

ST. PAUL'S
EPISCOPAL CHURCH

Weekly Update

April 30- May 6



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

Last Saturday I went to a Women's Retreat in Kutztown. Most of the attendees were friends of Bill W. I found it inspirational and informative. In addition to Mother Rebecca presenting sessions on Centering Prayer, one of which I attended, I attended a session on journaling with Mother Laura Howells.

Mother Laura has been journaling since she was a little girl. She spoke of her fourth-grade diary; you know the one, pink with the golden lock and key. Her diary was very much like many young girl's diaries, filled with stories about friends, teachers, and family. I remember my diary was much the same as the one she described, though I did not begin writing in a diary until middle school.

She encouraged us, perhaps even challenged us to take up the practice of journaling for our well-being, having told us how important it has been throughout her life. I, for my part, have tried repeatedly to keep a journal. I have at least 10 notebooks of varying sizes that have 3 or 4 pages written in them, followed by dozens of blank pages. It is as though they mock me for my inability to commit.

After a few minutes of testimony as to the value of written self-reflection, we were given time to complete an exercise in journaling and then we talked about what it felt like to take some time to use the writing prompt. How did we feel about the exercises?

I will be honest with you, I doubt I'll turn into a habitual journal keeper from the experience but it did make me want to get a new notebook or maybe pull out one of the old ones to give it the old college try again....

Here are a couple of the writing prompts we were given in case you would like to give it a shot.

- 1) Take five minutes and list all the words that come to mind when you think of spring.
- 2) Complete the sentence: I am grateful for _____, because _____. Write 10 things.
- 3) Inspiration! Inspiration is described as the process of doing something especially creative. Another meaning for inspiration is to breathe in and be filled with the Spirit of the Creator.

Imagine someone finds your life inspiring. Write a letter to yourself about your life from their perspective.

- 4) The Buddha said.... "Just as a candle cannot burn without fire, we cannot live without a spiritual life. What is life saying to you right now?

Enjoy the process and see what the Holy Spirit is saying to you. If you are interested in reading more about spiritual journaling, Mother Laura recommends the book, *Journaling as a Spiritual Path* by Jo-Ellen A. Darling.

View from the Pew:

Giving up Quiet Time

Lately I have been doing a lot of driving. I like it quiet when I drive. I am focused and do lots of thinking. This time on my way back home, I was in deep thought thinking of how I could help my daughter-in-law. I just found out that she suffering from postpartum depression after the birth of their baby girl. It's hard for me to understand her as I never had to experience that. Talking to one of my coworkers that went through it, she explained how bad things can get. My thoughts quickly changed when this big truck almost hit me when I tried to pass him on the highway because he kept swerving out of the lane as he was texting. That made me so angry - and scared, especially when I realized why he was swerving. Everyone is in their own world, rushing, and being careless, and rude.

Our world needs more kindness. When was the last time you felt good by doing something kind? Something as simple as remembering to say thank you; letting someone go ahead of you in line; giving a compliment to someone around you. I realized I'm one of them sometimes and try to fix that. I have my routine and I'm so comfortable and it's hard to give up my quiet time. God has taught us kindness, respect, and to be patient.

I'll leave you with a couple things to reflect on: Am I willing to give up some of my own quiet time to help someone in need? How can I slow down and be more aware of the needs of those around me?

- Gaby Warriner

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

April
30



Readings for this Week:

First Reading: Acts 2:42-47

Psalm: 23

The Epistle: 1 Peter 2:19-25

Gospel: John 10:1-10

This Week's Ministers:

Celebrant: The Rev. Elizabeth Grohowski

Altar Guild: Nancy D. & Barb U.

Announcements: Lynne Graham

Lector: Ellen Ely

Organist: Mary Ann Dewitt

This week's Hymns:

I come with joy to meet my Lord
Shepherd of souls, refresh and bless
The King of love my shepherd is
Hail, thou once despised Jesus

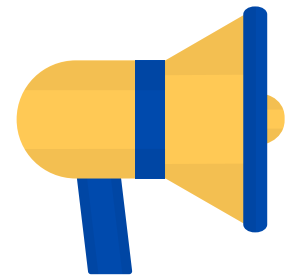


This week's Gospel according to: John

Jesus said, "Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. They will not follow a stranger, but they will run from him because they do not know the voice of strangers." Jesus used this figure of speech with them, but they did not understand what he was saying to them.

So again Jesus said to them, "Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly."

Happenings and Announcements



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, Victor, The Dunn Family.

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:

Evelyn Constantine 4/11, Martha Cobb 4/16, Naomi Bennett 4/27



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.

Vestry Highlights

April 20, 2023

Mother Liz opened the meeting with prayer and we approved the agenda.

The March 16, 2023 minutes were approved.

Mother Liz led the Bible study of Luke 24:13-35 in which Jesus meets two disciples on the road to Emmaus. They did not recognize him, but invited him to stay with them. At supper, Jesus took bread, gave thanks, broke it, and began to give it to them. Their eyes were opened and they recognized him, but he disappeared. They returned to Jerusalem to tell the Eleven that they had seen the risen Lord. We talked about when we may have seen the Lord and not recognized him.

Mother Liz gave her Priest-in-Charge report. She went on retreat before Lent. She was pleased with the Lenten book study and will look for something similar for next year. She reported that Joyce Printz has retired and will no longer be available as organist. Mother Liz attended two Stop the Stigma meetings. She expressed thanks to the Altar Guild and readers for their work over Holy Week. She attended the Homeless Task Force meeting.

