

*Loving and serving  
God, church, and community*

#### CLERGY

The Rev. Sandra L. Etemad,  
Rector

The Rev. Geoffrey G. West,  
Associate Rector

#### VESTRY

(2015)

Andrew Ely (Rector's Warden),  
Joseph Gelet, Dale Kerr, Laurie  
Sawyer

(2016)

Cy Burke, Joanne Heisler  
(Secretary), Donna Penman,  
Jack Spottiswood (Vestry's  
Warden)

(2017)

Ginger Banmiller, Nick Durante,  
John Errington, and Nelson  
Schrock (Treasurer)

#### STAFF

##### Music Director

Jeffery J. Shuman, FAGO

##### Parish Administrator

Donna Longobardi

##### Sexton

Robert Law

**ALL SAINTS'  
EPISCOPAL CHURCH**

*A House of Prayer  
for All People*

## Reaching Out to Every Member of our Congregation



Recently, I noticed that one of our newer members, Phil Ephraim (fondly known as “Dr. Phil” by many of us; he has a doctorate in library science) had gone missing for several weeks. Because he has a complicated schedule, I wasn’t too concerned for the first two or three weeks. I missed his quick laughter and friendliness to all. I tried to call but his voice mail inbox was full, so I sent a quick card.

After church the following Sunday, Phil let me know that he had been busy, but he was surprised that he hadn’t heard from any parishioners. As you may recall from a previous *Messenger*, when “Dr. Phil” arrived at All Saints in the summer of 2013, I was out of town at my granddaughter’s baptism. When I returned and got to know Phil and his girlfriend Jayne Sandorf (who lives near New York City), Phil told me how incredibly welcoming the congregation was. He was astounded by the warmth and openness of the congregation. But he was surprised that nobody contacted him when he was gone for a month.

Phil originally comes from Nigeria. The Anglican church is quite active there, and of course worship is different in various ways; with each different culture comes unique forms of praise and worship. But we can learn a lot from our brothers and sisters in other parts of the world. Phil has a few thoughts for us about creating true and enduring community. All Saints members tend to be very good about contacting their own close friends in the congregation, but as a whole, it isn’t hard to drop through the cracks. Perhaps our challenge for 2015 can be reaching beyond our own comfort zones – beyond our smaller group of good friends, talking to people we don’t know very well or at all before and after church, keeping an eye out for those who generally sit within a few pews of us, contacting people who are missing. And for those who are contacted – remember, sometimes we (including me!) fear that if we reach out when you’ve been absent, it will be taken as a reprimand. Let’s all agree that there are no reprimands – that we just want to learn how to better reach out to any and all parishioners who are missing and might need our support and friendship.

See Dr. Phil’s observations and suggestions on page 8.

Yours in Christ,

Mother Sandra+

# **SAVE THE DATE**

**Sunday, March 15**



**The Rt. Rev. Edward L. Lee, Jr.,  
will be visiting, preaching,  
and celebrating with All Saints'  
on the 4th Sunday in Lent**

**Come and see our youth affirm their faith at 10 a.m.**

**The following will be confirmed:**

**Julie Byrne**

**Shannon Byrne**

**Jarett Dello Buono**

**Emma Griffin**

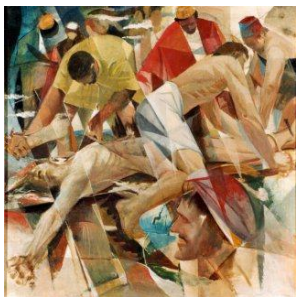
**Dominic Kerr**



***Join us for worship, fellowship,  
and light refreshments!***

We can use extra help with organizing the reception, setting up, serving, clean up, and of course donations of bite-size treats, so everyone can enjoy this special day. Please contact the church office by phone or email to let us know how you'd like to help.

