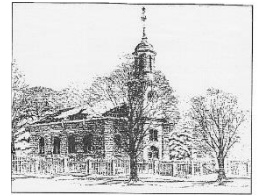


THE CROWN

The Newsletter of Christ Church Shrewsbury
Christ Church is a community committed to exploring the reality of God in today's world



Volume XXV Issue III

March 2025

Mardi Gras Pancake Breakfast
Sunday March 2nd, at 11:15 am



Ash Wednesday Services
9:30 am in the Parish House
7:00 pm in the Church

“I must be willing to give up what I am in order to become what I will be.” – Albert Einstein

Dear Friends,

At the Vestry’s annual retreat last month, I asked them the question: *Would you describe Christ Church as stable or changing?* You might be surprised (or maybe not) that they all immediately agreed that we are changing. They were also quick to point out that because our finances are far steadier now than even a year ago, that we certainly are stable. And of course, being a very old parish, we have a tendency to think of ourselves as immovable, but still – they saw our congregation as landing on the side of change.

That made me very happy. Because as much as a congregation needs stability, we also need to be *becoming* - *becoming what we will be, as Einstein puts it.* The more I think about the balance between the two, the more I have come to realize that it is when we feel safe and secure that we are free to let go and become what we are. And the more we embrace whatever God may be sending our way, the more stable becomes our Faith. It is a win-win!

The same is true for each one of us in our personal lives. If we are not changing, growing, learning, evolving - then we are simply dying. But how we can thrive when we don’t have to worry about the day-to-day needs of life! When we can feel the ground beneath is steady and firm, right where it ought to be, supporting us in all our endeavors, then we can branch out. Try new things. Engage our hearts and spirits with matters that truly matter.

I think this is what the Season of Lent is all about. We will enter those great forty days next Wednesday with the Liturgy for Ash Wednesday (9:30 am in the Parish House and 7:00 pm in the church). Lent is a time specifically set aside for us to think about what we need to let go of in order to move forward. We so often think of Lent as a time of “giving up” things, but we often don’t follow through on the *why* of it.

Why do we give up things? To make room for the movement of the Holy Spirit. We let go of things, habits, routines, so that we may embrace what may be next for us. Even those things that were once so important to us may not be helpful in this present moment. Lent is the time to bid them farewell. Ideally, we would do this all the time. But Lent gives us the green light. It encourages us to dismiss those things that hold us back. It pushes us to do more, to be more.

This Lenten Season, as you contemplate what your special Lenten sacrifice may be, do not do so in a vacuum. It’s not just letting something go – but rather embracing the change that awaits you. Think about not just what you are giving up, but what it may allow you to become. Think about it in your home life, but think about it right here at Christ Church, too. Perhaps this is the Season to step up and serve at the altar, to try your hand at reading a lesson or to serve at the Coffee Hour. You might be surprised at what that little stretch will do to your own sense of spirituality, you may find yourself becoming what our Lord intends for you to be.

I pray for this for our parish family. For our staff, our wardens and vestry. I pray it for our Sunday School and Youth leaders. I pray it for our many commissions and committees. I pray it for each and every household. I pray that we will be thankful for the stability of our church that allows us the freedom to become what our Lord sees in us.

Let’s be willing to give up what we are in order to become what we will be; what we will be in Christ Jesus, what we will be in his living and dying, what we will be in his glorious resurrection.

Peace,

Mother Lisa+

PARISH NEWS & NOTES

PARISH OFFICE HOURS

The Parish office hours are Tuesdays through Fridays, 10 am to 2 pm.

ANY CHANGES?

Please inform us of any changes in address, e-mail, or telephone number so we can keep our records up to date. Please send us an email or call the Church Office at 732-741-2220.

Contact Information Changes:

Sue Napoletano

23 Barberry Drive
Ocean, NJ 07712

Bill Cuff

cuffwilliam640@gmail.com

CORRECTION TO LAST MONTH'S CROWN

Last month's fabulous article "Timely Talks About Democracy by a Local Judge" was incorrectly published as being written by Donna Devlin. The correct author is Connie Goddard. Apologies to Connie!

TO THE NEWLY BAPTIZED



On Sunday, February 9th, Griffin Benjamin Brown, son of Lauren and Andrew Brown received the Sacrament of Holy Baptism and was welcomed into the church. We rejoice with them and their family.

