



Trumpeter

February 2008
Church of the Holy Spirit

The CHS Youth Group presents
A MARDI GRAS—PANCAKE SUPPER
Tuesday February 5th from 5 to 7:30 p.m.

The menu will include pancakes, sausage and fruit as well as a crepe station manned by our own Father Philip and resident chef John Dlugaszewski (of spaghetti dinner fame). Drinks will include the usual: juice, milk and coffee along with a festive champagne punch to celebrate Mardi Gras

Cost for this festive event is \$5.00 for children under 12 and \$10.00 for adults.

All proceeds will go toward Youth Group events including the upcoming annual Ski Trip.

Please give our young people your support and come enjoy the food and fellowship (and no dirty dishes for you to clean up afterwards!).



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CHURCH FAQs: SHROVE TUESDAY

a.k.a. Pancake Day, Mardi Gras, Fausnacht Day, Pazcki Day

The name Shrove Tuesday comes to us from the English verb "shrive," meaning to obtain absolution for one's sins through confession and penance. Early Christians were expected to shrive (make their confession) before the beginning of Lent which starts the next day on Ash Wednesday.

Lent, being a time for repentance and self examination, is also a time of fasting. Eating pancakes or fausnacht or pazcki on the Tuesday before the start of this major liturgical period in the church year was a good way to use up the fats, eggs and milk that would not be part of the Lenten dinner table.

Welcome to the latest issue of the Trumpeter! This issue launches a redesigned newsletter. We hope you enjoy the new look and easier access to information. We look forward to receiving your feedback.

Cecilie Bulcha, Barbara Burton, Donna Lachenmayr, Shari Lynn and Terry Williams

From the Rector's Desk

LISTENING



On Talking

"You talk when you cease to be at peace with your thoughts." *Kahlil Gibran*

"Did you ever notice how difficult it is to argue with someone who is not obsessed with being right?" *Wayne W. Dyer*

"I stop and taste my words before I let them pass my teeth." *Anonymous*

"Two monologues do not make a dialogue." *Jeff Daly*

"Most conversations are simply monologues delivered in the presence of a witness." *Margaret Millar*

"Criticizing others is a dangerous thing, not so much because you may make mistakes about them, but because you may be revealing the truth about yourself." *Harold Medina*

"Know how to listen, and you will profit even from those who talk badly." *Plutarch*

"If you're forming a rebuttal, you're not really listening." *Jane Klivans*

"There are very few people who don't become more interesting when they stop talking." *Mary Lowry*

"Listen or thy tongue will keep thee deaf." *Native American Proverb*

"Nature has given men one tongue and two ears, that we may hear twice as much as we speak." *Epictetus*

"People don't listen to understand. They listen to reply. The collective monologue is everyone talking and no one listening." *Stephen Covey*

"Listen and hear not only what you thought you wanted to hear. Listen and hear what you have to learn." *Ralph S. Marston, Jr.*

The Gift You Give by Listening

"Being listened to is so close to being loved that most people cannot tell the difference." *David Oxberg*

"Listening, not imitation, may be the sincerest form of flattery." *Dr. Joyce Brothers*

"Life is the first gift, love is the second, and understanding the third." *Marge Piercy*

"When one's own problems are unsolvable and all best efforts are frustrated, it is lifesaving to listen to other people's problems." *Suzanne Massie*

"The first duty of love is to listen." *Paul Tillich*

"Listen that you may live." *Isaiah*

"Well-timed silence hath more eloquence than speech." *Martin Fraquhar Tupper*

"Every moment I spend training myself to inner listening is like digging a well, deeper and deeper, toward the source of replenishment that never goes dry." *Joanne Blum, Ph.D.*

"The silence of prayer is the silence of listening." *Elizabeth O'Connor*

"We need silence to be able to touch souls." *Mother Theresa*

What Listening Means

"It is the province of knowledge to speak and it is the privilege of wisdom to listen." *Oliver Wendell Holmes*

"Real dialogue is where two or more people become willing to suspend their certainty in each other's presence." *David Bohm*

"Try to see it my way, only time will tell if I am right or I am wrong. While you see it your way, there's a chance that we might fall apart before too long. We can work it out. We can work it out." *Lennon and McCartney*

