

## **March 5, 2020**

**This Saturday! “Spring Forward” your clocks one hour before bed!...**Daylight Savings Time Begins on Sunday, March 8!

**Tuesdays! Stations of the Cross** is every Tuesday in Lent (March 3 — April 7) in the Church at 7pm.

*These are depictions for the 14 incidents in the Gospel accounts of Jesus’ death from Pilates’ house to being placed in the tomb and rising from the dead. We use a service called the Way of the Cross, which visits each station in turn with a brief reading, response and collect.*

**Sundays & Wednesdays! Sign-up! Lenten Soup Supper & Program on Sundays & Wednesdays:** Sundays (3/1-3/29) 11:30am Soup & Program

Wednesdays (3/4-4/1) Soup is served from 6 —6:45pm, Program is at 6:30pm.

**SIGN UP FOR EACH AT NAME TAG TABLE! Or reply to this email!**

**The Lenten Program:** Christ Church has a long-standing Lenten tradition where several adult parishioners gather together to grow in faith. We continue that tradition this year as we break out into small groups and convene in quiet places around the parish. The theme for this year is *Practicing Courage with All Your Heart, Soul, Strength, and Mind.*

Discussions each week will be based on the Gospel reading from the previous Sunday and will explore various facets of courage such as: The Courage to be Vulnerable, The Courage to Let Go, The Courage to Walk the Way of Love, etc. You will have the opportunity to explore these topics on your own in silent reflection (something new for the Lenten Program) or in a group setting. We hope you will join other members of Christ Church as we journey through Lent on our way to the Easter Vigil. **SIGN UP AT THE NAME TAG TABLE! Or reply to this email!**

**Sign Up! Free Movie Night at Christ Church** “The Lion King” on Saturday, March 14th at 7-9pm (doors open at 6:30pm) in Disciples Hall. Everyone is welcome! Great Family event! Invite a Friend! **Sign up at the Name Tag Table or Reply to this email!**

**Sign Up! IHN** families will be at Christ Church March 8-15. Please see board in foyer near Disciples Hall to sign up for this important ministry.

**Next Sunday! Family Church on March 15th:** We are excited to have “Family Church” in the Chapel on the third Sunday of each month (in addition to regular weekend services)! Parents are invited to worship with their school-aged children at 9:45am in the Chapel. (Church school will not meet on these dates.)

**Women of Christ Church (WCC) Annual Membership Dues** --

March is membership month for the WCC. All women of Christ Church are eligible to be a member. Membership dues are just \$5. See one of our members after each weekend service during the month of March. We do many fundraisers/activities during the year to support Christ Church and its outreach ministries. Ask us where you can help. Thank you.

**The Food Pantry** is currently **MOST IN NEED OF**: canned fruit, apple sauce, microwavable foods/meals, long-life milk (whole, skim, 1%), ketchup, mayo, mustard, beef stew, vegetable oil, canned corn, peanut butter. Thank you for your support!

**Holy Baptism at Christ Church** — Do you or your child(ren) wish to be Baptized in the Episcopal Church? If you have been thinking about it or are interested in more details or to register, please contact the Church Office. Our next Holy Baptism will be Saturday, April 11, 2020 at the 7pm Easter Vigil service. If interested, please contact the Church Office no later than March 15, 2020 to register. (*private baptism services also available upon request*)

**Jewelry Wanted All Year Round:** All types of jewelry, including old & broken, is requested! Please drop in to the bin on top of the mailboxes. Questions? Contact Janet Sutherland.

**Hygiene Best Practices for Eucharist** (provided by the Diocese of NJ) <<https://mcusercontent.com/7c264b4b77ef5ef9bcfb336c5/images/d642118f-dc56-40bf-9524-ee9ac4e29b72.jpeg>> As the flu season continues, and amid growing concerns about the possible spread of the COVID-19 coronavirus, now is a good time to remind everyone about best practices for hygiene during Eucharist and other services. Parishioners who are coughing or sneezing should refrain from handshaking during the Peace. Fist bumps, elbow bumps, friendly waves, and peace signs are all acceptable substitutes. Avoid intinction (the dipping of the bread into the wine). Intinction does little to avoid the spread of disease and may actually increase the spread, as the bread or wafer spends more time in the (possibly unclean) hand before being dipped in the wine. There has never been much evidence of risk of disease associated with the shared communion cup, but of course each parishioner must make up their own minds about its use. Churches should make hand-sanitizers available for parishioners to use. Sanitize hands before and after contact with others. In addition, priests presiding at the Eucharist, communion administrators and servers, should wash their hands, preferably with an alcohol-based (minimum 60%) hand-sanitizer. Best hygiene practice should continue to be observed in all pastoral contacts.