



276 Church Street, Montrose, PA 18801  
Office 570-278-2954, Mon. to Thu. 8:15am to 1:00pm  
Click on link to email St. Paul's: [stpaulsmontrose@epix.net](mailto:stpaulsmontrose@epix.net)  
Click on link to go to our Website: <http://stpaulschurchmontrose.org>  
Click on link to go to our Facebook Page:  
<https://www.facebook.com/stpaulsmontrose>

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

**Feb. 7 - 13, 2021**

**Morning Prayer Sun. Feb 7 at 10:00am**  
online <http://stpaulschurchmontrose.org>

**This Week's Lay Ministers:**

Altar Guild: Sandy Seeger & Marsha Jones  
Announcements & Lector: Lynne Graham  
Officiant: Tom Undercoffler

**Readings for this week**

First Reading: Isaiah 40:21-31  
Psalm: 147:1-12, 21c  
Epistle: 1 Corinthians 9:16-23  
Gospel: Mark 1:29-39

**"VIEW FROM THE PEW"**



It's snowing! Again! Oh boy...make no mistake, it's winter here in Susquehanna County, PA. I guess we are in for a big storm according to the news.

It seems like weather is always a good ice breaker (excuse the pun). I worked in a bank for 45 years and if you wanted a weather update you could go to a bank. The weather

was a safe, easy, universal topic of conversation. By the end of any given day, the tellers had many opinions as to what the weather was and what it was going to be.

My job was to build a rapport with my customer, help them to feel at ease and secure with them entrusting the bank with their money and information.

I suppose this is why I worked in a bank all those years. I enjoyed talking and visiting with almost every single person that came thru the doors. Visiting with people is my forte'; it comes easy to me, and is most annoying to many of my family. My family doesn't like to go to the market with me because I have to stop and talk to everyone I know or might not even know, but strike up a conversation with. I understand it might be annoying to them, but for me it is like breathing. I wouldn't think of passing someone I know or even don't know without at least smiling at them or saying hello. Hugging is better. I guess you could say I'm a people person. I have come to know that its true that we are all connected in the fact that God created all of us and we have that, at the very least, as commonality. But I believe that there is much more to that common thread. We as Christians, are asked by God to love Him and love others as He has loved us. Believe me, I know there are some very difficult to love, but that's where we as Christians make the most impact and bring the most glory to God. Loving people that are lovable is easy and we almost can't help ourselves in that endeavor, but loving the unlovable.....that's where we need Gods help, that's where God shines thru us; he does thru us what does not come easy for us humans. What we can't do, He does for us, and brings glory to His name.

And they will know we are Christians by His love shining thru us....And they will know we are Christians by our love.

During this time of seclusion and isolation please know that God is still with us, loving us thru each other. This struggle is strengthening us and we will come thru it with a new appreciation of spending time together. I'm so looking forward to it!! I love you all,

Karen Blye-McAbee

### **And to dust you shall return**

Necessity is the mother of invention. So, through some online investigation, I have learned that the service for Ash Wednesday may be lay led. This year, leadership for our Ash Wednesday livestream service on February 17 at 7:00 p.m., will be shared by the Sr. Wardens from Christ Church, St. Mark's, and St. Paul's. The service is not long, but it is powerful as it invites us to the observance of a holy Lent. We read a short history of Lent and follow, if one so chooses, with the imposition of ashes.

**Ashes will be available for self-imposition at home by calling the office at 570-278-2954. You may either pick them up during office hours or ask, by February 11, for them to be mailed to you.**

The service then continues with Psalm 51 and a Litany of Penitence. The readings set a solemn tone for the 40 days of Lent (which do not include Sundays.) Observance of this season by self-examination and repentance; prayer, fasting and self-denial; and by reading and meditating on God's holy Word, prepares us for the joy of celebrating Easter. Join us online as we begin this holy season.

