

**Mission Statement for St. Paul's: To proclaim God's love
by word and example and to seek Christ in one another.**

St. Paul's Episcopal Church, 276 Church Street, Montrose, PA 18801

Office 570-278-2954, Mon. to Thu. 8:15am to 1:00pm

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<http://stpaulschurchmontrose.org>

<https://www.facebook.com/stpaulsmontrose>

Mar 17 - 23, 2019 Upcoming Events

(Events are at St. Paul's unless specified otherwise)

- Tue. Mar 14 Vestry Mtg. at 5:30pm
- Sun. Mar 17 at 10:00am Holy Eucharist with Rev. John Wagner
- Tue. Mar 19 Stations of the Cross at 5:00pm followed by soup and salad supper at 5:30pm and lay-led Lenten Bible study
- Sun. Mar 24 Visitation with Confirmation and Reception by Bishop Kevin Nichols followed by a coffee hour luncheon
- Sun. April 7 Joint Service at St. Mark's followed by lunch
- April 18 Maundy Thursday service 6:00pm with Fr. Charles Cesaretti officiating
- April 19 Good Friday Cross Walk at noon and service at 6:00pm with Fr. Charles Cesaretti
- Sun. April 21 Easter Eucharist at 10:00am

Readings for this week

First Reading: Genesis 15:1-12,17-18

Psalm: 27

Epistle: Philippians 3:17-4:1

Gospel: Luke 13:31-35

Thanksgivings: *Accept, O Lord, our thanks and praise for all that you have done for us, especially during this past week. Amen.*

This Week's Lay Ministers:

Altar Guild: Esther Welden & Carol Marker

Announcements: Lynne Graham

Camera & Broadcast: Al Leigh & Andrew Wurth

Acolyte: Benjamin Zalewski or Sean Eckert

Counters: Karen Blye-McAbee & Sandy Seeger

Chalice Bearer: Lynne Graham

Lector: Catherine Hammons

Intercessor: Rita Leigh

Greeter/Usher: Maggie Sock & Nancy Dooling

Hospitality: Carol & Jack Lasher



Bishop Kevin Nichols will visit St. Paul's on Sunday, March 24. We are honored to be one of the first churches on the Bishop's list of visitations



The After Party

All singular events have a party afterwards to celebrate, and the visitation of Bishop Kevin is no exception! On March 24 we will have a special coffee hour to honor our special guest.

One of St. Paul's gifts is knowing how to feed people. Coffee hour will be a pot luck brunch. Martha is coming beef for corned beef sandwiches. Please bring a dish to share that is "breakfasty" or will add to the lunch. Together, we will have a feast, and meet and greet our new Bishop.

Ever Wondered What Lent Is or What Those Ashes Mean?

Lent is the six-week period leading up to Easter. It is one of the most important times of year for many Christians around the world. Lent is generally seen as a time of solemn preparation for the observance of the death of Jesus on Good Friday and His resurrection on Easter. From its start on Ash Wednesday until its end on Easter Sunday, Lent is a traditional time for fasting and prayer. Many follow a routine of giving something up or adding something positive (such as Bible reading) to their daily life. Just as we carefully prepare for events such as weddings or birthdays in our personal lives, Lent invites us to make our minds and hearts ready for remembering Jesus' life, death and resurrection. Ashes imposed on the forehead (which is optional) symbolize human mortality and a call to repentance, i.e., to live according to God's ways.

St. Paul's Cycle of Prayer: William Newlin Jr.; Elaine Petrzala; Sandra Seeger; Anne Shafer



Envelopes for Easter Flowers are available at the back of the church. Easter Lilies are \$20.00. I will need all envelopes to the office by Sun. April 25th for Memorials to be in the Easter Sunday Bulletin.



Lenten Bible Study Begins

Please join us for any or all parts of each Tuesday evening in Lent. We begin our evening with reading the Stations of the Cross in the sanctuary at 5 p.m. This is a beautiful tradition of reading, quiet reflection, and prayer as we use the carved images of Christ's passion on the church walls to focus our thoughts. At 5:30 p.m we sit down to a simple supper of soup, salad and bread which is provided by volunteers on a rotating basis. The fellowship is fun and it's a great opportunity to taste some new and different soups. After our meal, we begin a Bible study, again, led by volunteers on a rotating basis. The lessons are printed out in advance and they offer guidance in leading the study and questions for the group to discuss. You may bring a Bible or use one from the shelves in the Guild Room. The study is not too academic or intimidating but offers us a chance to discuss how our lives relate to the scripture verses. There are no right or wrong comments and, if you are new to reading the Bible, this session is a great introduction with friends you can trust.

