



Grace Notes

May/June 2020

From the Rector

By Rev. Chris Morck

Dear sisters and brothers,

Since I am writing this to you in mid-April, whatever update or reflection I share with you now about the current situation (i.e. pandemic) will be outdated by the time you read it here in the pages of Grace Notes.

I will continue sharing updates through my periodic emails to you (sometimes information in those are also outdated soon after I send them!). Those updates, then, are being shared by our Grace Cares ministry team to our parishioners who do not have internet access.

One thing, though, that will not change between now and when you read this is my deep, abiding gratitude to you. I have been encouraged by your encouragement. And I have been encouraged, time and time again, by the many ways

that people have stepped up both to minister to each other during this time and to help carry forward Grace's ministry to our wider community.

Yes, both our worship services and the office are closed to the public, but the life-giving work that God does through us has continued and even, in significant ways, grown through this time. I cannot thank you enough.

Instead of a coronavirus update, I would like to share more details about some really good news. Melissa Howell is coming to Grace as our curate! (Simply put, a curate is a newly ordained assistant.)

Melissa is in her last days of study at Sewanee Episcopal Seminary in Tennessee. She is to be ordained in the Diocese of Massachusetts in June, which is also when she will officially start at Grace. Why "officially"? Well, I'll explain that in a minute.

Melissa and I first were connected through our bishop and diocesan staff all the way back in October. From there, we began a series of conversations about ministry, parish life, and faith. Then, early this year, Melissa met with a group from Grace and even started to get to know our youth and youth mentors.

This whole process has been one of mutual discernment and everyone involved has felt richer for it. And – thanks be to God! – we have all come to a place where we strongly sense the Spirit leading us to minister together.

Melissa's primary ministry focus will be to collaborate with us in our programs of faith formation for families, children, youth, and young adults. She will be taking an active leadership role in our Youth Ministry and support our Children's Ministry. Among other facets of her work among us, Melissa also will share in the celebration of our worship services, welcoming and incorporation, and pastoral care.

Some of this has already begun. Melissa is meeting with our youth and youth mentors through Zoom for a virtual youth group! Soon, she also will lead some of our Wednesday noonday prayer and compline services that we have been having.

Melissa has written you all a letter, which is included right after mine here, so I won't repeat what she'll tell you herself.

Please know how incredibly grateful I am to share with you my joy for this moment in our common life. I am thrilled that Melissa is coming to partner with us. In the midst of everything else taking place at this time, this is a cause for real celebration for our shared ministry together.

Faithfully,
Chris +



From the Incoming Curate

By Melissa Howell

Dear Grace Church,

I am delighted to be joining you as your curate! I am writing to you from Sewanee, Tennessee, where I am finishing out my senior year at the

Episcopal seminary here before moving back to Massachusetts, where I will be ordained in June (God willing, the people consenting, and as public health guidelines allow).

I am grateful to be called to seek and serve God with Chris and with all of you at Grace. This call is particularly meaningful to me because I was born in New Bedford at St. Luke's, grew up in Fairhaven, and graduated from Fairhaven High School. While my family and I attended the Church of the Good Shepherd, we have ancestral connections with Grace—my great-grandparents were parishioners, and my grandmother was baptized and confirmed there. It is a gift to be able to return to the South Coast and to Grace, a place that feels, in the most real and visceral way, like home.

After high school I attended Boston University, and since graduating I have worked as a high school Spanish teacher on the Cape and an emergency medicine researcher in Boston. My sponsoring parish for seminary and ordination is Trinity Church in Boston, where I served as a lay leader in liturgical, pastoral, educational, and young adult ministries. Moving from Boston to rural Tennessee for seminary was a big change, as I had never lived anywhere other than eastern Massachusetts. Despite some initial homesickness, Sewanee has been a wonderful setting for seminary's intense time of prayer, study, and service in community. I have missed the ocean during these three years but have found solace in the beauty of the forest. My husband Alex and I love being outdoors for hikes, runs, bike rides, and slow walks with our two elder chihuahuas.

