

The MESSENGER

A Publication of
All Saints' Episcopal Church
Norristown, PA
June 2013



Dear friends:

Just back from a double trip – a program in Tucson, Arizona, from May 17-21 and then to California for my son Luke's graduation from May 21-28 – I'm overflowing with gratitude and energy. The program, Working With the Barriers to Spiritual Freedom, led by the Arizona Enneagram Association, was held at the Redemptorist Renewal Center, and the desert there was so beautiful and teeming with life that it challenged my idea of deserts as flat and lifeless. Just being in that beautiful place, with forests of Saguaro cacti (the one pictured was right outside my room's door), would have been enough for spiritual growth and renewal, and the program itself was fascinating, heart-opening, and a lot of hard work.

My son's graduation from San Francisco State University provided for lots of family time – a banquet, dinners, a party and, of course, the graduation itself. A part of my heart was back here in Norristown, glad for college graduates Stacey Dello Buono and Laura Nero (see the Milestones column) and with our two soon-to-be-high-school-graduates Brianna Harrity and Alex Windbiel. These are really wonderful occasions on which we, along with their families, get to celebrate the perseverance and the many gifts of these members of our community.

Throughout my time in Tucson and San Francisco, I was reminded of how important our community is to me. Not that community is all sweetness and light – the Christian writer Parker Palmer humorously

defines community as “that place where the person you least want to live with always lives, and when that person moves away, someone else arises to take his or her place.” And yes, while it's true that a big part of any community is learning to love and work with people very different from ourselves, it's also where we are strengthened to live out the days of our lives with the power of our own lifetime magnified by all the others' lives joined together. As Jean Vanier, founder of L'Arche, a federation of group homes for people with developmental disabilities and those who assist them, puts it,

“One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress, and perhaps help them find self-confidence and inner healing.”

As we enter the summer months, I pray that this community will be your touchstone, that place where you can come to get refreshed, invigorated, inspired . . . for yourself, for your community, and for the world.

Mother Sandra+

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Milestones

Births, accomplishments, graduations, the passing of loved ones, special joys or memories, etc.: let us know the latest news:

☆ Cy Burke was appointed to Norristown's City Council and sworn in on May 7 to fill the term of a member who resigned.

☆ On May 17, Stacey Dello Buono received her Master's in Education, with Honors from LaSalle University. Stacey will be working throughout the summer for her Special Education Certification.

☆ On May 19, Laura Nero graduated from Immaculata College (Summa cum laude).

☆ Kelsey Griffin returned home from her first year at

college, only to depart almost immediately for a trip to Chile! Be sure to ask her about her adventures.

☆ Andre Jones also returned home from college and Beville reports that he made the Dean's List!

☆ On May 25, Luke Thornburg (Mthr Sandra's youngest son) graduated from S.F. State cum laude with a degree in Int'l Relations.

☆ Virginia Gertrude Smith Hall entered the next phase of eternal life last month. She was the mother of Dr. Michael Hall and mother-in-law of Carolyn Dale Hall. Cards may be sent to the family at 32 Forest Drive, College Station, TX 77840

If we missed you or a loved one's milestone, it's not too late: e-mail us or drop us a note. allsaints535@yahoo.com

The **MESSENGER**
is produced monthly by



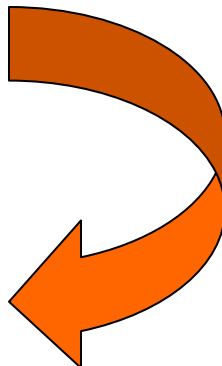
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Submissions are invited and are subject to editing. Submit articles by email (preferred) to allsaints535@yahoo.com with Messenger typed in subject line or by fax: 610-279-3990 or leave in *Messenger* mailbox by church's main entrance.

