

The **MESSENGER**

A Publication of All Saints' Episcopal Church Norristown, Pennsylvania

February 2014

Dear All Saints Friends:

In church communities like ours, there's a fascinating balance of continuity and flux.

We live within the continuity of our story: creation, the covenant with God's chosen people, and their struggles to be the people God called them to be. Then a new covenant through the birth, death and resurrection of Jesus Christ built on that history, promising a new start and a glorious future for all God's people. Past . . . present . . . future.

Past & Present: This month, we honor and thank vestry members who have "retired" (at least for now) – Susan Dean, Beville Jones and Jay Petel – and welcome new members Cy Burke, Joanne Heisler, and Donna Penman. Vestry's Warden Jack Spottiswood continues for another term (THANK YOU, JACK!).

We look forward to a few new things in the works:

• **125TH Anniversary** of All Saints (the building came later).

- Ministry Celebration: Using 2013's Parish Survey to celebrate past & present ministries and connect members with future ministries that meet ASC's needs and their desires, gifts & talents.
- **Bibles in the pews!** Part of our ongoing Bible Reading Every Day program; more on page 8.

PAST TENSE, FUTURE PERFECT: THE GRAMMAR OF CHRISTIAN COMMUNITY

• Sermon on the Mount We'll spend this year with Jesus' central teachings through our worship, education & extracurricular fun.

A vestry retreat will surely bring more enthusiasm and ideas. And I'm sure we all plan to continue enjoying and strengthening the bonds we have with one another, many of them that have lasted a lifetime. In that vein, don't miss Jane Fitzroy's letter on page 3.

It reminds me of a song I learned in Girl Scouts: "Make new friends, but keep the old; one is silver and the other gold."

Or another song you'll all know: Onward, Christian soldiers! We march forward: the cross of Jesus going on before, while behind and underneath us our bedrock is the story of our faith, our church, and the ways each of our precious lives have been formed, held, and strengthened here, giving us a sense of stability in a world of change.

"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes." From the Sermon on the Mount, Matt 6:34 (*The Message*, Eugene Peterson's paraphrase of the Bible.

Blessings, Mother Sandra+

<u>Milestones</u>

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

☆ We said a sad goodbye to Bonnie Knipe, who died on January 4. Bonnie was a member of ASC for many years & spent a lot of her childhood at the house next to the parking lot, where her grandfather lived.

Alyssa Jones, slowed down and laid up for several weeks with a broken foot, returned to one of her favorite past-times, dancing, at the end of January. Her first post-injury dance competition is the first weekend in February. She can also drive again!

☆ With the receipt of her letter of transfer, Colleen Hamilton has officially become a member of All Saints. She's particularly interested in Episcopal Church Women-perhaps it's time to renew enthusiasm for ECW!

E-mail your milestones to <u>allsaints535@yahoo.com</u> with "Milestones" in the subject line, or drop a note in the parish office mailbox by the main entrance.

The **MESEIKER** is produced monthly by



All Saints' Episcopal Church 535 Haws Avenue, Norristown, PA 19401 Phone and Fax: 610-279-3990 Email: allsaints535@yahoo.com Web site: www.allsaintsnorristown.org

Submissions are invited and are subject to editing. Submit articles by email (preferred) to <u>allsaints535@vahoo.com</u> 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: 15^{th} of each month

Birthdays (February)

- 1 Tommy Durante
- 3 Bob Jording
- 5 Francie Dean Isabella Nero Lee Schwartz
- 9 Bethany Donovan Nina Ely
- 11 Sue Errington Tom Stout
- 13 James Atkins, III Mike Donovan
- 15 Jay Kerr
- 16 Andrew Faulkner
- 18 Jerrit Windbiel
- 20 Jennifer Gelet Olivia Gelet Mike Reynolds
- 26 Mike Kinsey
- 27 Michael Donovan
- 28 William Baildon Fr. Steve Nelson



Anniversaries (February)

- 8 Ginger & Rich Banmiller
- 12 Chrissy & Brian Gilroy
- 20 Kay & Hal Ely

Loving Wishes!



