

Sharing God's Love in Our Community Through Prayer, Study and Action

St. Ann's Episcopal Church in Afton, NY

(Member of the Chenango District)

The Parish News

www.stannsaftonny.org

The Newsletter of St. Ann's Episcopal Church, Afton, NY

Clergy: **The Reverend Fr. David A. Hanselman** Cell: 761-4601 Office: 656-9502

If you desire Father David to visit you or give you a call, please contact him at one of the numbers above.

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

Wardens: **Betty Vail: 639-1201 Tracey Tallmadge: 343-1301**



Hey folks! It's April! Now, we all know "April showers bring May flowers" but I'm very hopeful that we all also know what "May flowers" bring! Hint: "Mayflowers"...

By now, each parish has had an experience of sharing God Moments. I've been thinking I'd like to try to share our experiences of God Moments on a more regular basis. Maybe during announcements.

For those of you who haven't heard of God Moments, let me backtrack a little and tell you. Hopefully by now you've all heard of the Learning Communities Initiative (LCI) the diocese began last year, has continued this year and will continue to support and encourage in the years to come.

LCI is based in large part on the book *The Agile Church*, but LCI calls for volunteers to agree to meet occasionally, practice learning how to listen to others and speak to others about our faith and to plan on ways we can present ourselves to our communities so that we might learn more about our communities, and our communities might be able to learn more about us.

I've said it before and I'll keep saying it, to my mind, LCI is a wonderfully Anglican way of evangelism – non-confrontational, based on invitation, prayerful and prayer-filled. Also, unlike so many programs from the past, LCI doesn't make promises about "putting butts in the pews". What it does promise (bc it can deliver), is that by working together in the way it recommends, we can be absolutely certain that we are fulfilling our Baptismal vows and being as faithful as we can. We're planting seeds. If the seeds find rocky soil or fertile soil, that's really up to God.

Well, one of the spiritual exercises LCI has us practice is exactly what each parish has had a taste of in the last few weeks – sharing God Moments.

All of us, at some point or another in our lives (and whether you remember it now or not) have had some really interesting experience in which we were absolutely certain that something very special just happened. A kind word or helpful hand from a stranger. An animal taking a moment from its life to look us in the eye, a momentary connection between our lives and their lives. Moments of kindness, generosity, good will. Let us recognize these moments for what they are – God Moments – and simply share our experiences with one another.

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!

Service Schedule						
Date	Service	OT Reader	Epistle Reader	CS	EM	Acolytes
Apr 7	HC	B.Vail	J.Rettberg	BV	JR	B.Vail/Tracey
Apr 14	HC	T.Tallmadge	R.Felldin	RF	CC	Tracey/B.Vail
Apr 18	HC	7 PM Maundy Thursday	TBA	-----	-----	A.Cimini
Apr 19	HC	7PM Good Friday	TBA	-----	-----	-----
Apr 21	HC	D.Vail	R.Felldin	RF	DW	B.Vail/Tracey
Apr 28	MP	C.Tarvin	D.Vail	DV	----	D.Vail
May 5	HC	A.Cimini	C.Tarvin	AC	CC	B.Vail/A.Cimini
Church School		Morning Prayer		Food Pantry		
Apr 7	R.Felldin			Apr 8	Kerri Vail & Kids	
Apr 28	B.Vail	Apr 28	M&C Cimini	Apr 10	J.Rettberg & M.Kelly	
Lectionary (Year A)						
Date	Service	OT Reading	Psalm	Epistle Reading	Gospel Reading	
Apr 7		Isaiah 43:16-21	Psalm 126	Philippians 3:4b-14	John 12:1-8	
Apr 14 Palm Sunday		Isaiah 50:4-9a	Psalm 31:9-16	Philippians 2:5-11	Luke 22:14-23:56	
Apr 18 Maundy Thursday		Exodus 12:1-4, (5-10), 11-14	Psalm 116:1-2, 12-19	1 Corinthians 11:23-26	John 13:1-17, 31b-35	
Apr 19 Good Friday		Isaiah 52:13-53:12	Psalm 22	Hebrews 10:16-25	John 18:1-19:42	
Apr 21 Easter		Acts 10:34-43	Psalm 118:1-2, 14-24	1 Corinthians 15:19-26	John 20:1-18	
Apr 28		Acts 5:27-32	Psalm 118:14-29	Revelation 1:4-8	John 20:19-31	
May 5		Acts 9:1-6, (7-20)	Psalm 30	Revelation 5:11-14	John 21:1-19	