Lynne

### **Pancake Supper Canceled this Year**



A St. Paul's tradition has been that the men of the parish cook a pancake supper on the Tuesday night before Ash Wednesday. It's Marti Gras. However, due to Covid restrictions, it is canceled this year. It would have been on February 16<sup>th</sup>.

**FEBRUARY SATURDAY EVENTS**

## **BLACK HISTORY MONTH**

The Diocesan Task Force for Racial Justice and Reconciliation invites you to join us for virtual time of prayer, learning with experts, and reflection!

**Saturdays 10:00am - 11:30am**

**FEBRUARY 6TH, 2021**  
RABBI SHOLOMO LEVY  
PROFESSOR OF HISTORY AT NORTHAMPTON COMMUNITY COLLEGE

**FEBRUARY 13TH, 2021**  
REV. GREGORY EDWARDS  
SENIOR PASTOR, RESURRECTED LIFE COMMUNITY CHURCH, UCC

**FEBRUARY 20TH, 2021**  
ELENA FITZPATRICK SIFFORD, PH.D.  
ASSISTANT PROFESSOR OF ART HISTORY AT MUHLENBERG COLLEGE

**FEBRUARY 27TH, 2021**  
RAYAH LEVY  
HEAD OF ADULT SERVICES AT THE BETHLEHEM AREA PUBLIC LIBRARY

**For more Information contact Sandy Milien at: [sandy@diobeth.org](mailto:sandy@diobeth.org)**

### **It's Winter Time**

It's winter time in Montrose and with it comes snow and ice. If you are at church and the walks could use some salt, we have a broom and salt bucket at each door.

## MONTHLY FOOD DISTRIBUTION SUSQUEHANNA COUNTY

**First Wednesday of the Month:** Free Soup Dinner St. Paul's Episcopal Church 4:30-6:00 p.m.

**Second Friday of the Month:** Montrose Mobile Food Pantry South Montrose Community Church 11:30 a.m.-3:00 p.m.  
Registration required by calling 570-533-3980

**Third Monday of the Month:** Free Soup Dinner South Montrose Community Church 4:30-6:30 p.m.

**Fourth Friday of the Month:** Food Distribution Endless Mountains Health Care

2:00-4:00 p.m. Registration required by calling 570-278-5529 or email at panderson@Endlesscare.org

**\*\*Please note** that the Free Soup Dinners are take-out only during the pandemic\*\*

### YOU ARE INVITED TO STAY CONNECTED DURING LENT

The Episcopal Church in Upper Susquehanna County invites You to Observe Lent and Stay Connected.

As you know, during Lent we recommit to Christian practices such as prayer, almsgiving, fasting and reconciliation to prepare us for the mystery of Easter. Through these practices, we deepen our commitment to the Christian life. We offer some Lenten resources to help you and your family set aside time to prepare and reflect.

### Stay Connected with Worship - Ash Wednesday

You are invited to begin Lent by attending an Ash Wednesday worship service with us online on February 17th . The service begins at 7:00 p.m. Just log onto the St. Paul's Episcopal Church (Montrose) website at <https://stpaulschurchmontrose.org/wp/> and click on "Live Stream." A service bulletin is

available from the website homepage under "Recent Posts."

The service will be conducted by the senior wardens of the churches in Montrose, New Milford and Susquehanna. Ashes will be made available by the wardens to parishioners who wish to impose ashes while viewing and/or listening from home.

If you prefer to listen to the service by telephone, call in at 1-646-876-9923, and enter meeting ID 978 489 1082 or visit [www.facebook.com/stpaulsmontrose](http://www.facebook.com/stpaulsmontrose) to get details on how to listen in. (The telephone number will be associated with a Zoom meeting but it is not necessary to log onto Zoom via a computer.)

### Stay Connected with Prayer and Spiritual Development

You are invited to explore traditional Lenten disciplines as ways of drawing closer to Christ by attending a free online Zoom event entitled "Grace in the Wilderness" at 7:30 p.m. on four Wednesdays beginning February 24 with the Reverend Mark Michael. Each session is one hour and explores a traditional Lenten practice, its enduring relevance and its practice as an opportunity to learn and grow in these unusual and challenging times. Attend this computer-based event by "going" to the following web address and enrolling yourself individually: <https://www.eventbrite.com/e/grace-in-the-wilderness-tickets-134323155173>  
It is not necessary to attend each Wednesday session.

