



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
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.

March 14 - 20, 2021

**Morning Prayer Sun. March 14 at
10:00am online**
<http://stpaulschurchmontrose.org>



Remember to set your clocks ahead 1 hour.

This Week's Lay Ministers:

Altar Guild: Carol Lasher & Barb Undercoffler
Announcements & Lector: Lynne Graham
Officiant: Todd Moffett

Readings for this week

First Reading: Numbers 21:4-9
Psalm: 107:1-3, 17-22
Epistle: Ephesians 2:1-10
Gospel: John 3:14-21

"VIEW FROM THE PEW"

While I waited for Dan to come out, I positioned my car in the parking lot so I would see him exit the eye doctors' office. What I saw was a profound lesson in the importance of touch. Most of the senior couples walked to their cars holding hands, one helping the other. Young adults clutched the elbows of their grandparent, guiding them along. One person pushing a wheelchair, paused, put a hand on

her charge's shoulder, and spoke in his ear. I was struck by the tenderness of each interaction.

Many studies have documented the importance of touch, not only in humans, but in animals as well. Human contact is a fundamental need of babies. According to an article in *Development and Psychopathology*, in the 1980's, children in Romania living in orphanages more than 8 months showed higher levels of stress hormones and effects of early contact deprivation. Babies with skin to skin contact are calmer and sleep better which facilitates brain development.

Close contact, even in minor ways, releases the hormone oxytocin which activates a feeling of wellbeing and stress relief. I know from my years as a nurse that holding someone's hand or rubbing their back could calm anxiety or reduce pain levels (even without meds, imagine that!!)

All that scientific jargon to say, "we need touch." While, for safety reasons in this pandemic climate, we cannot hug or shake hands, we can bump elbows and smile with our eyes. As with most seasons of waiting, the reward comes at the finish.

"Touch and the world of touch bring us out of the anonymity of distance into the intimacy of belonging... The energy warmth, and invitation of touch come ultimately from the divine. The Holy Spirit is the wild and passionate side of God, the tactile spirit whose touch is around

you, bringing you close to yourself and to others.” *from ANAMCARA, A BOOK OF CELTIC WISDOM by John O’Donohue*

Lynne Graham

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**

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

Important Dates for Lent

March 17

“Grace in the Wilderness” by the Rev. Mark Michael. 7:30 – 8:30 p.m. A discussion of Lenten disciplines. Free to all, but you must register online at

<https://www.eventbrite.com/e/grace-in-the-wilderness-tickets-134323155173>

The day after the session on Thursday 3/18 we will have an online discussion among those of us who attended the previous night’s session.



Opportunity for Lenten Discipline

In preparation for Easter this year, our three Episcopal parishes are providing an “Easter treat” to the recipients and drivers of the Meals on Wheels program in Susquehanna County. Partnering with Chocolates by Leopold, we plan to provide two dyed eggs, some jelly beans, and a five-piece box of candy to each recipient. Diabetics will receive sugar free candy. Also included will be a note letting our friends at Meals on Wheels know that we care about them.

This endeavor is two-fold. First, we are delighted to offer the Easter “baskets/bags” to the recipients and drivers of Meals on Wheels. Secondly, we hope this endeavor will be more meaningful than just writing out a contribution check. When viewed as a Lenten discipline, our donations are a symbol of sacrifices we have made during Lent and an opportunity for giving to our neighbors.

At the end of Lent, please send whatever you have saved up from your observance of Lent in a sacrificial way to St. Paul’s office. 276 Church St., Montrose, 18801. May you continue to have a Holy Lent.

March 28 Palm Sunday

April 1 Maundy Thursday

Watch for details on our Holy Week service schedule.

April 2 Good Friday

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.

Birthdays for March: Betty Smith 3/15, Greg Maxey 3/19, Edgar Warriner 3/20, Katherine Warriner 3/21, Elaine Petrzala 3/22, Robert Kuhn 3/24 & Tom Undercoffler 3/30.

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.

Reminder! If there is ice or snow and there is a question about church being canceled, listen to WPEL at 96.5 FM.