IN REQUIEM

Sally Bymers
Frances Sullivan

May their souls and the souls of all the faithful departed rest in peace and may perpetual light shine upon them. Amen

YOUR PRAYERS ARE REQUESTED



For the sick and suffering, and those in any need or trouble:

*Anderson Pedalino, *Bill Balmer, *Carolyn, *Cassie Reagan, *Dianne Regiec, *Halina Nibbling, *Jim Miller, *Joan, *John Smalls, *Judi Buncher, *Julia Walsh, *Larry Nibbling, *Mimi Brown, *Pam Diamond, *Brother Richard Biernacki, *Richard Brugger, *Rod Webster, *Sarah Schmid, *Tia LaPiana, Victoria Cuff, Diane Smith, Doris, Greg Shaljian, Jack Sauber, Jocelyn, John Veil, Lenna Veil, Linda Forrest, Lynn McKittrick, Meriwether Schmid, Mignon Williams, Pam, Pat & Bob Rivenes, Peddy, Todd Diamond

May they be relieved of their distress

**Denotes members of Christ Church*

PARISH LIFE



THE REV. CANON SUSANNA CATES CANON FOR FORMATION & VOCATIONS

Mother Susanna Cates will be with us on Sunday, March 23rd. She asked to come to Christ Church to see just what all is going on with our congregation. Mother Susanna will be preaching and will stay afterwards to meet and greet our congregation. Let's give her a warm welcome!

MARDI GRAS PANCAKE BREAKFAST



This Sunday, March 2nd during coffee hour the church school students and teachers will be serving up a delicious pancake breakfast complete with sausage, your choice of beverage: coffee, tea, milk and/or juice. Please join us for this delightful event. The kids look forward to doing this every year. There is no cost for this event. Just come for the fun and fellowship of it! Laissez le bon temps rouler!! Mrs. Nap

ECW: EPISCOPAL CHURCH WOMEN



Nine women gathered at the Molly Pitcher on Saturday, February 22nd, for a lovely lunch with a lovely view. We are taking our time in deciding the purpose and mission of the ECW (although fellowship is a definite top item!). We discussed projects we could do for the parish, the 200th Anniversary of the Rectory Events, and possible contributions to the Christmas Bazaar. We also hope to address the structure of the ECW at our next meeting (we are leaning to Coordinators rather than a President).

Mark your calendars for **Monday, March 24th** for our next meeting, which will take place at the **Christ Church Rectory at 7:00pm**. Light refreshments will be served, and we will have a presentation on a new fundraiser called Bingo Night and how we can assist.

CHRIST CHURCH GOES TO THE THEATER!



Come Join us with friends and family to see “Make Believe” on March 9th at 2 pm presented by the NJ Repertory Theater, located at 179 Broadway in Long Branch. “Make Believe” is a nostalgic, haunting look back at the world of 1930’s Hollywood, where larger-than-life movie stars went to great lengths to keep their secrets from coming to light. Starring Éilis Cahill and Quentin Chisholm as Eleanor and Bailey, two lost souls who are thrown together to create a fantastical scenario that could only be dreamed up in Hollywood, the land of dreams.

For those interested we will be meeting at The Mix Lounge on 91 Brighton Avenue in West End for fellowship and food, we look forward to a compelling performance and hope you will join us.

Tickets can be purchased for \$52 each. I will be at coffee hour with signup sheets and all the information needed for the day. Have a good day.

Dianne Regiec 732-245-6053

GIRL’S FRIENDLY SOCIETY (GFS)



Monday March 3: Our monthly Zoom meeting begins at 7:00pm. Girls should have received a link, do let the office know if you have not gotten an email. We will continue our look at the GFS

promise, talk about upcoming projects, Summer Camp, National Assembly, and the Holiday House Rock-A-Thon.

EYC: EPISCOPAL YOUTH COMMUNITY



Our Youth Group hosted our Annual Superbowl Fundraiser in which parishioners “voted” for who they thought would win the Superbowl (or at least who they were backing) with the following results: The Kansa City Chiefs won over Philadelphia Eagles (in the Christ Church Vote). However, we know the outcome of the game didn’t quite match that! Whoever you voted for, the EYC (Episcopal Youth Community) netted **\$91.74** and would like to thank you for your generosity. EYC is raising money to help them with a mission trip in 2026.

