



Recently, I spent a few days at a Benedictine monastery, observing the Liturgy of the Hours with the monks. As you may know, Jews traditionally pray three times a day, Muslims pray five times a day, and Christians, particularly within Christian monasticism, pray daily as well. In the Middle Ages, Christian monastics often prayed seven times a day, even waking up at midnight for Matins! The monks at the monastery where I stayed pray five times a day—6:30 AM Vigils, 7:45 AM Lauds, 12:00 PM Eucharist, 5:15 PM Vespers, and 7:45 PM Compline.

The focus of our Christian Liturgy of the Hours is on the Psalms, though singing hymns and hearing/reciting other scripture readings occurs too. The services are no more than 45 minutes or so and allow Christians to pause and remember who we are and to whom we belong.

During Lent, Daniel Schmidt and I will be offering two Vespers services for our Pilgrim community. **Our Vespers Services will be on Wednesday March 19 at 7:30 PM and Wednesday April 2 at 7:30 PM.** We worship in the sanctuary and sit in the choir loft for a more intimate setting. We sing several hymns together and I lead us through saying Psalms. We take Communion and sit in silence, listening to quiet organ pieces. Two Lenten Vespers services gives us the time and space to just pause and check-in with God, to remember that we do not go through anything alone and that we belong heart and soul, body and mind to God.

Now before you think—but I'm busy, I don't have time to be in church for forty-five minutes on a Wednesday night when I have to get my kids to dance or gymnastics or swimming or hockey or work on a project or answer e-mails or care for aging parents or friends in need (insert what you have going on in your life here), I want to share a story I've told you before.

There was once an American traveler who planned a safari. He was a typical Type-A American tourist who had a timetable, maps, and a clear agenda of what he needed to see and do. Some local people had even been hired to carry some of the traveler's supplies as they trekked throughout the land. On the first morning, everyone woke up early and traveled fast and covered a great distance. The second morning was the same—woke up early, traveled fast, and traveled far. Third morning, same thing. But on the fourth morning, the locals refused to move. Instead, they sat by a tree in the shade. The American traveler became incensed and said to his translator, "This is a waste of valuable time. Can someone tell me what's going on here?" The translator looked at him and calmly answered, "They're waiting for their souls to catch up with their bodies."¹

Our Lenten Vespers services (and **Ash Wednesday on Wednesday March 5 at 7:30 PM**) provide a time for your souls to catch up with your bodies. As one of my mentors often says to me, if you can't find an hour a day to be with God—then you need to start finding two hours a day! Hope to see you at some of our special services.

Grace and Peace,

Lauren

¹ Terry Hershey, *Sacred Necessities: Gifts for Living with Passion, Purpose, and Grace*, 68-69.



Lenten WORSHIP SERVICES

We have a number of Lenten worship services we'll offer throughout this season. Easter Sunday is always more meaningful if we journey with Jesus and the disciples through Lent and Holy Week, and these services will help us make that spiritual journey.

Wednesday March 19th Vespers Service—7:30 PM. Dan and Lauren will offer a Lenten Vespers service. Vespers is the sunset evening prayer service in our faith tradition and is celebrated by Christians throughout the world. Come to pray, hear beautiful organ pieces, and receive communion in our candlelit sanctuary.

Wednesday April 2nd Vespers Service—7:30 PM. Our second Lenten Vespers service to prepare us for Holy Week.



Sunday April 13th Palm Sunday—10:30 AM. Jesus is welcomed into Jerusalem with folks waving palms and crying, "*Hosanna! Blessed is the one who comes in the name of the Lord!*" (John 12:13) We will process into the sanctuary waving our palms to begin Palm Sunday, and the service will be intergenerational.



Thursday April 17th Maundy Thursday—7:30 PM. Maundy Thursday marks the night Jesus gave the disciples a new commandment, "*I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.*" (John 13:34) Maundy Thursday is also the night of the Last Supper and ends with the arrest of Jesus in the Garden of Gethsemane. (Communion will be served.)



Friday April 18th Good Friday—7:30 PM. Jesus' journey to the cross, from the time of his arrest and trial to his crucifixion, are the events that help us observe Good Friday. Good Friday is also the day that the Church intercedes for the world, knowing that sin and death never have the final say in God's story.

