

The Parish News

St. Ann's Episcopal Church in Afton, NY
<http://www.stannsafortny.org>

Member of the Chenango District

February 2015

Clergy The Reverend

From Fr. Dave

Fr. David A. Hanselman
761-4601 cell
656-9502 office

Hey folks!

In case you don't realize it yet, Lent is quickly approaching! February 18th is Ash Wednesday this year.

Wardens:

-Betty Vail
639-1201
-Tracey Tallmadge
343-1301

I'm told that every now and then folks like to ask their priests about suggestions for observing different Holy Days and seasons. Usually, it seems, folks ask me after the day or season has passed. So, I'm going to be a little proactive this year and offer a suggestion even before any of you ask.

In an emergency and Fr. David can't be reached, please contact one of the wardens.

Possible way(s) to observe holy days and/or seasons? Try your very best to observe those days and seasons. If you're wondering what you could give up for Lent, well, for starters you might try giving up a few calories here and there. What I mean is, there are 2 days set aside in the Episcopal Church in which day-long fasting is suggested - Ash Wednesday and Good Friday.



Make a Note

Consider trying to do a day-long fast on those days. Or, during Lent just try to give up a few calories here and there (always remembering that each and every Sunday is a feast day (what some folks like to refer to as "day off" from Lent!)). Or, if giving up calories is a little more math than you want to do, you could always try a practice called "mindful eating". That is, slowly and purposefully take a bite of whatever food you're eating. Consider the texture, taste, temperature and any other quality that bite of food has. As someone who usually wolfs his food down, I have to say I tried mindful eating and it wasn't easy for me, but it was really interesting. I discovered I didn't have to cram a fistful of food into my mouth in order to enjoy some wonderful flavors.

ZION Greene

Tues. Feb 17 @ 6:00 pm - Shrove Pancake Supper and Imposition of Ashes @ 7:00 pm.

St. Ann's

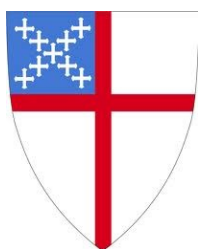
Wed. February 18 @ 7:00pm - Ash Wednesday Service.

Or, you can try making it to one or more of the services we have during Lent. Take a day or 1/2 day off from work if you have to. Once again this year, I'm hoping a bunch of you will observe Fat Tuesday (i.e. the night before Ash Wednesday) with pancake supper at Zion at 6pm followed by imposition of ashes at 7pm.

Now, don't say I never offered any suggestions! Now, go in peace to love and serve the Lord Jesus Christ....and know that you carry my blessings with you always.

Father Dave ✝

If you desire Father David to visit you or give you a call, please contact him at: (607) 761-4601 or (607) 656-9502.



Service Schedule

	<u>Date</u>	<u>OT Reading</u>	<u>Epistle</u>	<u>CS</u>	<u>EM</u>	<u>Acolytes</u>
HC	Feb 1	M.Harding	J.Proffitt	AC	DB	A Cimini/D Becker
MP	Feb 8	T.Tallmadge	T.Vail	DV	----	J.Proffitt
HC	Feb 15	S.Proffitt	R.Felldin	RF	SP	Tracey/B.Vail
MP	Feb 22	J.Proffitt	S.Proffitt	JP	----	D.Vail
HC	Mar 1	C.Cimini	M.Harding	AC	CC	A.Cimini/B.Vail

Morning Prayer:

Feb. 8 - T.Vail/D.Vail

Feb. 22 - B.Vail/T.Tallmadge

Church School:

Feb. 1 - S.Proffitt

Feb. 8 - B.Vail

Feb. 15 – R.Felldin

Feb. 22 – M. Kelly

Special Thanks to all who serve

Note to all who serve: It would be most helpful if, when you cannot make your assigned date, you would arrange for a substitute. If you are unable to do that, please notify a warden. Thanks for your cooperation!