All members of EYC and their friends are invited to assist with the **Mardi Gras Pancake Breakfast on Sunday March 2nd following the 10:15am service**. As soon as you have received communion, you may head over to the Parish House to help Ms. Nap and her crew. We will also be burning old palms to make the ashes we will use at the Ash Wednesday services on March 5th.

COVENANT HOUSE SLEEPOUT!

It is almost time for the **Asbury Park Community Sleep Out on March 14th at the Asbury Park Convention Hall**. This impactful event will feature a powerful program, followed by a night of solidarity with our young residents. All funds raised will directly support care and programming for youth facing homelessness and survivors of human trafficking right here in Monmouth County.

Here are some of the successes from FY 2024:

- **20 youth served** in Asbury ROP (CH houses)
- **83% of exits** to stable destinations
- **25% were enrolled** in school at exit
- **42% were employed** at exit

This important work cannot be accomplished without the support of area churches – and you and me! So... what do you think? Can we count on you to join us?

If you're ready to participate in the Sleepout you can sign up to be on the team here: [CLICK HERE](#)

If you are unable to sleepout but would like to support our team, please donate! To view Mother Lisa’s personal fundraising page - [CLICK HERE](#). For Peggy James’ personal fundraising page - [CLICK HERE](#). And for Casey Surgent’s personal fundraising page - [CLICK HERE](#).

If you have trouble navigating such things, we would be happy to register you. Simply contact the Church Office. Let’s make 2025 a great year for these budding adults!

**Covenant House Sleepout flyer at the end of the Crown*

SAINT GREGORY’S CHOIR

Our singers are doing a beautiful job of bringing hope, peace, and inspiration to all who hear them - but we would be so happy with a few more of you. Currently, our regular rehearsals are during the day, on Thursday mornings each week at 10am. We plan on an extra rehearsal Saturday March 29th, from 10am to 12pm, to prep for Holy Week and Easter, and we would love for any of you to come and sing with us. No experience is necessary, just the love of making music to our Lord. Please reach out to Fiona Sutherland if you might be interested in joining us, in singing just for Easter or HW, or with any questions. (sutherlandf815@gmail.com)

Respectfully submitted by Fiona Smith Sutherland

MUSIC AT CHRIST CHURCH

This coming Sunday, we sing our final "Alleluias" before Lent begins. Both within our congregational hymns and our rousing anthem to be sung by the choir on this last Sunday after the Epiphany, we proclaim these "Alleluias" while we still can. Our worship changes as of Ash Wednesday, and within those confines, our sacred music drastically changes. From the Gloria being replaced by Kyries, to the rest of the service music, we feel a change.

The Psalm will be chanted in different ways through the season inviting the congregation to join in on some relevant refrains dividing up the verses. Our magnificent Episcopal hymnody only gets better this season, with texts and tunes that paint the season of Lent in its more somber and contemplative colors of purple as prepare to walk these 40 days and 40 nights with Jesus. We hope you will open your ears, your hearts (your hymnals, and your orders of worship!) to participate even more fully in this upcoming season. The closer we can walk with our Lord, the better we can celebrate when after the 40 days and the week that is Holy, we bring back the "Alleluias" with more joy than ever.

Respectfully submitted by Fiona Smith Sutherland

ST. MARY'S CHOIR

Last year, we commissioned about 12 singers. When we commission someone, they are charged with doing the work of that group. We need you and we miss you. Easter will be here soon. We have an anthem to sing, and it would be SO good to have singers IN the Vestments we prepared for you last year. We always sing on the second Sunday of the month. March 9th we are singing a song we did last together. Please come back – you ARE missed. Wear your Choir Pin.

~Br. Richard

PEAK IN THE WEEK MARCH 2025

March—the month of wind and wind and m-o-or-r-r-e-e-e wind, of thinking about the history of women in this country and around the world and in 2025 the beginning of Lent. And it, March 2025, is upon us.