Publication date: First of month
Deadline: 15th of each month

Please Note: The Messenger's

New Deadline



Birthdays

(June)

- 2 Carley Harrity
- 3 Olivia Dello Buono
Debbie Taylor
- 5 Amber Turtzo
- 6 Joan McKay
- 8 John Rafner
- 9 Jon Gottshall
- 10 Emma Griffin
- 12 Julie Byrne
- 15 James Atkins, IV
Steve Dello Buono
Pam Knipe
- 17 Anika Jones
- 18 Lisa Atkins
Naomi Sayers
- 20 John Errington
- 22 Laura Nero
- 26 Bruce Kratz
- 28 Susan Cohen
Joe Raudenbush
- 30 Chuck Faulkner

Anniversaries

(June)

- 5 Sue & John Errington
- 6 Betsy & Phil Gottshall
- 15 Betty & John Carson
- 19 Patty & Joe Gelet
- 23 Jennie & Mike Donovan
- 27 Becky & Mike Kinsey
- 29 Nina & Andrew Ely

*The grace of the Lord Jesus
be with you. My love be with
all of you in Christ Jesus.*

1 Corinthians 16:23-24

Take Note

News from our Music Program

The formal choir year is almost completed. On May 5, we said congratulations, thank you, and farewell to Edward Wilson; on May 12, we said the same to Hannah Knauss; and Liz Amand's last Sunday was May 26. We appreciate the sharing of their talents with All Saints'. The choir participated in the Ascension Day service held at St Peter's in Phoenixville.

For the summer (starting June 9), choir rehearsals will be held at 9:20 A.M. excluding the third Sundays of each month, the last Sunday in July, the last Sunday in August, and the first Sunday in September. Mr. Bob Betty will be substituting on Jeff's vacation Sundays. We all will welcome him!

Summer is a good time, if you feel called by the Lord to come and give choir a whirl. If you feel so inclined-please join us!

-Jeffery Shuman, Music Director

Welcome to the Valley Forge Highland Band!

Did you know that the Valley Forge Highland Band - bagpipes and drums - has been rehearsing at All Saints' for *more than 60 years*? ASC member Joe Raudenbush is the group's leader, and has been with the group for 48 of those years. You may have heard Joe play at our Pie Festival last September. At least once a year the band graces All Saints' with a Sunday morning visit; the Highland Band joins us on **June 2 at the 10:00 service**. It is always a grand occasion for us; this year, they will play *Faith of Our Fathers, America the Beautiful, Highland Cathedral, Amazing Grace, Martyrdom, and Scotland the Brave* as part of our worship service. Please join us, and let Joe and the band

members know how grateful we are that they use their gifts to enhance our worship.

Alleluia! Sing to Jesus!

Do you recognize the title of this article as the name of a hymn? And do you have a favorite hymn - maybe an oldie that we don't sing as often as you wish? This is your opportunity (and your last chance this year): our 2013 Hymn-Sing Service is on **June 9 at the 10:00 service**. In past years we've done old favorites such as "The Battle Hymn of the Republic," "Rock of Ages," "Once For Every Man and Nation" and even "In the Garden" (one that has never been in the Episcopal hymnal). What would you like to sing this year? Instead of a sermon, there will be brief introductions to each hymn. Some people have said they were sorry they missed this service in past years; don't miss it in 2013! And don't miss your chance to submit your favorite hymns; give Mother Sandra a quick call, or a note in the "office box" next to the front doors.

All Saints' 2nd Annual Pie Festival

Coming soon!



Please contact Liz Parker
to learn more.

484-574-1161

lizparker9959@gmail.com

BRED: Breathe, Believe, and Battle

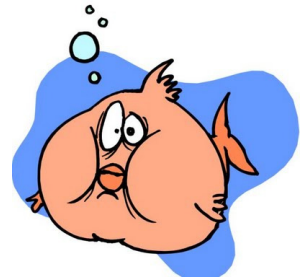
By Mary Beth Mucher

The other morning on my way to work, I was sitting at a light wondering why the traffic was so heavy. The radio helpfully announced that a nearby accident was diverting cars my way. As I adjusted to what that would mean, what came to mind was, "Breathe, believe, and battle."

