

ST. PAUL'S EPISCOPAL CHURCH

Weekly Update

February 12 - February 18



276 Church Street, Montrose, PA 18801


Office 570-278-2954, Monday-Thursday 8:15am-3:00pm

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>

To proclaim God's love by word and example and to seek Christ in one another.

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.



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

Church Closures

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

View from the Pulpit: Mother Liz

This week we celebrate an important event.... Valentine's Day. I know, you thought I was going to say the Super Bowl. While it is true that Sunday evening most of us will, as a nation, come together for the biggest annual winter sports event, at noon we will, as a community, come together at St. Paul's to honor lives lost to substance use disorder. These include one of our own, Simon Pease, grandson of The Reverend Henry Pease, who died last May. Simon was an acolyte at St. Paul's when he was a child and died far too young. We pray for Simon and all who succumb to this horrific disease, and also for the families they leave behind.

As we join this Sunday to honor lives lost and grieve with families and friends, let us remember that Valentine's Day, normally a day when we celebrate love with family and friends, is also a time when the heartbreak of loss seems much more acute. Below is some guidance from Stephen's ministries how to be present for someone experiencing loss at this time, or really at any time.

Remember today and every day to hold tight to your loved ones and let them know that you love and care for them. "Life is short. We don't have much time to gladden the hearts of those who walk this way with us. So, be swift to love and make haste to be kind." — Henri-Frédéric Amiel

A Compassionate Approach to Valentine's Day

For some people, Valentine's Day is about celebrating a loving relationship or enjoying lighthearted times with friends and family. But for those grieving the loss of a spouse, dealing with a divorce or break-up, facing a long-term separation, or otherwise feeling alone, this usually sweet holiday can be difficult.



- Listen between the lines. If someone makes a comment about Valentine's Day that hints at feelings of sadness or negativity, gently and nonjudgmentally follow up. A simple "Tell me more about that" lets them know you're willing to listen.
- Treat the person's feelings seriously. People may experience a variety of difficult emotions on Valentine's Day. Treating their feelings as valid gives them permission to share whatever they need and want to share.
- Avoid clichés. There are plenty of clichés about Valentine's Day, so be on guard. Saying something like "God has someone for you" or "You'll find another" will likely only add to their difficult feelings.
- Don't pressure someone to "cheer up." Trying to push someone to "get into the spirit of the holiday" often leaves them feeling worse and communicates that they shouldn't feel the way they do. Whether someone is sad or lonely, bitter or angry, a better approach is to be a caring, listening presence.

No matter the person's situation, your care can make a real difference. People may not think about those for whom Valentine's Day isn't a happy time, so your willingness to relate with compassion may be a welcome surprise for someone expecting to suffer silently. **Care boldly!**

View from the Pew:

Will you be my Valentine?

The first time I realized that there were things called valentines was in first grade. My first grade teacher, Miss Alice Zeil, explained about Valentine's Day the week before and told the class how we were going to celebrate it – we would give out valentines to each other! Miss Zeil was the quintessential first grade teacher. She taught us everything in life we would ever need to know. With her experienced eye, she could tell early on what kind of person you would become. On my very first marking period, she wrote on my report card: "Danny has a messy desk." Looking at my desk now, she was on to something. She had been teaching first grade forever, and as only can happen in a small town, she taught my father thirty-five years before. She lived near us and she remembered me when I would see her every now and then around the neighborhood. I realized that she would speak to me as though I was still a first grader.

A couple days before Valentine's Day, Mom took me to the Ben Franklin and we bought a package of valentines. You had to give one to everyone in the class and Mom had to help me address them and spell some of the names and make my mailbox out of an old shoebox. On the big day, we took turns passing them out. Everybody had to put his or her head down on the desk so you couldn't see who was giving you one. Miss Ziel, of course, got one from everyone too. Instead of a valentine, she gave each of us two of those little candy hearts with some saying on it.

When I was a senior in high school, Mom was throwing a bunch of stuff out. Low and behold, in the discard pile, there was one of those old elementary school valentines that had never been addressed. I saved it and when Valentine's Day came, almost as a lark, I signed it and took it to Miss Ziel's house and knocked on the door. Long retired, she was so genuinely appreciative that I was embarrassed. It didn't occur to me that anyone could get so emotional because someone had remembered them with something as simple as an old valentine. Looking back, even at a young age, it was an epiphany. It wasn't the valentine; it was just letting her know that she was remembered. It was that I had taken time to do something special for her when she felt forgotten. I guess we all need to know we are loved – it's a core human trait.

I'm sure there are a number of people whom you know that could use a valentine this year -- a senior citizen, a sibling, a neighbor, an old friend, a shut-in, even someone at Meadow View that you don't know. Letting that individual know that they are not forgotten, but are remembered and loved is such a simple thing. It's a small gesture but one that has immense rewards for both the giver and recipient. Valentine's Day is coming up soon. This year, take a moment and send that someone a card and a short note: "Happy Valentine's Day! Will you be my valentine?"

Dan Graham

We would love for you to be included!

Article submissions (photos, community news items, or a personal or faith story) are due every Wednesday. This is YOUR newsletter, and all congregants are invited to share their stories and photos. Please email your items to Kate at stpaulsmontrose@epix.net or John Warriner at jdwarri@me.com; post an item to St. Paul's Episcopal Church, 276 Church St. Montrose, PA 18801 on Facebook; or drop a note in the offering plate.

