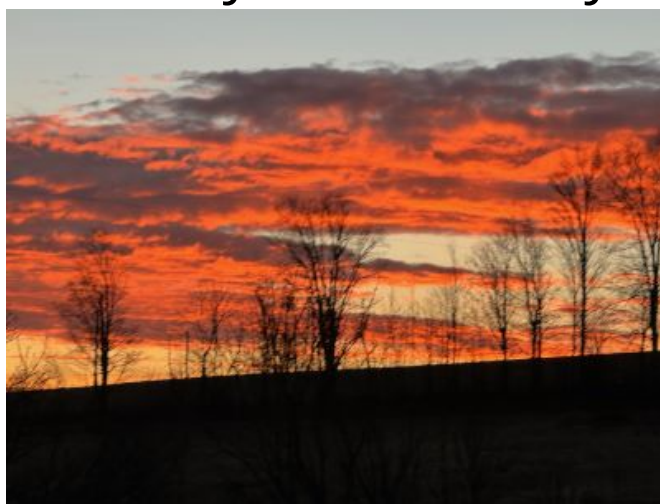


ST. PAUL'S
EPISCOPAL CHURCH

Weekly Update

February 11- February 17



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.

Our Vestry Members

The Rev. Elizabeth Grohowski

John Warriner, Sr. Warden

Vickie Calby, Jr. Warden

John Finlon, Treasurer

Wanda Peirce, Clerk

Jack Lasher

Dan Graham

Vera Dunn

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

Shrove Tuesday is observed by many Christians, including Anglicans, Lutherans, Methodists and Roman Catholics who "make a special point of self-examination, of considering what wrongs they need to repent, and what amendments of life or areas of spiritual growth they especially need to ask God's help in dealing with." This moveable feast is determined by Easter. The expression "Shrove Tuesday" comes from the word shrive, meaning "absolve." To shrive someone, in Old English is to hear his acknowledgement of his sins, to assure him of God's forgiveness, and to give him appropriate spiritual advice. Wikipedia.com

Traditionally, it is also a day of celebration complete with rich, fatty foods such as pancakes, meats, and sweets before the penitential season of Lent which begins on Ash Wednesday. Rather than focusing on shriving on Tuesday, Episcopalians have the opportunity to confess their sins and be absolved of them during the more solemn service of Ash Wednesday.

We have a corporate confession during our weekly Eucharist most seasons of the Liturgical year and for many that is sufficient. I also know that people tend to believe that confession is something that Roman Catholics do so they may partake in the Eucharist. However, I would like to commend to you the practice of individual confession. Sin is more than breaking commandments or vows. It may also be acting in a manner that wounds your relationship with God. Repentance is about more than just confession of those sins or wounds in your relationship with God. The Greek term for repentance is metanoia. The English translation is "to turn around," to do a 180 back towards God and back into a thriving, health relationship with God. John the Baptist called for everyone to repent because the Kingdom of God was at hand. He wanted everyone to heal their relationship with God so they could be part of the coming Kingdom. At the outset of Jesus' ministry he too exclaimed, "Repent for the Kingdom of God has come near!" and what Jesus meant was that in his coming, the Kingdom has come near. The time is now. Don't wait. Heal your relationship with God and join me (Jesus) as we institute the Kingdom of God here on Earth.

Through our Baptism we too are called to Kingdom living, here and now. Our connection with the Creator is essential for our ministry in Christ's name. So I call on you to repent of any wounds that may be weighing you down. Release them in the sacrament of confession and join Jesus in his ministry with a deeper connection to the Triune God.

I will be available for individual confession after the 11:30am Eucharist in the church and after Ashes to Go at 2pm. And remember the admonition, all may, some should, and none must.

In addition to the focus on repentance, many people take up a Lenten fast - we may abstain from meat, give up something that we particularly love (like chocolate), or we may fast from practices that don't necessarily us better people, like gossiping or criticizing others. Last year I came across a practice called - 40 days, 40 bags (each day you fill a bag of stuff to donate and at the end of Lent you've given the extra you have for those in need).

The point of surrendering something we've become attached to is to focus on what is truly important, our relationship with Christ. In giving something up, we are creating space to be with Christ during his time of suffering in the desert. Whatever we give up, our intent is crucial in recognizing Lent. Jesus calls us to fast but tells us to do it for the right reasons. It should not be for our glory, but for God's.

Wednesday I will invite you, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. May this be a season of renewal and restoration for one and all.

View from the Pew:

What does Love Mean?

Posed to a group of 4 to 8 year-olds

'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.' Rebecca-
age 8

'When someone loves you, the way they say your name is different. You just know that your name is
safe in their mouth.' Billy - age 4

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell
each other.' Karl age 5

'Love is when you go out to eat and give somebody most of your French fries without making them
give you any of theirs.' Chrissy - age 6

'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to
make sure the taste is OK.' Danny - age 7

'Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together
and you talk more. My Mommy and Daddy are like that. They look gross when they kiss' Emily - age 8

'Love is what's in the room with you at Christmas if you stop opening presents and listen.' Bobby -
age 7 (Wow!)

