

ST. PAUL'S
EPISCOPAL CHURCH

Weekly Update

March 19- March 25



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 Tuesday I went to my monthly Zoom meeting with colleagues from the Diocese of Bethlehem and Central PA. We had an excellent presentation on healthy boundaries with the Rev. Dr. Allison St. Louis from Central PA. In addition to being an Episcopal priest, she is also Licensed Clinical Psychologist, and spiritual director. We began with two stories that demonstrated opposing ideas that priests had regarding boundaries. They were very black and white. One priest said she would be available 24/7 without exception and the other refused to work on 9/11 because it was her day off.

As you may recall, I too have made the statement that I consider it part of my vocation to be available 24/7 for emergencies. The (for emergencies) is the difference between the priest in the story and me. That priest was willing to work on her day off for any reason. That, I'm sure we can agree would be taking selflessness to the point of martyrdom. And yet, on the opposite end of the spectrum is the priest who refused to attend to parishioners needs during a major catastrophe. This in my opinion is just as bad, no, even worse than the other priest's behavior.

Rev. Dr. St. Louis gave us extreme examples, clearly black and white, to show us obvious instances of over commitment and complete lack of commitment. There was no gray area.

Then she presented a graphic which showed the extremes and also a middle way. This is the healthy boundary, one which is firm and flexible. This is the type of boundary that keeps us healthy while still allowing us to be present to those we serve.

There are seven different types of boundaries which can affect your health if they are not honored: physical, emotional, intellectual, sexual, material, time and spiritual. When others violate these boundaries, it can cause resentment and have a negative effect on relationships. Boundary influencers are family, peers, culture and religion. Loose boundaries can effect us in numerous ways, behaviorally causing people pleasing, having unrealistic expectations, perfectionism, having negative self-talk, causing over/ under functioning, over committing, comparison, and last but certainly not least, procrastination. All of these are things which can wreak havoc on ones self-worth and effectiveness.

Each of these behaviors can have benefits and costs, both short and long term. The benefits may not really be positive but lead to fulfillment of misguided beliefs.

We all need to respect one another's boundaries in order to fully love ourselves and one another as God loves us. To do so, we need to be self-aware and communicate our needs to each other, consistently; this leads to mutual respect and the agapic love of God in all of our relationships, including the one we have with ourselves. Twice during the session we were asked to consider two questions. The second set of breakout questions are valuable for each one of us to think about. How might healthier boundaries be a gift to you and others? And how might you/ are you co-creating healthier boundaries?

Finally, she asked us to think about our sabbath time. The things we were to consider are: what's your why, remember that you are dust, co-create a distraction free zone, co-create daily breathing room, schedule longer sabbath times, and share why and how with significant others. These are all wonderful ideas to take into prayer for all of us, and the more stuff you do, the more important it is to take time for yourself so that when you show up, you can show up feeling 100%.

Lastly, we were given a roadmap to better boundaries: remember your why, set smart goals, prioritize tasks, chunk tasks, focus, avoid multi-tasking (it is actually less productive), reduce distractions, set a timer, and finally, practice "no" and "not yet." I am aiming one day at a time to practice what I'm preaching here, and I encourage you to do the same so that we can all be in top shape to continue the work of the Kingdom.

You can find more about Dr. St. Louis' ministry and expertise at the Center for Healing and Hope.

View from the Pew: "Honeys"

About a million years ago, on a Saturday in the Spring, at our Maryland house, around lunch, at the height of the craziness that comes from having three kids in multiple sports, in the middle of making tomato soup and quick grilled cheese sandwiches, the doorbell rang. With spatula in hand, I ran down and opened the door to discover a 13ish year-old-girl with what looked like a petition for clean air, or save the whales or something. (Do they still have those?) Her mother stood a respectable, but still protective, ten feet back on the sidewalk. I said hurriedly, as I lost the battle of the dog getting out the open door: "What do you want honey?"