Sundays Service

Feb
12



Readings for this Week: This Week's Ministers:

First Reading:

Psalm: 119:1-8

The Epistle: 1 Corinthians 3:1-9

Gospel: Matthew 5:21-37

Celebrant: The Rev. Elizabeth Grohowski

Altar Guild: Sandy Seeger

Announcements: Lynne Graham

Lector: Nancy Dooling

Organist:

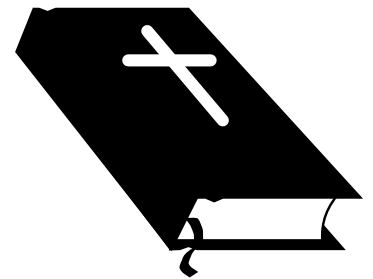
This week's Hymns:

Jesus shall reign forever more

God of grace, God of glory

I love thy kingdom, Lord

Lord, dismiss us with thy blessing



This week's Gospel according to Matthew:

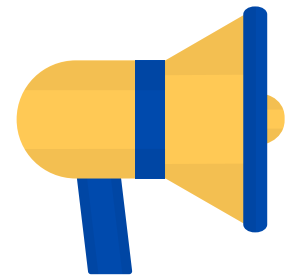
Jesus said, "You have heard that it was said to those of ancient times, 'You shall not murder'; and 'whoever murders shall be liable to judgment.' But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny.

"You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell.

"It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

"Again, you have heard that it was said to those of ancient times, 'You shall not swear falsely, but carry out the vows you have made to the Lord.' But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let your word be 'Yes, Yes' or 'No, No'; anything more than this comes from the evil one."

Happenings and Announcements



Pancake Supper Planning

Shrove Tuesday, February 21, is coming up quick and the kitchen always needs helpers for bigger events like this! If you need more information or are willing to help, contact Dan or Lynne!



For those who are ill or have requested our prayers:

Margaret Burgh, Naomi Bennett, Rita Leigh, Nancy Finlon, Addie Evans, Carol Marker, Ellen Ely, Rev. Janet Watrous, Edward, Stan Bennett.

Pastoral Emergency or Non-Emergency Contact:

You can call the parish office during office hours. After hours, call Mother Liz 212-222-8109.



This Months Birthdays:

John Brunner 2/4, Kristina Kinney 2/24, Carol Lasher 2/27, Nancy Finlon 2/28



This Months Anniversaries:

John & Gaby Warriner: February 4, 1990
Robert & Vera Dunn: February 20, 1971

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.

Pancake Supper



FREE PANCAKE SUPPER

PANCAKES

SAUSAGE

EGGS

&

APPLE SAUCE



Celebrate Lent with us!

February 21, 2023

5:00 PM

Free Will Donations

**St Paul's Episcopal Church
276 Church Street, Montrose**

STOP THE STIGMA

Memory Luncheon

Sunday, February 12th
12:00PM

**St Paul's will be hosting a free lunch in
memory of those lost to substance use
disorder.**

**We welcome Nicole Watson from 'SAFE' as
keynote speaker.**

All are invited to attend!

St Pauls Episcopal Church
276 Church Street
Montrose PA 18801

Last Week's Service and Events

Fifth Sunday After Epiphany – February 5, 2023

Christ, whose glory fills the skies
Christ, the true, the only Light,
Sun of Righteousness, arise,
Triumph o'er the shades of night;
Dayspring from on high, be near,
Daystar, in my heart appear.

The February 5, 2023 live-streamed 10:00 Holy Eucharist Service was led by Mother Liz. Lynne Graham did the announcements and read as lector. Mary Ann DeWitt was our organist. The service included three hymns along with the Prelude and Postlude. As you know, our live-streamed services can be watched live or any time on YouTube. Just go to our webpage and hit the red button

Be thou my vision, O Lord of my heart;
naught be all else to me, save that thou art.
Thou my best thought, by day or by night,
waking or sleeping, thy presence my light.



Pancake Supper Coming Up

The annual pancake supper is coming up this year on Tuesday, February 21st. We serve pancakes, sausage, and eggs to the community. This picture was taken on March 1st, 2022. What a crew! We could use some help this year as we are going to take carry out early over to the Square. Let Dan or Lynne know if you can volunteer to help or provide a dessert.



Snow Moon

The full moon this week on Saturday and Sunday was beautiful. The sky was clear, the stars brilliant, and the night freezing. The trees made shadows and the snow reflecting the moon made it seem like we were in Alaska with its 24 hour light. You could see perfectly. The moon was called the Snow Moon and it lived up to its name.



Clean Up

Caught Kate cleaning up her office yesterday, updating and adding some plants. Laying in the bookshelf were some old pictures and articles that Dan will have to tell you about next week. It will be one year since she has started here on Valentines Day. Kate is generally in the office Monday through Thursday 8:15 to 3:00.



Old Montrose Postcard

Here's an old Montrose postcard showing Church Street looking toward St. Paul's. You can just see the steeple above the trees. Notice the old horse rails in town.



Soup Ministry Began February 2021

It was a cold one two years ago in February. It was the height of COVID. We saw a need and decided to start offering soup. That was our first time. Volunteers made it upstairs and this hardy crew stood outside and distributed it. That was a lot of pots of soup ago and the Ministry has been by all standards a success.



EARLY FEBRUARY IN SUSQUEHANNA COUNTY

“In February, when my garden is barren of flowers, you are the only flower blooming in my heart.” The week started with snow on the ground, then a melt, then a freeze. What a week. It got down to -5 in Montrose on Friday night. The Susquehanna River had ice on its edges and the creeks had ice on the rocks. There was a gaggle of Dark Eyed Juncos on Lake Montrose doing who knows what. Gertie, the white deer, survived the winter so far. Valentine’s Day is next Tuesday. Make sure that you get your significant other a card or something nice

