

# REGENT OF THE SUN

Church of St. Uriel the Archangel, Sea Girt, NJ

Easter  
Edition,  
2011



## “Alleluia, Christ is Risen.” “The Lord is Risen Indeed.”

By Fr. Russell A. Griffin, SSC

With these joyous words Christians have greeted one another on Easter Day for nearly two thousand years. Every Easter these words proclaim anew the faith and hope of every Christian in the Good News of God’s profound love of mankind, a love that conquers death. This Easter greeting is still used today. Whenever Christians greet one another with this exultant phrase, we affirm the unity of believers throughout all times and ages until Christ comes again in His glory.

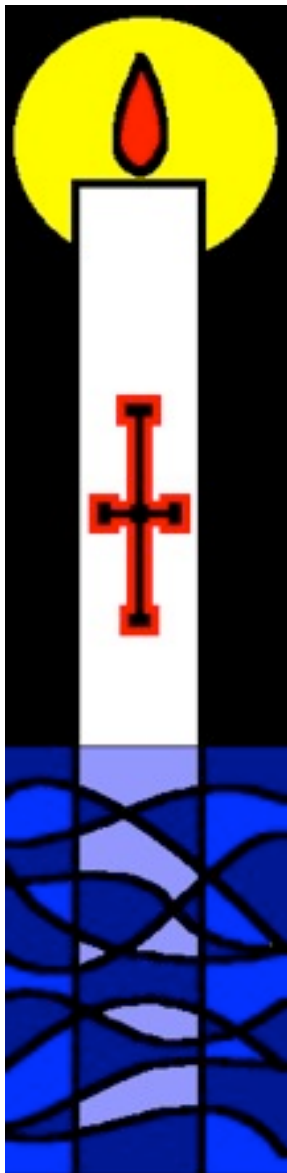
The Easter Vigil Mass is the most glorious and exuberant celebration of the Church year. For this is the Sunday of Sundays, the day of Resurrection of Christ, the center and foundation of our faith. St. Paul in his letter to the Church in Corinth wrote, “If Christ be not risen, your faith is in vain” [I Cor.

15:14]. Thus, Easter is the queen of all feasts.

The part of the Vigil I find most exciting is found in the beginning of the liturgy, “Dear friends in Christ: *On this most holy night*, in which our Lord Jesus passed over from death to life, the Church invites her members, *dispersed throughout the world, to gather in vigil and prayer*. For this is the Passover of the Lord, in which, by hearing his Word and celebrating his Sacraments, we share in his victory over death.” [B.C.P. P. 285] Easter liturgies are being celebrated all over the world, just as we are doing here at St. Uriel’s. How Catholic is that! We, with the persecuted Church and all of our brothers and sisters in Christ, are celebrating our Lord’s triumphant victory over death and the grave. When Christians attend Mass on

Easter, they join millions of Christians all over the world -- past *and* present -- in joyous affirmation of our redemption through the love of Christ. In no other liturgy is our hope of salvation and our faith in the resurrection from the dead and the life of the world to come made more evident than in the Easter Vigil.

On Easter morning, every one of our families at St. Uriel’s should establish the custom of exchanging this Easter acclamation. It would set a powerful message of rejoicing to everyone in the family. The children may even discover that, while they love their Easter baskets, the real cause for celebration is Christ’s triumph over death and the grave.



# Holy Week and the Easter Triduum

## The Schedule of Liturgies

### Palm Sunday

April 17  
 8:00am Mass  
 Procession of Palms and Passion Gospel  
 10:00am Mass [NOT 9:30am]  
 Procession of Palms and Passion Gospel

### Monday in Holy Week

Monday, April 18  
 9:30am Mass  
 7:00pm Mass

### Tuesday in Holy Week

Tuesday, April 19  
 9:30am Mass  
 7:00pm Mass

### Wednesday in Holy Week

Wednesday, April 20  
 9:30am Mass  
 7:00pm Mass

### Maundy Thursday

Thursday, April 21  
 9:30am Mass

### The Easter Triduum Begins!

Thursday, April 21  
 7:00pm Mass  
 Mandatum and Altar of Repose  
 Vigil before the Blessed Sacrament until midnight

### Good Friday

April 22  
 12:00 Noon  
 Stations of the Cross  
 7:00pm Veneration of the Cross  
 Mass of the Pre-Sanctified

### THE GREAT EASTER VIGIL

April 23  
 Saturday 5:00pm  
 The First Mass of Easter  
**(Bring Your Bells)**  
 Splendid repast following the Liturgy.

