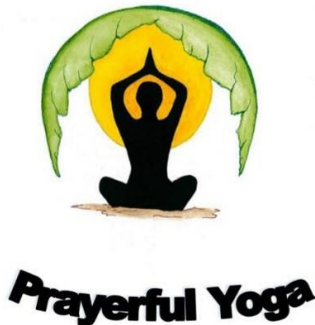
## LENT 2017

Lent begins on **Ash Wednesday, March 1, 2017**. The season of Lent can be an experience of God's love, call, mercy, and compassion. During Lent, we are invited to *not* engage in practices that draw us away from loving God and each other, and to adopt practices that *help* us love God and each other. Each of us knows from our own life experience what practices or habits are unhelpful. We intuitively sense what we need to let go of so that we can be more available to ourselves, each other, and God—so that we can listen with compassion to God, ourselves and each other.



During Lent, we can do just that, and get help, support and encouragement from the whole Christian community who are, likewise, trying to respond to the challenge of the season. The invitation is to enter into God's grace, and let God shower us with it. "Come, Holy Spirit, kindle our hearts with the flame of your love. Send forth your spirit and we shall be renewed." "Taste and see that the Lord is good". "Come to me all you who labor and are heavy burdened and I will give you rest."

St. Matthew's is partnering with St. Luke's, Ewing for one of our Lenten series. (St. Luke's worships on Sundays at 10:30). Beginning on Sunday, March 5, we will gather for a soup and bread lunch at 12:30. At 1:00, Bishop Councill will lead us in an exploration of Forgiveness. Anyone outside the parish who is interested is most welcome to attend.



### WEEKDAY LENTEN Program Schedule

Thursdays 1:00-2:00 PM

All Levels of Experience are Welcome  
Saint Matthew's Church in Belmont Hall  
Cost: FREE (Donations are appreciated)  
What to Wear: Comfortable Clothing  
Bring a Yoga Mat & an Open Heart

**Christian Spiritual Practices. Small group experiences** of experimenting with different spiritual practices. The book we will be using is called "A Spiritual Formation Workbook." Please sign up with the group leader for the time that fits your schedule, or call the office.

**Tues evenings** at 6:30pm at the home of Christina Kales Sign up with Christina ([kales8648@verizon.net](mailto:kales8648@verizon.net))

**Thursdays** at 11:30am starting 3/9/17 in the church library Sign up with Ellie ([ecdricoll@msn.com](mailto:ecdricoll@msn.com))

**Thursdays** at 10:00am starting 3/9/17 in the church library Sign up with Sylvia (609) 466-2324

**Friday, March 31, Training:** "Teach them How to Forgive", 9-4, Belmont Hall with the Rev. Dr. Rob Voyle

[Register for This Program](#)

### WEEKEND LENTEN Program Schedule

Sunday, March 5	12:30 lunch in Belmont Hall	1:00 session with Bishop Councill
Sunday, March 12	12:30, lunch at <b>St. Luke's, Ewing</b>	1:00 session with The Rev. Barbara Briggs
Sunday, March 19	12:30, lunch in Belmont Hall	1:00 session with Bishop Councill
Sunday, March 26	12:30, lunch at <b>St. Luke's Ewing</b>	1:00 session with Bishop Councill
Saturday, April 1,	9-3 " <b>Restoring Hope: Moving from Resentment to Forgiveness</b> " with The Rev. Dr. Rob Voyle in Belmont Hall	

*To sign up for the SUNDAY program, please email or call the parish office*

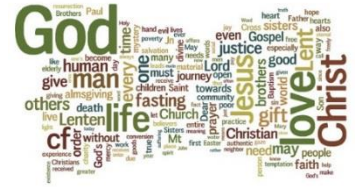
## Examples of Lenten practices

Here are just a few things you might consider for your Lenten experience. (Remember, don't do more than what is helpful to you).

Avoid making a vague plan, such as 'I'll pray sometime this week'.

Make your goals measurable and specific, such as, I will pray at [time]

for 10 minutes'. However, look at your goal as a pleasurable, almost fun time, and avoid rigidity. Focus on your desire, rather than on the activity you have chosen.



1. Pray for 10 minutes each morning or evening
2. Write a letter to God, telling him how you feel.
3. Find at least three things every day for which to be grateful, and pray a prayer of thanks.
4. Fast from the television for a week. Use the extra time to notice what is going on around you.
5. Practice the art of saying one positive thing for every negative thing you say.
6. Keep the Sabbath. Sit down with your family and decide on a weekly time of rest and relaxation. Refuse to do any work, not even house projects, cleaning, etc. Resist the guilt and simply enjoy!
7. Discover your spiritual gifts. Read 1Corinthians 12:8-11. Sit quietly and ask which of these gifts you have received or are being drawn to put into practice for the Body of Christ.
8. Pray for the Holy Spirit. Ask that the Holy Spirit may become a more real and life-giving presence in your life.
9. Spend an hour a week exercising your spiritual gifts.
10. For 15 minutes a day, peacefully wait for the Holy Spirit. See what happens.
11. Encourage someone who needs it.
12. Spend an afternoon at Arm in Arm or Task.
13. Go out of your way to help someone.
14. Start a compost bin for all organic refuse. (not meat).
15. Write your elected representatives.
16. Do an energy audit for your home.
17. Buy local, organic food.
18. Serve others with your words. Speak well of them. Protect their reputation. Only use kind words.
19. Be a 'gossip buster'. Whenever you or someone you are with begin to gossip, put a rapid end to it. Steer the conversation in a different direction.
20. Read the Bible for 15 minutes a day.
21. Memorize a verse of Scripture every day.
22. Share your faith with a relative or a close friend.
23. Invite a friend to church.



