



ST. PAUL'S EPISCOPAL CHURCH

Weekly Update

February 2- February 8



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.

Pastoral Emergency or Non-Emergency Contact:

You can call the parish office during office hours. After hours, call John Warriner at 570-278-2317.

Our Vestry Members

John Warriner, Sr. Warden

Lynne Graham, Jr. Warden

John Finlon, Treasurer

Sandy Seeger, Clerk

Vera Dunn

Dan Graham

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: Father Bill

“Becoming less, with Jesus more.”

So, you read yesterday's prayer, and it spoke to you. You have decided that you want to follow Jesus more closely, and you know that you need to change. Still, you have reservations, because you are reminded of years of New Year resolutions, that lasted a few weeks and then blew away in the wind like so much pollen.

You would like this to be different. If only you could find a way. Can you remember when you first 'fell in love'? Was it not the case, that you had a need to know the other person, and know everything about them? And if that was not enough, you wanted to be with them, and for more of the time? ---It would be foolish to say 'I'm in love' if you really did not know the other person, would it not?

Believe me when I say, that yes, it is possible to follow Christ and make him the center of your life, and it is possible to change. Our first job is to know Jesus and truly know him. To do that, we need to get close to him. I once learned to translate the whole of John's Gospel from Greek into English over a period of four months. I did not want to do it, but for exam purposes, I needed to do it. So, I planned. I rose each day at 5am; I went into college each day, Monday to Friday, and studied from 6am to 6pm. I never missed, and I treated it as a job. It worked. It also taught me that you can succeed, if you set your mind to do something that is important.

To know Jesus, you must first read his Gospel, every day. They say 'breakfast' is the most important meal of the day, so never miss it. Reading the Gospel passage, each day is food for your mind, heart and soul. Never miss it. Luke 4: 14---21. Is the Gospel reading for this coming Sunday.

Something happens when you begin to know Christ, perhaps the same thing that happens when you fall in love. 'You never want to disappoint the other person; you want always to present your very best self; you want the most favorable impression of yourself, to register with the one your love.'---When you realize that Jesus Christ is God walking among us and you have chosen to follow and be his disciple, you want him to see the best example of you. For that to be possible, you, we, know that there are things we need to eliminate from our lives. Basically, we are all sinners, and we need to eliminate sin from our life. That is so hard, because it entails taking a long look at ourselves. Why not start with something small? —Ask the question: "Where do my priorities lie?", Is it money? Is it television? Is it being selfish with my time? Is it pride? Is it self-interest?

The Gospel passage in St Luke, has Jesus list his priorities: ".good news to the poor; release to captives; sight to the blind; free the oppressed; proclaim the Lord".

To follow Christ, we must learn to love, what he loves. Do that, and we are already beginning to change. It is not that we just reject sin; it is that sin has no place anywhere around the goodness of Jesus. Are you in love? Decide today that you want to be in love with the Lord Jesus Christ, and slowly your best self will emerge. Amen.

View from the Pew: Lynne Graham

The surprising power of not talking politics! -Alexandra Hudson

Leading up to and after the 2024 presidential election, my relationship with one of the closest people to me was strained to a near-breaking point. I was devastated. I've learned I'm not alone. We're divided about politics nationally—there's little question about that. But there's a tragedy of our polarization crisis that is too often overlooked: how politics is dividing us personally from those we love. Today, many Americans are feeling anxious about how to handle political disagreements with family and friends in the wake of a deeply divided 2024 election. Increasingly, differing political views are severing and straining lifelong relationships. A recent, viral MSNBC segment featured psychiatrist Dr. Amanda Calhoun advising viewers to cut ties with family members who voted for Trump—sparking a wider conversation about the consequences of our political polarization. From my own hardship with this issue, I've discovered three underrated secrets can help us navigate political differences with grace.

First, let's "unbundle" people. Unbundling is a mental framework that I've learned is an underrated secret to a free, tolerant and flourishing society. Unbundling helps us to see a part of someone in light of the whole of them. People are infinitely complicated and complex. They come to their views of the world for many different reasons. Strive to see them in their complexity. Don't define them by one aspect of who they are. See them as more than the labels the world wants us to define them by—see them as more than merely pro-gun or pro-choice, Republican or Democrat. See that part of them—the part you may disagree with—in light of the whole—the beauty and irreducible worth of the human being.

Second, remember that "un-offendability" is the superpower of the 21st century. In our hyper-sensitive and polarized times, where people's emotional reserves are frequently depleted, we're on edge, ready to detonate at a moment's notice. Often, hearing something we don't like can be the small push that sends us over the edge. As we've learned, civility demands that we tell others things they may not want to hear. That's what true respect means. Civility also requires that we accept things we don't want to hear. It's easy to misconstrue people's words and actions as offensive—again, especially when we're running on empty. We interpret a thoughtless action as a malicious one, which puts us into fight-or-flight mode. We can cultivate a superpower uniquely suited to our current moment: we can choose to be unoffendable. Instead of allowing a thoughtless or insensitive remark to cause us to lash out, we can choose to rise above it. As Roman emperor Marcus Aurelius wrote in his Meditations: "Someone despises me. That's their problem. Mine: not to do or say anything despicable. Someone hates me. Their problem. Mine: to be patient and cheerful with everyone, including them." We reclaim our power and autonomy when we respond to snubs or malice with kindness.