"From the Rector's Desk (Continued)

"Listening is the beginning of understanding.... Wisdom is the reward for a lifetime of listening. Let the wise listen and add to their learning and let the discerning get guidance." *Proverbs 1:5*

"Dialogue is a space where we may see the assumptions which lay beneath the surface of our thoughts, assumptions which drive us, assumptions around which we build organizations, create economies, form nations and religions. These assumptions become habitual, mental habits that drive us, confuse us and prevent our responding intelligently to the challenges we face every day." *David Bohm*

"Silent and listen are spelled with the same letters!" *Unknown*

"To listen fully means to pay close attention to what is being said beneath the words. You listen not only to the 'music,' but to the essence of the person speaking. You listen not only for what someone knows, but for what he or she is. Ears operate at the speed of sound, which is far slower than the speed of light the eyes take in. Generative listening is the art of developing deeper silences in yourself, so you can slow your mind's hearing to your ears' natural speed, and hear beneath the words to their meaning." *Peter Senge*

"Listen as though your life depended on it. It does." *The Art of Pilgrimage*

"Listening—the language of love for everyone." *Anonymous*

Philip +

Vermont Ski Trip at SugarbushMarch 7, 8, & 9 Trip Includes:

- Round Trip Motor Coach Transportation Two Nights Accommodation at Whitehorse Inn in Waitsfield, VT with Two Breakfasts and One Dinner
- Two Day Ski Pass to Sugarbush
- Admission to Sugarbush Health & Fitness Center
- Enjoy the hotel's indoor swimming pool and whirlpools
- Great Time with Great Friends!!

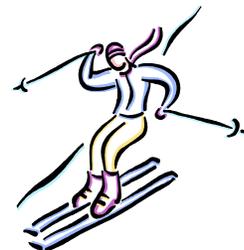
NOT Included: Lunches & Rentals/Lessons—Rentals rates are \$34 for youth ...\$42 for adults

Costs per person: \$267.00 Adults add \$15 for an adult lift ticket

Invite Friends!!!!

- Leaving CHS on March 7th at 2:30 pm
- Returning to CHS on March 9th at 11:30 pm
- Payment is due NOW to the Church Office—checks made out to **Church of the Holy Spirit** with **Ski Trip** indicated on Memo line

Questions? Call Anne Simpson at 832-7494

**WE CELEBRATE**

The children in 2nd grade are being prepared to receive and to learn about the wonderful gift of the Holy Eucharist, using a lovely book called "*We Celebrate*". Since we follow the more ancient custom of offering Holy Communion to all baptized persons, regardless of age, the course is no longer called "First" Communion. It is a time to pause in our early Christian development to explore and learn about the Rite we already practice.

There are nine sessions in the book, six being taught on **Thursdays at 4 pm** beginning on February 14th, and three sessions will be done with the parents at home. The February dates for *We Celebrate* are:

- February 14th at CHS from 4 to 5 pm
- February 21st at CHS from 4 to 5 pm
- February 28th at CHS from 4 to 5 pm

Youth News

The Youth Group Leadership met to discuss plans and upcoming events for the next few months. In February, the youth will be cooking up a storm in the kitchen again on Shrove Tuesday with the traditional Pancake Supper. Julie Warren is adding a new angle this year with the addition of crepes to the menu! The front page article tells you all the details.

The Annual Ski Trip will be in March this year, the 7th-9th, and to Sugarbush, which is a great mountain and closer than Stowe. Sign up early to ensure that we have enough people to make this trip happen.

Then, in March, Youth Group members are encouraged to participate in the Good Friday Day of Service, a very special event at CHS. In past years, groups of teens have



cleaned and done repairs at Christ Church in Trenton, painted Good News Home, and brought lunch and workers to fix up at Frenchtown Manor. It's a fun and meaningful day working together and serving others.

Other events discussed for the remainder of the year include Ice Skating, Bowling, and a Night at the Movies. No specific dates are set for these yet. Other plans and ideas are being discussed at the Lock-In on Friday, January 25, so look for more news in next month's newsletter.