## **Saturday, April 1, Forgiveness Retreat: Resolving Resentment with the Rev. Dr. Rob Voyle at St. Matthew's Episcopal Church**

**Are you tired of living with resentment?**

- Is there someone in your life you just can't forgive?
- Do you want to find a more resourceful way of dealing with bullies in your life?
- Do you need to find self-forgiveness?
- Do you want a more compassionate way of being in the world?

**Then bring your resentment and leave without it!**

**"Wow! 45 years of resentment its gone! Wow!"**

*comment by retreat participant as she set herself free from her resentment*

### **Forgiveness is not Reconciliation!**

One of the main reasons people don't forgive is that they confuse forgiveness with reconciliation.

**Forgiveness:** Is how you personally resolve what has happened in your past.

**Basic Rule of Forgiveness:** The primary beneficiary of your forgiveness is yourself. When others have hurt you in the past forgiveness means you get to put down the hurt and leave it behind, rather than carry it resentfully into your future.

**Resentment is like drinking poison and waiting for your enemy to die.** *Nelson Mandela*

**Reconciliation:** Is an agreement between two or more people on how they will live and work together in the future.

**Basic Rule of Reconciliation:** Never be reconciled to someone who does not share your values. Jesus forgave the Romans and the Pharisees, but he was never reconciled to the mission of Rome or the mission of the Pharisees.

### **Forgiving and Forgetting is Very Unwise**

Forgetting bad things is a real problem, because then we will have to repeat them to remember that they are painful. Sometimes we need to **forgive and remember** rather than forgive and forget that some people are dangerous and shouldn't be trusted because they haven't demonstrated trustworthy behavior.

### **Retreat Outline and Objectives**

This retreat is provided in a one-day format. This retreat is designed to lead you through a series of processes to enable you to forgive others and yourself.

### **Please Note: You Won't be Asked to Share your Story**

You have been shamed once and there is no need to be shamed again, I do not need to know who or what you are resenting to set you free from your resentment. - *Rob Voyle*

You **Will Not** be asked to share or tell your story to anyone.

Your experience is private and you will work on it in the privacy of your own mind and heart.

In this retreat we will focus on:

- "How" you resent, or the dynamics of resentment rather than the "who" and "what" or the content of your resentment.
- "How" you forgive or the dynamics of forgiveness.

### Retreat Content

- Create basic internal resources such as the golden thread of life and unconditional love to create a stable foundation for forgiving others:
- Use the three faces of compassion: tenderness, fierceness, and mischievousness as an agent of transformation in the world.
- Discover how you uniquely organize and structure your internal experience of memories of past injuries, resentments, and states of forgiveness:
- Resolve your internal objections and resistance to forgiving; - seeking and satisfying your objections to forgiving to ensure sustainable outcomes:
- Restructure your internal experiences of resentment into internal experiences of forgiveness:
- Create internal resources to enable you to remain grounded and engaged, rather than resentful or avoidant, in the presence of people who violate your values:
- Discover the differences between guilt and shame and how to use the forgiveness strategies to achieve self-forgiveness:

<b>Schedule for the day on Saturday</b>	
<b>9:15-9:30 am:</b>	<b>Check-in</b>
<b>9:30 am-12:00 pm</b>	<b>Morning Session</b>
<b>12:00-1:00 pm</b>	<b>Lunch provided</b>
<b>1:00- 3:30 pm</b>	<b>Afternoon session</b>

### What Participants Say

"I can now feel compassion toward my boss rather than protect myself by being resentful  
 "I was able to be peaceful, rather than nauseous, around my ex-spouse at a family function"

<b>Register with a friend on or before March 6</b>	\$25.00 per person
<b>Register singly before march 6</b>	\$50.00 per person
<b>Register after March 6</b>	\$75.00 per person
<b>To register:</b> <a href="https://www.appreciativeway.com/registration/reg.cfm?prog=Pennington-Mar-17-2">https://www.appreciativeway.com/registration/reg.cfm?prog=Pennington-Mar-17-2</a>	

# Teach Them How to Forgive

(For Psychologists, Consultants, Coaches, Counselors, Clergy, Spiritual Directors and Chaplains):

## Are you tired of living in a world that:

Is saturated by resentment  
Places a huge value on revenge  
Confuses revenge and punishment with justice  
Doesn't know how to finish. Then come and learn how to teach people to forgive!  
Become a healing presence in your community.