There is a marvelous little book that we're going to be looking at for Peak in the Week during this March. Prayer at Night's Approaching is by Jim

Cotter. Cotter was an editor of the New Zealand Prayer Book, and that experience is very evident in Prayer at Night's Approaching. PaNA contains seven daily liturgies. The construction is traditional, the words are so reminiscent of the New Zealand Prayer Book. Along with PaNA we'll take a look at Praying the Dark Hours, Prayer in the Morning, both also by Jim Cotter. The Cotter prayer books are keepers which can bring support, pleasure, and comfort long after Lent 2025.

With several nods to Women's History Month there are some notable stories about women's accomplishments and experiences. We'll look at a book called My Captivity: A Pioneer Woman's Story of Her Life Among the Sioux by Fanny Kelly.

Other books that may be of interest to Peakers this Women's History Month are: The Radium Girls: The Dark Story of America's Shining Women and The Woman They Could Not Silence: The Shocking Story of a Woman Who Dared to Fight Back. Both of these books are by Kate Moore.

Join us on Wednesdays at 9:30 for an informal Eucharist and then our book discussions.

~Donna Devlin

ALTAR GUILD

The Altar Guild schedule for the next two months is as follows:

MARCH

- 2: Judi Buncher, Tia La Piana, Madna Aubrey
- 5: Colleen & Mark Roth, Halina Nibbling, Tia La Piana
- 9: Halina Nibbling
- 16: Colleen & Mark Roth
- 23: Cindy Webster
- 30: Judi Buncher, Tia La Piana, Madna Aubrey

APRIL:

- 6: Halina Nibbling
- 13: Colleen & Mark Roth
- 20: Cindy Webster
- 27: Judi Buncher, Tia La Piana, Madna Aubrey

~ Cindy Webster and Judi Buncher, Co-Chairs, Altar Guild

THANK YOU TO OUR COFFEE HOUR HOSTS!!



We are so thankful to those of you that have signed up to host Coffee Hour. March Coffee Hours all have hosts, thanks to the kind folks that were willing to step up.

Everyone really enjoys the time spent together with fellow parishioners so please be on the lookout next month to host!

EPISCOPAL RELIEF & DEVELOPMENT'S LENTEN MEDITATIONS



You're invited to subscribe to Episcopal Relief & Development's Lenten Meditations! Visit our [website](#) to sign up for daily meditation emails, written by Jerusalem Jackson Greer, on the divine gifts we find in community. Even if you have received our daily meditations in the past, you may not be subscribed to them this year. Please click [Subscribe Today](#) to make sure!



The Men's Breakfast Group will meet in the Parish House for its March gathering on Saturday, March 8th, 2025, from 8:30 to 10:00 am. We are pleased to have Deacon Dave Barr, who is well known to Mother Lisa and Deacon Bill, joining us to discuss his important work with *Shine Your Light Ministries*. This organization focuses on meeting the spiritual needs and aspirations of individuals with intellectual and developmental disabilities. All men in the Parish are invited to join us for good food, meaningful conversations, and the kind of fellowship that can truly make a difference at home, at work, at Christ Church, and in the community. Don't miss out on this opportunity to connect with others.

Please call the Parish Office at (732) 741-2220 to register today!



SLEEP OUT

ASBURY PARK COMMUNITY EDITION AT CONVENTION HALL



COVENANT HOUSE NEW JERSEY IS ON A MISSION...

to eradicate youth homelessness across New Jersey. Experience Sleep Out and impact the lives of youth facing homelessness and survivors of human trafficking.

MARCH
14-15
FRI-SAT

CONVENTION
HALL
8:00 P.M. - 7:00 A.M.

SLEEP OUT IS PART OF THE SOLUTION

This year's Sleep Out: Asbury Park Community Edition experience will give you the option to participate in our live Sleep out experience at the Asbury Park Convention Hall on Friday, March 14 to Saturday, March 15. We will also be offering a virtual Sleep Out option. Remote Sleepers will be invited to participate in the online program. At night, our Sleepers will give up their beds and sleep out on the Asbury Park Boardwalk and virtual sleepers will sleep out in their backyards, garages, porches and terraces across New Jersey.

SCAN TO
REGISTER TODAY



smonteiro@covenanthouse.org

WHAT YOU CAN EXPECT

Sleep Out is more than an uncomfortable night — it is an experience that can change the way you see the world. Hear inspiring stories from people who have overcome homelessness, learn from experts confronting the crisis, confront stigmas, and advocate for a future where everyone has a safe place to sleep.

