

Messenger



Holy Trinity Anglican Church Messenger 2025, Issue 2 Lent-Easter 2025

HTAC Faithful,

Lent is here and with it comes the encouragement to deny self in order more fully to follow Christ. In the midst of this self-denial stands conspicuously the notion of fasting. The idea of fasting can be daunting and also obscure. Not only does it seem hard—too hard, even—; if we ever were to consider it seriously, we might ask ourselves, "why do this?" How does not eating have anything to do with seeking God? I will address these two issues in this short essay. Please take a few minutes to read what follows, while also taking seriously the biblical and historical invitation to connect with the Lord through fasting.

First, food is essential to our existence, a fact of which our stomach dutifully reminds us if we go even a little too long without eating. Notwithstanding, we need the Lord even more. Further, our food and drink ultimately come from Him. Jesus instructs us to pray, "Give us this day our daily bread" (Mt. 6:11). By abstaining from food, or certain types of food, for a set period of time, we are telling God through our actions that we need Him more than even the most essential types of sustenance and that we are willing to give anything up in order to have more of Him. This is why it is advisable while fasting to spend time in prayer and Bible reading during what would have been meal times, so that your spirit is nourished.

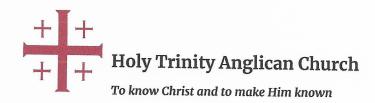
Next, there exists a great biblical and historical tradition of fasting which clearly indicates that God wants us to do this. If it is something that God has us do, we can be confident that there is a benefit for us, His children. Let's look at some examples. In the Old Testament the Lord instructs the Israelites to fast at certain times. For instance, on the Day of Atonement, during which the Tabernacle, and later the Temple, was cleansed and the people's corporate sin remitted for another year, the Israelites were instructed to do no work whatsoever and to fast, which is described in the text as them "afflicting" themselves (16:29). Further, we have many examples of God's people fasting in order to mourn their sins and seek His favor, especially to seek deliverance from enemies. King Jehoshaphat "proclaimed a fast throughout all Judah" when a massive army assembled to fight against the southern kingdom (2 Chron. 20:3), and he did this specifically because he was scared and "set his face to seek the Lord" (Ibid.). God clearly approved because He spoke prophetically through someone in attendance that He would rescue His people and that was exactly what he did: the enemy was thrown into confusion, did battle amongst themselves and were defeated. Here the fasting was a component of the Judahites humbly seeking the Lord in prayer for deliverance, and God was moved by their deeds. Lastly from the Old Testament, it is important to bring forth the example of Daniel. He was seeking God in prayer and fasting because He saw that the seventy years of exile prophesied by Jeremiah were complete, and he wanted God to return the Jews to the land of Israel. This is how Daniel puts it: "Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes" (Daniel 9:3). What was the result? God dispatched an angel to bring him the answer to his prayer and explain what was to come. Further, at a different time in Daniel's life God showed him a vision of a great conflict that troubled him. In response he was in a state of mourning about the future conflict and sought God; here is how he described it: "I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks" (Dan. 10:3). This fasting and prayer was heard by God, who dispatched an angel once again to bring further news to Daniel. What he said to Daniel initially is intriguing:

Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words. 13 The prince of the kingdom of Persia withstood me twenty-one days, but Michael, one of the chief princes, came to help me, for I was left there with the kings of Persia, 14 and came to make you understand what is to happen to your people in the latter days. For the vision is for days yet to come" (Dan. 10:12-14)

This remarkable passage confirms the existence of angelic and demonic entities, what the Apostle Paul will call "principalities" and "powers," which have some sort of influence or governing role over nations. Further, we see that Daniel's prayer and fasting was the impetus for God sending his angel to attend him. There appears to be a role for fasting in the answering of prayers and in spiritual power. The exact mechanism is not explained in Scripture, but we see evidence of this being the case here in Daniel. This further appears in the New Testament, to which we will turn now.