### Easter Day - April 24

8:00am Sung Mass  
 10:00am Sung Mass NOT 9:30am

## A Few Notes Regarding Holy Week and the Easter Triduum

### ✠ Weekday Masses in Holy

**Week:** Please notice that we have *two* Masses every day in Holy Week. This makes it possible for those who do not like to travel at night to attend and early Mass. The evening Mass is for those who work during the day.

✠ **Maundy Thursday:** after the evening Mass, the Blessed Sacrament will be reserved in the Lady Chapel until Midnight. Please make every effort to spend a little with our Lord in the Garden before the Blessed Presence of Jesus.

✠ **The Altar of Repose:** there is a sign up list in the back of the Church to ensure that we will have at least two people in the presence of the Sacrament during the Watch.

✠ **Confessions:** On Fridays in Lent I have been in the St. Joseph Chapel hearing Confessions. For those who were unable to make their confession in Lent, contact Fr. Griffin to arrange a time for you to make your Confession.

✠ **Easter Vigil Repast:** Last year, at the conclusion of the easter Vigil, we had a lovely wine and cheese party in Hulbert Hall. Egan's in Spring Lake

donated the wine, and the the Crystal Point donated the cheese and veggie platters. Also on the menu were wraps, and assorted finger desserts. It was so successful that we will again have the repast as last year. Everyone enjoyed and most everyone who attended the Vigil attended the meal.

✠ **Easter Bells:** When you come to the Easter Vigil please remember to bring your bells. The point in the liturgy when the celebrant sings, "Alleluia, Christ is risen. The Lord is risen indeed, Alleluia.", all the lights are lit in the Church and all the bells are rung making a joyful noise unto the Lord.

# Some Family Activities for the 50 Days of Easter

By Fr. Russell A. Griffin, SSC

I have written, preached, and taught on the historical and theological reasons for Easter being the longest season in the Church year [not including the Sundays in Ordinary Time].

This year, I thought I might try a new teaching point in reference to the 50 Days of Easter. I have listed some family activities that any family in our parish can do to celebrate the 50 Days of Easter. The first should be obvious. However, there are other things which you and your family can do during this Easter season. They are not original to me, but nonetheless here are a few Easter suggestions.

1. Regular attendance at Mass.
2. Use a special candle at family meals to recall the light of Christ.
3. Put up a sign or banner that proclaims, "He is risen!"
4. Celebrate new life by doing something as a family to support unborn children and their parents.
5. Use the old Easter greeting and response: "Christ is risen! – He is risen indeed!"
6. Talk about baptism. Tell stories of family members' baptisms.
7. Drape your crucifixes and crosses with a strip of white cloth.
8. Make cookies in the shapes of Easter symbols. Freeze some to serve throughout the season.

**Easter is the most important feast of the Christian year - so important that the Church sets aside a seven-week season to rejoice in Christ's victory over sin and death.**

9. Learn how other cultures celebrate Easter. Try out some of their customs and foods.
10. What about a short trip to an interesting shrine or church?
11. Place a resurrection icon or picture in a place of honor.
12. Discuss what it means to be Christ's "witnesses" (Luke 24:48)? Help each family member to see that their witness matters.
13. Watch a movie with an Easter theme.
14. Read Acts 2, the Spirit's coming at Pentecost. Read it in all the languages family members speak! (See the Bible translations at [www.biblegateway.com/languages](http://www.biblegateway.com/languages)).
15. Decorate a cake with Pentecost flames and other symbols to celebrate the birthday of the church.
16. Talk about the seven gifts of the Holy Spirit [see Isaiah 11 and 1 Corinthians 12].

