

# St. Stephen's News

St. Stephen's Traditional Episcopal Church, Timonium, Maryland

Vol. XXI, Numbers 9

Edited by Anne Hawkins

March 9th, 2010

## FROM THE RECTOR

### Something fishy about the British Lenten fast?

THE PRACTICE of fasting during Lent is one of the most ancient traditions of the Christian Church. During the Middle Ages, it was particularly rigorous: Not only did the faithful abstain from eating meat, but milk, eggs and dairy products as well.

This, however, should not be construed as proof positive that folks in the Middle Ages were far more pious than their post Reformation counterparts. The truth is that the Lenten fasts of the Middle Ages were as much a matter of practical necessity as demonstrations of Christian piety.

Winter fodder was reserved for cattle, sheep and pigs needed for breeding purposes. The other animals were slaughtered in the fall and the meat pickled in brine, salted down or smoked to preserve it for later consumption.

Salt, however, was an expensive commodity and, by the beginning of Lent, meat was in very short supply even for the wealthy. Eggs and dairy products were also running low because Lent happened to coincide with the breeding season.

(Our tradition of celebrating Easter with egg hunts and dinners of roast lamb and baked ham arise from the fact it was the time when hens starting to laying again and when piglets and lambs were ready for slaughter.)

As a consequence, the Lenten diet was boring in the extreme – rye or barley bread without butter and cheese (wheat bread was too expensive for all but the wealthy) and root vegetables such as turnips, parsnips and rutabagas (or swedes as they are known in England).

The only “meat” generally available during Lent was fish – a food that St. Thomas Aquinas, an enthusiastic trencherman, dismissed contemptuously as far less appetising than eggs, meat and cheese. Poor St. Thomas was an Italian by birth and, though widely travelled, had never visited Britain. If he had, he might well have changed his mind about fish.

Folks who have done the math claim there is no place in the British Isles that is more than 50 miles from the sea. It means that throughout their history the British people have always enjoyed an abundance of fresh fish.

True, it took far longer to transport fish 50 miles in the Middle Ages than it does today. But there was always plenty of fresh fish – trout, pike, carp and eels (delicious fried, smoked, stewed or served in aspic) as well as smoked fish (Lowestoft kippers and Yarmouth bloaters) and shellfish transported live in barrels of brine.

Folks who lived closer to the sea enjoyed a cornucopia of delectable seafood – haddock, hake and the ubiquitous cod, flat fish such as plaice, sole, turbot and skate (actually a species of ray), glistening silver herring, blue striped mackerel,

sardines, sprats and the lowly white bait.

Because there is an “R” in all of the Lenten months, oysters were, naturally, always available, together lobster, crab and shrimp and the proletarian, but no less delicious, cockles, mussels, whelks and winkles.

In short, Lent was no great hardship for British seafood lovers. Certainly, a diet solely of fresh fish lacks variety, but British Christians were an awful lot better off than folks who dwelt inland on the Continent whose selection of fish was largely restricted to salt cod. Salt cod might well be a Baltimore favorite, but – call it chauvinism if you will – for my money kippers, bloaters, smoked haddock and smoked eels beat “coddies” hands down. **GUY HAWTIN ✕**

## CHRISTIAN EDUCATION

### Lenten Studies continue

THIS YEAR'S Lenten Study series will continue after 6.00 PM Evening Prayer every on Wednesday evening until Wednesday in Passion Week, March 24<sup>th</sup>.

As usual, we will be offering food for the body as well as the soul. So why not join us at about 6.45 PM on February 24<sup>th</sup> for one of our traditional hearty soups, the best bread in Baltimore and beverages. **BROCK JOHNSON**

## ST. STEPHEN'S CHURCH WOMEN

### Lunch with the ladies

ST. STEPHEN'S Women will be meeting for lunch at the Bluestone Restaurant, 11 West Aylesbury Road, Timonium, at 12 noon on Wednesday, March 17th. You are heartily invited to join us. Please call Ann Bonnell (410-560-1130) for reservations and directions.