If you attend "Grace," please inform your Senior Warden (Lynne, Joan or Todd) and you will receive an invitation for a Zoom discussion (among local Episcopalians) scheduled for each Thursday of the prior evening's "Grace" program.

Not interested in a Zoom event? If you don't plan to attend "Grace", we suggest reading "The Way of Love: Practices for Jesus-Centered Life," a guide and curriculum developed by Presiding Bishop Michael Curry.



## **Stay Connected with Our Greater Community**

During Lent, and in preparation for Easter, our parishes will focus on providing an “Easter treat” for the recipients of the Meals on Wheels program in Susquehanna Co. with help from Chocolates by Leopold (Montrose). We would like to provide a couple dyed eggs and a tiny box of candy to each recipient. **A \$500. grant has been offered anonymously to be matched by our parishioners.** This is an excellent opportunity to set aside the money that you would ordinarily spend on treats- candy, sweets, donuts, and soda, etc.- and send it to St. Paul’s office (276 Church St., Montrose, 18801) to help match the grant for our project. Just think! Improve your diet and tackle the Lenten disciplines of fasting and almsgiving all at once!!

## **Staying Connected with Others--More Ideas**

For your consideration, here are some other options for you individually to stay connected with others during Lent. Stay alert and you’ll see some of your fellow parishioners doing these.

### **Shrove Tuesday- Deliver a Gift of Food, Make a Phone Call**

We can’t gather together for pancakes this year but we can pick up a church phone directory and give a phone call to a parishioner, especially those who don’t get out much. Consider safely delivering a gift of food –dessert or “pancake muffins”-- in line with Mardi Gras (Fat Tuesday). Use your imagination.

**St David’s Day (March 1)** – Remember the good deeds of the patron saint of Wales (founder of 12 monasteries) with traditional daffodils. Deliver a bunch to a fellow parishioner or anybody to whom they would bring joy.

### **Mothering Sunday (March 14) – Mothering Sunday is the fourth Sunday of Lent.**

Traditionally, it was a day when children, mainly daughters, who had gone to work as domestic servants were given a day off to visit

their **mother** and family. Because this no longer applies to us, why not send a “thinking of you” card to a resident at Meadow View (or any local nursing home) who has no child to visit. You don’t have to know them; the activities director will see the card gets to the right person.

**Reminder** with winter comes winter weather! If there is ice or snow and there is a question about church being canceled, listen to WPGL at 96.5 FM.

**Pastoral Emergency or Non-Emergency Contact:** you can call the parish office during office hours. After hours call Lynne Graham 570-934-1160.

**Birthdays for February** John Brunner 2/4, Kristina Kinney 2/24, Carol Lasher 2/27 & Nancy Finlon 2/28

**For those who are ill or have requested our prayers:** Margaret Burgh, Kathy Warriner, Naomi Bennett, Rita Leigh, Charlotte Ellis, Charlotte Eckert, Nancy Finlon, Patrick Gallagher, Johanna Masters & Jeannine Ball.

**Our thanksgivings:** We give thanks for those who celebrate their birthdays this week. *O God, our times are in your hand: look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives. 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.*

**Your tithes and pledges** can be mailed to the church office at 276 Church St., Montrose, PA 18801.

**13 Photos this week.**

#### **4<sup>th</sup> Sunday After Epiphany**

##### **THE GOSPEL**

Jesus and his disciples went to Capernaum; and when the Sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

*(Mark 1:21-28)*

#### **Fr. Bill's Morning Prayer**

February and the snow has and is falling. We rise hoping to pray, shoveling and snow-blowing, but more comes down. We are in the depths of Winter. T'is February. No one writes poems about February. There is no green. Even Gilbert the cat is hiding and the house takes on a warm glow shrouded as it is in this white thick blanket of snow that keeps the heat in and the cold at bay. T'is February. The Snow-Plow went by. He is running late. Schools are closed and the nurses have slept over. Everything is closed with the churches picture perfect all a splendor in their Winter garb.