## Sunday School A Very Busy Spring

By Becky Latham

Our Sunday School is going to be have a very busy spring. The kids have so much energy and excitement that they bring to the table and we are definitely embracing that this season. We are doing different activities that work around

Easter. Last week we talked about new life from eggs and what new life means in our own lives. We will be making palm crosses on Palm Sunday. The week after Easter we will be having an Easter egg hunt to continue celebrating the Easter season.



Last year's Mission Trip was "service" oriented. This year's Mission trip will be "work" group oriented.

## Youth Mission Trip Littleton, N.H.

By Becky Latham

At the end of June the youth group will be going on another mission trip. The dates of the trip are June 26 – July 1 and we are going to Littleton, NH. Our theme this year is about *Connection*. We have so many connecting points in our lives like family, friends, classes, jobs, and sports, however the most important connection we need is with our Savior Jesus and that is the theme which we will be focusing on.

The verse that we will be using to go along with the theme of Connection is John 15:5 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." I am so excited for it and I know God is going to use this trip in so many ways for His glory. The youth group thanks you for all of the support you have given us and by praying for us when we are away.

## News Briefs

### ❖ Deacon Fred May Honored:

Special congratulation should go to our Deacon, the Rev'd Fred May. He was voted Chaplain of the Year! This honor as Chaplain of the Year is for all of the hospice programs in New Jersey. St. Uriel's is very blessed to have a deacon like our Deacon Fred.

❖ **Blood Drive:** The Order of St. Luke will be sponsoring a blood drive on May 1. The Bloodmobile will be stationed in front of the Church. Parishioners can give blood after either the 8:00am or 9:30am Masses. The Youth Group will have juice and their patented Porkroll, egg, and cheese sandwiches that day. We need a minimum of 25 donors. There is a sign up list in the back of the church, or you can call the parish office 732-449-6173. Ask your friends and neighbors if they would like to participate.

❖ **Parish Outdoor Mass:** Mark on your calendars now - June 5th will be our outdoor Mass at Camp Zehnder. There will be one Mass at St. Uriel's at 9:00am and the outdoor Mass at Camp Zehnder will be at 10:00am.

### ❖ Children's Easter Egg Hunt:

Following the Mass on Sunday, May 1st [2nd Sunday in Easter] we will again be having our Easter Egg hunt. The Youth Group will hide the eggs and candy for the younger children. It is something the children look forward to.

### ❖ Adult Education Classes:

We continue with our Adult Education classes every Wednesday night at 7:00pm through June 14. Topic: Christian Healing Course. Adult Forum picks up again on Sunday, May 8th. Topic: *Evil: New Testament Perspective*.

❖ **Easter Flowers:** This year, with Easter so late, we are way behind in donations for Easter Flowers. If you would like to donate funds for Easter flowers, please call the parish office 732-449-6173.

### ❖ Empowered by the Holy Spirit - AWAKENING the Gifts within You:

A number of parishioners are planning to attend the Conference, *Awakening the Gifts Within You* Conference. Come join us. The dates are June 15-18, 2001 at the Grand Summit Resort and Hotel in Mount Snow, Vermont. Speakers: Judith



MacNutt, Mike Evans, Linda Strickland [author of the article, *Anger: Friend and Foe* - found in this Newsletter], and Robin Morrison. For more information, contact Cynthia Griffin 732-974-7844 or call the parish office 732-449-6173.

## Scholarship Fund Illegitimus non carborundum

By Fr. Russell A. Griffin, SSC

Over the years, St. Uriel's has offered some financial assistance to help defray the rising costs of college life. The Rector, Wardens, and Vestry would again like to help some of our young adults by offering some scholarship money to those seniors who will be graduating from high school in June and continuing on to further their education.

As in past years, we have a parishioner who wishes to donate a \$1,000 scholarship for a graduating high school senior who is an active member of the parish. Such scholarships awarded by St. Uriel's are not

unprecedented and they have been varied in their financial amounts.