Without telling me why she was there, she drew herself up to her full 4'6" and said major attitude, "I am nobody's honey!" Somewhat taken aback, I slowed myself down and looked at her really for the first time. So intense for a young one – so filled with self-righteousness. I did one of those reassessments you do when someone acts or does something out of character of how you expected them to act. All of 13 or 14, she was conservatively dressed, with thick black plastic glasses, hair pulled back, probably smart and maybe an only child. Glancing at her mother, who now had an approving look on her face, I suddenly realized it was true. She probably did not have a honey – and unfortunately, I actually thought at that moment, she might never have one.

I wanted to tell her that there would be times in her life she would want a honey – need a honey. A honey who loves you because you are you; with your faults, good traits and frailties, your biases and peculiarities. They listen if you need to talk or vent, and give advice when needed. A honey is someone who has worry lists and puts you on them, they remember your birthday and send cards. I wanted to explain that life is hard enough with a honey, but would be inconceivably hard without one.

But she was 13, and although probably mature for her age, she was without the life experiences needed to accept that kind of advice and I was probably reading too much into it anyway. So, with hungry kids to feed, a dog to get back in the house, and some game to get to in 15 minutes, I said "No thank you" and went back to life on a Saturday with young kids.

Although I did not know her or her mother and never saw her again, and the whole thing took only one minute, I actually think about her sometimes. She would be well out of school now, perhaps working, maybe married. I find myself wondering if she lightened up a little and got a honey. I hoped that she did because we all need someone special in our lives.

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

March
19



Readings for this Week:

First Reading: 1 Samuel 16:1-13

Psalm: 23

The Epistle: Ephesians 5:8-14

Gospel: John 9:1-41

This Week's Ministers:

Celebrant: The Rev. Elizabeth Grohowski

Altar Guild: Gaby W. & Barb U.

Announcements: Lynne Graham

Lector: Ellen Ely

Organist: Jeanette Davis

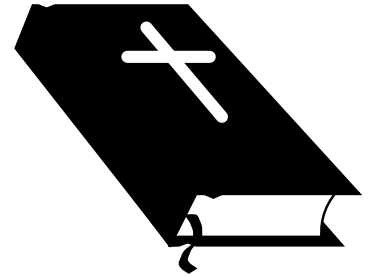
This week's Hymns:

The King of love my shepherd is

How wondrous and great thy works, God of praise!

O for a thousand tongues to sing

I want to walk as a child of light



This week's Gospel according to John:

As Jesus walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the sabbath." But others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?"

This week's Gospel according to John continued:

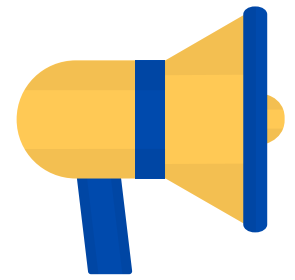
The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue.

Therefore his parents said, "He is of age; ask him."

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshiped him. Jesus said, "I came into this world for judgment so that those who do not see may see, and those who do see may become blind." Some of the Pharisees near him heard this and said to him, "Surely we are not blind, are we?" Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains."

Happenings and Announcements



Holy Land Presentation

After Church on March 19th, there will be a potluck lunch in the Parish Hall while Mother Liz and Mother Rebecca present and reflect on their trip to the Holy Land.

Musician Needed!

As most of you know we have been looking for an organist/pianist to play for us on Sundays. We have an ad in the paper but we figured we would reach out here and see anyone knows of someone that could help us out with filling a couple of the Sundays a month. If you think you can help or know someone that does, give Kate in the office a call or email!



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, Betsy Arnold & Family, Paula Arnold & Family, Willis Barnes, Victor.

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 Finlon 3/6, Elizabeth Smith 3/15, Edgar Warriner 3/20, Elaine Petrzala 3/22, Robert Kuhn 3/24, Tom Undercoffler 3/30



This Months Anniversaries:

There are no anniversaries this month. If you would like to add your birthday or anniversary to the list, call or email Kate in the office!

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.

Last Week's Service and Events

Third Sunday in Lent– March 12, 2023

O love of God, how strong and true!
eternal and yet ever new,
uncomprehended and unbought,
beyond all knowledge and all thought!
O love of God, how deep and great,
far deeper than man's deepest hate;
self-fed, self-kindled like the light,
changeless, eternal, infinite.