WORDS FROM OUR NEW SENIOR WARDEN

The torch has been passed on. Thank you for all your support as I step into the senior warden position. Many of you have come up to me to check in and I appreciate the nods of confidence as we move into a new year.

There is so much positive energy with our upcoming events which I'm thrilled to promote. Our past community events, the spaghetti dinner and 12th night potluck, were a wonderful success. I enjoyed mingling with those who attended, and was able to reacquaint myself with many of you. I certainly expect to see a great attendance for Shrove Tuesday "Pancake Supper" on Febru-

ary 5th. I know my kids, Alyssa and Jared, love when pancakes are for supper. I hope to see you as we "fatten up" in preparation for Lent.

You'll notice a new look to our *Trumpeter*. We have a great communications team that has been working hard to learn the entire production process. It's been exciting to witness their collaborative efforts to get this issue out.

Stay tuned for many opportunities to get involved as Holy Week approaches in March with a special Maundy Thursday planned, our annual Good Friday

service day, and the Easter Vigil Service. Our annual service auction date is set for April 19th. The auction committee is bubbling with enthusiasm and will be looking for your help to again make this event a wonderful success.

In closing, I'd like to quote our deacon, Johnine, "God is good!" I've heard her say this whenever there's great energy among us. I feel it. Do you?

God is Good

Elizabeth van Veldhuisen
Senior Warden

NOTES FROM THE PLEDGE CLERK

Since it costs nearly \$2.00 each to mail the Pledge/Giving Envelopes, we ask you to please pick up *your* 2008 envelopes that are on the table in the Narthex. If you are unable to pick yours up, please contact Sally Bird at 735-0094 or s.j.bird@att.net about delivery of your envelopes.

While you are picking up your Envelopes, also pick up your 2007 year-end giving statements that also are in the Narthex next to the envelopes.

If you have any pledge questions, 2007 statement questions, would like 2008 envelopes if you were not assigned a number, or if you wish to pledge, please contact Sally by phone or e-mail at the above mentioned phone number or e-mail address. Thank you.



February 2008

Church of the Holy Spirit Monthly Planner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Father Philip's Sabbath	2
3 BREAKFAST between services 8 & 10:15 am Holy Eucharist 9:15 Sunday School 9:45&11:35 Choir	4 1-3 pm Shawl Ministry at Edna Mahan Prison 7 pm Knit & Chat 7:30 Lenten Study @CitiSpot (see article p.7)	5 <i>Shrove Tuesday</i> 6 am Bible Study @ Spinning Wheel Diner 5 pm Mardi-Gras - Pancake Supper (see front page)	6 <i>Ash Wednesday</i> Services: 7 am 12 noon 4 pm 7:30 pm (see below)	7 4:30 pm Somerset County Jail 6:30 pm Mountain View Prison 7:30 pm Trinity Chorale	8 Father Philip's Sabbath <div style="border: 1px solid black; padding: 5px; text-align: center;">Vestry Retreat</div>	9
10 8 & 10:15 am Holy Eucharist 9:15 Sunday School/Adult Ed 9:45&11:35 Choir	11 1-3 pm Shawl Ministry at Edna Mahan Prison 7:30 Lenten Study @CitiSpot (see article p.7)	12 6 am Bible Study @ Spinning Wheel Diner 7:30 pm Vestry Meeting	13 12 noon Eucharist 5:45 pm Edna Mahan Prison 6:45 pm Jr.Choir	14 <i>Valentine's Day</i> 4 pm WeCelebrate (see article p. 3) 4:30 pm Somerset County Jail 6:30 pm Mountain View Prison 7:30 pm Chorale	15 Father Philip's Sabbath	16 10 am Daughters of the King
17 8 & 10:15 am Holy Eucharist 9 am Frenchtown & Mt.View Planning 9 am-1pm Mission to Christo Rey 9:15 Sunday School/Adult Ed 9:45&11:35 Choir	18 <i>Presidents' Day</i> 1-3 pm Shawl Ministry at Edna Mahan Prison 7:00 Knit & Chat 7:30 Lenten Study @CitiSpot (see article p.7)	19 6 am Bible Study @ Spinning Wheel Diner	20 12 noon Eucharist 6:45 pm Jr.Choir	21 4 pm WeCelebrate (see article p. 3) 4:30 pm Somerset County Jail 6:30 pm Mountain View Prison 7:30 pm Trinity Chorale	22 Father Philip's Sabbath	23
24 Healing Service after both services 8 & 10:15 am Holy Eucharist 9:15 Sunday School/Adult Ed 9:45&11:35 Choir	25 1-3 pm Shawl Ministry at Edna Mahan Prison 7:30 Lenten Study @CitiSpot (see article p.7)	26 6 am Bible Study @ Spinning Wheel Diner	27 12 noon Eucharist 5:45 pm Edna Mahan Prison 6:45 pm Jr.Choir	28 4 pm WeCelebrate (see article p. 3) 4:30 pm Somerset County Jail 6:30 pm Mountain View Prison 7:30 pm Trinity Chorale	29 Father Philip's Sabbath	