New Business:

We discussed, for a new organist, an on-line form of advertising called GeoFencing. It would target those in particular who may be interested.

We talked about the idea of a mobile community day center which the Homeless Task Force is proposing will be moved from site to site in the County. The center will need to provide a shower, laundry, hygiene products, and 14 meals for the week and on-going support. The Homeless Task Force will serve in an oversight manner setting up policies and procedures.

Stop the Stigma is planning a 3 day camp for the middle school children of parents in drug treatment court. Due to restrictions placed on us by Safe Church, we cannot sponsor the camp, but Interfaith is willing to do it from July 5-7. We will follow their outline for the day and provide projects and activities with a nature theme. The next planning meeting is Tuesday, May 16 at 4:30 in the Guild Room.

We will continue to receive an extra \$10K/month starting in April from our DIT. We reviewed and accepted the Treasurer's Report.

Looking Ahead:

Stop the Stigma meeting May 16 @ 4:30pm

Soup Night May 3 @ 3:30

Morning Prayer at Meadow View Wednesday, May 17 @ 10

"Gather 23", May 20 – The Rev. Tricia Lyons, VTS, keynote speaker, Split Rock Lodge

The meeting was adjourned with a closing prayer.

Our next Vestry meeting will be Thursday, May 18, 2023 at 5:00 p.m. All are welcome.



gather23

Saturday, May 20TH

split rock resort | lake harmony, pa

featuring

THE REV. DR. PATRICIA LYONS
DR. ELISABETH M. KIMBALL

and

BISHOP KEVIN
WORKSHOPS
PRAYER
FORMATION
WORSHIP
FOOD
FELLOWSHIP

register at
diobeth.org/gather23
or scan here



Last Week's Service and Events

Third Sunday in Easter– April 23, 2023

We know that Christ is raised and dies no more.
Embraced by death, he broke its fearful hold,
and our despair he turned to blazing joy. Alleluia!*

We share by water in his saving death.
Reborn, we share with him an Easter life,
as living members of our Savior Christ. Alleluia!

The 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.



Naomi's Birthday

Naomi Bennett is 89 years young on April 27th and we celebrated this past Sunday. We couldn't find a cake large enough to fit that many candles and the fire marshal would have needed to be alerted if we did. So, each candle on her cake was for ten years and she blew them out! Happy Birthday Naomi – many more.



Birdfeeder Bullies Have Returned

If you feed the birds there are two critters you don't like – squirrels and blue jays. The blue jays returned yesterday. Ours must have migrated as we haven't seen them since fall but they immediately took over.

Concert Series

The Susquehanna Symphony Society continued its concert series and presented a concert of the Binghamton High "Juiceblenders" at the Montrose Theater on Sunday April 23rd. If you didn't get to go, you missed a really fun steel drum band performance. Hard to believe that much beautiful sound can come from steel drums.



Weekender

The Weekender this week featured Dan's sunrise picture of the deer in the foggy field.



NEW YEARS DINNER.

The Working Guild of St Pauls church will serve their annual New Year's dinner at the chapel on Wednesday, Jan. 1, 1907, from 12 o'clock till 2:20, to which all are cordially invited, 50c per plate pays for entire dinner. Menu as follows:

Oyster Cocktail	Wafers
Roast Turkey	Giblet Sauce
Granberries	
Mashed Potatoes	Squash
Macaroni	Creamed Onions
Orange Sherbet	Coffee
Cabbage Salad	
Pickles	Celery
White and Brown Bread	
Mince Pie	Plum Pudding with Sauce
Nuts	Raisins
Fruits	Cheese

St. Paul's New Years Dinner, 1907

The Montrose Democrat of December 26, 1906, announced the annual St. Paul's New Year's dinner. The menu is extensive and the cost only 50c. (Coffee at the HoMart across the street is now \$2.25.) The dinner was held in the chapel, which was replaced by our current parish hall in 1927. The chapel, which we don't know much about, must have had a kitchen as they served food at a lot of functions there. We were between ministers at that time. John Warriner's great grandfather Edward Warriner had retired that June and the new rector, Elliston Perot, would not start until January 25th.

Social Night is Back

Speaking of Dinners.....Social Night at the Graham's; Everyone is welcome on **Friday, May 5th at 6:00 pm**. Please bring a side dish to share and whatever beverage you wish. Call for directions 570-934-1160.





Kurt Sussman Photos

Kurt Sussman, who does all the magic behind our internet and homepage and who is the recipient of our Weekly Update, sent some pictures he took this winter. They are just professional!



Boom Boom Maggie

Here's a picture of Maggie Sock working out on a speed bag in her class at the Rock Steady Boxing Northeast PA. Maggie, who is a member of the Daughters of the King, was diagnosed with Parkinson's Disease shortly after she and Jerry left St. Paul's for the Masonic Home in Dallas. The speed bag is part of her PT and is beneficial in several ways. She says: "I love it.." Maggie says her ring name is Boom Boom Maggie. We understand she has a mean uppercut!!!



LATE APRIL IN SUSQUEHANNA COUNTY

“Spring is bustin’ out all over! All over the meadow and the hill! Buds’re bustin’ outa bushes...” Cool nights, warm days. Trees are leafing fast. Ferns are popping out of the ground overnight. They weren’t there and suddenly they are. Green skunk cabbages can be seen in the woods in wet areas – they look like cabbages, but when you pull a leaf off, they smell. That bane of every homeowner, dandelions, have appeared in numbers befitting their spring push. They will go to seed and disappear until later in summer. The woods are almost bugless this time of year but ticks are around. Great for hiking. It’s springtime.