Finally, it's okay to not talk about politics with loved ones. Winston Churchill said, "A fanatic is one who can't change his mind and won't change the subject." Saturated as we are by politics and news of the inauguration, it may feel as if we are surrounded by more fanatics than ever. It's tempting to feel like the scandal of the day or the latest electoral development is the most important thing, and to want to discuss it—or our pet political issue—with everyone we meet. Do not do this. Remember that there are more important things to talk about than politics. When you feel tempted to bring up politics with someone—either a family member or friend, old or new—challenge yourself to discuss something entirely unrelated to politics instead. If you meet a fanatic—someone who can't stop talking politics—it's okay to change the subject. In your own conversations, strive to be refreshing and surprising instead of rehashing the same old talking points over and over again.

A strong relationship can talk about differences of opinion without the fear of severing the bond. But if relationships in your life feel as if they've been strained by political differences remember that relationships matter more than political issues.

It's okay to check politics at the door.

Sundays Service

Feb 2



Second Sunday after the Epiphany

Readings for this Week:

First Reading: Malachi 3:1-4

Psalm: 24:7-10

The Epistle: Hebrews 2:14-18

Gospel: Luke 2:22-40

This Week's Ministers:

Celebrant: Vickie Calby

Altar Guild: Sandy Seeger

Announcements: John Warriner

Lector: Ellen Ely

Hospitality: Ellen Ely & Esther Weldon

This week's Hymns:

Lift up your heads, ye mighty gates

Hail to the Lords anointed

All hail the power

Alleluia! sing to Jesus



This week's Gospel according to: Luke

When the time came for their purification according to the law of Moses, the parents of Jesus brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, "Every firstborn male shall be designated as holy to the Lord"), and they offered a sacrifice according to what is stated in the law of the Lord, "a pair of turtledoves or two young pigeons."

Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying, "Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel."

And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, "This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed-- and a sword will pierce your own soul too."

There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband seven years after her marriage, then as a widow to the age of eighty-four. She never left the temple but worshiped there with fasting and prayer night and day. At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem.

When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom; and the favor of God was upon him.

Happenings and Announcements

Altar Flowers this week are from Ann Kiefer in Memory of Glen Paul Kiefer

Harry Update

Harry/Pop moved to Good Shepherd Rehab on Friday afternoon. Leaving the special staff at the specialty hospital was very emotional. We made a lot of friends with doctors, nurses, aids, therapists, dinning group, care managers and cleaning crew. Lots of hugs and kisses and pictures. Move went well and he had he had a good night. Saturday, however was a rough day with breathing problems but by evening things were much better and Sunday went well. Several familiar faces made Harry very happy. And a surprise visit from our nephew Kenny who we hadn't seen for several years was awesome. His nurse was a girl who knew Michele years ago - a special treat. Small world. Tomorrow the hard work begins. He is anxious to work "One moment at a time-prayers work"



For those who are ill or have requested our prayers:

Margaret Burgh, Naomi Bennett, Rita Leigh, Nancy Finlon, Carol Marker, Harry Peirce, Linda Landis, Todd Davies, Rudy Mattes



This Months Birthdays:

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



This Months Anniversaries:

John & Gaby Warriner: 2/4/1990
Bob & Vera Dunn: 2/20/1971

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.

Last Week's Service and Events

Third Sunday after Epiphany, January 26, 2025

Amazing grace! How sweet the sound
That saved a wretch like me!
I once was lost, but now am found;
Was blind, but now I see.

The January 26th, 2025 live-streamed 10:00 Holy Eucharist Service was led by the Rev. Susan Treanor. John Warriner read announcements and Tom Undercoffler served as lector. Penny Jagers played a prelude, 3 hymns and a postlude on the piano. 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.



Summertime, and the Living is Easy

In the midst of the snow and ice, it's good to remember the summertime and the services we would have outside. If winter comes, can spring be far behind.



Newborns

Martha's cows just produced two cute little guys. Does she name them? Also, a goat farmer friend said the babies started arriving last week. She has 40 goats and lots of babies are coming like gang busters. Goats have from one to three. Maybe spring will really come this year.



MID-JANUARY IN SUSQUEHANNA COUNTY

"The snow reminded me of the beauty and mystery of creation, of the essential joy that is life."

Snow has pretty much been on the ground since Thanksgiving. This flock of turkeys survived the winter so far. They're looking for corn in the manure spread. The bird boxes, like us, are waiting for

Spring to come. Their tenants are still farther south. The sunsets here are great to watch. Winter blues and pinks. The Susquehanna was frozen at Tunkhannock and at Pittston this week. It's winter in Susquehanna County.