It's Winter Time If you are at church and the walks could use some salt, we have a broom and salt bucket at each door.

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

9 Photos this week.

THIRD SUNDAY IN LENT

Stop making my Father's house a marketplace!

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken. (*John 2:13-22*)

Fr. Bill's Morning Prayer

In this grey cloudy morning, we rise to pray with all our hopes and aspirations in your hands Lord Jesus Christ. In a difficult week, we thank you for the smallest of victories and how at times you have saved us from stumbling. We pray today for all who seek your help, need our pray, struggle with problems too great for their coping.

"Hear this all you peoples;

*hearken, all you who dwell in the world,
you of high degree and low, rich and poor together.
My mouth shall speak of wisdom,
and my heart shall meditate on understanding.
I will incline my ear to the proverb
and set forth my riddle upon the harp.
Why should I be afraid in evil days,
when the wickedness of those at my heels surrounds me.” (Ps. 49).*

Give us this peace, love and mercy in our lives too Lord. Confirm in us the wisdom of your cross, that marks us with repentance, washes us with your Baptism and seals us as belonging to your kingdom. For we tire of the values of this world and the wisdom of the strong and mighty. In this Lent allow us to throw off the shackles of this world for the simplicity of following you and your word only. 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.

THIS WEEK

March 7th Service

The March 7th live-streamed Morning Prayer service was led by John Warriner. It was the third Sunday of Lent. The announcements and readings were done by Lynne. Mary Ann Dewitt played the organ Prelude, Organ Meditation and Postlude. Our new dual camera setup worked great. Andrew Wurth now has two cameras to work with and he is shown adjusting the one. The other picture is taken from where the new camera is to give you its perspective on how far we are recording. As with all our live-streamed services, you can watch it any time on YouTube.



March in Susquehanna County "By March, the worst of the winter would be over. The snow would thaw, the rivers begin to run and the world would wake into itself again."

The snow is starting to melt a little bit here although as of early this week, Lake Montrose was still frozen and folks were still ice fishing there on Sunday. But, the warmer weather the beginning of the week went a long way in beginning our march to spring. By Wednesday, the dirt roads had started to thaw a little and yes, if you looked hard where the snow had melted near the church in the Memorial Garden, some crocuses were up. Spring comes late in Susquehanna County.



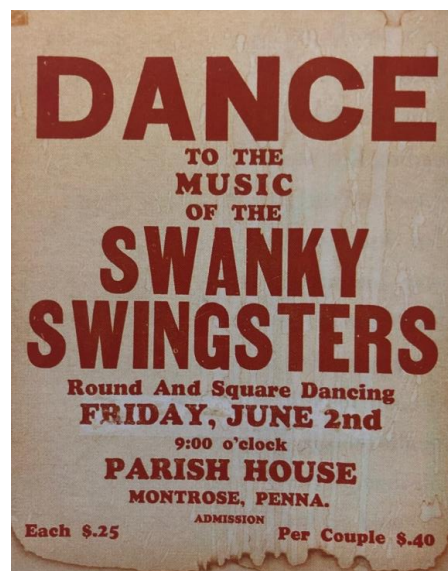
Tissue Boxes at St. Paul's

Several weeks ago, a write up on hand made tissue box holders in the two bathrooms in the basement was included. Several folks responded indicating that the Daughters of the King has a tissue box holder in the back of the church. Yup, they're correct. It is sitting on the table in the back of the church. Do people still make these?



St. Paul's Parish Hall

St. Paul's Parish Hall was built in 1927. The stage and projector room were added so that it could also be used by the Montrose community. For a time, it became the de facto community center. Esther Welden indicated that it was used for all kinds of community functions in those early years from piano recitals to dances. The free movies were a particular hit. A picture of a poster probably from 1937 of a young Joe Welden's band, the Swanky Swingsters, was recently received. His band played at our Parish House that summer and it was a quarter to get in.



Remember When

Lynne, Sandy, Susan and Ginny -- what a team.