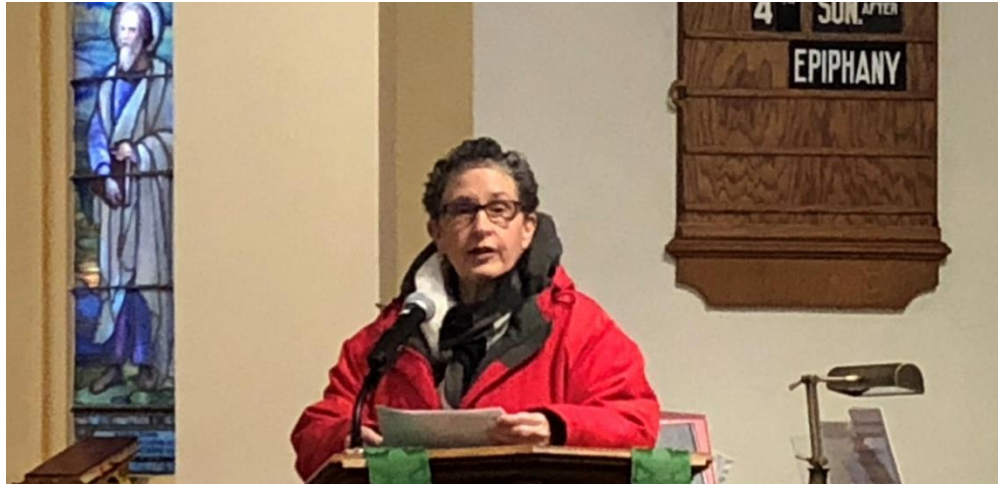
Thank you Lord for Winter. We have Seventeen days till Lent. Seventeen days of Epiphany left to contemplate, Incarnation and that festive season that is now trailing far behind us. The lights and decorations have gone into boxes and we have been left alone with you on that shore of Galilee. Before we begin Lord, I need to know, that you will arm us before this journey to follow you. The year is young, as once we were, yet each year you challenge us to take up your cross and your word and head out on that road to find you amid the desolate wastelands of our world. ---I fear you let me down in the past Lord! ---I needed virtues!

Lent will come all too soon when we will bare our souls for six long weeks of penance and regret. Till then can you cheer us with your love and gifts here in this Winter of February? We promise that we will be better and yes, we will again, follow you! Just try not to make it so difficult this time. Amen.

*Fr. William McGinty (Fr. Bill) of Christ Church, Forest City, writes a daily Prayer that he sends out in Email. If you would like to be on Fr. Bill's list just let Dan know.*

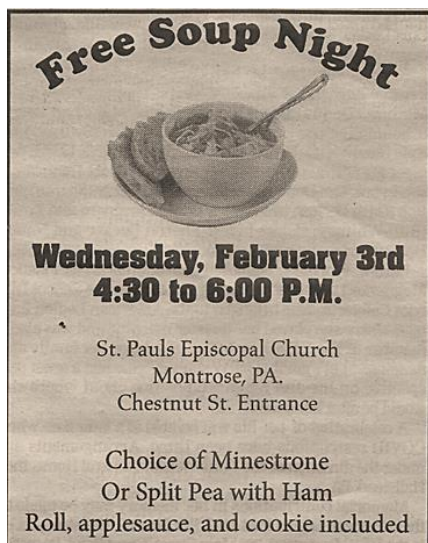
## January 31<sup>th</sup> Service - Brrrr

The January 31<sup>st</sup> live-streamed Morning Prayer service was led by Karen Blye-McAbee. It was the 4<sup>th</sup> Sunday after Epiphany. The readings were done by Lynne. The heat is still broken in the church and it was only 47 degrees at the time of the service. It was so cold, Joyce Printz could not play either the organ or the piano and both Karen and Lynne kept their coats on. As with all our live-streamed services, you can watch it any time on YouTube.