## Stations of the Cross: Devotion and Discipline



Journey with St. John's, All Saints, and St. Augustine of Hippo for weekly Stations of the Cross. Experience the imaginative exercise of walking with Jesus on his way to the cross. It is a powerful way to contemplate the mystery of Jesus' self-

surrender and gift of himself to each of us. Share some of your time this Lent with God. All will be held at 6:30 p.m. on Wednesdays at the respective churches; please contact Mother Sandra if you would like a ride or to carpool:

- **March 4**  
St. John's, 23 East Airy Street, Norristown
- **March 11**  
All Saints
- **March 18**  
St. Augustine of Hippo, 1208 Green Street, Norristown
- **March 25:** St. John's



**Daylight Savings – March 8**

## *Wishing blessings and happiness for...*

### **Birthdays**

March	3	Clare Ely
	6	Cleta McClay
	7	Dick Kratz
	10	Jack Clemson
		Ginger Banmiller
		Marion Shupe
	13	Tim Byrne
	18	Samantha Reynolds
	19	Aydan Ritter
	20	Lisa Merritt
	23	Leslie Murphy
	28	Beville Jones

### **and Wedding Anniversaries**

March	15	Karen & Bruce Kratz
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*If your name has been omitted,  
please contact the church office.*



## **2015 Vestry Officers**

### **Vestry Warden**

Jack Spottiswood

### **Rector's Warden**

Andrew Ely

### **Secretary**

Joanne Heisler

### **Treasurer**

Nelson Schrock



## Have you ever FASTED before?

Fasting is a common practice in Christianity; in the Episcopal Church there are two designated fast days: Ash Wednesday and Good Friday. Jesus expected that His disciples would fast (Matthew 6:16-18). Here are a few tips shared by David Peach, a writer from the website *What Christians Want to Know*. David serves full-time in missions serving the Deaf. See <http://www.whatchristianswanttoknow.com>

**Plan Your Fast** The Bible has examples of one-day, three-day, seven-day and forty-day fasts (Judges 20:26, Esther 4:16, 1 Samuel 31:13 and Matthew 4 respectively). Enter your fast with prayer and a specific plan for how long you will fast. Part of planning your fast should be to educate yourself on different types of fasts and reasons to fast. It is also important to know how to break your fast properly. This becomes more critical the longer your fast lasts.

**Consider Your Schedule** While a fast, by nature, is inconvenient, it should be an inconvenience to you—not to those around you. Obligating others to accommodate you takes away the personal nature of fasting.

**Tell Only the People You Must** Those whom you live with will need to know you are fasting. Beyond that, you would be better off not telling many people that you are fasting. Most won't understand. Fasting can also become a source of pride and boasting as you spread the news to more and more people. Telling your minister can be a help both to you and to them. It will be an encouragement for them to pray more specifically for you during this time. And you will know that someone is praying for your spiritual and physical well-being.

**Wean Yourself Off Caffeine** Several days before your fast begins, you should start weaning yourself off caffeine. Some people experience unbearable headaches after quitting caffeine. During your fast you will already be acutely aware of your stomach. There is no need to add a second discomfort if it can be avoided.

**Avoid Media** Disconnecting from TV, radio, newspapers, and the Internet can help you stay focused on your purpose for fasting. Avoiding media will give you more time to focus on the Lord and scripture.

**Disconnect from People** Fasting is not necessarily a vacation, though dedicating time off and away from people during your fast can help you get the most benefit out of this precious time. Leave your email and cellphone behind. Many people fast and still carry on their normal daily activities. But if you can get away, it will give you more time in quietness and stillness with God.

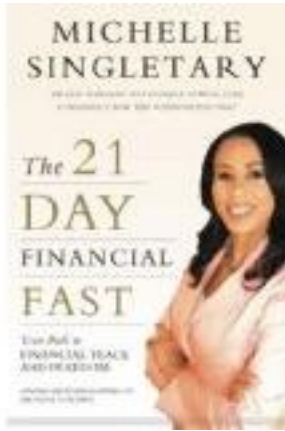
**Beware of Your Emotions** Some people experience vast mood swings during a fast. One moment they are totally focused on God and the next they are wallowing in pity. Knowing that this is likely to happen will help you react properly. Learning to refocus on God's goodness during this tough emotional time will help when your fast is over and you experience similar emotions.

