




276 Church Street, Montrose, PA 18801
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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.



Mar. 20 – Mar 26, 2022

In person worship or you can watch live streamed on YouTube. Go to St. Paul's website <http://stpaulschurchmontrose.org> and click this red button  on the front page, which takes you to our YouTube page.

During Lent, starting on Wednesday, March 9, we will have Bible study beginning with a simple soup supper at 5:00. This will be weekly through April 6. Thursday Bible study will be suspended until after Easter.

This Week's Lay Ministers:

Altar Guild: Karen Blye-McAbee, Carol Lasher
Officiant: Rev. Elizabeth Grohowski
Announcements: Lynne Graham
Camera & Broadcast: Andrew Wurth
Lector: Tom Undercoffler

Readings for this Week

First Reading: Exodus 3:1-15
Psalm: 63:1-8
Epistle: 1 Corinthians 10:1-13
Gospel: Luke 13:1-9

View from the Pew

When I was around seven or eight years old, I had my first exposure to death. Our Siamese cat, Gus, had been hit by a vehicle and subsequently died. I had the hardest time accepting this new reality that I had never previously been exposed to before. I remember being out on the recess field at the elementary school I was attending in a state of shock and depression just incapable of facing the truth.

Five or six years later, when I was around 12 years old, our cat (a different cat than the first one above) had caught and killed a mouse, but didn't dismember or mangle it in any way, so to me it was just a regular old mouse just hurt and resting. I wanted to save it, even though it was long past the point of saving. Then I got the idea of healing it and letting it come back to good health in time. All I needed to do was keep it warm and safe - well away from that infernal cat. So, before we set off on a several hour car trip down south, I gathered the mouse up and put it in my left coat pocket, partly to keep it warm and partly to hide it from my parents. By the end of the trip, this stink started to develop, and I realized that the mouse had let go of its bodily functions in my pocket. At that point death had sunk in to me and I realized that you can't bring the dead (the really dead) back to life. Whatever you get is not pretty. Us humans do not, and should not, possess this power, which is reserved to the hand of God, like in this liturgical period of the resurrection of Christ. So with that and

some other baby bird experiments, it was the end of my animal resuscitating days. Sometimes dead is better than what you may conjure up, like in Stephen King's Pet Sematary (as spelled incorrectly on purpose from the point of view of a young child).

Now, 40 some years later it really is just a matter of the natural order of things. My parents had this picture of a dandelion flower and next to it a dandelion seed puff. Below was the inscription from Bob Dylan I believe, which pretty much sums it up, "Those not busy being born are busy dying."

- John Warriner



Reminder with winter comes winter weather! This is just the annual reminder to say: if there is ice or snow and there is a question about church being canceled, listen to WPEL at 96.5 FM.

Birthdays for March: Edgar Warriner 3/20, Elaine Petrzala 3/22, Robert Kuhn 3/24, Tom Undercoffler 3/30.

First Wednesday of the Month on April 6th: Free Soup Dinner at St. Paul's Episcopal Church from 3:30-5:00 p.m. **Please note** that the Free Dinners are take-out only

For those who are ill or have requested our prayers: Margaret Burgh, Naomi Bennett, Rita Leigh, Charlotte Eckert, Nancy Finlon, Johanna Masters, Jeannine Ball, Sandy Nagy, Ray Arcario, Addie Evans, Carol Marker, Ellen Ely & Rebecca Bechtel.

Pastoral Emergency or Non-Emergency

Contact: you can call the parish office during office hours. After hours call Deacon Liz 212-222-8109.

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.



Donations

You can scan the QR Code. Or go to St. Paul's Website and click the Donate Button for online giving. You can mail your tithes & pledges to the church office at 276 Church St., Montrose, PA 18801

8 Photos this week

Second Sunday of Lent, March 13th

THE GOSPEL- Jerusalem, Jerusalem

Some Pharisees came and said to Jesus, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'" (*Luke 13:31-35*)

Mother Liz, View from the Pulpit

A few weeks ago, I suggested taking on a prayer practice to assist you in connecting with God during the season of Lent. Below are the directions for one such practice. If you haven't adopted another one, perhaps you might give it a try.

Receive & Release Prayer Practice

This prayer practice focuses on two words: receive and release. First, find a comfortable sitting position and begin to take deep, slow breaths. After you have relaxed and settled into the gentle rhythm of your breathing, begin to say the word "receive" silently in your mind each time you inhale, and the word "release" as you exhale. So, it's "receive" as you inhale, and "release" as you exhale. These two words will also help to focus your mind whenever it begins to wander. As you repeat the word "receive," imagine yourself receiving what God has to offer you and wants to give to you right now. As you repeat the word "release," imagine yourself releasing to God what it is you need to let go of at this time.

Start by doing this practice for three to five minutes (it can be helpful to set a quiet timer at the beginning). If you have a particular prayer concern, you can use this practice to assist you in finding peace and guidance regarding your concern. Bring the concern to mind as you begin the "Receive, Release" practice. You may even find that you are given a different word or phrase that comes to mind to use in place of "receive" or "release." You might, for example, find yourself mindfully repeating "patience," "kindness," or "forgiveness" on your in-breath and perhaps something like "control," "anger," or "judgment" on the out-breath.

<https://mailchi.mp/82d278cc54e9/living-well-through-lent-march-16-2022?e=d0a8d05811>

Mother Liz

March 13th Service – Second Sunday of Lent.

Our March 13th Service was canceled due to inclement weather. See you next week!



Wednesday's Snow

The wet snow on Wednesday the 9th stuck to everything and then froze that night. When the sun came out on Thursday morning it was a winter wonderland. It doesn't get any prettier.



Cross covered for Lent

The English tradition of covering the altar cross with a veil during Lent can be traced back to the 9th century. Along with the removal of “Alleluiah” from the liturgy, the church removed other signs of joy and happiness from the church, which included covering the altar and other sacred objects. Although utilizing purple veils beginning on the 5th Sunday of Lent (Passiontide) is a more recent tradition, they both have as their base the same communicative force— to strengthen the penitential nature of Lenten devotion.



Easter Surprise for Meals on Wheels

St. Paul's, Christ Church, and St. Mark's will work together again this year to provide treats for the Susquehanna County recipients of Meals on Wheels. Monetary donations toward the chocolates are welcome. We will dye eggs on April 1 so the bags are ready for delivery in time for Easter. Come join in the fun.



MID-MARCH IN SUSQUEHANNA COUNTY

The longtime Susquehanna County folks were not fooled by the 60 degree weather earlier in the week. Their experienced side knew the freezing windy March snow storm we got on Saturday was just waiting to get us. Church was canceled and everyone just stayed home and watched it snow.



REMEMBER WHEN

Last March church was still closed and we were live streaming the service.

