



The MESSENGER

A Publication of All Saints' Episcopal Church
Norristown, Pennsylvania

March 2014

What is the purpose of religion – specifically, what is Christianity all about? One writer I like says this: “Religion is supposed to be an organization through which we can understand God’s intention for our lives and transform ourselves so that we may have lives filled with meaning and greater purpose.” *The Hidden Power of the Gospels*, Alexander Shaia, p. 14

I’d take exception to one part of this sentence, where Shaia says that religion helps us “transform ourselves.” I believe that’s God’s job; our job is to allow God in, time and time again. Jesus was never insistent, but offered (and offers) transformation *if we want it*.

On the website patheos.com, blogger Benjamin L. Corey posted an article: “5 Practices Toward a More Radical Christian Life” describing ways to approach this year’s Lenten season (March 5-April 19).

Here are the five practices Corey suggests; the first three involve renunciation of something, and the final two are the positive fruits of the first three – a great balance for a fruitful Lent:

Practice purging possession. Corey spent significant time in India, where he became convinced that “the Christian association with wealth, especially here in the American empire, is inappropriate for Jesus followers.” He suggests a yearly purge of various kinds of “stuff.” I can think of no better time for this than Lent!

- **Practice curbing your impulse to acquire.** Personally, this one’s hard for me. In Costco recently, my husband got me a new non-stick sauté pan, but the demonstrator was pushing “AN 11-PIECE SET!!!” for a great deal. We could really use the one new pan, but it was hard for me to walk away from the rest of the stuff. That was a week ago, and today it’s painfully obvious that I didn’t need the other 10 pieces. Corey suggests a starvation diet: never allow yourself to acquire a “want” on impulse, but wait until the desire passes. Another great practice for Lent.
- **Practice fasting.** Corey suggests “a predetermined period of time where you deny yourself something without giving in.” He gave up websites that he was “addicted” to but that made him angry for the 40 days of Lent – and never went back. For me, it’s going to be sweets during Lent – I’m seriously addicted to my sugar fixes, and Corey suggests that mastering a fast helps us learn that we’re really OK with less.
- **Practice radical generosity.** Start small in giving away money and possessions. Give to a cause you’re passionate about. You’ll find that over time you might enjoy giving money away more than you enjoy spending it!
- **Practice radical hospitality.** Open your home and time to others. It builds meaningful relationships while building our habits of generosity. If you want to follow Jesus more closely, remember to invite people that you normally wouldn’t think to invite or associate with. [(You can read more by doing a web search: “Patheos 5 Practices Radical Christian.”)]

See you on March 5 for Ash Wednesday! Mother Sandra+

Milestones

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

☆ On February 15 Joe Gelet, who heads our Buildings & Facilities ministry, took a five-hour test and passed with flying colors to become a Master Electrician. Congratulations, Joe!

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



**Daylight Savings
March 9**

The **MESSENGER**

is produced monthly by



All Saints' Episcopal Church
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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

Birthdays

(March)

- 3 Clare Ely
- 6 Cleta McClay
- 7 Dick Kratz
- 10 Jack Clemson
Ginger Banmiller
Marion Shupe
- 13 Tim Byrne
- 14 Mary Anne Calabrese
- 18 Samantha Reynolds
- 19 Aydan Ritter
- 20 Lisa Windbiel
- 28 Beville Jones

Anniversaries

(March)

Karen & Bruce Kratz

Best Wishes!



Worship

Opportunities

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.-
end of service.

Following 10:00 service:

- Coffee, tea and hospitality
- Adult Forums (**First & Third
Sundays**)

3rd SUNDAYS MONTHLY:

**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:
March 16

2014 Vestry Officers

Vestry Warden
Jack Spottiswood

Rector's Warden
Andrew Ely

Secretary
Adrian Griffin

Treasurer
Nelson Schrock

EVENSONG

a service of singing and prayer

**Sunday, March 23, 2014
4:00 p.m.**

Reception immediately following

We encourage all to attend the Lenten Evensong service here at All Saints. Mother Sandra has conceived the service and invited St. John's and St. Augustine's of Hippo, Norristown; St. Peter's, Phoenixville; and Calvary, Conshohocken to participate.

This mid-Lent service is a time to take a pause and, through prayer and beautiful music, consider Jesus' journey to the cross and our own spiritual progress as we journey together. The choir looks forward to supporting Evensong with music and hopes

you will be able to join in this evening worship service. Should you wish to sing in the choir, *please attend our rehearsal with the other choirs at 2:00 p.m., March 23, in the chancel of the church.* Music will be provided. Thank you for making time to worship with us at this Evensong service.