**Rest** Laziness is a problem that the Bible speaks against, but most of us today suffer from being too busy and not getting the rest we need. If you disconnect from the media and other people you will have extra time, allowing you to get a full night's sleep. During your fast you will be forced to slow down since you won't be needing long meal breaks. A fast will reveal to you that you have too many activities and busyness in your day-to-day routine.

**Stay Physically Active** You should take time to rest but this does not mean you should do nothing. Enjoy a walk in God's creation. Outside of God's Word, creation is one of the best ways that God is revealed to us.

**Be Still and Focus on God** Fasting is a time to study God's Word, meditate, and pray. To help with this, plan a specific Bible passage or topic you want to study during your fast. Look for verses you want to memorize and meditate upon. Fasting by Jesus and the disciples was always accompanied by prayer. Spend time talking to God and allowing Him to reveal Himself to you in the Word.





## A Lent Financial Fast: Soup & Study

This year's Lenten study will focus on finance wellness. With a little help from Michelle Singletary's book The 21 Day Financial Fast, we will read, discuss, and offer encouragement to one another in the quest to manage our finances better. It's great for earners at any income-

level or stage of life, whether you are living paycheck to paycheck or just trying to make smarter financial choices. Together, let's take on the challenge. We'll try our best at putting away our credit cards and buy the barest of essentials for the next three weeks or if we are really brave, through the whole season of Lent.

**Join us for soup and study,  
Wednesdays at 5:15 p.m., beginning March 4**

Need a book? Contact Mother Sandra at 443-797-2360 or [mothersandra@ymail.com](mailto:mothersandra@ymail.com). A small investment of \$10 for the book could multiply into great savings, giving, and growth in your spirit and life



## **"SouperBowI" collection for All Saints' very own Bread of Life Community Café.**

With the help of John Errington,  
Emma Griffin, and Dominic Kerr,  
we collected \$173.

Thank you to all who donated  
to help the hungry of our  
community.

--Sr. Youth Group

## Share your \$\$ to Bless Church & Others



Easter Sunday will be here very soon and the Altar Guild is once again planning to beautify our altar with lovely Easter flowers. You can be a part of this tradition -- memorialize your loved ones with a donation to the Easter Memorial Flower Fund. You may also want to consider making your donation in honor of someone living or as a thank offering. If you would like the names of those you are honoring or memorializing printed in the Easter Sunday bulletin, please make sure your envelope is turned in by Sunday, March 29.

## 1<sup>st</sup> Day of Spring Friday, March 20



## Spring into Prayer

*Therese J. Borchard, columnist for Beliefnet.com*

Connecting with the joyful lessons of a somber season.

This liturgical season is all about asking for directions—going into the dryness so that we can show up transformed at the spring of new life. I pray many different ways during this time of preparation, and most of them are quite fun. Lent isn't about being somber or morose. I have enough of that in my life. It's about using everything in my life to better connect me with God. Here are some of my paths into the desert of Lent.

### Fold Your Hands

"Let your body lead, and your mind will follow." That is why I always fold my hands when I pray. I want my body to tell God that I'm talking to Him, even if my mind is off wandering elsewhere.

### Say Thank You

Gratitude, they say, is the highest form of prayer. It's also the most difficult when I'm in a depressive cycle or feel panic coming on. During Lent, I try to pay special attention to all the small, wonderful things around me. I remind myself to say thank you to God as well.

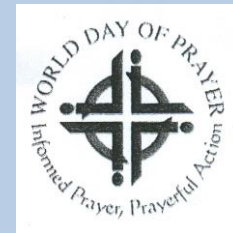
### Light a Candle

Even though there is no "Lenten wreath" like an Advent wreath, I light candles in the same manner during Lent as I do in the days preceding Christmas. For some reason, I feel like God hears me better if she sticks her face near a hot, glowing body of flame.