## Teach Them How to Forgive

**St. Matthew's Episcopal Church, Pennington, NJ. Fri. Mar. 31, 2017, 9-4**

"Jesus told us we need to forgive but he never taught us how." - Steve Andreas the freedom of forgiveness

Forgiving others is actually quite easy when you know how. Sadly many in our world and in our communities of faith do not know how. One of the big contributors to this "not knowing how" is that words like resentment, forgiveness, and reconciliation are used in teaching programs and sermons without ever being defined in behavioral ways that help the hearers implement a forgiveness strategy.

In this one-day training program we will behaviorally define these terms and you will learn specific steps to lead a person from a state of resentment to a state of forgiveness.

**Forty years I've been carrying this resentment, had therapy with two psychiatrists about it, and now in just a few minutes it's gone. It's like a miracle.** *Diane, a forgiveness retreat participant.*

## Recommended Text

Most of this program is based on Rob Voyle's book **Restoring Hope: Appreciative Strategies to Resolve Resentment and Grief**. You can purchase it from **The Appreciative Way Bookstore**.

## Learning Objectives

As a result of participating in this program you will be able to:

1. Create basic internal resources such as the golden thread of life and unconditional love to create a stable foundation for forgiving others;
2. Use the three faces of compassion: tenderness, fierceness, and mischievousness as an agent of transformation in the world;
3. Discover how clients uniquely organize and structure their internal experience of memories of past injuries, resentments, and states of forgiveness;
4. Resolve internal objections and resistance to forgiving; - seeking and satisfying objections to forgiving to ensure sustainable outcomes;
5. Restructure internal experiences of resentment into internal experiences of forgiveness;
6. Create internal resources to enable clients to remain grounded and engaged, rather than resentful or avoidant, in the presence of people who violate the client's values;

**Who Should Attend This Program?** **Teach Them How to Forgive** is open to:

- Psychologists, Consultants, Coaches, and Counselors.
- Clergy who want to teach their parishioners how to forgive.
- Spiritual Directors and Chaplains.

## Continuing Education Credit

This program qualifies for 6 hours of continuing education credit.

Partial continuing education credit is not provided. You must attend all 6 hours to receive continuing education credit.

## American Psychological Association

The Appreciative Way is approved by the American Psychological Association to sponsor continuing education for psychologists. The Appreciative Way maintains responsibility for this program and its content. This program qualifies for 30 hours of continuing education credit.

## Board Certified Coach (BCC)

The Appreciative Way's Certificate of Appreciative Coaching is a BCC founding CCE-approved coach training program. This program provides 6 contact hours of continuing education for Board Certified Coaches.

## Workshop Format

The workshop will typically be conducted in person in a commuter setting with:

- Didactic presentations
- Observation of actual forgiveness session
- Experiential learning of specific approaches and strategies
- Personal practice and experience of forgiveness process

## Typical Workshop Schedule: (The exact schedule may vary)

### Six Hour Program

9:00-10:30 am	Establishing Core Resources to Create a Stable Foundation for Forgiving
10:30-10:45 am	<i>mid-morning break</i>
10:45-12 noon	The Three Faces of Compassion: Tenderness, Fierceness, and Mischievousness
12:00-1:00 pm	<i>lunch</i>
12:00-1:00 pm	The Dynamics of Resentment and Forgiveness
	Seeking and Satisfying Objections to Forgiving
2:30-2:45 pm	<i>mid-afternoon break</i>
2:45-4:00 pm	Creating Resourceful States to Deal with Ongoing Difficult Relationships

## Costs for 2017

In general the one-day 6 hr. continuing education program will cost **\$175** per person.

In some locations prices may be substantially lower depending on host organizations underwriting of the costs.

### At St. Matthew's Episcopal Church, Pennington on March 31

Register on or before March 6	\$75.00
Register on or before March 6 AND register together with a friend,	\$50.00
Register after March 6	\$100.00

## Cancellation and Refund Policy - Tuition Refunds

Your registration is completely refundable, minus a 15% service fee, up to seven days before the start of the program. Thereafter the registration fee will be forfeited.

For more information please see our [Cancellation Policies](#).

## Presenter

**Rob Voyle** is an ordained Episcopal priest, psychologist, and executive coach. He is the Director of the Clergy Leadership Institute and is the author of: [Restoring Hope: Appreciative Strategies to Resolve Grief and Resentment](#) and [Teach Your congregation How To Forgive](#). Rob was an original faculty member, and taught for five years at the College of Executive Coaching where he taught and coached hundreds of personal and executive coaches how to use appreciative inquiry as a basis for their coaching work.

Here is what Episcopal priest Charles Fels said after he learned the forgiveness process:

"Rob Voyle is a great teacher and a gifted priest. His unique approach to forgiveness has been immediately beneficial to a number of people in my own parish. Rob's healing ministry really works!"

Register for This Program