The music for the next few weeks will continue to reflect what the Lord has done for us. He has redeemed us by dying for us. He has given us a sense of our shortcomings while paving the way to learn of Him, making our paths straight and accepting our praise. – Jeff Shuman, Music Director

Adopt a Garden

Spring of 2014 is fast approaching. 16 different gardens are waiting to be adopted by caring individuals, groups, or families. All that is required is to keep the area weed free (as much as possible), plant flowers and/or maintain the ones that already exist, and water during the summer.

Please consider adopting a garden to maintain the beauty of All Saints. A sign-up sheet will be available soon: keep an eye out on the vestibule bulletin board in upcoming weeks.

Questions?
Contact Phil Gottshall, 610-489-6124

First Day of Spring

**March
20th**

Why Gardening Is Good for Your Health

***Digging in the dirt
can ease stress,
keep you limber,
and even improve
your mood***

Read more at:
[http://www.health.com/health/
article/0,,20507878,00.html](http://www.health.com/health/article/0,,20507878,00.html)

Not A Fan: Becoming a Completely Committed Follower of Jesus

Brendah Ndagire

How many of us are fans of the Philadelphia Eagles, 76ers, or Phillies? I can imagine some of your hands going up at the mention of these sports teams.

How many of us are familiar with football, basketball or baseball fans who have taken a deeper step to Google these players' full names, birthdays, favorite foods, place of birth, education levels or even death certificates? In fact, we wear their names on our shirts and their stickers on our cars. We are definitely fans and lovers of these players: we believe we know them; we follow them on Twitter, My-Space and Facebook, we basically know every detail of their lives.

Unfortunately, when we take a moment and meet one of these players (now celebrity), we will be so disappointed and heart-broken about how little or barely they know us (fans). You love them, you attend stadiums to watch them play, and persuade your friends to love and follow your team players and suddenly when you meet these celebrities, they say, "I do not know you, go away!!"



Kyle Idleman in his book *Not A Fan* challenges Christians to take a step back and define their relationship with Jesus Christ. Like football or baseball fans, a lot of Christians today are FANS of Jesus Christ. They love Him, confess to follow

him, go to church every Sunday to worship, admire and praise Him for His amazing miracles. Our relationship with Christ is basically a celebrity-fan relationship. OUCH! But what does it really mean to **follow** Jesus? What does it mean to know Him? When we meet Him one day, will He say, "Yes, I know you too, come here dear child or faithful servant"?

Kyle Idleman's book will provide answers to the above questions. He will guide you in defining your relationship with Christ. He will challenge you to understand that becoming a completely committed follower of Jesus does cost you something.

I encourage everyone who believes that he or she is a truly committed follower of Jesus Christ to read this book. I guarantee it will add some pieces you have unconsciously been missing in your relationship with Christ Jesus.

Sometimes the book comes with DVDs for discipleship study. Please, if you can, buy *Not A Fan* DVDs too. They are very helpful to understand some of *Not A Fan* stories within the book.

Have you met **Brendah Ndagire** ("Na-gear-ay") yet?

Brendah has been attending All Saints for a few months. Brendah is from Uganda and was raised by a missionary couple there (they were originally from New Jersey). Brendah graduated from Uganda Christian University, and then came to the U.S. on an 18-month fellowship with UrbanPromise Int'l in Camden, and now studies International Development at Eastern University. She highly recommended *Not a Fan* to me, and I asked her to write this review. One amazing fact: I only knew two people in Uganda before I met Brendah – and she also knows one of them—very well! That's retired Archbishop Livingstone Nkyoyo, who ordained her adopted father; as a student driver at Virginia Seminary I ferried him all around Washington D.C. in my 1984 Volvo on numerous occasions, and Brendah is very close friends with his son. Welcome Brendah when you see her!





In Search of Acolytes

While we have as a parish family added a few new people to serve as acolytes, it still remains a relatively small group. We appreciate those who are conscientious in their duties and serve well, but the truth is, we need more acolytes. In the last year, several adults have stepped up to this ministry. Remember, youth *and* adults are welcome to this ministry; some adults have found that it is a particularly profound way to participate in worship services. We especially need adults for second Sundays, when

children and youth go out with Mother Sandra for Sunday School at the Rectory (they don't return until communion is underway, and we like kids all the way through high school to be able to attend). It goes without saying that the more people who are willing to serve, the time commitment is less for all. As always, I am thankful for the help of those who do now and will in the future participate in this meaningful ministry.

Please contact me, Father West, if you are interested in joining in this ministry, at church or by at pagaga@aol.com. Thank you very much.

Order Today!



Are you looking for time off from making lunch or dinner? All Saints' Senior Youth Group hoagie sale is here to rescue you. Youth group members are taking and accepting orders now through Sunday, March 16. Hoagies will be available for pickup on Saturday, March 22, between 10:30 and 11:00 a.m., or Sunday, March 23, after church.

Three varieties are available: Italian, turkey, or cheese. The youth group's hoagies have a reputation of being DELICIOUS and well loved by many. If you haven't tried them yet, now's the time to give them a try!