Our campus in Sewanee has 19 miles of nature trails, and they are

currently bursting with wildflowers. I head outside to look at the blooms and to listen to the birds as much as possible. This has been my practice of resurrection, of looking and listening for new life rising during this time of deep grief and sadness. During this Eastertide, I am grateful for the flowers and birds and for the promise of returning home to Massachusetts to be with you all soon. These gifts remind me of the ways Jesus accompanies us in our suffering and calls us to new life through the hope of the Resurrection, a hope we can hold for one another even as we are in the midst of the pain of the Cross. A particular grace during this difficult time has been worshiping with you all on Sundays through the livestream, and perhaps there will be other opportunities for online connection before I join you all full-time in June. I look forward to that day with joy. Until then, please know that I am praying for you and with you.

Yours in Christ,
Melissa Howell

The rector's (virtual) door is still open!

Chris is still available for appointments through a phone call or a zoom meeting.

Please email or call him to schedule a meeting at revchrismorck@gracechurchnb.org or 508-985-3823.

Liturgy & Liturgical Ministry

By Jerré Croteau, Verger

End of Easter beginning of Pentecost

In this time of crisis and quarantine, it is difficult for me to write an article about the Liturgy, the public aspect of which cannot take place into far in the future. Due to uncertain circumstances that may or may not arise, we have to adapt almost weekly to new information. It is almost as if I need to write this whole article in the subjunctive mode, though in English this would be hard to do, since the subjunctive of most verbs are exactly like the indicative forms with the exception of the third person singular present and most of the verb "to be". So, I guess I'll stick with the indicative, even though everything I write here may change.

In the meantime, the Sunday Holy Eucharist Service at 10AM, will continue to be livestreamed on **Facebook** ([www.facebook.com @graceepiscopalchurch.nb](http://www.facebook.com/graceepiscopalchurch.nb)). There are also other opportunities for virtual prayer at other times during week. The Rev. Chris sends notices out regarding these opportunities whenever they are to occur. As of today, all public church services for us are suspended until at least May 31st, the Feast of Pentecost.

Putting aside the uncertainty, the liturgical calendar still marches on one way or the other. The month of May is still within the Easter Season, the color white. May 3rd is the **Fourth of Easter**, May 10th the **Fifth of Easter** and also **Mothers' Day**. May 17th is the **Sixth of Easter**, and the 24th is the **Seventh of Easter** and also called the **Sunday after the Ascension**, the **Feast of the Ascension** of the resurrected Jesus into Heaven having occurred on the Thursday previous. This was to have

been an Instructed Eucharist, but this is uncertain at this time. All of these Sunday Eucharists will most undoubtedly be virtual on Facebook.

The following Sunday, May 31st, is the **Feast of Pentecost**. It is one of the major Christian feast days and is devoted to the Holy Spirit and commemorated to the spread of the Gospel to all mankind. The color is red, representing the tongues of fire said to have been manifested by the Holy Spirit over the Apostles, inspiring them to disburse and preach throughout the known world. These tongues of fire can be seen represented on the ceiling of the chancel of our church above the High Altar, surrounding the symbol of Jesus' Name "IHΣ", the first three letters of His Name in Greek. The following may or may not be true: this may be our first return to public worship, depending on the vicissitudes of the epidemic. We will not know for certain until closer to the time. Let us pray that this ordeal might be coming to an end by then.

As I write this, the month of June is certainly up the air, as to what will be planned liturgically. June 7th is **Trinity Sunday** and was to have been the last Sunday before we changed to summer mode. The rest of June were Sundays after Pentecost and would have been at 9AM in the crossing of the main church, and presumably the Saturday service would have been recommenced. Whether it be or not is uncertain. (There, I finally got to use the subjunctive in the previous sentence.)

LITURGICAL MINISTRY To All Lay Liturgical Ministers and Acolytes

First and foremost, I would like to remember three of our Liturgical Ministers who passed into God's greater glory this Spring. **Subdeacon**

and Sacristan Diana Ukleja, Sacristan Muriel Pehrson, and Eucharistic Minister & Lector Kate Powers, who loyally served God and their Church Family for many years.