"Truly I tell you, today you will be with me in Paradise." (Luke 23:43)



Holy Week

JOYS AND CONCERNS

- Joy that Sylvia is home and recovering well
- Anita asked for prayers for the unrest in the Ukraine and uncertainty ahead
- Celebration that Elizabeth's mother is 88!

WEEKLY PRAYERS

We pray for the following families this week:

- Meredith and David Doucette and their daughters Leah and Aubrey
- Susan Fagerstrom and Doug Johnston and their daughter Julia
- Caroline Feindel



THE ONGOING NEED FOR TEMPORARY HOST FAMILIES

Recently, I put out a request for someone interested in hosting 11 year old Milad Sahibi from Afghanistan. Thankfully, the Osmani family of Brookline have welcomed Milad into their home which will enable him to continue his medical care at MGH.

Children from other countries are often required to travel to the states without parents. Doctors are willing to offer free life saving/altering care for these patients who are unable to obtain this care at home. Unfortunately, many children will not be accepted for treatment due to the lack of host families.

We have been welcoming children into our home for over 10 years and I can honestly say it has been the most rewarding experience for our entire family. Nothing had a more meaningful impact on our children's lives and many of their friends embraced the opportunity, as well.

If you have any questions about hosting, or perhaps providing respite for another provider, please don't hesitate to contact me: emily@esperanzahftc.com.

Thank you.
Emily Collins



On Sunday, February 23rd the youth made sandwich lunches for the Outdoor Church in Cambridge. The Youth made 30 bagged lunches all of which included a \$5 gift card for Dunkin Donuts made possible from a donation by the Mission Committee. The Outdoor Church in Cambridge is a wonderful organization that does homelessness outreach in Cambridge. Those sandwiches provide homeless men and women a balanced lunch, snack, and gift card to purchase a hot coffee. Many thanks to all the youth who participated in making sandwiches and preparing the lunches!





**PILGRIM ENVIRONMENTAL
GROUP**
Lenten Discussions

Our congregation is fortunate to have several people who are knowledgeable about environmental issues. Two of them have offered to share their views with us on **March 23 and April 6** after worship.

Marty Saradjian is a Professor at Boston University who teaches International Environmental Law. His students are from all over the world and bring fascinating questions to his classroom.

Steve Van Evera is a Political Science Professor at MIT. If ever there was an important political science issue at this time in the history of our earth, it is the issue of the health of our home planet. As Lester Brown explains, "There is no Planet B."

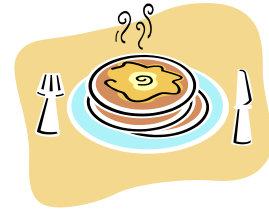
Steve and Marty will be leading two discussions downstairs in Fellowship Hall beginning around 11:45 (soon after worship.) There will be time to get some coffee and a bite to eat before coming downstairs. Bring your questions and your ideas as we learn more together!

The dates of the sessions are:

Steve Van Evera: March 23

Marty Saradjian: April 6

Submitted by Barbara Munkres



HOME ON THE RANGE BREAKFAST!
March 16th at 9:00 am

Calling all hash slingers! Grab your spatula and come on down and join us for breakfast! Some awesome Pilgrim men will be serving up breakfast on Sunday, March 16th at 9. Please contact Susan Carabbio at s.carabbio@comcst.net for more information or if you can volunteer. Men - we still need volunteers to make this fun event happen so please contact Susan ASAP. Thanks!

**DEXTER AND NORMA
WHITTINGHILL'S ADDRESS**

Please note: The Whittinghill's address is **11 Andover Ct., Bedford, MA 01730.** They were previously at 13, but are now at #11. Thank you!



Don't forget to set your clocks ahead one hour the evening before March 9!

Pilgrim Congregational Church
Youth Group Fellowship Fun

Spring Game Night at Pilgrim Church!!!



Come celebrate the start of Spring with food, friends and fun at Pilgrim Church!