SUNDAY MORNINGS

8 a.m. Eucharist

9:45 a.m. Sunday School (1st & 3rd Sundays)

10:00 a.m. Sunday School with the Rector: All kids ages 4 through high school for first half of service (2nd Sundays)

9:45 a.m. Youth Forum (3rd Sunday only)

10 a.m. Choral Eucharist

Rite II, including music, except on 3rd Sundays (see below). Child care is available for children 4 and under, 10 a.m.-12:15 p.m. (If your older child wants to attend, please <u>ask</u> the volunteer on duty.)

11:15 a.m.

- Coffee, tea and hospitality
- Adult Forums
- (1st & 3rd Sundays)
 - Kaleidoscope Bible studies
 - Topical adult forums as scheduled

3rd SUNDAY OF EACH MONTH:

9 a.m. Rite II Eucharist with opening & closing hymns

9:45 – Youth Forum

10:30 a.m. Contemporary Eucharist in activity room

> Reminder: Third Sunday of the Month February 16

CELEBRATING LIFE AT ALL SAINTS

[Jane Fitzroy was an active member of All Saints for many years, as you can see from reading what she has written. She moved to be with her daughters in **year**, and now spends part of her time where they live, in California and part in Colorado. We get frequent notes from her, and she keeps up with us as well, primarily through *The Messenger*. Here is proof that physical distance doesn't mean somebody is no longer a member of All Saints! I got this letter from her in January and, with her permission, am reprinting it here. Mother Sandra+]

01-16-14

Dear Mother Sandra: Although this is a late reply to your thoughtful greetings for all the special occasions in my life in the fall/winter months of 2013 – I do appreciate all you and the long-time friends extended me as I celebrated a heart-warming birthday with family and friends. Having a birthday in November made it one of many celebrations during the fall of 2013. I can't believe 2013 is over – but feel so blessed to be near some of my families.

I read with great interest and fond memories the latest Messenger, especially page 3. Nancy Ritter was – and probably still is – a tireless volunteer for All Saints – and the Episcopal Church in general. Not only did she serve with Bishop Ogilby on the Diocesan level, but was always willing to step forward and fill vacancies as a leader when All Saints lacked clergy. Her late husband, Hansell, served on the vestry.

The Hockridges were another family who served many ways – Ralph helped with finances and served on the vestry, and Doris served on the Altar Guild many years. Joe Roscoe is someone I know only briefly. And Marion Shupe was my bulletin and Messenger assembler buddy for many years. Greetings to all! (Bev and Dick Kratz were longtime leaders. He and his brothers – Bob and Larry – served in so many capacities I've lost count. Dick and Bev also were active in "Meals on Wheels.")

The list goes on as I recall those not here:

Marge and Bill Wright Pearl and Herb Schnell Bob and Mae Kratz

To name a few.

Because of devoted members of the congregation like them – and those still serving these many years – the Gottshalls – Mary Jane Daley – the Clemsons – the Penmans – to name only a few – All Saints continues to thrive.

The checkmarks on the enclosed survey show only that I helped – the true leaders/organizers I have tried to note. But the best outcome of all was being part of a truly devoted – giving – welcoming congregation. "Many hands continue to help others."

So blessings and warm wishes to all - and a new year filled with health and happiness for all.

Always yours in faith, Jane [Fitzroy]

Feel free to write to Jane. She would love to hear from her Pennsylvania Episcopal family and friends: c/o Jen Parks, 239 2. Hilton Drive, Boulder Creek, CA 95006

Harmonizing for Good Health

It's been said that music heals the heart. But can it promote healthy aging? To find out, cognitive neuroscientist Julene K. Johnson is studying health changes in choir members at 12 senior centers in San Francisco. The professor at the University of California in San Francisco has already studied choruses in Finland and found an improved quality of life among older choir members. Another study at Georgetown University concluded that older adults who sang in a chorus for one year had fewer

falls, fewer doctor visits and less loneliness than those in a control group. Choral singing, Johnson says, allows people "to use their bodies and minds while creating something beautiful." – Eleanor Gilman



Volunteering has always been viewed as good for your soul. Now it turns out that it's also good for your health and your career.