The March 12th, 2023 live-streamed 10:00 Holy Eucharist Service was led by Mother Liz. Lynne Graham did the announcements and Tom Undercoffler read as lector. Jeanette Davis 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.



Montrose Girls Win Again

March 11th, the Montrose Meteors girls senior basketball team won again in the next round of the playoffs beating the Northwest Old Forge (PA).

Dave and Vickie Calby's granddaughter, Haley Pompey is on the team.



Snow Birds say Hello

Harry and Wanda (and Karen) sent a shout out from Florida. The Peirces stopped and said hello to Karen on their brief vacation. They missed all the fun with the snow we had while they were gone!

St. Paul's Outing

Those were the days my friend, we thought they'd never end...
Good times, good friends.



Who is This?

Does anyone know who this picture is of? We are repairing the plaster walls in the room next to the office and this picture, c 1930, was in the room. It does not appear to be a prior minister and is not marked on the back. Any ideas?

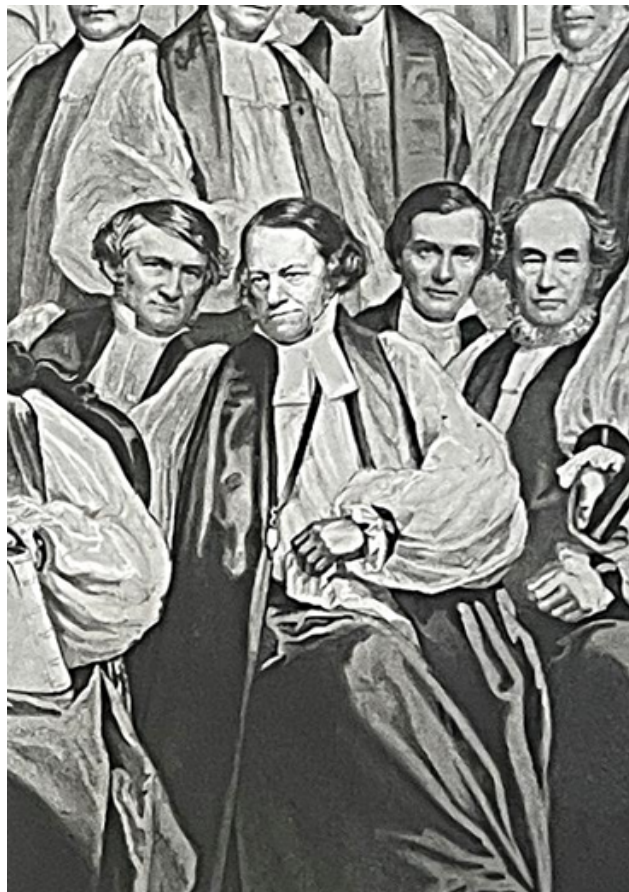


Lenten Book Study

On March 15th we had the Lenten Book Study. Led by Mother Liz, it will continue for the next 3 Wednesdays at 4:30. We are studying the book *River Through the Desert* by Richard Sewell. Through the landscape of the Holy Land, we will make a pilgrimage reimagining what it means to travel with Jesus during his ministry and his final days. Come and join us for some good discussion. Our next meeting is the 22nd.

Who are these 2 Guys?

If you remember the lithograph of the 1859 House of Episcopal Bishops that was in last week's Weekly, here is Pennsylvania's Bishop Alonzo Potter who is in the middle. On his left is Bishop Leondias Polk of the Diocese of Louisiana, a slaveholder who became a Confederate general and was killed during the Civil War during the Atlanta campaign.



LATE WINTER IN SUSQUEHANNA COUNTY

“The promise of spring's arrival is enough to get anyone through the last days of late winter snows.” And snow it did. The blues of winter are back! The sunrise was taken on Friday – red sky in the morning, sailors take warning -- and by Saturday, it started snowing on and off until Tuesday night, when we go some real winter weather. Next week is spring. We are ready even if Mother Nature is not.

