



GRACE
ABOUNDS

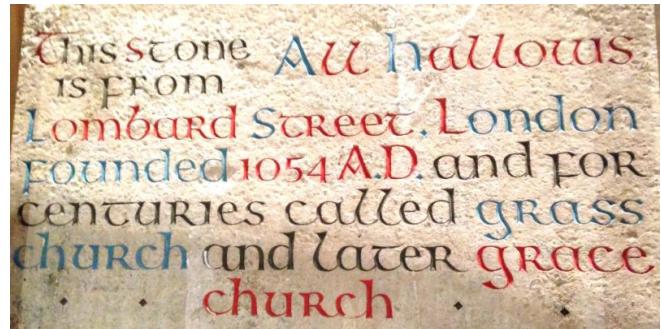


Weekly E-News from Grace Episcopal Church

March 3, 2016

Spotlight on Grace: *The 'Grass' Church Stone*

Have you discovered this fascinating historical artifact nestled right into the base of the pulpit here at Grace Church? It's an actual stone from the tower of All Hallows Lombard Street in London (founded in 1054 A.D.), previously Grace Church, and originally Grass Church... so named for a grain and hay ("grass") market nearby.



The original medieval church structure at All Hallows was badly damaged in the Great Fire of London (1666), and a new church was completed in 1694. This stone tablet from the tower of All Hallows Church -- gifted to Grace Church in Providence in 1948 some years after All Hallows was dismantled and then reconstructed in the London suburb of Twickenham -- likely dates to that late-17th century construction (or roughly 150 years prior to construction of our own historical church in 1845). Grace parishioner Barrett Huntington composed the inscription for the stone, and famed Newport stone carver John Benson sculpted the handsome lettering (Benson's work also graces the Roosevelt, Vietnam, and World War II memorials in Washington, DC).

If you haven't already admired this wonderful historical stone tablet, perhaps you'll do so on your next visit to Grace. And if you have topics of interest that you would like to see featured in a future installment of "Spotlight on Grace", please [e-mail your parish administrator Chris Barker](#).

Music at Grace



A SERVICE OF CHORAL EVENSONG FOR LENT

Music ♦ Prayer ♦ Candlelight

SUNDAY, MARCH 6
5 PM

The Choir of Grace Church sings music of Paulus, Noble and Brahms. An Organ Prelude begins at 4:45 PM.

A reception follows the service.

Grace Church in Providence ~ Mathewson at Westminster
401/331-3225 or gracechurchprovidence.org

Please be sure to join us THIS Sunday, March 6 at 5:00pm for a special **Service of Choral Evensong** at Grace Church. The Choir of Grace Church will sing music of Paulus, Noble, and Brahms. An organ prelude begins at 4:45pm.

The Thursday Noon concert series continues next Thursday, March 10, with a performance by guest organist Joseph Ripka of Cavalry Episcopal Church in Stonington, CT.

The Grace Church Choristers is open to boys and girls in grades 2 through 12. The choir rehearses at least twice weekly, and sings twice per month at the Sunday Holy Eucharist at Grace. The program will offer a musical education which will include music theory, music history, and vocal training. In addition, the choristers will learn about the liturgy and history of the church. Auditions are held in the spring (April/early May) and require no preparation. Prior musical experience is not necessary for admission to the choir, though applicants in sixth grade or beyond should have some prior musical training (piano, school choir, etc.). Please help us spread the word to families with youngsters who may have an interest in singing.

The Sunday 10am Music Notes: This week's anthems are a study in contrast. At the offertory we hear a German chorale by the 16th c. composer Johannes Eccard. Set for 5-part choir, this setting possesses a strong austerity fitting to the words. T. Tertius Noble was brought from York Minster by St. Thomas 5th Ave. to be their choirmaster and build a choir of Men and Boys. Noble's settings belie his Victorian upbringing and this anthem, with its dramatic tenor solo and lush harmonies, is as "over the top" as the Eccard is restrained.