Now before you think that I'm advocating road rage, let me say that I had heard those words in an interview with Misty May-Treanor and Kerri Walsh Jennings. It was from right after they won their third Olympic gold medal in beach volleyball. I know not everyone counts beach volleyball as a real sport, but I think most people would agree that Misty and Kerri are really good at it.

They typically dominated their matches, but now and then they fall behind in the score. The reporter asked how they handle those cases. They said they do what an early coach taught them: breathe, believe, and battle.

The advice was catchy, but was it compatible with Christianity? Breathing seemed OK. Many people unconsciously hold their breath when they're stressed, but oxygen deprivation is rarely a good idea. A few slow breaths will do wonders to restore peace and calm. Jesus was a big fan of peace (John 14:27) so I figured he would support the breathing thing.



Next came believing. That was a gimme. In John's gospel alone, the word "believe" is used in some form nearly 100 times. Yup, Jesus was all for believing.

But what about battling? Should Christians do that? The gospels do have some battle language, like when Jesus says he has conquered the world (John 16:33). Then there's Ephesians 6:12 - "For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places."

A few days later, a Facebook friend posted a quote from Archbishop Desmond Tutu. "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." That reminded me of Romans 12:21. "Do not be overcome by evil, but overcome evil with good."

So maybe that's the battle. But how do I overcome evil with good? I think God is telling me, "Start wherever you are." Take turns when two lanes merge into one. Stay calm when the driver next to you doesn't. Resist the urge to tailgate the person doing 35 in a 45 zone. Then when you get to the office, hold the door for your most irritating co-worker. Do it because you believe that God loves everyone and that God empowers you to love like he does. And while you're at it, don't forget to breathe.

****For Bible-reading resources and suggestions, visit our Bible Reading Every Day (BRED) web page at <http://allsaintsnorristown.org/bible-reading-every-day>. There you will find recommendations from members, daily reading plans, and other information to help you get started. Comments, questions, positive or negative reactions are all welcome.**



Hospitality Ministry

Host a summer reception after 10 & 10:30 a.m. worship this June, July, or August.

Supply a light snack and a smile!

(Drink mixes, water, and paper supplies will be available on site.)

Sign up today!

610-279-3990 / allsaints535@yahoo.com



Thank you for supporting our Sr. youth Group Hoagie Sale. We made 137 mouth watering hoagies. The aroma from the hoagies really filled the church.



✧ Graduates ✧

Please send announcements about yourself or a special graduate in your family to Donna Longobardi, Parish Administrator, by **June 15**.

Announcements will be published in All Saints' Summer edition of *The Messenger*.

Information may be handwritten or typed. Delivery by foot, snail mail, and e-mail will be happily accepted.



Thank you for your high bids during our April bake auction. As always the delicious baked goods went for steep prices and helped us raise \$628 for our youth group activities.

-The Jr. and Sr. Youth Groups



Has your address, phone number, or email address changed?

Please contact
Donna Longobardi, Parish Administrator
610-279-3990
allsaints535@yahoo.com

We appreciate your help in keeping our records up to date and current.

Newsletter
DEADLINE

Saturday, June 15

Earth Angels at All Saints' Church

By Philip Gottshall

The "Earth Angels" at All Saints' have made wonderful strides in maintaining the grounds around the church. Several garden slots are still open for anybody to adopt. Check out June's garden of the month (plot #4), many thanks to Andrew Ely and his family.



Maintaining a garden plot is minimal; keeping the area weed free as much as possible, planting flowers or maintaining ones that already exist, and watering during the summer. Don't think of gardening as work; it's therapeutic, creative, and fun!

Consider giving it a try on your own, with a friend, or with a group of people in order to help maintain the beauty of All Saints' and God's creation.