## FROM THE DIRECTOR OF PASTORAL CARE

### Blood drive, March 22nd

OUR SPRING Blood Drive will take place in the Parish Hall between the hours of 3.30 PM and 8.00 PM on Monday, March 22nd. Please prayerfully consider becoming a donor as blood is in very short supply in Baltimore's hospitals. If you are unable to give blood, please try to find somebody to donate in your place. The gift of life is the most important gift of all.

## ✠ PARISH PRAYER LIST ✠

OUR Prayer Chain offers prayer daily for people on the Prayer List and guests of the Joseph Richey Hospice. To add a name to the list, or to the visiting list, or to join the Prayer Chain, call the office at 410 560 6776.

**RECOVERY:** Laura, Linda, Robert, Nancy, Earnie, Sharp, Edithann, Robert, Nancy, Perry, Amelia, Shirley, Adrian, Kimberly, Dean, Barb, Tanya, Jane, Brook, Val, Helen, Joseph,

## The Holy Week Schedule

**PALM SUNDAY, March 28th:** 8 AM, 9.15 AM & 11.15 AM, Palms & Holy Communion;  
5 PM, The Choir sings Evensong

**MONDAY BEFORE EASTER, March 29th:** 6 PM, Holy Communion.

**TUESDAY BEFORE EASTER, March 30th:** 6 PM, Holy Communion.

**WEDNESDAY BEFORE EASTER, March 31st:** 6 PM, H.C & 7 PM.

**MAUNDY THURSDAY, April 1st:** 7 PM Choral Eucharist, followed by Vigil

**GOOD FRIDAY, April 2nd:** NOON, The Seven Last Words From The Cross  
3.30 PM, Children's Way of the Cross ✕ 6 PM, Communion from the Reserved Sacrament

**HOLY SATURDAY, April 3rd:** 7 PM, The Great Vigil and First Eucharist of Easter

### EASTER DAY (Sunday, April 4th)

8 AM: Said Holy Eucharist.

9.15 AM: Choral Eucharist, (followed by an Easter Egg Hunt for children aged 7 and under).

11.15 AM: Choral Eucharist

**THE SCRIPTURE READINGS FOR  
LAETARE OR ROSE SUNDAY  
being the Fourth Sunday in Lent, March 14th, 2010**

8.00 AM & 9.15 AM  
HOLY COMMUNION

The Epistle: Galatians 4:21-31  
The Gospel: St. John 6:1-14

11.15 AM MORNING PRAYER

The Psalter: Psalm 147  
The First Lesson: Exodus 16:4-15  
The Second Lesson: St. John:6:27-40

Joshua, Rachel, Frank, Carl, Charlotte, Cal, Catherine, Sam, Ruth, Kristi, Paul, Sue, James, Patty, Antonio, Lauren-Michelle, McKayla, Randy, Jack, Grace, Bob, Fran, Doris, Carolyn, Ken, Serina, Wyatt, Bobby, Alexander, Erline, Kathleen, Earle, Judy, Katherine, William, Betty, Cal, Wendell, Trisha, Peggy, Linda, Millie, Walt, Bruce, Cienna, Tracy, Tom, Lelilah, Jennifer, Miriam, Karen, Steve, George, Eliza, Mel, John, Randy, James, Sarah, Linda, Suzanne, Marian, Edith Anne, Steven, Jeanne, Tammy, Ellen, Jim, Patricia, Bonnie,

Mary Ann, Robert, Christine, Dee, Brian, Barbara, Gillian, Eileen, Matthew, George, Bryan, Jason, Jane, Joan, Frances, Ernie, Pat, Lynn, Michael, Ray, Leslie, Brandon, May, Scott, Stephen, Robert, Danny, Billy, Betty-Ann, Mildred, D'Metrius, Laura, Stacey, Frank, Alma, Christine, John, Henry, Naomi, Pam, John, Ben, Kevin, Gwen, Elizabeth, Gloria, Lee Emily, Elsie, Bruce, Regina, Lewis, Madolin, Eudora, Carol, Bernie, Charlene, Josephine, Margaret, Mackie, Jody, Sheila, Jo Anne, John, Geradine, Thomas, Jeanne, Sister Catherine-Grace, Maxine, Ann Sharon, Dennis, Mae, Anita, Marilyn, Lawrence, Rebecca, Dorothy, Joanne, Albiion, Martha, Jackie, Charles, Tony, Edward, Kim, Vivian and Debbie.