When you register, you create a personal fundraising page that you share with friends, family, and coworkers. Each Sleeper has a fundraising goal, \$1500 ages 23 and up and students can work with a coach to reach their goal of \$300. Donations go directly to CHNJ where they are immediately put to work caring for youth.



THOSE WHO SERVE- MARCH

March 2

Celebrant: Reverend Lisa Mitchell
Deacon: Reverend William Balmer (10:15 am only)
Acolytes: 8 am Edgar John, Denzel Donaldson
10:15 am Jonathan Badal, Josie Borden, Denzel Donaldson
Lectors: 8 am Walter Dein / Denzel Donaldson
10:15 am Dash Cassidy, Tara Dunford
Ushers: 8 am Peggy James
10:15 am Elaine Feyereisen, George Edwards
Organist/Choirmaster: Fiona Smith Sutherland
Altar Guild: Judi Buncher, Tia LaPiana, Madna Aubrey
Coffee Hour: Church School Pancake Breakfast

March 5 – Ash Wednesday 7pm Service

Celebrant: Reverend Lisa Mitchell
Deacon: Reverend William Balmer
Acolytes: Denzel Donaldson, Edgar John, Tia LaPiana (CB)
Organist/Choirmaster: Fiona Smith Sutherland
Altar Guild: Colleen & Mark Roth, Halina Nibbling, Tia La Piana

March 9

Celebrant: Reverend Lisa Mitchell
Deacon: Reverend William Balmer (10:15 am only)
Seminarian: Denzel Donaldson
Acolytes: 8 am Judi Buncher
10:15 am Tia LaPiana (CB), Joshua Dunford, Matthew Dunford, Edgar John
Lectors: 8 am Peggy James
10:15 am Elaine Feyereisen, Bob Honecker
Ushers: 8 am Carl Alfano
10:15 am Larry Nibbling, Connie Goddard
Organist/Choirmaster: Fiona Smith Sutherland St. Mary's Choir Director: Brother Richard Biernacki
Altar Guild: Halina Nibbling
Coffee Hour: Cassandra & Abigail Murphy

March 16

Celebrant: Reverend Lisa Mitchell
Deacon: Reverend William Balmer (10:15 am only)
Acolytes: 8 am Edgar John, Denzel Donaldson
10:15 am Cassandra Murphy, Dexter, Kodi & Abe Craven, Denzel Donaldson
Lectors: 8 am Carl Alfano
10:15 am Robert Maber, Bob Van Valkenburgh
Ushers: 8 am Judi Buncher
10:15 am Bramley Maber, Christine Maber
Organist/Choirmaster: Fiona Smith Sutherland
Altar Guild: Colleen & Mark Roth
Coffee Hour: Connie Goddard

March 23

Celebrant: Reverend Lisa Mitchell
Deacon: Reverend William Balmer
Acolytes: 8 am Judi Buncher, Denzel Donaldson
10:15 am Joshua Dunford, Matthew Dunford, Denzel Donaldson
Lectors: 8 am Peggy James
10:15 am Josie Borden, Larry Nibbling
Ushers: 8 am John Callaghan
10:15 am Walter Dein, George Edwards
Organist/Choirmaster: Fiona Smith Sutherland
Altar Guild: Cindy Webster
Coffee Hour: Cassandra & Abigail Murphy

March 30

Celebrant: Reverend Lisa Mitchell
Deacon: Reverend William Balmer (10:15 am only)
Acolytes: 8 am Edgar John, Denzel Donaldson
10:15 am Cassandra Murphy, Dexter, Kodi & Abe Craven, Denzel Donaldson
Lectors: 8 am Walter Dein / Denzel Donaldson
10:15 am Dash Cassidy, Laura Stroebel
Ushers: 8 am Peggy James
10:15 am Larry Nibbling, Connie Goddard
Organist/Choirmaster: Fiona Smith Sutherland
Altar Guild: Judi Buncher, Tia LaPiana, Madna Aubrey
Coffee Hour: Colleen & Mark Roth