Lectionary (Year B)

<u>Date</u>	<u>Psalm</u>	<u>OT Reading</u>	<u>Epistle</u>	<u>Gospel</u>
Feb 1 4 Epiphany	111	Deuteronomy 18:15-20	1 Corinthians 8: 1-13	Mark 1: 21-28
Feb 8 5 Epiphany	147:1-12, 21c	Isaiah 40:21-31	1 Corinthians 9: 16-23	Mark 1: 29-39
Feb 15 Last Epiphany	50:1-6	2 Kings 21-12	1 Corinthians 4: 3-6	Mark 9: 2-9
Feb 22 1 Lent	25:1-9	Genesis 9:8-17	1 Peter 3:18-22	Mark 1:9-15
Mar 1 2 Lent	22:22-30	Genesis 17:1-7, 15-16	Romans 4:13-25	Mark 8:31-38

Altar Guild

Altar Guild Duty – Altar Guild for the month of February is Tracey Tallmadge 343-1301. If you wish to purchase or provide flowers for the Altar on a particular Sunday, call Betty Vail, 639-1201. If you are giving flowers in memory of a loved one, please notify Pete Vail (607)639-1444 no later than the Thursday before the designated Sunday so that he can include a notice in the bulletin.

In Need of Prayer

It has been suggested that the names of individuals on the parish prayer list be included in the newsletter. A current listing follows. The names listed are not necessarily members of the parish and may include individuals or other requests for which we have been asked to pray. The clergy persons of the Chenango District are included. Please remember these individuals in your personal prayers. Send or give any additions or changes to Tom Vail, 639-1201.

Carol Peter Michele Joyce Pat Mya Holly Cindy Lou Toni Lois Vern Sally
 Clifford Deb Lally Mary Niles Sandy Elliott Julia Richard Don Wieber Norma Ryan
 Judy Amber Danny Wade Mike Wade Michael Weiland Fr. Chuck Taylor Fr. David Hanselman
 Fr. Bruce MacDuffie Bishop “Skip” Adams Pope Francis Zion Church St. Paul’s Church The General
 Theological Seminary of the Episcopal Church The vestry of St. Ann’s

The following prayer is suggested by Bishop Skip. It is from the Evening Prayer service in the Book of Common Prayer:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ, give rest to the weary, bless the dying, sooth the suffering, pity the afflicted, shield the joyous: and all for your love’s sake. Amen.

Vestry Highlights

1. **Outreach** - \$200.00 to the "Delaware Valley Humane Society".
2. Discussed Back Pack Program - providing children who are at risk of hunger with a bag of nutritious food each Friday throughout the school year, the Backpack Program attempts to reduce this gap and help children return to school on Monday ready to learn. <http://www.feedingamerica.org/our-response/we-feed-children/backpack-program/>

Jesus is watching you

A burglar broke into a home and was looking around. He heard a soft voice say, "Jesus is watching you". Thinking it was just his imagination, he continued his search. Again the voice said "Jesus is watching you". He turned his flashlight around and saw a parrot in a cage. He asked the parrot if he was the one talking and the parrot said, "yes." He asked the parrot what his name was and the parrot said, "Moses." The burglar asked, "what kind of people would name a parrot Moses?" The parrot said, "the same kind of people who would name their German Shepherd Jesus".

<http://www.makeitclearnow.org>

Kudos



THANKS! - To Tom, Duane, Burke and Jody for taking down the Creche.

THANKS! - To Ron Sherman for snow removal.

THANKS! - To all who provide Coffee Hour.



***Note:** If you know of one or more people who we should thank in this column, please pass that information on to Pete Vail or Jody Proffitt. We don't want to miss anyone!*

Fear, Resilience and things we cannot change Pat Moriarty, MA, FT

In his book, *Five Things We cannot Change*, David Richo speaks directly to the struggles experienced by many bereaved persons. "There are 5 unavoidable facts of life built right into the very nature of things, over which we are powerless," he states:

- Everything changes and ends.
- Things do not always go according to plan.
- Life is not always fair.
- Pain is a part of life.
- People are not loyal and loving all the time.

When we resist the reality of these basic truths, we encase ourselves in disappointment, frustration and sorrow. After a death, how often do we feel or think those very things: "It's not fair that my husband died within months of our planned retirement together!", "Why did it have to be my mother that died? It's too painful living without her." Whether death is sudden or follows a long terminal disease the truth of the 5 unavoidable facts becomes glaringly apparent to a bereaved person. Everything has changed and there are many painful endings that are neither fair nor planned. Bereavement is not for the faint of heart!