**LIGHT, STRENGTH & GUIDANCE:** June, Jean, Garrett, Ned, & Stephen, Rachel, Robert & Renee, Lydia; Richard, Melba, Debbie, Phyllis, Georgetta, Carolyn, Suzanne, Tony, Erik, Doris, Drake, The Norris family; Gillian, Beverley, Adrienn, Jhana, Marla, Matthew, Joan, David, Laurie, Ellen, Lynn, Mildred, Sarah Lee, Tom, Susan, Debbie, Kathy, Owen, Douglas, Amy, Jo Anne, Mary, Gregory, Isabel, Bobby, Dorothy, Darren, Scott, Rebecca, William, Charles, Joyce, Asfa, Eleanor, Kathy, Linda, James, Barry, Ann, Evelyn, Jeanette, Elizabeth, Virginia, Mildred, Chris, Micki, Stephen, Carol, Sandra, Elsie, John, Mary, Michael and David

**ON ACTIVE SERVICE:** Col. Scott Taylor, LTC. R. J. Lytle, PFC Charles E. Heintz, IV, U.S. Army, Alex Bursi, US. Navy; Capt. Charles Bursi & LTC Harry Hughes, U.S. Air Force.

**Easter Flowers for St. Stephen's Altar**

**Here is a selection of beautiful spring flowers to decorate the church for Easter. Please make your choice and return this form to the church office with your check by March 26th. Flowers may be taken home after the 11:15 am service.**

	# of plants		# of plants
Lilies Small elite 6" 4-6 blooms @ \$10	_____	Keepsake Azalea @ \$14	_____
Hydrangeas Four plus Blooms @ \$15	_____	Hyacinths @ \$8.50 (6" pot)	_____
Daffodils @ \$8.50 (6" pot)	_____	Tulips @ \$ 8.50 (6" pot)	_____

**Your Name:** .....

My gift is made IN HONOR OF, IN MEMORY OF, IN THANKSGIVING FOR (please circle).....

✦ **St. Stephen's Traditional** ✦  
**Episcopal Church**

11856 Mays Chapel Road, Timonium, MD 21093  
Tel.: Office (410) 560-6776; Rectory (410) 665-1278  
Web Address: <http://www.ststephens-md.org>

RECTOR: The Ven. Guy P. Hawtin  
ASSOCIATE RECTOR: The Rev. James V. Johnson, Jr.  
VICARS: The Rev. Rhae E. Kelley, The Rev. Robert Menas

ORGANIST & CHOIRMASTER: Adric  
DIRECTOR OF PASTORAL CARE: Anne Hawkins (410-308-2771)  
WEDDING CO-ORDINATOR: Anne Hawkins (410-308-2771)

**SUNDAY SERVICES**  
8.00am -- Holy Communion  
9.15am -- Holy Communion (Nursery & Church School)  
11.15am -- Morning Prayer (Nursery)  
(1st. Sun. of the month: Holy Communion at 11.15am)

**WEEKDAY SERVICES**  
Wednesday: 6.00pm Evening Prayer  
Friday: Noon: Healing Eucharist  
Saturday: 5.00PM Family Eucharist.

**COLLECTS FOR THE THIRD SUNDAY IN  
LENT & ST PATRICK OF IRELAND**

WE BESEECH, thee, Almighty God, look upon the heart desires of thy humble servants, and stretch for the right hand of thy Majesty, to be our defence against all our enemies; through Jesus Christ our Lord..AMEN.

*Book of Common Prayer, Page 128*

ALMIGHTY God, who in thy providence didst choose thy servant Patrick to be the Apostle of the Irish people that he might bring those who were wandering in darkness and error to the true light and knowledge of thee; Grant us faithfully to walk in that light, and shew forth thy glory before the world; through Jesus Christ our Lord. AMEN.

Return Service Requested

Timonium, MD 21093  
11856 Mays Chapel Road

**Episcopal Church  
St. Stephen's Traditional**

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