Recent research conducted by Washington, D.C.-based Corporation for National & Community Service reveals that charitable work literally makes the heart grow stronger. Individuals with coronary artery disease who participate in volunteer activities after suffering a heart attack report a reduction in despair and depression, and that, in turn, rives down mortality and adds years to life. It's also true that those who volunteer have fewer incidents of heart disease in the first place.

Read more on "The Benefits of Giving Back" at <u>www.forbes.com</u>

Check out more about the subject at young@heart

ASC's music director, Jeff Shuman, also shares, "In addition to this info in this article, other studies have stated singing improves breathing in some asthma cases. Also, singing helps to ward off colds and upper respiratory infections.

HELP MAKE VALENTINE'S DAY COOKIES AND GIVE A NICE GIFT TO ALL OUR HOMEBOUND MEMBERS

Last year's cookie-making and decorating activity for kids of all ages was really a blast, and we learned a few things for this year's event (for instance, we'll make most of the cookies in advance). Parents, please bring your children. **Everybody: please come and help!** I could use help on Saturday making the cookies, and then plenty of help for the younger kids as they decorate cookies.

We'll have separate areas for three age-groups of children – younger, grade school (+ or -), and teens.

There will be plenty of cookies to eat and/or take home, and every child will decorate a few cookies for our shut-ins. If we have enough, we can send some to college students as well!

Sign up in the Vestibule, give a call to the office, or send an e-mail to Mother Sandra or Donna Longobardi.



Benefits of Loose Change

Kate Petel, Outreach Coordinator

Thank you to all who placed loose change and dollars into the collection box in the back of the church during the months of October, November, and December. The donations amounted to \$5.00. Money from the ECHO donations was added and a check for \$50 was sent to support Norristown Hospitality Center, a local shelter for the homeless and needy citizens of our community. As we get more accustomed to the presence of the collection box, I hope that people will increase their donations: even a small bit makes a difference.

Loose change collected during the first quarter of 2014 will be used to support the Patrician Society. Located on East Chestnut Street in Norristown, "The Patrician Society provides help for elderly people on fixed incomes, homeless persons, parents who receive public assistance while caring for children, residents of boarding homes, recently unemployed and underemployed family breadwinners and others in need. We have been serving the economically marginalized community in the greater Norristown since 1981." (Quote taken from Patrician Society website.)



More information about this ministry is available at <u>www.patriciansociety.org</u>.

From Victoria Batten ~ I would like to thank everyone who helped and donated items and cash towards my Senior Project. On December 28, 2013, I was able to give out 80+ daypack-type cinch sacks filled with hats, gloves, scarves, and personal hygiene items; and for the eight kids' bags, a stuffed animal. All the extra stuff will be donated to the Hospitality Center. My project is done! I believe that the people who received them appreciated the bags—all of you are partially responsible for that success. Thank you again for supporting me and this project.

Congratulations and welcome...



Cy Burke, Joanne Heisler, Donna Penman, and Jack Spottiswood, All Saints' newest vestry members

Cy Burke, Phil Gottshall, and Cornelia Hoffman, 2014's Diocesan Convention delegates; and alternates: Judy Baca, Beville Jones, and Karen Spottiswood

New member Colleen Hamilton and Deb Porcelli (if she agrees; she was unable to be present at the Annual Meeting) will represent All Saints for the Valley Forge Deanery.

And from Your local chapter of the GPSP: "Grammar, Punctuation, and Spelling Police":

I can hear some punctuation-conscious ASC members saying, "OK, what's up? Why isn't there an apostrophe after All Saints' in the Messenger these days?" I spoke with other "All Saints" churches, some who use the apostrophe and some who don't. But in speaking to some who *do* use it, they don't use that apostrophe unless the entire church name is part of what they are writing. So we're trying it out: "All of us at All Saints like to eat ice cream!" or "You are welcome to a concert at All Saints' Episcopal Church in Norristown." What do **you** think about that?

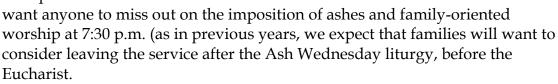
-Mother Sandra (and Donna Longobardi)

Ash Wednesday Parish Dinner & Service - March 5

Help us pull together a light soup dinner for our church family and guests, Wednesday, March 5. Bring a pot of soup to share, preferably warmed and ready to serve; rolls too! We plan to also have grilled cheese sandwiches for the kids. Dinner will be served at 6:30 p.m.