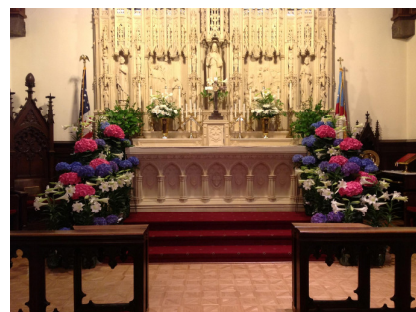
NOTE FOR YOUTH Order forms for the upcoming Hoagie Sale are arriving soon!

(Begin making calls and visits to friends, extended family, and neighbors to take their orders March 2 -16)

Mark your calendars and set your alarms so you arrive at church by 9AM on Saturday, March 22 to help make the hoagies! Plan to stay 'til 11/11:30 a.m.

Easter Flower Memorials

After the harsh winter that we have experienced it is comforting to know that spring is right around the corner and beautiful flowers will soon adorn our altar on Easter Sunday. Please consider a memorial donation or a thank offering to the Altar Guild to help defray our costs and honor your loved ones. You may use the special envelope included in your box of offering envelopes or those found beneath the sign-up area of the bulletin board in the vestibule. In order to have the names of your loved ones who you wish memorialized in the Easter Sunday Order of Service, **please turn in your envelope no later than Palm Sunday, April 13.**



Sneak Peek of Holy Week



Make plans today for Holy Week activities at All Saints.



Palm Sunday – April 13
Worship (8 & 10 a.m.)



Maundy Thursday – April 17
Dinner (6:30 p.m.)

Liz Parker has graciously offered to help coordinate this dinner, but needs some assistance. If you can help, please talk to Liz or call Donna at 610-279-3990.

Worship (7:30 p.m.)
Choir Rehearsal to follow



Good Friday – April 18
Liturgy (Noon)



Easter Day – April 20
Worship (8 & 10 a.m.)
Easter egg hunt following 10 a.m. worship

No nursery care, Sunday school, forums, or coffee service.

Storm Damage to the Second Time Around Shop

The abundance of snow has closed the shop twice in 2014. Since some of our customers are walkers with babies in strollers the cold weather has kept them at home even on the days that the shop was open.

Thankfully your donations have been bountiful so we have been able to restock our shelves with household items and our racks of clothing with newer selections. The clothing that we removed was sent downstairs to those in need that attend the Bread of Life Community Café. I wish you could see the joy on their faces as they arrive and select something warm to take home. Our success can not be measured in the financial donations we make to the church.



Hopefully as warmer days arrive we will see our faithful customers returning. In early March we will rotate the clothing into spring and summer items. Please keep us in mind as you put away your winter clothing and consider sharing any of your surplus clothing or household items with us.

We send you our gratitude for your generosity of giving that has kept our Shop open and a blessing to our community.

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



Thank you to all of the bidders who came to our Youth Group Bake Auction. We had many splendid desserts that our youth and congregation donated for the auction. We brought in a whopping \$640 which will be used towards Youth Group events.

-Senior Youth Group

Bible Quiz Answers: 1: The poor in spirit, those who mourn, the meek, those who hunger & thirst for righteousness, the merciful, the pure in heart, peacemakers, the persecuted (#9 at Matt 5:11!); 2. "This Little Light of Mine." 3. Righteousness; 4. **Everything** we say should be true; we should not reserve truth for oaths only!



SPECIAL INVITATION

FOR: Senior Youth Group
WHAT: Lunch at Subway and Necklace Making
WHEN: Sunday, March 9
TIME: 11:45 a.m. – 1:45 p.m.
WHERE: Buttercup Beads (next door to Busy Bee Pottery)
1125 Pawlings Road, Audubon
Cost: FREE

Pick up is at Buttercup Beads.



ASH WEDNESDAY

SERVING GOD & CHURCH

Acolyte

Eryn Griffin

Intercessor

Nelson Schrock

Eucharistic Minister

Susan Dean



Newsletter
DEADLINE

Newsletter Deadline
Saturday, March 15



All Saints Parishioners,

Thank you to everyone for the cards and support. It is a comfort to know you were thinking of me and my family in our time of sorrow.