From Donna Longobardi, Parish Administrator: You'd be amazed of who admires All Saints' and its grounds. The youth attending WECL's Computer Zone were curious of where I worked; in giving them a tour of the parish office, they captured the view from my office window and commented, "It's so pretty" and "It's so cool!" (Thanks, Earth Angels.)



"Green Pastures Ministry"

VOLUNTEERS NEEDED

to mow/weed whack the front lawns

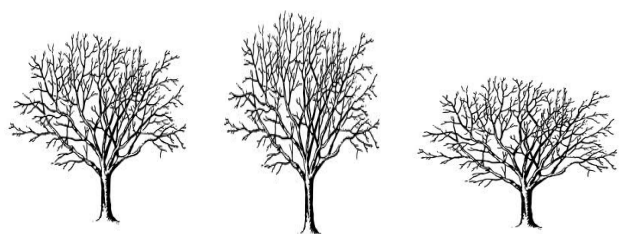
One week per month (less in the winter)

Contact Mother Sandra, Joe Raudenbush,
or Phil Gottshall

610-279-3990 / allsaints535@yahoo.com

Caring for Creation: Tips for the month of June

- **Use fewer paper napkins.** American use approximately 2,200 napkins per year EACH! This summer, try cloth napkins and napkin rings. Elegant and easy, they make picnics more fun. If every American used one less napkin a day, more than a *billion* pounds of napkins could be saved from landfills yearly.
- **Hang Dry.** A more challenging idea: try drying laundry on a clothesline or rack. Your wardrobe will maintain color and fit, and you'll save money. Pants put on the line when wet come out looking fresh-pressed.
- **Rethink bottled water.** Plastic water bottles take thousands of years to decompose. But don't get dehydrated this summer: fill a reusable container with tap water, a great choice for the environment, your wallet, and possibly your health. EPA standards for tap water are more stringent than FDA standards for bottled water!





As all of you read this short article from your 'crew' from the Second Time Around Shop, we are 'winding up to winding down' for the 2012-2013 season. Our final shop day before summer hiatus will be Wednesday, June 5. A

**Wednesday,
June 5
'BAG SALE'**

**All you can fit
in a bag for \$3**

'bag sale' - all you can fit in a bag for \$3 - will be held on that day. This is a big event for our clientele and it also offers us the opportunity to sell and clear out as

much merchandise as possible before we distribute left over merchandise from this past year. (Several other thrift shops and organizations will receive the remaining stock.) Then the fun begins!

The next several weeks will involve not only packing and distributing the leftover

merchandise, but a very thorough cleaning will be done on all floors, shelving, work room, etc. (Any additional volunteers for this 'fun' undertaking will be greatly appreciated.) After the cleaning is accomplished, we then pull out our new set of merchandise for fall and winter and place on racks, tables and shelves. In between all of this, we are counting on continued donations from all of you over the summer months...without which there would be no shop.

Once again, we are asking you to keep us in mind as you clean out closets, downsize kitchens, have leftover 'stuff' from yard sales, give away outgrown toys, sort through your jewelry and replace older electronics with newer versions. Clean, well-cared for and working condition items are always appreciated. We will be receiving and sorting donations all summer long. Please place your donations in front of thrift shop door. We want to say 'thank you' to all our church family for keeping this an ongoing enterprise and outreach for the community around us.

Betsy Gottshall, Nancy Ritter, Clara Mae Panczak, Marge Kinsey, Donna Penman, Jean Dean, Kathryn Gallagher, and Marcia Carneavale

Cape May Retreat - September 3-5

Try something different this September

A sign up sheet for the Cape May Retreat at the GFS Holiday House is on the bulletin board in the vestibule and will remain there during the summer months. The cost is \$55/night (night plus breakfast) for a total of \$110 per person. Lunch and dinners are on the individuals or group such as going out to a restaurant or ordering out to dine in house. Also, additional funds will be needed for personal spending. We will need your payment by cash or check, payable to *All Saints' Church* on or before September 1, 2013. Please place payment in an envelope and indicate ADULT RETREAT. If you have any questions, contact Phil Gottshall (610) 489-6124.