Famously the Lord Jesus sets an example for us in both prayer and fasting right away during his earthly ministry. After he is baptized at the age of 30, the Spirit descends upon him like a dove and drives him into the desert (Mk. 1:12), where he fasts for forty days and forty nights. Satan comes to him at the end of this period, when the Lord was physically at his weakest and ostensibly most vulnerable. However, the Lord, empowered through His fasting and prayer, trounces the Devil, finishing off His foe with the statement, "Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve"" (Mt. 4:10). After this victory, in which fasting played a role, "he returned in the power of the Spirit to Galilee" (Lk. 4:14). Moreover, Jesus clearly stated during His sojourn that his followers would fast after His departure. Answering a question about why His disciples and He did not follow the traditional fasts followed by the Jews of their day, he said, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast" (Mt. 9:15). Therefore, the expectation of the Lord is that His Church will fast. We see in the Book of Acts that this did happen. For instance, in Antioch the Church was "worshiping the Lord and fasting," and during one of these episodes the Holy Spirit spoke to them about commissioning Sts. Barnabas and Paul for an evangelistic mission (Acts 13:2). Not only did God speak while they were fasting, but once it came time to do the sending off, they did so only after further "fasting and praying" (13:3)!

More examples could be given from Holy Writ, but the aforementioned suffice in proving the importance of fasting in the life of a believer individually and also corporately. Setting aside all food, or at least certain types of food, such as Daniel did in avoiding meat, sweets, and alcohol, is a time-honored tradition in the household of God. Fasting was a corporate action undertaken by God's people under the Old Covenant, but also was continued in the New, as the Church sought God's presence and guidance to accomplish the ministry with which He had tasked them. Furthermore, the practice is clearly efficacious. That is, when fasting is done with sincerity of heart (Mt. 6:16-18), God allows the worshiper to draw nearer than in normal circumstances and is more likely to answer prayer. A spiritual power is associated with prayer, although it is not clear exactly how this works. Most important, it sends a message to the Lord that we value Him above all things and are even willing to set aside those things which we need most and truly cherish in order to cultivate a greater love for the Most High. As we seek God this Lent, I am encouraging all of us to fast insofar as we are able. Consider following the guidelines we are putting out as a Church. If you cannot follow it exactly, what can you do? Can you fast one meal per day during Lent? Can you fast two meals per week? Although we are saved by grace through faith, it is also true that God has work for us to do which can result in our drawing near to Him in this life and experiencing more of the blessings reserved for the age to come. Let us seek Him with our whole hearts this Lent and watch as He conforms us further into the image of His Son (Rom. 8:29), according to His plan and all for His glory! Amen.



HTAC Lent & Easter Schedule 2025

Masses & Liturgical Services

- o Every Sunday at 10AM throughout Lent, plus
 - Ash Wednesday 3/5 @ 11:30am & 7pm
 - Palm Sunday 4/13
 - Liturgy of the Palms in Procession Outdoors 9:30am
 - Palm Sunday Mass 10am
 - Maundy Thursday 4/17 @ 7pm
 - Good Friday 4/18 @ 7pm
 - Holy Saturday 4/19 @ 10am
 - Easter Vigil 4/19 @ 7pm
 - Easter Day 4/20 @ 10am

Lenten Lectures

- o St. John Chrysostom on the spiritual life: lectures followed by Q&A
- o Fridays @ 7pm
 - 3/21 St. John Chrysostom on Fasting
 - The Rev. Shawn S. Fowler+
 - 3/28 St. Chrysostom on Managing both your Money and Mouth
 - Dr. Marcos B. Gouvêa
 - 4/4 St. John Chrysostom on Biblical Interpretation
 - Dr. Despina D. Prassas
 - 4/11 St. John Chrysostom on Repentance
 - The Rev. Shawn S. Fowler+

Stations of the Cross

- o Fridays @ 8pm immediately following the Lenten lectures on:
 - **3**/21, 3/28, 4/4, and 4/11
- o Also on Good Friday, 4/18 @ 3pm Outdoors on Lincoln Street

Lenten Quiet Days

- Mini retreats focused on Scripture, prayer, and meditation held at Holy Trinity and guided by our clergy
 - Saturday 3/15 10am-2pm
 - Saturday 4/5 10am-2pm

Worship at Holy Trinity

For special Lent, Holy Week and Easter worship, see previous page Sundays:

8:00 a.m.

Said Mass (except any fifth Sunday of the month)

9:00 a.m.