As you know, the Lay Minister schedule was suspended for the last two months and continues to be suspended until at least May 31st. If services recommence on May 31st, those scheduled for that date, would most probably still be on duty. I will be putting together a schedule for the **Summer**, which would be published around the end of May, if needed and all goes well. In the meantime, **if you already know of times that you are not available between June and September, or have specific requests for serving on certain Sundays, please let me know by May 24th.**

Above all, may God bless and keep all of you safe and healthy.

Children's Ministry

By Charlene Ryder

Looking forward to when we can be together again!

We hope to gather together in July or August for our second all parish cookout hosted by the church school teachers and children. We will enjoy a meal together and have game activities for the children, youth and young at heart.

In Fall 2020, we will begin our second year teaching Spark curriculum in all our classes.

Our PreK/K class will be for children ages 2 through Kindergarten. Please bring your little ones to join in the fun and learn bible stories. Mimi Monteiro, Pam Souza, and Andrea Medeiros will teach this class. A great team!

Our grades 1 & 2 class will be learning bible stories beginning with the Creation Story in Genesis through the story of Jonah and the Big Fish in the Book of Jonah. Courtney Botelho, Mark Bernardo, and Nadine Gomes will teach this class. This is a fun and creative class.

Our grades 3, 4 & 5 class will also be focusing on the same bible stories but with an emphasis on how these stories relate to our everyday life. Charlene Ryder, Jessica Soares-Cabral, and Erin Mingola will teach this class.

We will offer children and youth events in the Fall which will include lunch, games, crafts, movies, and scavenger hunts to name a few of our activities. These events will be publicized in the Fall with final details.

Finally, I want to thank Patti Bedard for her energetic and caring presence this past year teaching our children in grades 2 & 3. We will miss Patti as part of our teaching team.

Thank you for supporting our Children's Ministry at Grace Church.

Financial Support for Grace During the Pandemic

By Sharlene Begley

Although we are not able to gather in person for worship or many other "normal" Grace activities, our community worship continues on Facebook. Pastoral support continues as well as some of our outreach activities as the Community Breakfast and Martha's Pantry continue to support those in need in the Greater New Bedford community. A group of volunteers has formed to provide ongoing

communication with our older or more vulnerable parishioners, forging new friendships and providing support at the same time. Grace is still very much alive during this time!

We understand that this is a difficult time for many of us due to the economic impact of the pandemic. If you are able, we hope you will continue your financial support of Grace during this time. There are several ways you can do this:

1) Mail a check to the church office and denote "Pledge" on the memo line. If you are donating to one of Grace's ministries (Community Breakfast, Laundry Love, Martha's Pantry, Rector's Discretionary Fund, etc.), please denote that on the memo line. If you are just making a general donation to Grace for support during this time, please note either "General" or "Miscellaneous" Donation on the memo line. Those checks will be processed.

2) Initiate payments via your bank's online capability, allowing you to avoid having to go out to mail a check. These can be set up as either recurring or on a one-time basis. It is as easy as logging onto your bank's website and entering their online banking capability. Details on how to set this up are included in the weekly E-News from Grace. Many of our parishioners already use this process and find it quite simple. You have the ability to edit or delete this capability on your website at any time. NOTE: Unless your bank provides a capability for you to add a memo to your payment, please do not send funds for Community Breakfast, Laundry Love, Martha's Pantry or Rector's Discretionary Fund via this method, please just mail a check to avoid misdirection of the funds.

3) Make a secure donation via the new online giving option that has been established on our website, gracechurchnb.org. You should denote the purpose of your donation, such as pledge, Rector's Discretionary Fund, etc., in the memo area in order to ensure that the funds are properly accounted for. Please consider including the 3% transaction fee in your donation.

Your ongoing financial support of Grace during this time is greatly appreciated.



Food & Faith

By Trish Morck

First, I want to remember Diana Ukleja and her dedication to this portion of "Grace Notes." For each edition, she always reached out to keep this movement and initiative alive, and I am very grateful for her persistence and gentle reminders every two months to brainstorm together regarding what could be included. I will continue what was started, always keeping her in mind and remembering with gratitude what she kept alive for these past years.