Saturday, March 22nd

Cost: Free for Pilgrim Youth \$5.00 for nonmembers

Drop off at 5:30PM

Pick up 10:30PM at Pilgrim Church

*Please RSVP at pilgrimyouthmin@gmail.com no later than Wednesday, March 19th, or let Dana know in person you'll be attending before then. Please note that all attendees will have to have parents sign and return a permission slip in order to attend.

Bring your friends!!! 😊



Dana's Contact Information: Pilgrimyouthmin@gmail.com

** Youth Group this year will be held every Sunday during Church services. Youth will come downstairs with the Sunday school after time with the children and head to the Youth room. Youth Group this year will be primarily be a mixture of fellowship and spiritual reflection. For weekly lessons we will primarily be using the re:form curriculum from Spark House and we will often follow along with Sunday School lessons or Lauren's Sermon (depending on the topics and relevancy to the youth). Lessons will often utilize multimedia or incorporate a hands-on component (such as a game or craft) to keep the youth actively engaged and reflecting on their spirituality in unique ways.

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|---------------------------|---|
| Saturday, March 22 | Youth Group Spring Game Night |
| Thursday, April 10 | Youth Volunteer at Bristol Lodge |
| Sunday, April 13 | During Church - Make Easter Baskets for Pilgrim Care committee (Family and youth will deliver baskets on Saturday April 19) |
| Sunday, May 18 | Youth make sandwiches for the Outdoor Church in Cambridge (during Church) |
| May Date | (Tentative) Fellowship or service project with neighboring church (discuss with parents potential possibilities at January meeting) |
| Saturday, June 7 | Final Fellowship Event! |
| Sunday, June 15 | 4PM to 6PM Final Youth Group Party!! |



March 2014

January 2014							February 2014							March 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 23 10:30am Worship 2:00pm Confirmation	24 8:00am PRC 7:00pm Council Mtg.	25 11:00am Bible Study	26	27 8:30am Elevator Inspection 6:00pm Worship & Music 7:30pm Choir Rehearsal	28	Mar 1
2 10:30am Worship 11:30am Handbell Rehearsal 3:00pm Homelessness Forum - Trinitarian Church;	3	4 11:00am Bible Study	5 7:30pm Ash Wednesday Service (Confirmands help lead)	6 7:30pm Choir Rehearsal	7	8 4:00pm Lexington Chamber Music Classes
9 10:30am Worship 11:30am Handbell Rehearsal 1:00pm Sharing Foundation Board Mtg. 2:00pm Lexington Chamber Music	10 5:30pm CBT Class for 12- Olds 7:00pm Mission Mtg. 7:30pm F&A Mtg.	11 11:00am Bible Study	12	13 7:30pm Choir Rehearsal	14	15 8:30am Confirmation Service Project 4:00pm Lexington Chamber Music Classes
16 9:00am Men's Breakfast "Home on the Range" 10:30am Worship 11:30am Handbell Rehearsal 2:00pm Lexington Chamber Music	17 10:00am Care Mtg. 5:30pm CBT Class for 12- Olds 7:00pm Council Mtg.	18 11:00am Bible Study	19 7:30pm Vespers Service	20 7:30pm Choir Rehearsal	21	22 5:30pm Youth Group Game Night
23 10:30am Worship 11:30am Handbell Rehearsal 2:00pm Confirmation 2:00pm Lexington Chamber Music Classes	24 5:30pm CBT Class for 12- Olds	25 11:00am Bible Study	26	27 7:30pm Choir Rehearsal 7:30pm Ed. Min Mtg. (sun room)	28	29 4:00pm Lexington Chamber Music Classes
30 10:30am Worship 11:30am Handbell Rehearsal 11:45am Pilgrim Environmental Group Discussion 2:00pm Lexington Chamber Music Classes	31 5:30pm CBT Class for 12- Olds 7:00pm Rehearsal for "In Their Own Words"	Apr 1 11:00am Bible Study 7:30pm Youth Support Mtg.	2 7:30pm Vespers Service	3 7:00pm Rehearsal for "In Their Own Words" 7:30pm Choir Rehearsal	4	5 4:00pm Lexington Chamber Music Classes 5:00pm Pilgrim Church Dinner