Morning Prayer

10:00 a.m.

Holy Eucharist (Solemn High Mass the first Sunday of the month and other Special Days)

Wednesdays:

11:30 a.m.

Said Mass

EASTER MEMORIAL FLOWERS

As always, we will have a wonderful show of flowers at Easter. You are invited to contribute to the flowers by making a donation in memory of a loved one, or in thanksgiving or living honor of someone. Please fill out the form inserted in the Sunday bulletin, or send your request to Tanya Bottini at jbottini1@verizon.net. Your check should be made out to Holy Trinity Anglican Church. Please give your payment to Tanya Bottini, or place it in the offering plate marked "Flower Fund". If mailing, please send to: Mrs. Tanya Bottini, Holy Trinity Anglican Church, 60 Gibbon Street, Marlborough, MA 01752.

The deadline for names to be included in the Easter bulletin is **Palm Sunday**, **April 13**, **2025**. Contributions in ANY AMOUNT are most welcome.

From the Organist/Choirmaster:



The choir joins me in extending an invitation to join! St. Augustine has been credited with saying that "He who sings, prays twice." One of the joys of being the organist at HTAC is how lustily the congregation sings at mass. Another is how devoted the choir members are. For various reasons, such as moving away, we have lost a few members. Are you interested in joining us? The only requirements are that you attend rehearsals on alternate Tuesday evenings, and arrive at about 9 a.m. on Sunday to prepare, but these are flexible and can accommodate your work or family schedule. You don't need to know how to read music, but that helps, of course; reading music really is fairly easy, and I will help you learn. Please let me

or a choir member know if you are interested!

David Baker

A Collect for Easter Day:

Almighty God, who through thine only-begotten Son Jesus Christ hast overcome death, and opened unto us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may, by thy life-giving Spirit, be delivered from sin and raised from death; through the same Jesus Christ thy Son our Lord, who liveth and reigneth with thee, in the unity of the Holy Ghost, ever one God, world without end. Amen.

ANNUAL MEETING OF HOLY TRINITY ANGLICAN CHURCH

Our Annual Meeting was held Sunday, February 23 (postponed from the previous Sunday) in the Fellowship Hall. Many of our members were present to enjoy lunch followed by the meeting. At the meeting, Dave Day was voted into the position of People's Warden and Karen Carlson was voted into office as a Vestry member. Marta Burbeck and Jay O'Leary were thanked for their faithful service on the Vestry. The full list of Vestry members can be seen at the end of this newsletter. John Bottini reviewed the budget for 2025 and reported on the financial activity during 2024. Fr. Shawn gave his report as Rector during his sermon. He announced the Bishop Donald F. Harvey Award for Christian Ministry will be given this year to Joan Balk for her many years of ministry in several areas and her faithful encouragement to all her fellow members of this church. Bishop Donald will present the Award when he next visits Holy Trinity. If you would like a copy of the Annual Report book, hard copies are available at church or contact Lynne Krebs at klstanker@aol.com.

ANGLICANS FOR LIFE

"You saw me before I was born. Every day of my life was recorded in Your book. Every moment was laid out before a single day had passed" (Psalm 139:16, NLT)



- 40 days for life campaign: The Spring campaign will begin March 5th and run through April 13th, 2025. The closest prayer vigil is on Pleasant Street in Worcester, across from the Planned Parenthood Super Center. For more information, go to www.40daysforlife.org
- Baby Bottle Drive: Once again we will hold a baby bottle drive from Mother's Day through Father's Day to benefit the First Concern Pregnancy Resource Center. Please take a bottle and fill with loose change (or bills, or a check!) Thank you!
- Brochures and other information: There is a huge amount of information regarding Sanctity of Life issues on the walls in the Narthex (entrance to the church) that you may take home. Please visit the website www.anglicansforlife.org which lists the many great programs going on right now. The list is too long to mention everything!
- Please continue to pray for the unborn, the sick, all those who society feels are a burden.
- Newsletter of Anglicans for Life: The current newsletter from Anglicans for Life is on our table at the entrance of the church. It may also be viewed at https://anglicansforlife.org/publications/. You can also keep up to date with Life Issues by going to www.Liveaction.org.
- Donations of clothes, etc: Donations of baby and toddler diapers, clothing, etc. benefit First Concern Pregnancy Resource Center (www.firstconcern.org). We also service the young mothers in the neighborhood when needed. Donations may be left in the entrance to the church or contact Kathleen to arrange a drop off time.
- Anglicans for Life is an international Pro-Life Ministry within the Anglican Communion, upholding and proclaiming the sanctity of all human life from conception to natural death. Our local Chapter seeks to raise awareness regarding alternatives to abortion...Let us help you! If you are being called to help with this vital ministry, or if you would like to have information on how we can help, please speak to our co-Coordinators Kathleen Demers (508-624-7642) and Marjorie Franko (978-369-8192). Thank you!