Have a little extra time? Extra help will be needed to get things set up, coordinated, and cleaned up for this special event. We wouldn't



Friday, March 7 1:00 p.m.

Community Event for Women

The women of All Saints will host this year's World Day of Prayer for the west-end Norristown churches, Friday, March 7, at 1 p.m. Save the date and plan to attend! The service was prepared by the women of Egypt on the theme "Streams in the Desert". Come and pray with us for those in our community and all around the world!

For more information, contact Nancy Ritter 215-699-2080

MARK YOUR CALENDARS: LENTEN EVENSONG WITH OTHER DEANERY CHURCHES

MARCH 23, 2014 5:00 P.M. 3:00 REHEARSAL FOR ALL SINGERS

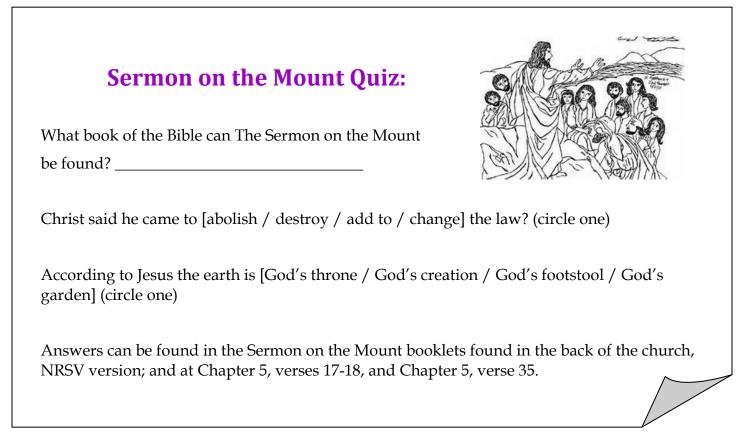
West End Preschool Seeks Board Member from ASC



We need a new All Saints representative to fill an empty slot in West End Preschool's Board of Directors. After serving seven years, Marge Kinsey has retired from that ministry. Marge encourages and invites anyone from the parish who may have an interest in young children, education, and a willingness to help and support our community's little ones' future. Marge stepped up in 2006 to serve when former parishioner, Marilyn Miller, moved out of the area. She also stated, "the Board is in need of help with grant writing and fundraising." In the past,

many of the west-end churches helped fund the preschool. Presently, many have stepped back from contributing. In recent board meeting minutes, Christ Church UCC and All Saints are the only two churches who continue contributing; outside grants help cover the everyday operation of the preschool. The preschool is housed at Christ Church UCC, a few blocks away from All Saints. All Saints continues to be supportive to the preschool and its program, enriching it with technology and ECHO grants. The preschool students and staff visit All Saints' West-End Computer Lab once a month.

For more information about the preschool, contact Pam Callisto at 610-666-7341; about the preschool board, contact Gail Scott at 610-275-0455.



BACK TO BASICS: BRINGING BIBLES INTO THE PEWS

The Bible is our handbook for life, and yet it's hard to fit Bible-reading into busy schedules.

One way we can help is to get Bibles into the pews along with our Book of Common Prayer and hymnals.

Each Bible donated will have a bookplate honoring the donor or memorializing a loved one.

These sturdy Bibles, designed especially for church pews, are \$20.00 each.

If you'd like to donate one or more, please make checks payable to All Saints' Episcopal Church, and let us know what you'd like on the bookplate for each Bible donated.



OR ACTIVITY HERE

Call/e-mail today! 610-279-3990 allsaints535@yahoo.com Ask for Donna

Submissions subject to editing and space availability.