Serving for the Glory of God

Date	June 2	June 9	June 16	June 23	June 30
Acolytes	Anthony Nero, Victoria Batten, Emma Griffin	Alyssa & Anika Jones, Victoria Batten	Kathryn Gallagher	Eryn & Emma Griffin, Austin Taylor	Anika & Alyssa Jones, Austin Taylor
Altar Guild	Susan Cohen, Patty Gelet	Susan Cohen, Nicole Gelet, Susan Dean	Susan Cohen, Kathryn Gallagher, Deb Porcelli	Susan Cohen, Diane Mullen	Susan Cohen, Mary Jane Daley
Bulletin Assemblers	Marilyn & Jack Clemson (5/31)		Marion Shupe, Phil Gottshall (6/14)	Donna & Bob Penman (6/21)	Mary Jane Daley, Kathryn Gallagher (6/28)
Counters	Deb Heckard, Diane Mullen	Joanne & Bob Heisler	Deb Heckard, Diane Mullen	Betsy & Phil Gottshall	
Eucharistic Ministers	Donna Penman, Carley Harrity	Adrian Griffin, Anika Jones	9:00 Viviann Harris 10:30 Bill Koffke, Victoria Batten	Mary Jane Daley, Austin Taylor	Nelson Schrock, Alyssa Jones
Greeters	Joann & Bob Heisler	Susan Cohen, Susan Dean	9:00 10:30 Tracy & Ted Baidon	Jackie & Bill Koffke	Marilyn & Jack Clemson
Intercessor	Laurie Sawyer	Dale Kerr	9:00 Kathryn Gallagher	Craig Mucher	Diane Mullen
Lector	Andre Jones	Susan Cohen	9:00 Kathryn Gallagher 10:30 Ted Baidon	Emily Beaty	Kerima Swartz
Nursery	Lois & Shannon Byrne	Nina & Andrew Ely, Eryn Griffin	9:00 Deb & Austin Taylor	Karen & Emily Spottiswood	Stephanie Flood, John Paul Batten
Presenters	Susan Cohen, Deb Heckard	Marilyn & Jack Clemson		Prisca & Beville Jones	
Server Reader (8 a.m.)	Viviann Harris	Kathryn Gallagher	N/A	Diane Mullen	Joe Raudenbush
Summer Reception	Liz Parker		Kathryn Gallagher		
Ushers	8:00 Tom Stout 10:00 Susan Dean, Francie Dean	8:00 Nick Durante 10:00 Susan Dean, Jean Dean	9:00 Betsy Gottshall 10:30 Judy Baca	8:00 Wayne Kinsey 10:00 Susan Dean	8:00 Tom Stout 10:00 Donna & Bob Penman

June 2013

Sun Mon Tue Wed Thu Fri Sat

1

2

PENTECOST 2
8AM Rite I
10AM Rite II
VF Highland Band
11:15AM Adult Forum & 2013/14 Adult Forum Planning Meeting