## St. Paul's Drive-Through Soup Night

On Wednesday, February 3<sup>rd</sup>, St. Paul's had their third Soup night. This time, we also had a signup sheet at the Square and a number of their residents received soup delivered to them. A pot of soup was made by new Montrose businessman, Paul Robilotti, along with pots by Karen and Lynne. Vickie donated a pot from Mad House Café. Thanks to John and Ian Warriner, Jack and Carol, Dave and Vickie, and Martha, who provided supplies.







### In the Bleak Midwinter

What's Montrose in the winter without snow? It's been cold. We have had snow on the ground for a while and this week's big storm added more. The walks and parking lot had to be shoveled and plowed twice.

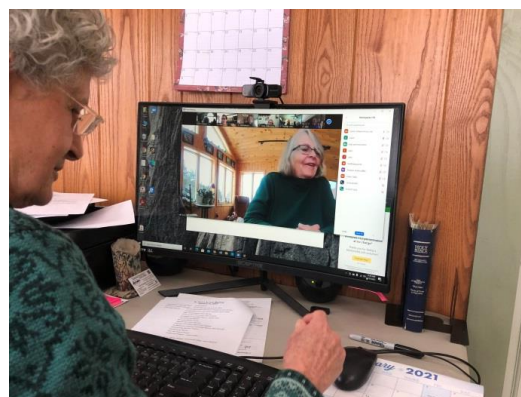
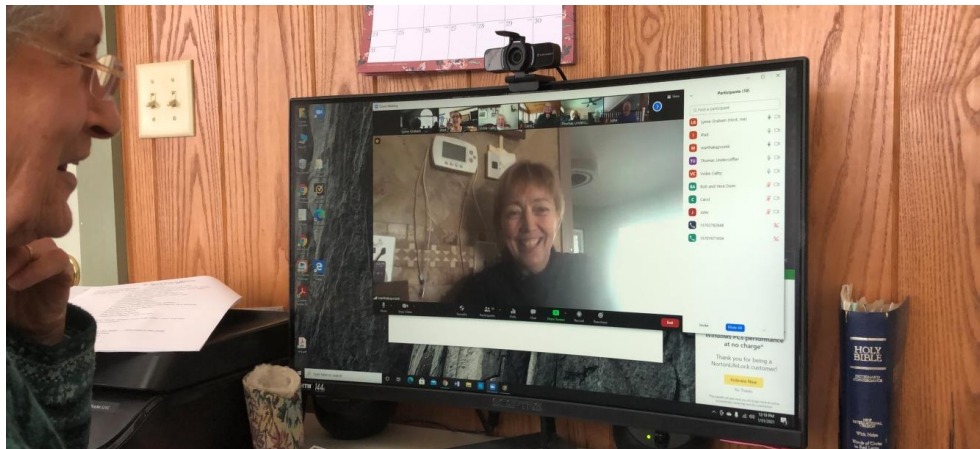


**In the bleak midwinter, frosty wind made moan,  
Earth stood hard as iron, water like a stone;  
Snow had fallen, snow on snow, snow on snow,  
In the bleak midwinter, long, long ago.**



## St. Paul's Annual Meeting Held Virtually

On Sunday, January 31<sup>st</sup>, St. Paul's held our Annual Meeting virtually. It was our church's first Zoom Meeting. Lynne hosted and for our first one, it went very smoothly. The meeting minutes were sent out in advance and several people without computers called in to listen. New Vestry members John Warriner, Tom Undercoffler and Sandy Seeger were elected and a big thank you went out to Martha and Sean for their faithful service. Vera Dunn was elected as our delegate to Diocesan convention. It was good to see everybody, visually or not. We miss being with each other.





## Remember When

“What I like about photographs is that they capture a moment that’s gone forever, impossible to reproduce.”