Altar Duty for the month of April – Betty Vail, 639-1201. *Please note: There will be no flowers on the Altar during Lent, which began March 6, 2019.*

St. Ann's Prayer List for April 2019

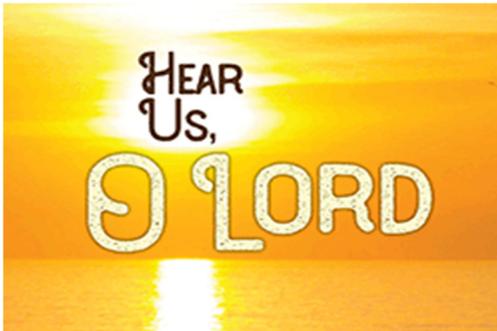
It has been suggested that the names of individuals on the parish prayer list be included in the newsletter. A current listing follows. The names listed are not necessarily members of the parish and may include individuals or other requests for which we have been asked to pray. The clergy persons of 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. Please note: Long term names will be left on the list indefinitely, short term names for two months unless updated.

Short Term

Raevin
 Bill
 John
 Jason
 Pat
 Chuck
 Lucian
 Lisa
 Tina
 Doris
 Cindy
 Pat & Jim
 Alex
 Janet
 Craig
 Duane
 Linda

Long Term

Fr. David Hanselman
 Fr. Steven White
 Deacon Kay
 Pastor Becky
 Rev. Elizabeth Gillett
 Fr. Geoff Doolittle
 Very Rev. Dr. DeDe Duncan-Probe
 Bishop Michael Curry
 The Revs Ralph & Liz Groskoph
 Emmanuel Church
 Epiphany Church
 Zion Church
 St. Paul's Church
 St. Andrew's Church
 St. Matthew's Church
 St. Peter's Church
 Carol
 Peter
 Joyce
 Mya
 Holly
 Cindy
 Lois
 Hailey
 Clifford
 Richard
 Bill
 Kevin
 Dakota
 Nate
 Marion
 Amaya
 Bonnie



The General Theological Seminary of the Episcopal Church, the Episcopal Divinity School. The Learning Communities Initiative of the Diocese. The following prayer 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, soothe the suffering, pity the afflicted, shield the joyous: and all for your love's sake. Amen.*



If you desire an Easter Lily in memory of a loved one, please contact Betty Vail at 639-1201 no later than Friday, April 12th.



A big THANK YOU to everyone who cleaned brass on Sunday, March 24th. This is a great time for everyone to visit with one another and have a few laughs.



Bible Study continues on Wednesday evenings at 6 p.m. This year we are asking those who plan to attend to bring a sandwich and share some time together before the program begins. The program will begin at 6:30 and will finish by 7:30. Father David will present Diarmaid MacCulloch's A History of Christianity – The First Three Thousand Years. This Bible series will end the evening of April 10th.



4/9 Jane Seacat
4/25 Kerri Vail



4/23 Denise & Amy Weiber
Carol & Mado Cimini



Its date is variable and all other movable feasts are dependent upon it. Easter occurs the first Sunday after the first full moon after the vernal equinox, March 21.

On Palm Sunday Christ made His triumphal entry into Jerusalem.



All who heard him were amazed...

Luke 2:47, NRSV



On Monday and Tuesday he taught in the Temple.



On Wednesday He rested at Bethany.



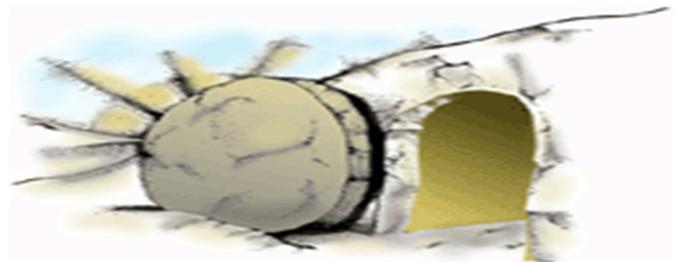
Thursday He returned to Jerusalem, ate the Last Supper with His disciples, and was betrayed Judas.