Second, as we grapple with our new "normal" of working, studying, learning, worshipping, everything from home, and as we plan to feed ourselves while trying to limit the number of visits to our local grocery store, what are best practices? And why is keeping our guts healthy important to our emotional and spiritual health?

As I realized we were entering this time, I carefully considered what I would keep on hand to keep the family fed and healthy. Food that has a long shelf life would be most important. So since we eat primarily vegetarian at home, beans and grains were obvious choices – (more) chickpeas, black beans, lentils, and pinto beans made their way into the pantry – chickpeas being excellent sources of protein, fiber, and micronutrients; black beans also being sources of protein, fiber, and the same antioxidant that makes blueberries blue; lentils are very versatile and quick-cooking; and pinto beans are the beans usually used to make refried beans, as well as delicious soups. Brown rice, jasmine rice, and quinoa also made the cut, as well as pasta. I also looked to fresh fruits and vegetables that would last longer and be more shelf stable – winter squashes, onions, garlic, potatoes, carrots, parsnips, and apples are in the kitchen. All root vegetables are great choices, though sweet potatoes do not last as long as regular potatoes, so those maybe should not be purchased in large quantities (unless you eat lots of them).

What about good refrigerated options? Fortunately we do have access to grocery stores, so we don't need to think about items that need to last for weeks in the fridge, but there are some things that last longer than others – hard, aged cheeses like cheddar, Parmesan, and pecorino romano are good choices. Eggs last a long time as well and would not need to be purchased every week. Yogurt is good to keep around and can last a long time – we opt for plain, whole milk yogurt, to which we add our own sweetener (or not). Nut, oat, and soy milks last longer than dairy milk and are good to have with your morning cereal,

but even if your dairy milk expires and you don't feel comfortable drinking it, you can use it for delicious pancakes, waffles, cornbread, etc. – baking with it will not make you sick.

Some canned goods are also in the pantry – tuna, tomatoes (for cooking and making homemade marinara sauce), tomato paste, and olives. I shy away from canned soups and other processed canned foods as they can be expensive, take up a lot of room, and can be high in sodium. We have a few boxes of cereal, and sufficient amounts of flour, baking powder, baking soda, salt, cocoa powder, and oatmeal are available for the baking various members of the household like to dabble in.

Since I prepare lots of soups and stews, vegetable stock is something I always like to have on hand, but to reduce waste and save money, I make my own at home. Following the advice of Mollie Katzen, owner of the Moosewood Restaurant in Utica, New York, I keep a gallon-size Ziploc bag in the freezer to store vegetable scraps and peels. Once it's full, I make the stock – take my stock pot, add the frozen peels and scraps, throw in a handful of lentils, some sprigs of parsley and thyme, a few bay leaves, and some peppercorns, bring it to a boil, and simmer for about 30 minutes. I freeze the stock in quart-size containers (repurposed large yogurt containers, to which one affectionately referred to as "Italian Tupperware"), which is four cups – easy to measure. I always keep one container in the fridge and the rest in the freezer.

So, before I get to a couple of recipes we enjoy, why is all this so important to our emotional and spiritual health? As [this article](#) relates, there is a relationship between our gut and

our brain. Take a read and see why what we eat relates to how we feel, and then let's look at our emotional, spiritual, and psychological health, and see if changes in our diets might help mitigate and help us cope with the stress and tension that all of us are experiencing in these times.

Now, for some homemade favorites!

[Homemade Marinara Sauce](#)

[Lentil "Meatballs"](#)

[Caesar Salad Dressing](#)

[Menestra de Lentejas](#) – go to page 310 – this is the Ecuadorian lentil stew I have made a couple of times for church events – always a hit! (It calls for 2 t. beef bouillon granules – I do not use those, but rather 6 cups of my vegetable stock instead of water.)

And if you're looking to include less or no meat in your diet and need a little inspiration, try cookbooks and recipes by my two favorite vegetarian chefs, [Deborah Madison](#) and [Mollie Katzen](#).