3

8PM VF Highland Band

4

5

10AM-2PM Second Time Around Shop
BAG SALE

6

10AM Calvary LC visits WECL
7PM N.A. Mtg

7

Rector's Day Off
7:30PM N.A. Mtg

8

4-6:30PM Bread of Life Community Cafe

Parish Administrator on vacation, June 1-10

9

PENTECOST 3
8AM Rite I
9:20AM Choir Rehearsal
10AM Hymn Sing
11:15 Adult forum

10

Parish Administrator's Day Off
8PM VF Highland Band

11

12

13

10AM Calvary LC visits WECL
7PM N.A. Mtg

14

Rector's Day Off
7:30PM N.A. Mtg

15

9AM Good Noise Band Practice

"MESSENGER" DEADLINE

16

PENTECOST 4
9AM Rite II
10:30AM Contemporary
11:30 Adult Forum

17

Parish Administrator's Day Off
8PM VF Highland Band

18

19

7PM Vestry Meeting

20

10AM Calvary LC visits WECL
7PM N.A. Mtg

21

Rector's Day Off
7:30PM N.A. Mtg

22

4-6:30PM Bread of Life Community Cafe

23

PENTECOST 5
8AM Rite I
9:20AM Choir Rehearsal
10AM Rite II

24

Parish Administrator's Day Off
8PM VF Highland Band

25

26

27

10AM Calvary LC visits WECL
7PM N.A. Mtg

28

Rector's Day Off
9:30-12:30 Grace Summer Camp visits WECL
7:30PM N.A. Mtg

29

30

PENTECOST 6
8AM Rite I
9:20AM Choir Rehearsal
10AM Rite II

For kids of all ages



"Come with me by yourselves to a quiet place and get some rest."
Mark 6:31

CLERGY

The Rev. Sandra L. Etemad, Rector, The Rev. Geoffrey G. West, Associate Rector

VESTRY

(2013) Susan Dean, Beville Jones, Jay Petel (Rector’s Warden), Jack Spottiswood (Vestry Warden)
 (2014) Adrian Griffin (Secretary), Liz Parker, Viola Van Der Meulen
 (2015) Andrew Ely, Craig Flood, Joseph Gelet, Dale Kerr

STAFF

Jeffery J. Shuman, FAGO, MM, CHM, Music Director
 Donna Longobardi, Parish Administrator ▪ Robert Law, Sexton

<p align="center">BAILEY FUNERAL CHAPEL, LTD. Jay P. Bailey, Supervisor</p> <p align="center">815-17 W. Marshall St. Norristown, PA</p> <p align="center">Pre-Need Counseling Cemetery Monuments</p>	<p align="center">Bagpipes and Drums Valley Forge Highland Band</p> <p align="center">Make any event unique with music with one bagpiper to the entire Highland Band...</p> <p align="center">Contact: Jim McHale 610-449-7291 / 215-880-7291 Vfhb.com</p> <p align="center"><i>Affiliated with All Saints' for over 60 years.</i></p>	<p align="center"> 2113 W. Main St. JEFFERSONVILLE 610-539-7282</p> <p align="center">COMPLETE LINE OF MEDICAL EQUIPMENT</p> <p align="center">FREE Delivery to Seniors Blood Pressure Screening</p> <ul style="list-style-type: none"> • Medicare Billing for diabetic Supplies • Vitamin & Herbal Counseling • All Prescription Plans Accepted • We compound Prescriptions <p align="center">Henny Cole, R.PH. F.A.C.A.</p> <p align="center">FAX: 610-539-6430 • HENNYCOLE3@COMCAST.NET</p>
<p align="center"><i>Michael Kinsey</i> President/Owner</p> <p align="center">KINSEY LANDSCAPING <i>“We Trim Everything”</i></p> <p align="center">240 Carey Lane, Norristown, PA 19403 610-539-2229</p>	<p align="center">SPACE AVAILABLE Please call the church office at 610-279-3990 For additional information</p>	<p align="center">Medicare Supplement or Medicare Advantage</p> <p align="center">Which is better for you?</p> <p align="center">Please call or email JULES HERNADI, LUTCF, CSA 610-623-9241 ▪ JHernadi@aol.com</p>
<p align="center"><i>Hague's</i> Florist & Greenhouses</p> <p align="center">201 Roberts Avenue Conshohocken, PA 19428 610-828-0630</p> <p align="center">Provider of flowers for All Saints' weekly services</p>	<p align="center">SPACE AVAILABLE Please call the church office at 610-279-3990 For additional information</p>	<p align="center">SPACE AVAILABLE Please call the church office at 610-279-3990 For additional information</p>

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JUNE 2013



Sit back and enjoy what's inside!

All Saints' Mission Statement

*Proclaim the Gospel and God's love, provide for Christian worship and fellowship,
strengthen community spirit, nurture growth in Christian faith and values,
and share our resources to serve others.*