There are a few simple rules in order to qualify for a scholarship.

1. The student must be presently active in the life of the parish by regular attendance at Mass. Attending Mass only at Christmas and Easter does not constitute regular attendance
2. The student needs to be active in some sort of ministry or parish related function.

3. The student must be going on to further his or her education be it a four year college, community college, or vocational school.

4. Write a 250 word essay submitted to the Rector by Monday, June 6th, 2011. The essay question this year is a two part essay! First part: *Describe how your being a member of St. Uriel's has helped you in your walk with the Lord Jesus?* Second part: *How do you plan on strengthening your walk with Christ while continuing on in your education, i.e. Mass, prayer-life, etc.?*

# The Order of St. Luke

## The Healing Corner

### *“Anger, Friend and Foe”* Christian Healing Ministries

By Linda Strickland

Once while I was flying the conference, I witnessed an outburst of anger that I've never forgotten. I was flying an airline that does not reserve seats, so it is always a first-come, first-served situation. I boarded the plane and was seated across the aisle from a young mother and her baby. Everyone was quietly choosing their seats when suddenly; a shrill voice pierced the air. The voice belonged to a small woman who was yelling at the young mother across from me, “you’re in my seat!” she screamed.

Even after the young woman explained her plight of needing to sit beside her husband and other child, the woman continued her tirade. Eventually, the angry woman gave in to the pressure she felt from the other passengers, including me, she finally sat in the window seat, growling and seething for the entire trip.

Her explosive tantrum was over a seat on an airplane, but it was evident that the anger behind it came from much deeper place. When we don't deal with anger, it builds up and crowds us on the inside; causing us to overreact when something hooks into the unfinished anger we carry within us. Watching this poor soul, who is obviously miserable, I found myself wondering about her life, and what it happened to her to create such rage.

St. Thomas Aquinas once said that anger is meant to be our servant, not our master. However, all it takes is witnessing this sort of outburst, or listening to the evening news, to realize that the world we live in today is more violent, selfish and angry than ever.

People seem to have more difficulty with the emotion of anger but with any of the other emotions. Anger is probably the most misunderstood

emotion and can certainly be the most damaging - to one's self and to others.

Problems with anger can often, but not always, be traced back to childhood, when parents may naturally try to control their child's anger or even suppress it. Sometimes punish their children for being angry, what children really need is to be taught how to deal with their emotions. However, if the parents are not able to process their own anger in healthy ways, the tactics they employ will only inflict emotional damage on their children. Being chastised and force to suppress emotion can cause a child to feel guilty and ashamed for even having experience the emotion - as is or sinful. The deeper message the child gets from the parents who do not allow healthy expression of anger is, “I'm not acceptable.” Thus, the true self recedes in the false self develops at a child's need to be accepted.

There are several all the reasons why people have problems with anger. Cultural influence is a primary source. For example, the deep human need to belong may cause someone to join a violent organization, or anger is the driving force, just to feel accepted by others. People who experience emotional wounding or severe trauma, especially as children, are apt to get stuck emotionally and be unable to grow beyond the pain if they're not helped. The emotions get buried alive at the point of trauma and continue to lead a very active life inside us [one of the leading causes of depression is repressed anger]. Some emotional disorders may be due to a chemical imbalance and should be treated by professional. Then, there is always the additional possibility of a demonic component - spirits of anger - that can attach itself to wound or sin.

There are a few of us [including Christians] are taught positive ways to process anger. So it is easy to see why, by the time a person reaches adulthood,

some serious or destructive patterns of behavior may have developed.

Anger has a very pure purpose: to correct an injustice. Jesus expressed great anger in situations where there was injustice - especially injustice towards the poor, dispossessed, and people on the margins of life. Anger also serves us in instances where we need to defend ourselves or others. Anger generates an energy that motivates and empowers us. Though anger is part of the human condition, violent anger is escalating out of control worldwide, among many different cultures. What is the deep root that is shared throughout the world that has created this level of anger?