***"Whatever you eat, then, or drink, and whatever else you do, do it all for the glory of God."
- 1 Corinthians 10:31***

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April-May 2020 Gifts

Community Breakfast

Gift of the Episcopal Church Women
Gifts of Norma Bossé, James Bisagni

Pastoral Leadership

Gift of Pauline Roderiques
Gift of Theresa Nowell **in memory of Muriel Foster, Kate Towers & Diana Ukleja**

Theological Education

Gifts of Jack Custodio, Memory Holloway

Laundry Love

Gift of the Episcopal Church Women
Gift of Edie Lauderdale

Martha's Pantry at Grace

Gifts of the New Bedford Mothers' Club, Edie Lauderdale, Gerry Lopes, Janet Wing, John Buck, Sara Johnston, Linda Austin, Susan Fredette
Gift of Linda & Edward Massa **in memory of Michael Costa & Beatrice Rodrigues**
Gift of Ken & MaryLou Garrett **in thanksgiving**
Gift of Doranne Grenon **in memory of Helen Dunlop**
Gift of Pam & George McNamara **in memory of Maria Tenreiro & Philomena Carmichael**
Gift of Jerré Croteau **in memory of Muriel Pehrson, Diana Ukleja & Kate Powers**
Gift of Pamela & George McNamara **in memory of Helene Herzig**

Rector's Discretionary Fund

Gifts of Carl Medeiros, Barbara Santos, Jack Custodio, Memory Holloway, Donald Driesen, Norma Bossé, Lisa Thibeault & Marth Silveira, Nancy & David Faria, The McNamaras, Anna Chirgotis, Thomas Cabral

Flower Fund

Gift of Jerré Croteau **in loving memory of Robert Owen Boardman**
Gift of Theresa Nowell **in memory of Muriel R. Foster, Stephen J. Nowell, Alys & George Nowell, Lucinda Pelletier-Gagnier, Gustave LaStaiti**
Gift of Norma Bossé **in memory of Louise & Manuel Mello**

Gift of Priscilla Guillemette **in memory of Ronald Guillemette, Hugh & Stasia Green**

Gift of Janet & Kingsley Doe **in memory of James Miller, Berniece Miller, Mazelle Tilton, Judith Phelps, Anna Weidner, and in thanksgiving for Kai Venter**

Gift of Barbara Santos **in memory of Daniel Santos**
Gift of Jerré Croteau **in loving memory of Robert Owen Boardman.**

Gift of Charlene Ryder **in memory of Norma E. Ryder**
Gift of Travis Bowie **in memory of Richard Bowie**
Gift of Norma Dyer **in memory of Blanches Hardy, Freda Heptonstall, Louise & William Dalzell, Florence & Howard C. Dyer, Howard C. Dyer, Jr.**

Memorial Fund

Gift of Norma Dyer **in memory of Muriel Pehrson & Diana Ukleja**

Bell Console

Gift of their Children **in memory of Dr. Victor & Barbara Kiarsis**

Leaflet Color Printing

Gift of Jerré Croteau **in memory of Shelby Henry**

Children's Ministry

Gift of Ann Kenney **in memory of Ned Cutting & Thomas Kenney**

Plants for Church Garden

Gift of Jerré Croteau **in memory of Muriel Pehrson, Kate Towers & Diana Ukleja**

Cleaning Supplies

Gift of Chase Farm Veterinary Hospital

Offering Envelopes

Gift of Barbara Santos

Miscellaneous

Gifts of Zelinda & John Douhan, Nancy Krueger
Gift of Judy & Harland Knox **in memory of Diana Ukleja**

Scholarship applications are available on the Grace website or by request to the office via email office@gracechurchnb.org.

Scholarship applications must be submitted to the office by June 15th for consideration.

Please join us on the Grace [Facebook](#) page or via Zoom by phone at 10AM on Sunday.

Zoom phone call-in instructions:

When: 10AM Every Sunday

Dial (929) 205-6099

And then when prompted enter the Meeting ID: 932-2420-5903.

You will then be asked for a Password: 133

This information can be used every Sunday. It will not change, at least through May.



Episcopal Diocese of Massachusetts

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