HOLY WEEK

Palm Sunday

Sunday, March 20, 8:00am & 10:00am

Maundy Thursday

Thursday, March 24, 7:00pm

Good Friday

Friday, March 25, 12:00pm

Easter Vigil

Saturday, March 26, 7:00pm

Easter

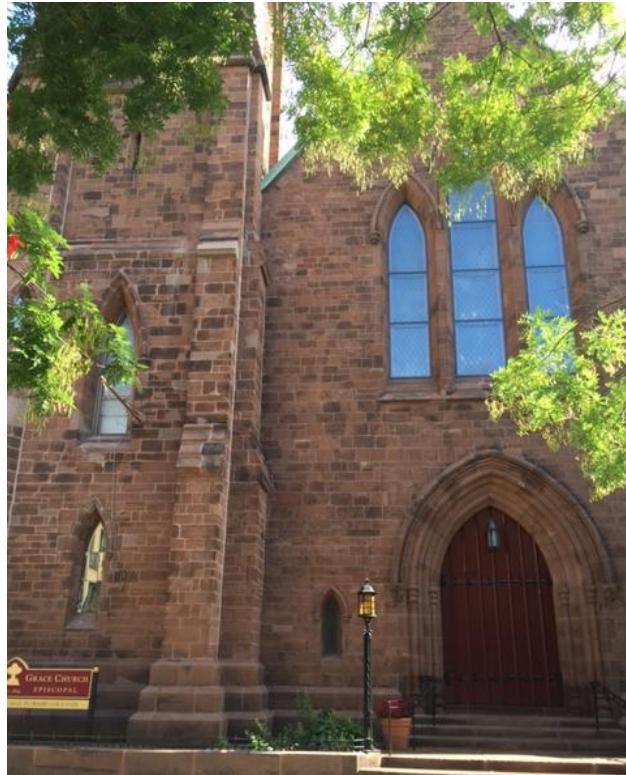
Sunday, March 27, 8:00am & 10:00am

This Week at Grace

Please join us for worship services at the following times each week: Sunday 8:00am Holy Eucharist, Sunday 10:00am Holy Eucharist with music, and Wednesday Holy Eucharist at Noon.

Women's Prayer and Bible Study: held on the 2nd and 4th Saturday of each month at 9:30am in the Chafee Room.

Grace Church is OPEN to the public each weekday from 11:00am until 2:00pm. Please tell your friends, co-workers, and visitors to stop by and explore this beautiful historic church. Our friendly docents will greet you with a smile.



Girl Scout Cookies will be on sale in the narthex just before and after our 10am worship service this Sunday, March 6. Proceeds benefit the programs of Girl Scouts of Southeastern New England along with Troop 54, a very diverse group of 17 4th and 5th graders from throughout Providence and even beyond. Parishioners are also invited to donate a box of "cookie share" cookies that the troop is designating for Hasbro Children's Hospital families this year - cookies and milk to help with healing! Cookies are \$4/box, or \$5/box for the gluten free cookies.

Looking Ahead

Inquirer's Class: March 13 - April 24 (except Easter), Sunday mornings at 9am in the Chafee Room. Particularly for adults interested in the sacraments of baptism, confirmation, reception, or renewal of baptismal vows.

St. Patrick's Day Feast: March 13, following the 10am service, in Gammell Hall, brought to you by Teens in Action! Enjoy a classic Irish meal of corned beef and cabbage. Suggested donation: \$5 per child, \$10 per adult.



Your Health & Wellness Minute

Studies have shown that worry can take years off your life. Lack of sleep, for example, can be a risk factor for Alzheimer's disease. Personal strategies for managing worry are therefore as important as diet, exercise, and not smoking. Cope with worry by taking action with questions and exercises that help you gain control of the target issue.

1) Talk about what's worrying you with a significant other, spouse, partner, or trusted friend. 2) Get sound facts about the "what ifs" so worry does not cause your imagination to run away with you. 3) Jot down your worries on paper so you can clearly see what they are. 4) Consider how unrealistic each of your worries really is. 5) Write down a strategy or intervention step for each worry. 6) Decide on a timeline for implementing each strategy. 7) Repeat the steps above, daily if needed, to feel relief and gain better control over your worries. Use these skills when worries overtake you, and make them a part of your life management playbook. ****(Seek professional counseling if you continue to struggle with worry associated with past events you can't change.)

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Sincerely,



Your Grace Church Clergy & Staff
401-331-3225

The Mission of Grace Church is to build, by the grace of God, a loving and joyful community which lives the gospel through worship, proclamation and service to each other, to downtown Providence, and beyond.