Centering Prayer is Alive and Well

Be still and know that I am God. Psalm 46:10

In the fall we made the conscious decision to re-think our practice of holding Centering Prayer in the sanctuary at noon on Wednesdays. Now, in the penitential season of Lent, we hope to encourage folks to join us in prayer at noon on Wednesdays in their homes or places of work. We will come together in the church for prayer at noon on the Wednesday of Holy Week and thereafter on the last Wednesday of the month.

The following are four guidelines to Centering Prayer:

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably with eyes close, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts (including body sensations, feelings, images, and reflections) return ever so gently to the sacred word.
4. At the end of the prayer period (20 minutes is suggested), remain in silence with eyes closed for a couple of minutes.

During your prayer time, think of each "thought interruption" as an opportunity to return to God.

On Ash Wednesday, we are invited to the observance of a Holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. Centering Prayer offers quiet time to sit with God.

Adapted from Cynthia Bourgeault, [The Heart of Centering Prayer: Nondual Christianity in Theory and Practice](#) (Shambhala: 2016)



Bread Collection Update

As you know, St. Paul's started a second collection on Sundays to provide money to buy bread for the Montrose Mobile Food Pantry once a month. We expected the cost to be about \$250 a month and that has been our goal. The monthly distribution takes place on the second Friday of each month. Thank you for your generosity. The recipients of the Food Pantry services are depending on us.

Mark Your Calendars

They are a way off yet but mark your calendars! Two St. Paul's parishioners will be doing classes through the Montrose Area Adult School this spring. At 6:30pm on April 9, 2019, Dan Graham, who writes about and speaks on the Colonial Pennsylvania iron industry, will be discussing the history of cast iron stoves in Pennsylvania including Ben Franklin's famous stove. Additionally, at 6:00pm on May 2, 2019, Master Gardner Nancy Dooling will present "What Kind of Butterfly is That" at the Penn State Extension Office on Chenango Street. Plan to come and enjoy the evening. You have to register through the Adult School.

For those who are ill or have requested our prayers: Margaret Burgh, Brad Darde, Kathy Warriner, Joe & Esther Welden, Charlotte Eckert, Alice Wood, Charlotte Ellis, Esther McLaughlin, Jeanette, Jeanne & Bart Conklin, Steve Kupscznk, Kristina, Richard Marker, Martha Kupscznk, Andrew, Gaby Warriner & Carol Marker.

Church Closures please turn your radio dial to WPEL 96.5 FM. We will announce any closure of our church service on that station.

Our collections for the Trehab Food Bank & Women's Resource Center are the first Sunday of every month. Blessings and thanks for your support and participation.

Pastoral Emergency: call the parish office during office hours. After hours, you may call Lynne Graham at her home 570-934-1160.

Our thanksgivings: We give thanks for Gregory Maxey, Edgar Warriner, Katherine Warriner and Elaine Petrzala who celebrate their birthdays this week. *O God, look with favor, we pray, as Gregory, Edgar, Katherine & Elaine begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life. Amen.*

We give thanks for those celebrating wedding anniversaries this week. *Grant o God, in your compassion, that those celebrating wedding anniversaries this week may live out the covenant they have made. May they grow in forgiveness, loyalty and love, and come at last to the eternal joys which you have promised through Jesus Christ our Lord; and may the blessing of God, the Father, the Son and the Holy Spirit be with them this day and forever. Amen.*

Sleeping Bag Ministry Requests:

NEEDED items are: warm hats, gloves and scarves. Fabric yardage, 1 yard minimum blankets and flat sheets (no fitted sheets please) sample size soaps, shampoo, tooth paste mini size tissues Items need not be

perfect, only Clean. We are OVER STOCKED with toothbrushes, socks, and neckties. Thank you to everyone who works to make this ministry possible and all are welcome to join us on the second Wednesday and second Saturday of each month downstairs in Rm. #1. No sewing, ' only need to tie a knot !!!!!

Send Communications: minutes, special events etc. to the office, for the parish office to disperse.

St. Paul's Altar Flowers: If you wish to reserve, a Sunday please sign-up on the sheet at the back of the church. Then fill out an Altar Flower Card. Please use one card for each request, enclose your check for \$36.00 with the card in the envelope provided, and place it in the offering plate or send it to the parish office prior to the week that you are doing flowers. For those wishing to supply your own flowers please sign up on the sheet at the back of the church and fill out an altar flower card indicating you will do your own flowers. Thank you!

2 Photos this week.

Churches Combine for Ash Wednesday Service

The Rev. Elizabeth Moulton celebrated a combined Ash Wednesday Service for St. Paul's, St. Mark's New Milford, and Christ Church Susquehanna on Ash Wednesday, March 6th. We hope to continue with more joint services and events on a regular basis.