Newsletter Deadline Saturday, February 15

February 2014



Serving for the Glory of God

Date	February 2	February 9	February 16	February 23
Acolytes	Eryn Griffin, Austin Taylor, Emily Spottiswood	Victoria Batten, Anika Jones, Emily Taylor	9:00 Phil Gottshall	Donna Penman, Alyssa Jones, Emma Griffin
Altar Guild	Susan Cohen, Mary Jane Daley	Diane Mullen, Nicole Gelet, Susan Dean	Susan Cohen, Deb Porcelli	Susan Cohen, Patty Gelet
Bulletin Assemblers	Please Volunteer (1/31)	Marilyn & Jack Clemson (2/7)	Marion Shupe, Phil Gottshall (2/14)	Donna & Bob Penman (2/21)
Coffee Service	Joanne & Bob Heisler	Steve Dello Buono	Karen & Jack Spottiswood	Prisca & Beville Jones
Counters	Deb Heckard, Diane Mullen	Joanne & Bob Heisler	Deb Heckard, Diane Mullen	Betsy & Phil Gottshall
Eucharistic Ministers	Bill Koffke, Austin Taylor	Susan Dean, Anika Jones	9:00 Phil Gottshall 10:30 Adrian & Eryn Griffin	Mary Jane Daley, Alyssa Jones
Greeters	Susan Dean	Joanne & Bob Heisler	9:00 10:30 Marilyn & Jack Clemson	Jackie & Bill Koffke
Intercessor	Cornelia Hoffman	Laurie Sawyer	9:00 Phil Gottshall	Dale Kerr
Lector	Emma Griffin		9:00 Phil Gottshall 10:30	
Nursery	Nina & Andrew Ely, Julia Windbiel	Lois & Shannon Byrne	9:00 N/A 10:30 Children are invited to join their families at worship!	Victoria Batten
Presenters	Susan Cohen, Mary Jane Daley	Griffin family		Prisca & Beville Jones
Server Reader (8 a.m.)	Joe Raudenbush	Diane Mullen	N/A	Viviann Harris
Ushers	8:00 10:00 Joanne & Bob Heisler	8:00 10:00 Griffin family	9:00 Betsy Gottshall 10:30 Judy Baca	8:00 10:00 Donna & Bob Penman

CLERGY

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

VESTRY

(2014) Adrian Griffin, Liz Parker, Nelson Schrock (Treasurer), Viola Van Der Meulen

(2015) Andrew Ely, Craig Flood, Joseph Gelet, Dale Kerr

(2016) Cy Burke, Joanne Heisler, Donna Penman, Jack Spottiswood

STAFF

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

BAILEY FUNERAL CHAPEL, LTD. Jay P. Bailey, Supervisor 815-17 W. Marshall St. Norristown, PA Pre-Need Counseling Cemetery Monuments <i>Michael Kinsey</i> President/Owner <i>KINSEY LANDSCAPING</i> <i>"We Trim Everything"</i> 240 Carey Lane, Norristown, PA 19403 610-539-2229	Bagpipes and Drums Valley Jorge Jighland Band Make any event unique with music with one bagpiper to the entire Highland Band Contact: Jim McHale 510-449-7291 / 215-880-7291 Vfhb.com Affiliated with All Saints' for over 60 years. LIFE INSURANCE YOU DON'T HAVE TO DIE TO USE Call for FREE information Jules Hernadi, LUTCF 610-623-9241 JHernadi @aol.com	2113 W. Main St. JEFFERSONVILLE 610-539-7282 COMPLETE LINE OF MEDICAL EQUIPMENT FREE Delivery to Seniors Blood Pressure Screening • Medicare Billing for diabetic Supplies • Vitamin & Herbal Counseling • All Prescription Plans Accepted • We compound Prescriptions Henny Cole, R.PH. F.A.CA. FAX: 610-539-6430 Medicare Supplement or Medicare Advantage Which is better for you? Please call or email JULES HERNADI, LUTCF, CSA 610-623-9241 • JHernadi@aol.com
Hague's Florist & Greenhouses 201 Roberts Avenue Conshohocken, PA 19428 610-828-0630 Provider of flowers for All Saints' weekly services	SPACE AVAILABLE Please call the church office at 610-279-3990 For additional information	SPACE AVAILABLE Please call the church office at 610-279-3990 For additional information

The above are paid advertisements. All Saints' Church does not endorse nor assume any liability for their products and/or services.



535 Haws Avenue Norristown, PA 19401-4542 Phone and Fax 610 279-3990 www.allsaintsnorristown.org *FULLY ACCESSIBLE CHURCH*

INSERT LABEL HERE

FEBRUARY 2014





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.