'If you want to learn to love better, you should start with a friend who you hate,' Nikka-age 6 (we
need more Nikka's)

'Love is when you tell a guy you like his shirt, then he wears it everyday.' Noelle - age 7

'Love is like a little old woman & a little old man who are still friends even after they know each other
so well.' Tom- age 6

'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and
saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.' Cindy-
age 8

'My mommy loves me more than anybody you don't see anyone else kissing me to sleep at night.'
Clare - age 6

'Love is when Mommy gives Daddy the best piece of chicken.' Elaine-age 5

'Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert
Redford.' Chris - age 7

'Love is when your puppy licks your face even after you left him alone all day..' Mary Ann - age 4

'I know my older sister loves me cause she gives me all her old clothes & has to go out and buy new
ones.' Lauren-age 4

'When you love somebody, your eyelashes go up and down and little stars come out of you.' (What
an image)Karen-age 7

'Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross.' Mark - age 6

'You really shouldn't say 'I love you' unless you mean it. But if you do you should say it a lot. People
forget.' Jessica - age 8

And the final one -a four-year-old child whose next-door neighbor was an elderly man who had
recently lost his wife.

Upon seeing the man cry, the little boy climbed onto his lap, and just sat there. When his Mother
asked what he had said to the neighbor, the little boy said, 'Nothing, I just helped him cry'
from the mouths of babes - broader and deeper than imagined

- Happy Valentine's Day, Wanda Peirce

Sundays Service

Feb
11



Readings for this Week:

First Reading: 2 Kings 2:1-12

Psalm: 50:1-6

The Epistle: 2 Corinthians 4:3-6

Gospel: Mark 9:2-9

This Week's Ministers:

Celebrant: The Rev. Elizabeth Grohowski

Altar Guild: Sandy Seeger

Announcements: Lynne Graham

Lector: Ellen Ely

Hospitality: Lynne Graham

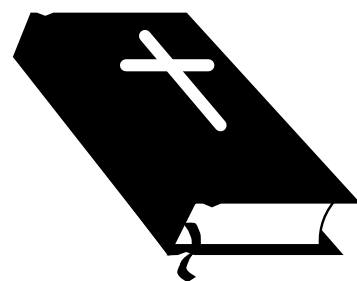
This week's Hymns:

O wondrous type! O vision fair

Alleluia! sing to Jesus!

Praise to the Lord

Ye watchers and ye holy ones

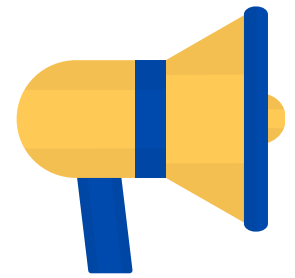


This week's Gospel according to: Mark

Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

Happenings and Announcements



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.

We always need extra hands with any event that we do and the next event coming up is the **Pancake Supper!** We would love for you to come hang out with us and lend us a hand while we feed our neighbors and community! Just two short weeks away, Feb 13th!



For those who are ill or have requested our prayers:

Margaret Burgh, Naomi Bennett, Rita Leigh, Nancy Finlon, Carol Marker, Bishop Michael Curry, The Aukema Family, The Rogers 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:

Wanda Peirce 2/1, Kristina Rogers 2/24, Carol Lasher 2/27, Nancy Finlon 2/28



This Months Anniversaries:

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

LAST SUNDAY – Fifth Sunday After Epiphany, February 4, 2024

In Christ there is no east or west,
in him no south or north,
but one great fellowship of love
throughout the whole wide earth.

The February 4, 2024, 10:00 Holy Eucharist Service was officiated by Mother Liz. Lynne Graham made the announcements and served as chaliceist, and Tom Undercoffler read as lector. Barb Undercoffler provided hospitality. Wanda and Carol had birthdays this month. 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.



Flowers on the Altar

Mother Liz brought in the flowers on the altar today in memory of her Mother's birthday. They were beautiful.



Soup Night

February 7th is the first Wednesday of the month and we all know what that means - St. Paul's soup. This month we had Beef Vegetable and Chicken Gnocchi. Martha gets quite a group - it's a lot of fun and you get to sit down and try out everyone's delicious creations. Life is good.



Ashes to Go

Mother Liz will be doing ashes to go again on the 14th from 1 to 2. Let's hope it isn't as cold as it was last year. This is from last year and it looks a little chilly. Maybe it will be a little warmer this year.

Those Were the Days

Who are those young ladies at the Christmas Store bake table? Well, it looks like Ellen, Sandy, Cathy and Vickie. What a crew and all in one place! What would we do without volunteers like them. Those were the days my friend, we thought they would never end.



**Pancake
Supper** 

**FREE PANCAKE
SUPPER**

PANCAKES
SAUSAGE
EGGS
&
APPLE SAUCE



February 13, 2024
5:00 PM
Free Will Donations
St Paul's Episcopal Church
276 Church Street,
Montrose

Pancake Supper

Easter is early this year and our annual St. Paul's Pancake Supper is coming right up. It's next Tuesday and starts at five. Pancakes, sausages and eggs and applesauce and coffee. The 2018 cooks are shown below. It's a long standing tradition. Invite a friend.



EARLY FEBRUARY IN SUSQUEHANNA COUNTY

“In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other.” After a month of dreary Susquehanna County weather, the sun came out and it was glorious. The ponds still have ice on them. Ice is still coming down the Susquehanna from the north, and LaRue’s cows, which have been out all winter, are enjoying the milder weather. There’s still a little snow around but the sunsets are beautiful.

Although Valentine’s Day is next week, it’s still very much winter here.