Of course, to discover the answer, we have to go back in the Scriptures to the Fall, when Adam and Eve were cast out of the Garden separated from God. Because of disobedience, not only did sin, sickness and disease come into the world, but it caused our emotions and our minds to become how to balance. The first mention of anger in Scripture is in Genesis 4:5 [“... Cain was very angry...”]. Then the Lord tried to reach out to Cain and asked him, “why are you angry?” God gave Cain a clear warning to do what was right, because “sin is crouching at your door; it deserves to have you, but you must master it.” Cain did not heed God's warning. Something in his heart and attitude - in his interior self - was not right. We know the Cain's anger eventually led him to murder his own brother.

When we live out of harmony with God, when we are in disobedience, when we listen to the evil one, we fall subject to the brokenness that is within us. Anger does its basic destructive work in our interior. It is not dealt with in a timely manner, but is allowed to build up, it comes out in unhealthy ways and can damage other people.

Ephesians 4:26-27 gives clear guidelines about anger: “in your anger do not sin: Do not let the sun go down while you are still angry, and do not give

*Anger, Continued on page 6*

# Prayer Team Ministry

## A Ministry of God's Love

By Fr. Russell A. Griffin, SSC

Our prayer team ministry following the 8:00am and 9:30am Masses are being well received by those who have utilized this ministry. The prayer team consists of two people who have completed the Order of St. Luke healing ministry course or have taken the training seminar for healing teams. Some members of the prayer teams have been through both OSL and prayer team training.

We all face difficulties in life; no one escapes times of hardship or suffering. The good news of the Christian life is that we never have to endure such times alone. The purpose of our Church Healing Prayer Ministry is to help individuals experience God's healing love by providing them an opportunity to be listened to and prayed for by a team of trained intercessors. It is NOT a sign of weakness when a person goes and asks for the prayer teams to pray for them. It is an admission that God is God and we are not. We come humbly before God seeking his mercy and grace.

The prayer teams are not counselors. They are simply there to listen, love and pray. Everything is completely confidential.

*The following are comments from some parishioners who received prayer:*



“Wow, they are terrific. I felt the power of God's Holy Spirit.”

A parishioner called me in my office to offer thanks for our prayer team ministry. This parishioner was the only link her granddaughter had with the other members of her family. The granddaughter had fallen into some very difficult times and had not contacted the family for a number of months. Our parishioner went to the prayer team after Mass and asked for prayer for her granddaughter. Soon after she arrived home from Mass, the granddaughter called to let her grandmother know that she was safe. [permission given to share this story]

### Anger, Continued from page 5

the Devil a foothold.” Here we can see that God gives us permission to not only feel the emotion of anger but also to express it - and yet not in any way that causes us to commit sin. Harboring anger creates resentment [which literally means “to experience something again”]. Thus unfinished anger is what damages and destroys and develops into sin. The Lord gives us a timeframe [before the “sun goes down”] to keep things current within the present-day. Many times, we cause unintentional wounding, but when anger moves into punishment and causes intentional pain, it crosses the line into sin and even the demonic. Unresolved and undiffused anger opens the door to evil-doing.

In prayer ministry, the prayer recipient must be able to own his/her anger, to accept it, and take responsibility for it. The recipient also needs to realize how important it is to exert control over the anger and to make an action plan: *what should I do about this so that I do not just do in my anger?* An action plan involves coming to a resolution about the anger and almost always involves forgiveness prayers, and possibly inner healing prayer. Many times, underneath the anger lies a deep pain from a wounded memory that needs healing.

It's important to note that a person with *excessive* anger or rage needs professional help. Prayer ministry is not meant to replace medical treatment. However, with written permission from the client,

many therapists welcome prayer ministry alongside the therapy, because professional counselors realize that rage is also a spiritual as well as an emotional problem.

Our emotions are what makes us human, but as long as we are entrapped by buried or excessive unhealthy emotions, we will never be free to experience true joy.

God is always reaching out through his Spirit to offer us new life. Only when we bring our anger to the foot of the cross can be healing process truly begin.