Thank you,

Pam Knipe



*Sun**Mon**Tue**Wed**Thu**Fri**Sat***1**

March 2014

2

Last Epiphany
 8AM Rite I
 9:45 Sunday
 school
 10AM Rite II
 11:15 adult forum

3

Parish
 Administrator's
 Day Off
 8PM VF Highland
 Band

4**5**

ASH WED
 10AM-2PM
 Second Time
 Around Shop
 6:30PM Parish
 Dinner
 7:30PM Worship
 Choir Rehearsal
 following

6

10-Noon Calvary
 LC visits WECL
 Noon Bible Study
 w/ Lunch
 7PM N.A. Mtg

7

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

8

4-6:30PM
 Bread of Life
 Community Cafe

9

LENT 1
 8AM Rite I
 10AM Rite II;
 Sunday school at
 the Rectory

10

Parish
 Administrator's
 Day Off
 8PM VF Highland
 Band

11**12**

10AM-2PM
 Second Time
 Around Shop
 5:30PM Wardens
 Meeting

13

10-Noon 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

LENT 2
9AM Rite II
 9:45 Sunday
 school & youth
 forum
10:30AM
 Contemporary
 11:30 adult forum

17

Parish
 Administrator's
 Day Off
 8PM VF Highland
 Band

18**19**

9:15AM West
 End Preschool
 visits WECL
 10AM-2PM
 Second Time
 Around Shop
 7PM Vestry Mtg.

20

10-Noon Calvary
 LC visits WECL
 Noon Bible Study
 w/ Lunch
 6:30PM Choir
 Rehearsal
 7PM N.A. Mtg

21

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

22

9-11AM Hoagie
 making
 4-6:30PM
 Bread of Life
 Community Cafe

23

LENT 3
 8AM Rite I
 10AM Rite II
 Hoagie Pickup
 1PM Haws Ave
 Soup Kitchen
 2PM Evensong
 Choir rehearsal
 4PM Evensong

24

Parish
 Administrator's
 Day Off
 8PM VF Highland
 Band

25**26**

10AM-2PM
 Second Time
 Around Shop

27

10-Noon Calvary
 LC visits WECL
 7PM N.A. Mtg

28

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

29

4-6:30PM
 Bread of Life
 Community Cafe

30

LENT 4
 8AM Rite I
 10AM Rite II

31

Parish
 Administrator's
 Day Off
 8PM VF Highland
 Band



Daylight Savings
 Sunday, March 9

Serving for the Glory of God

Date	March 2	March 9	March 16	March 23	March 30
Acolytes	Anika Jones, Victoria Batten, Emily Spottiswood	Donna Penman, Carley Harrity	9:00 <i>Please Volunteer</i> 10:30 Austin Taylor	Victoria Batten, Eryn Griffin, Emma Griffin	Alyssa Jones, Anika Jones, Emily Taylor
Altar Guild	Susan Cohen, Mary Jane Daley	Susan Cohen, Diane Mullen	Susan Cohen, Nicole Gelet Susan Dean	Susan Cohen, Patty Gelet, Dale Kerr	Susan Cohen, Deb Porcelli
Bulletin Assemblers	Mary Jane Daley (2/28)	Marilyn & Jack Clemson (3/7)	Marion Shupe, Phil Gottshall (3/14)	Donna & Bob Penman (3/21)	Mary Jane Daley (3/28)
Coffee Service	Joanne & Bob Heisler	Steve Dello Buono	Karen & Jack Spottiswood	Prisca & Beville Jones	Kelly & Adrian Griffin
Counters	Francie Dean, Diane Mullen	Joanne & Bob Heisler	Joanne & Bob Heisler	Betsy & Phil Gottshall	Joanne & Bob Heisler
Eucharistic Ministers	Donna Penman, Victoria Batten	Nelson Schrock, Carley Harrity	9:00 Joe Raudenbush 10:30 Bill Koffke, Austin Taylor	Adrian & Eryn Griffin	Mary Jane Daley, Anika Jones
Greeters	Gelet family	Joanne & Bob Heisler	9:00 10:30 Susan Dean	Jackie & Bill Koffke	Marilyn & Jack Clemson
Intercessor	Diane Mullen	Laurie Sawyer	9:00	Dale Kerr	Diane Mullen
Lector			9:00 10:30		
Nursery	Monica Reynolds, John Paul Batten	Ely family, Julia Windbiel	9:00 N/A 10:30 Children are invited to join their families at worship!	Spottiswood family	Lois & Shannon Byrne
Presenters	Susan Cohen, Mary Jane Daley	Stephanie & Craig Flood		Prisca & Beville Jones	
Server Reader (8 a.m.)	Joe Raudenbush	Diane Mullen	N/A	Viviann Harris	
Ushers	10:00 Lois & Tim Byrne	10:00 Carol & Brian Harrity	9:00 Betsy Gottshall 10:30 Judy Baca	10:00 Donna & Bob Penman	10:00

CLERGY

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

VESTRY

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

(2015) Andrew Ely (Rector's Warden), Craig Flood, Joseph Gelet, Dale Kerr

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

STAFF

Jeffery J. Shuman, FAGO, MM, CHM, Music Director

Donna Longobardi, Parish Administrator ▪ Robert Law, Sexton

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

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FULLY ACCESSIBLE CHURCH

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MARCH 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.*