FREE WINTER COAT PROGRAM

We will continue to be open on Wednesdays from 3:30 to 6:30 through the end of March. We have been blessed with an overwhelming response to our plea for donations of coats, hats, etc. A big thank you to all those who donated. This means many of our neighbors are now able to keep warm because of your generosity. Kathleen Demers

508-624-7642 or nanakay105@aol.com

FAMILY NEWS

RIP: We were all shocked and saddened to learn of the passing of <u>David R. Perry</u> on January 13th. David leaves his loving mother <u>Sharon Beaulieu</u>, a sister and brother, nieces and nephews. David loved his church family and enjoyed attending Mass when he was able. A Requiem Mass was offered on January 25th attended by many church family and friends. Please pray for Sharon and all David's loved ones that God will bring comfort and hope to them at this time.

Happy Birthday:

March: Marjorie Franko – 1st; John Wood – 1st; Joan Robinson – 1st; Ned Leeming – 7th; Katherine Bottini – 10th; Audrey Day – 12th; Marcos Gouvea – 15th; John Bottini – 16th; Monica Walker – 24th. Terr Cetter – 20th – 1 to 10th – 10th; John Bottini – 16th;

Monica Walker - 24th; Tom Cotton - 30th; Justin Smith - 30th.

April: David Holt – 4th; Judy Richards – 9th; Dorothy Hodgson – 14th; Tanya Bottini – 15th;

Joan Fallon – 16th; Dan Morse – 16th; Verna Peterson – 19th; Sarah McKinnon – 23rd; Ronald DeSantis – 25th; Fr. Bob Cummins – April 25th; Dave Day – 26th; Dustin Hassard – 27th; Emily Morse – 27th; Renee Beausoleil – 29th.

May: Rylee Cashen – 8th; Michael McGinnis – 13th; Brian O'Leary – 14th; Marion Butland – 14th; Kendall Cotton – 22nd; Nicholas Cotton – 23rd; Cate Fowler – 25th; Thomas Holt – 25th; Mary Carroll – 29th; Steve Walker – 29th; Sara Day – 31st.

Happy Anniversary:

Michael and Elizabeth McGinnis on April 4th. Bob and Kathleen Demers on April 6th. Dave and Molly Day on April 7th. Charley and Diane Place on April 30th.

PRAYER AND FASTING

To fast and to pray on behalf of our church family is an important ministry in which most of us can participate. For several years Holy Trinity has had a week of fasting and day of prayer each month.

If you are not familiar with our monthly practice of Fasting and Prayer, it is as follows: During one week each month we have six days set apart for prayer and fasting. One or more persons sign-up to fast on each of the days appointed (Monday through Saturday). Our week of fasting concludes with a Day of Prayer on the Saturday from 6:00 a.m. – 6:00 p.m. A minimum of eleven persons sign-up to pray in their own home for one hour. This way at least one person will be fasting every day that week on behalf of the church family and at least one person will be praying from approximately sunup to sundown on the Day of Prayer.

Upcoming dates:

Week of Fasting: Monday, March 10 – Saturday, March 15

Monday, April 7 – Saturday, April 12 Monday, May 12 – Saturday, May 17

Day of Prayer: Saturdays March 15, April 12, May 17.

Come Holy Spirit! Fall upon us! Come in power!