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When in grief, we need to remind ourselves that humans are resilient. We are “hard-wired” to survive the upheaval and anguish of grief. Over the ages, humans have adapted new ways of being in the world. We can do this. Resilience is not something we either have or we don’t; it’s something we learn and cultivate within ourselves.

The American Psychological Association offers a brochure, *The Road to Resilience*, which details ways to build resilience. These include:

- Make connections to others.
- Avoid seeing crises as insurmountable problems.
- Accept that change is a part of living.
- Move toward your goals.
- Take decisive actions.
- Look for opportunities for self-discovery.
- Nurture a positive view of yourself.
- Keeps things in perspective.
- Maintain a hopeful outlook.
- Take care of yourself.

These suggestions help bereaved people draw on the strength that’s already within them. Grief support groups can be particularly helpful because they provide opportunities to explore these issues while connection to others facing similar situations.

Coping Through Prayer

“For those of us who have faith in the healing power of God, great consolation can come to us through prayer. Like food for the heart and soul, prayer is a way of strengthening and fortifying us during the long famine of our grief. For many of us, survival during these desolate times is dependent on the Sustaining nourishment we receive from our prayers. Praying is a way of coping with our trauma; it allows us to move outside our pain and seek relief in a source larger than ourselves.”

Spirituality in the many forms in which it comes is often a very helpful source of strength. It can offer socialization if you participate in organized religious events. It can also be a time and space to “voice” things that you are reluctant about. Regardless of your affiliation, prayer or meditation is an excellent way to connect with what is going on with your feelings and thoughts.

If you don’t subscribe to any religious or spiritual beliefs it still may be beneficial to sit quietly, take a couple deep breaths, and observe your thoughts as they come to you without judging them. Different mindfulness practices such as these have been shown to help improve both mood and physical complaints.

The Tri-Town News

THURSDAY, JANUARY 15, 2015



Grinch Strikes Afton \$100 Reward Offered

AFTON - The Grinch struck Afton this year when three painted figures from the creche (manger scene) at St. Ann’s Episcopal Church were stolen.

These figures were Mary and the Baby Jesus, the shepherd and a lamb. The figures were cut out and painted by two former parishioners, over 40 years ago and both of them are now deceased.

They have no intrinsic value to anyone but St. Ann’s Church for the manger scene.

The church is offering a \$100 cash reward, no questions asked, for information leading to the recovery of these stolen figures. Here is a picture of the complete manger scene, before the theft.



Address label here

Worship Service: Sunday 9:15 am

Tracey Tallmadge

Wardens: Betty Vail

Clergy: The Rev. David A. Hanselman

SHARING GOD'S LOVE IN OUR
COMMUNITY THROUGH PRAYER, STUDY
AND ACTION

Afton, New York 13730

P. O. Box 22

St. Ann's Episcopal Church

The Final Word



This is a reprise of a commentary that was written for the Jan. 2006 issue.)

Epiphany - 1. A feast celebrated Jan. 6th, commemorating the coming of the Magi as being the first manifestation of Jesus Christ to the Gentiles..

manifestation—an act of being evident to the senses, especially to the sight.

As Christians we believe that God became manifest in the person of Jesus Christ. That is, God became visible to people by taking the form of Jesus Christ, calling himself “the Light of the World.” And in the beginning of his Gospel, John says, “The light shines through the darkness, and the darkness can never extinguish it.”

Think about light. It can't be seen unless it is reflected off something, be it a particle of dust or an object like the moon.

Furthermore, in the absence of light, we are unable to see and are likely to stumble around, bumping into things and possibly injuring ourselves..

Isn't God much like that? We can see Him only when His love is reflected by others. Likewise, it is only when we live our lives based on God that others will see God in and through us. Without God, we stumble through our lives, running into things and often getting hurt.

With Jesus, the Light of the World, we are able to see, and when we see, we don't get hurt as much!

PCV