Friday he was crucified

Saturday his body laid in the tomb



EASTER
the Festivals” of the Church Year commemorates the resurrection of our Lord.

The “Queen of

Want to live longer, consider joining a church

People who are religious live an average of four years longer than those who have no ties to religion, a study recently published in the journal *Social Psychological and Personality Science* states. The researchers analyzed the obituaries of more than 1000 people around the country and adjusted for other factors that can affect lifespan, including the gender and marital status of the deceased.

"Religious affiliation had nearly as strong an effect on longevity as gender does, which is a matter of years of life," said Laura Wallace, lead author of the study and a doctoral student in psychology at The Ohio State University.

This isn't the first study that has tied religious belief to living longer. People who go to church at least once a week, are at a 33% lower risk for death, a 2016 study of more than 75,000 people found.

Researchers believe the health benefits of religion have to do with its ties to volunteering and being part of a community. Strong social ties can boost survival rates by 50%, a survey of more than 100 years of research released in 2010 found.

Harvard scientists say these things can prolong your life by a decade: "We found that volunteerism and involvement in social organizations only accounted for a little less than one year of the longevity boost that religious affiliation provided," they said. "There's still a list of the benefit of religious affiliation that this can't explain." The benefits could come from meditation and other stress-reducing practices, including prayer, and faith in a higher power, the researchers said. Some preliminary studies have shown that meditation leads to fewer deaths from heart disease and cancer, though their sample sizes were relatively small.

People who abandon their religious practice put themselves at risk for an earlier death, said Howard Friedman, a health psychologist and professor at the University of California, Riverside. He conducted similar research, reported in his book on "The Longevity Project," including a study of 1,528 men and women followed from their childhood until their deaths. "It is also partly the good health habits often fostered by religious practice, but especially the social engagement that is so much a part of religious community, that are the likely explanations for the health of many religious folks," he said.

Peer pressure to live a healthier life may also help. Other factors related to religion that could boost longevity include abstaining from unhealthy habits like drinking and drugs, according to the researchers. Not drinking or smoking are two of five health habits pinpointed by a study released in June that can help people live up to 10 years longer. The other three healthy habits are eating a healthy diet, exercising 30 minutes a day, and maintaining a body mass index between 18.5 and 24.9. Men and women who make these lifestyle changes are 82% less likely to die from cardiovascular disease and 65% less likely to die from cancer, the study found.

Taking a daily constitutional also helps. Walking at an average pace was linked to a 20% reduction in the risk of mortality compared with walking at a slow pace, while walking at a brisk or fast pace was associated with a risk reduction of 24%.

Just one more reason to attend church regularly.

The Final Word (Reprint from 2016)



Then Jesus told him, "you believe because you have seen me. Blessed are those who haven't seen me and believe anyway".

John 20:29

In the Gospel reading for Easter 2, Jesus addresses a human characteristic that I suspect most, if not all, of us experience at one time or another. It is called doubt and it occurs when we do not have enough information to convince us of something. As for Thomas, he was being asked to believe something that was unheard of in his experience. And what does he do? He declares what it will take to assuage his doubts. And what does Jesus do? He offers Thomas the opportunity to do exactly what he had specified would be required to satisfy his doubts. The author of John's Gospel doesn't make it clear whether or not Thomas took Jesus up on his invitation, only that the offer was made.

So where does that leave us? Our doubt may be ok especially if it prompts us to get more information. Regular study of the Scriptures and other Christian literature can have only a positive effect on our spiritual journey. And as we get to know God, Jesus and the Holy Spirit better and better, our doubts will disappear and be replaced by a growing faith that God is always with us and will give us all that we need for living a godly life. What more can we ask?

PCV

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P. O. Box 22
Afton, New York 13730

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COMMUNITY THROUGH PRAYER, STUDY
AND ACTION

Clergy: The Rev. David A. Hanselman

Wardens: Betty Vail
Tracey Tallmadge

Worship Service: Sunday 9:15 am

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