SECOND SATURDAY

Thank you to everyone who has given of their time and energy to help maintain our buildings and grounds! But, as always, there is plenty more to do. Please, please help as you are able! We would like to spruce up our buildings and grounds. Please watch the Enews for information on tasks needing attention. Upcoming Second Saturdays are March 9th, April 12th, and May 10th.

Catechesis of the Good Shepherd



Catechesis of the Good Shepherd enables children to encounter God through developmentally appropriate presentations, centers, and prayer with a strong focus on Scripture, liturgy, and the whole of sacred history. The program helps the children develop a personal relationship with the Lord. Classes are held at 12:15 p.m. on Sunday, following fellowship time. We now have three groups: Level I (ages 3-6), led by Cate Fowler; Level II (ages 6-9), led by Monica Walker; and Level III (ages 9-12), led by Diana Newton Wood. Parents and others assist in the Atrium each week for which we are very grateful. Several of these assistants have taken – or plan to take – Atrium assistant training online and that is a great blessing.

We would love to have more catechists and Atrium assistants, to make it possible for our regular catechists to take a day off occasionally. Please, if you think this ministry may be of interest to you, speak with Monica, Cate or Diana for more information.

VACATION BIBLE SCHOOL

Planning is under way for this year's Vacation Bible School. It will take place the week of July 21-25, 9:00 a.m. to 2:00 p.m. and is open to all children aged three through eighth grade. There are also a few openings for high school students to help in the classrooms and other ways. Soon we will have our first meeting at which we will choose the program to use this year. We are expecting another wonderful week encouraging children in their relationship with the Lord. We would love to welcome even more children than in previous years. Please spread the word to parents, grandparents, friends and neighbors.

A most important factor in a successful VBS is, of course, the adult volunteers. We need teachers and others who would like to lead special activities such as crafts. If you would like to offer help or just learn more about what may be required, please speak to me.

Many thanks, Monica Walker (508-272-6900)

Women's Group

Please see the item on the Quiet Day (see page 3) for information on what would be our March meeting. The third Saturday in April is Holy Saturday. Stay tuned for any plans for that day. We hope to have our usual meeting on May 17th, at 10:00 a.m. For more information, please contact me.

Dcn Rhonda Cotton cottonfamily@verizon.net

Just Me and My Shadow

"Just Me and My Shadow" is a luncheon fellowship group for those who live alone and others who simply would enjoy some company and fellowship. We meet once a month (usually the third Wednesday) for lunch and fellowship. People <u>do not</u> need to belong to our church family in order to attend. <u>All are welcome</u>. Thus, please feel welcome to invite a family member, friend, or neighbor who lives alone or someone in need of a little company and fellowship. If you are unable to afford the meal, <u>PLEASE</u> do not let this stop you from joining the group. Just let Fr. Shawn know (860-207-2210 or shawnfowler86@gmail.com) and he will cover all or part of your meal.

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ALTAR FLOWERS and SANCTUARY LAMP

If you would like to commemorate a loved one by donating the cost of the altar flowers or Sanctuary Lamp, please contact Tanya Bottini (508-877-8736), or email JBottini 1@verizon.net for details and to sign up for a particular Sunday. You are welcome to donate in memory, in thanksgiving, or in honor of one or more people. The Holy Eucharist will also be offered for your intention. Thank you!

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Food and clean up during Christian Fellowship:

We all enjoy the light lunch between Mass and Christian Education each Sunday. If you are able to commit to bringing food on an occasional specific Sunday, that would be greatly appreciated. If you are not in a position to provide food but can help clean up, that would be much appreciated also. Please don't leave it to just a few people! For more information, or to offer help, please contact Joan Balk (508-835-2085 or jcbalk@aol.com).