The Mission of the Church of the Holy Spirit is to know Christ as we serve others, proclaim His love, and grow in His Spirit.

Highlights this month:

SHROVE TUESDAY PANCAKE SUPPER:

Tuesday, February 5th, 5:00 to 7:30 pm. See article front page.

ASH WEDNESDAY SERVICES: Wednesday, February 6th according to the following schedule. Please plan to attend one of these services that start the period of Lent.

- 7:00 am** Ashes, no Eucharist
- 12 Noon** Holy Eucharist and Ashes
- 4:00 pm** Ashes, geared toward children
- 7:30 pm** Holy Eucharist and Ashes

VESTRY & STAFF – 2008

Vestry:	Rector	Philip Carr-Jones	236-6301	philip@churchholyspirit.org
	Senior Warden	Elizabeth vanVeldhuisen	236-6860	lizvv@infostoreonline.com
	Junior Warden	Mark Weber	537-4873	maweber@us.ibm.com
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	Stewardship	TBD		
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	Evangelism	Liz Cannizzaro	782-9875	jemcan1@patmedia.net
	Communications	Cecilie Bulcha	236-2612	cecilie_bulcha@hotmail.com
	Community Events	TBD		
	Christian Education	TBD		
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			(cell) 399-4170	
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	Altar Guild Directress	Terry Williams	236-9646	terry316@patmedia.net
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	Daughters of the King	Wendy Hallstrom	713-1191	whhallstrom@earthlink.net
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	Memorial Garden	TBD		
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	Pledge Clerk	Sally Bird	735-0094	s.j.bird@att.net
	Pianist/Organist (8 am)	Greta Tump	236-2094	gretatump@yahoo.com
	Prayer Chain	Barbara Burton	236-6980	barb.sandy@att.net
	Treasurer	Debby Canty	236-2776	dcanty@northbridge.net
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	Content Editor	Donna Lachenmayr	735-2382	donna0604@embarqmail.com
	Vestry Liaison	Barbara Burton	236-6980	barb.sandy@att.net
	Usher Captain (8 am)	Carol Crawford-Jones	735-4510	carolcj@prolog.net
	(10:15 am)	John Tevebaugh	832-9785	jteve@patmedia.net
	Vestry Recording Secretary	Jane Roxbury	534-6146	jroxbury@pingry.org
	Webmaster	David Dabour	995-7114	dabour@msn.com
	Worship Coordinator	Marge Keller	713-0724	marge.keller@patmedia.net
	Worship Schedule	Sharon/John Wood	713-0963	johnwood@patmedia.net
	Youth Group Co-Presidents	Tori Carr-Jones & Daniel Williams	236-6882 236-9646	tookiej@gmail.com dfw22890@patmedia.net

FEED A FAMILY FOR A DAY!

By now, your child should have brought home a grocery bag with a list attached. This is part of a program to involve our youth in the needs of our community. We hope that you will take your son or daughter shopping for groceries that are representative of what a family who depends upon the food pantry, needs in one day for a significant part of their diet. It is very important that your child (teenager)

shops with you to help them realize the needs of others.

The reason we are doing this project now is that having worked in food pantries myself, I know that the winter months are a time when contributions are few, and shelves in the local pantries are low. However, families who depend on our help are still hungry. You and your children can make a



significant contribution to the lives and health of others by taking part in this program.