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Office Hours:</u> <i>Tue. – Fri.</i> 10am – 2pm</p>						1
<p style="text-align: center;">2</p> <p>8 am Holy Eucharist</p> <p>10:15 am Holy Eucharist & Pancake Breakfast</p>	<p style="text-align: center;">3</p> <p><u>Office Closed</u></p> <p>7 pm GFS Zoom</p>	<p style="text-align: center;">4</p> <p>Holy Eucharist @ Seabrook Village</p>	<p style="text-align: center;">5</p> <p>9:30 - 11:15 am Ash Wednesday Service & Peak in the Week</p> <p>7:00 pm Ash Wednesday Service</p>	<p style="text-align: center;">6</p> <p>10 am Choir Practice</p>	<p style="text-align: center;">7</p>	<p style="text-align: center;">8</p> <p>8:30 am - 10 am Men's Breakfast</p> <p>10 am – 12 pm Second Saturday Workday</p>
<p style="text-align: center;">9</p> <p>8 am Holy Eucharist</p> <p>10:15 am Holy Eucharist</p> <p>2 pm Make Believe @ NJRT</p>	<p style="text-align: center;">10</p> <p><u>Office Closed</u></p>	<p style="text-align: center;">11</p>	<p style="text-align: center;">12</p> <p>9:30 - 11:15 am Holy Eucharist Peak in the Week</p>	<p style="text-align: center;">13</p> <p>10 am Choir Practice</p>	<p style="text-align: center;">14</p>	<p style="text-align: center;">15</p>
<p style="text-align: center;">16</p> <p>8 am Holy Eucharist</p> <p>10:15 am Holy Eucharist</p>	<p style="text-align: center;">17</p> <p><u>Office Closed</u></p> <p>7 pm Vestry Meeting</p>	<p style="text-align: center;">18</p>	<p style="text-align: center;">19</p> <p>9:30 - 11:15 am Holy Eucharist Peak in the Week</p>	<p style="text-align: center;">20</p> <p>10 am Choir Practice</p>	<p style="text-align: center;">21</p>	<p style="text-align: center;">22</p>
<p style="text-align: center;">23</p> <p>8 am Holy Eucharist</p> <p>10:15 am Holy Eucharist *Canon Susan Cates - Guest Preacher</p>	<p style="text-align: center;">24</p> <p><u>Office Closed</u></p> <p>7pm ECW at the Rectory</p>	<p style="text-align: center;">25</p>	<p style="text-align: center;">26</p> <p>9:30 - 11:15 am Holy Eucharist Peak in the Week</p>	<p style="text-align: center;">27</p> <p>10 am Choir Practice</p>	<p style="text-align: center;">28</p>	<p style="text-align: center;">29</p> <p>10 am – 12 pm Choir Practice</p> <p>GFS Event in Hamilton</p>
<p style="text-align: center;">30</p> <p>8 am Holy Eucharist</p> <p>10:15 am Holy Eucharist</p>	<p style="text-align: center;">31</p> <p><u>Office Closed</u></p>					

Christ Church Shrewsbury

380 Sycamore Avenue, Shrewsbury, NJ 07702

www.ChristChurchShrewsbury.org + christchurchshrewsbury@verizon.net + 732-741-2220



"Be friends with Christ Church Shrewsbury" and then invite your friends to be our friend so we all can be informed and connected to events in our community.

SPREAD THE GOOD NEWS OF JESUS CHRIST.
BRING SOMEONE TO CHURCH WITH YOU.

The Reverend Lisa S. Mitchell, Rector
The Reverend William Balmer, Deacon
Denzel Donaldson, Seminarian
Fiona Smith Sutherland, Organist/Choirmaster
Brother Richard Biernacki, St. Mary's Choir Director
Francesca Parker, Office Administrator
Halina Nibbling, Sexton

VESTRY 2025

Elaine Feyereisen - Senior Warden
Peggy James - Junior Warden, Stewardship
Stephen Craven - Treasurer
Lynn Marengo - Asst. Treasurer
Madna Aubry - Stewardship, GFS Representative
Julie Sinn Cassidy - Youth Ministries
Walter Dein - Property
Sue Napoletano - Church School
Bob Stewart - Graveyard
Susan Sellers – ECW Liaison
Dianne Regiec - Food Insecurity
Nancy Stewart - Vestry Clerk