*Linda Strickland is the Director of Ministry and Assistant to Judith MacNutt, M.A.*

*Article taken from the Magazine, **Healing Touch**, Issue March/April 2011*

## Devon Hemmer and Michael Rogers to Make Their First Holy Communion - May 8

By Fr. Russell A. Griffin, SSC

On Sunday, May 8, will be a very special day in the life of our parish community. Two of our children, Devon Hemmer and Michael Rogers will be making their First Holy Communion. Michael and Devon are completing their First Holy Communion Classes with Pamela Gallamore. In our First Holy Communion program at St. Uriel's, it is a requirement for all the parents to attend the adult Eucharistic instruction with a priest. When Dylan Hemmer made his first communion a few years ago, his parents attended the adult class and therefore was dispensed from having to take the instruction a second time.

I pray that we have a strong attendance for the 9:30am Mass when these two young men make their First Holy Communion. Following Mass, there will be a reception providing a time for the entire community to celebrate. First Holy Communion is one of the holiest and most important occasions in the life of an Anglican. It is a time when the person is receiving the Sacrament of the Eucharist, the body and blood of Jesus Christ for the first time.



Jesus said, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day.

John 6:53-54

In order to receive the Eucharist, the candidate must be baptized. When a person receives First Holy Communion, the event means that the person has studied and understood, to the best of their ability, the mystery of transubstantiation, the changing of the substance of ordinary bread and wine into the substance of Christ's body and blood.

On the day of one's First Holy Communion, and whenever receiving

communion thereafter, those partaking must, out of respect for the body and blood of Christ, observe a few conditions: First, at least one hour before reception of the sacrament, the Christian must fast from food. Taking water and medicine, however, are exceptions. Second, after First Holy Communion, the person is expected to attend church every Sunday, and they are encouraged to receive communion frequently, whenever the opportunity arises.



May St. Patrick guard you wherever you go, and guide you in whatever you do-- and may his loving protection be a blessing to you always. [Traditional Irish Blessing]

## St. Patrick's Day Dinner A Rousing Success

By Fr. Russell A. Griffin, SSC

When St. Patrick's Day rolls around, it seems there is a wee bit o' the Irish in all of us. Well, this did not go unnoticed with the men of the Brotherhood of St. Andrew who sponsored the parish's St. Patrick's Day Dinner. The festivities began with Mass at 5:00pm and dinner at 6:00pm.

The men endeavored to make this a truly enjoyable night out for those of the parish who attended. Table clothes, candle

light, a fine wine, traditional Irish music and table service all added to the night's enjoyment. Along with the Irish dinner music, Joe Mahon entertained us by singing three traditional Irish songs.

The success of the evening was evident when no one left early. All stayed until closing! It was truly a fun night.



## Third Annual Women's Tea Friday, May 13

**By Barbara Burkard**

Our third Ladies Fellowship Spring Tea will be held on Friday May 13 at 7:00pm. The past two teas have been very successful. However, it should be noted that while they afford a wonderful opportunity for women to fellowship together, they are more than that. The primary goal of our ladies tea is to give Glory to our Lord, through the testimony of a woman speaker about her walk in Christ and how her life has been changed since she committed herself to Christ in a personal way. The evening is also a celebration of all women and is an outreach not only women from our parish, but women from the surrounding communities.

For the evening the parish hall is transformed into a Victorian tea room filled with antiques and various items from a bygone era. The women of the parish beautifully set their tables with their own china and decorations. They also generously donated the food, tea and desserts. There was no charge for attendance nor any expense to the parish for this beautiful

evening. The young ladies from the parish youth group graciously served all of the guests with tea, finger sandwiches, scones and desserts.

Last year a full capacity of over eighty women heard the inspiring message from Sue Gioulis, who allowed the Holy Spirit to speak through her. This year's speaker will be Laura Ransom who has a powerful message to share.

Because the our Women's Tea has become so popular, it is important to get your reservations in early. Last year we did maxed out on the attendance. Contact Barbara Burkard 732-449-3773 or the parish office 732-449-6173 for reservations.