We would appreciate it if you could return this bag (filled with food for a day) by February 10th or at the latest, February 17th. My husband and I will see that it is delivered to the food pantry. If you have any questions, please call Sharon Wood at 713-0963. Thank you for your help!

A Lenten Study

Join us at

An open conversation on Don Miguel Ruiz's book

The Four Agreements

at CitiSpot, Clinton NJ

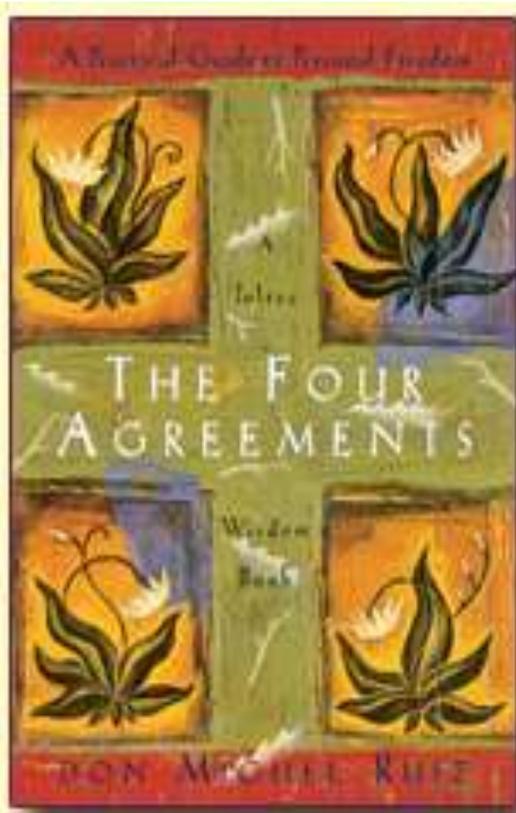
Mondays at 7:30 pm

February 4 to March 31, 2008

"Everything we do is based on agreements we have made - agreements with ourselves, with other people, with God, with life. But the most important agreements are the ones we make with ourselves. In these agreements we tell ourselves who we are, how to behave, what is possible, what is impossible. One single agreement is not such a problem, but we have many agreements that come from fear, deplete our energy, and diminish our self-worth."

"In these agreements we tell ourselves who we are, how to behave, what is possible, what is impossible."

In this powerful book that has remained on *The New York Times* Bestseller List for over five years, Don Miguel reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. When we are ready to change these agreements, there are four deceptively simple, yet powerful agreements that we can adopt as guiding principles. The Four Agreements® offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.



1. **Be Impeccable With Your Word**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

2. **Don't Take Anything Personally**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. **Don't Make Assumptions**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

4. **Always Do Your Best**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.

Conveners: Philip Carr-Jones/Bick Treut

908-894-0090

SAVE THE DATE!!!!
ANNUAL SPRING AUCTION - April 19th, 2008

Lots of exciting new ideas are currently being explored. Please consider signing up for one of our committees and join in the fun! The **auction committee sign up sheet is located in the Narthex**. We need lots of help to make this our most successful auction to date!!! **We need you!!!**

Also, think about what you might want to donate to be auctioned off.

Questions? Contact:

Jane Paradiso (908-788-7758) janeparadiso@yahoo.com

Elizabeth vanVeldhuisen (908-236-6860) lizvv@infostoreonline.com

PULSE OF THE PARISH

Relocation: Parishioner Karen Parsons has recently moved to Arizona. Her new address is PO Box 2367, Tempe, AZ 85280-2367. Her daughter Anaya still lives in our area so we may see Karen occasionally on her visits back to Hunterdon County.

Heartfelt sympathy to the following parishioners who have lost loved ones recently:

To the Hallstrom Family on the death of Kevin's grandmother, Madge Hallstrom;

To the Schroeder Family on the death of Linda's aunt, Florence Thiel;

To the Rivers Family on the death of Susan's father, Joseph Stevens. A memorial service for Joseph is planned at Holy Spirit on Saturday March 29th at 11 am.



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The Rev. Philip B. Carr-Jones, Rector
908-236-6301

The Rev. Johnine V. Byrer, Deacon
908-399-4170

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