Notes of Note:

- The Intercessory Prayer Group is led by Martha Ayisi. Those participating in this ministry are committed to pray for the clergy of HTAC and their families. They pray for the Holy Spirit to bless the members of our church family, our several ministries and our financial worship. They also pray for God's protection upon us all.
- Noonday Prayer on Tuesdays: This will continue via Zoom. All are welcome. Following Noonday Prayer we offer a time of free prayer for all who are able to join in.
- Adult Christian Education is offered each Sunday at 12:15 p.m.
- Wednesday Bible Study is offered at 10:00 a.m. in person and via Zoom. Please join us!
- Men's Group: All men are invited to join us for breakfast at 9:00 a.m. followed by discussion. This is usually the fourth Saturday of the month. For more information, please contact Dan Morse at 978-808-0901, or dwmorse@live.com.
- Special Collection for the Rector's Discretionary Fund: Sunday, April 13.
- Special Collection for the Non-Stipendiary Clergy Fund: Sunday, May 11.
- Special Collection to help fund June's Table: Sunday, March 9.
- Prayer requests: please email Emily Morse at emmorse@comcast.net or call/text Emily on 978-808-8608.
- Vestry (Parish Council) meetings: Any member of the parish is welcome to observe any regular Vestry meeting. At present these meetings are held via Zoom.
- Fr. Shawn is off every Monday and Saturday. He will be present for special Services and events in the life of our church family that fall on these days. On these two days, please only call him in the event of an emergency. Thank you.

PLEASE REMEMBER THE FOOD PANTRY

"For I was hungry and you gave Me food" (St. Matthew 25:35a)

Our Food Pantry is very low at this time.

Needed items right now are canned tuna, canned chicken, tomato sauce, peanut butter, jelly, mayonnaise, canned fruit, pasta, soups, stews, baked beans, etc. We do not need black beans, garbanzo beans, or carrots at this time. Please place your offering in the box provided in the Narthex. Thank you and God Bless You! Also, if you are in need of food, please visit our Food Pantry located in the Fellowship Hall, or speak with Fr. Shawn or Kathleen Demers.

HOLY TRINITY ANGLICAN CHURCH

The Rt. Rev. Dan Gifford Diocesan Bishop The Rt. Rev. Donald F. Harvey **Bishop Emeritus** Father Shawn Fowler (Voluntown, CT) 860-207-2210 (Rector)

Father Robert Cummins, PhD (Harvard, MA) 978-732-3012 (c) or 978-456-2767 (h) Father Praveen Mutalik (Marlborough, MA) 508-259 -0804 (c) or 508-481-0409 (h) Deacon Rhonda Cotton (Harvard, MA)

508-517-9805 (c) or 978-456-8680 (h) Deacon John Lindsay (East Brookfield, MA)

508-867-6641 (h)

Parish Council: Monica Walker 508-272-6900 (Rector's Warden)

Dave Day 734-223-0153 (People's Warden) John Bottini 508-877-8736 (Treasurer)

Lynne Krebs 508-494-2410 (Clerk) Karen Carlson 508-667-9516 David Tucker 508-875-4863

Donald Richards Senior Warden Emeritus

Contact Information for Fr. Shawn and Holy Trinity Anglican Church

In case of an emergency, please call Fr. Shawn any time, including his days off at 860-207-2210.

Fr. Shawn's email: shawnfowler86@gmail.com

Fr. Shawn's days off are Monday and Saturday.

Church address: 472 Lincoln Street, Marlborough MA

Church mailing address: 60 Gibbon Street, Marlborough MA

Church office: 508-481-8493

Church website: www.holytrinitymarlborough.org

Like Holy Trinity on Facebook: facebook.com/HTACMass

Our Diocesan Website: www.dioceseofcanada.ca

Our Provincial Website: www.anglicanchurch.net

Please let us know!

If you, or a family member, is sick or in the hospital, please inform Fr. Shawn or another clergy person. They will arrange visits, and holy communion if requested.

DEADLINE FOR NEXT MESSENGER

The deadline for the next issue of this newsletter to cover the first half of Trinity Season (roughly June, July, and August) is Sunday, May 18, 2025. Please e-mail your items to me at walkermonica@comcast.net. Thanks!



Holy Trinity Anglican Church 60 Gibbon Street Marlborough, MA 01752

ADDRESS CORRECTION REQUESTED FORWARDING REQUESTED



HOLY TRINITY ANGLICAN CHURCH

472 Lincoln Street
Marlborough, Massachusetts, 01752
Mailing address: 60 Gibbon Street, Marlborough, MA 01752
(508) 481-8493
www.holytrinitymarlborough.org

An orthodox Anglican Christian Community

A Parish of the Province of the Anglican Church in North America