Is that because Jesus calls himself the "light of the world" (John 8:12)? Because Paul instructs the Ephesians to "walk as children of Light" (Ephesians 5:8)? Or is it because something about a flame on a candle soothes me ... The scarlet blaze generates a feeling of hope, of fierce tenacity, that whispers, "Hang in there."

### Yell Like Heck

I know this is controversial, but I condone yelling at God if it helps release your anger and frustration at an imperfect world. Catholic writer Ronald Rolheiser is with me on this one: he writes in *Forgotten Among the Lilies* that wrestling with God is a form of prayer: "The refusal to accept the harshness of God's ways in the name of his love is an authentic form of prayer. Indeed the prophets and saints were not always in the habit of simply saying, 'Thy will be done.' They often fought, challenged, squirmed, and begged as a way of saying, 'Thy will be changed!'"



### Ascension UCC hosts World Day of Prayer Friday, March 6 – Noon

Ascension invites All Saints to join with them and the world in prayer on this special day.

The World Day of Prayer service will begin at the first sunrise on March 6, in the Pacific region, and following the Earth's orbit, will spread all around the world. This year, the women of the WDP Committee of the Bahamas calls us to consider Jesus' words to the disciples after washing their feet: "Do you understand what I have done for you?" The women of the Bahamas describe what Jesus does when he washes the disciples' feet as "radical love." To them, radical love comes from humility, compassion, and commitment. God's radical love is not static or self-centered; it reaches out and draws others in.

Ascension is located at 1700 W. Main St., Norristown.

## PRAYER (continued from page 6)

### Stare at Something Holy

Art is important to spirituality; we take a long, loving look at the real. The late theologian Henri Nouwen explained his love of icons this way: "Gazing is probably the best word to touch the core of Eastern spirituality. Whereas St. Benedict, who has set the tone for spirituality of the West, calls us first of all to listen, the Byzantine fathers focus on gazing... An icon is like a window looking out upon eternity. Behind its two dimensional surface lies the garden of God, which is beyond dimension or size."

### Repeat One Word

During several very difficult months, I repeated four words: "Jesus, be with me." And that mantra was enough at times, to beat back my fear and sadness. I didn't have a clue as to if God heard me, but by repeating the words over and over and over again, they became part of me.

### Laugh

Is laughing allowed in Lent, in the desert? You bet! In Proverbs 17:22, it is written "A merry heart is a good medicine: but a broken spirit drieth up the bones." I believe that God wants us to laugh because laughter heals in ways traditional and alternative medicine can't. Research shows that laughter actually increases blood flow!

### Eat and Drink

Eating and drinking is what the Eucharist is all about: gathering together with friends and families to eat bread, and to drink wine; and we do the same in our homes, perhaps eating pretzels and crackers, and drinking juice and milk.

When we do this during Lent, we celebrate Jesus and each other just like he did at the Last Supper. A wonderful natural form of prayer.

### Give Something Up

I return to the desert with this last one. Why is fasting important? Why must we give up something we enjoy to be enlightened? I don't know. But I do think the lines of communication between God and me are better on the days I've abstained from a desired object. It's a small way of saying to God every day, "I really, REALLY need you." My mom tells me she fasts because she gets better results. It's like going from a one-bar connection on a cell phone to five bars.

*Therese Borchard is the author of Beyond Blue: Surviving Depression & Anxiety and The Pocket Therapist: An Emotional Survival Kit. You can subscribe to her [beliefnet.com](http://beliefnet.com) column, "Beyond Blue," or follow her on Twitter @thereseborchard.*



## Lenten Devotions

Daily devotions are being posted on our Facebook page (All Saints Norristown) and our website ([allsaintsnorristown.org](http://allsaintsnorristown.org)). On the Facebook page, you can engage in a conversation about the readings, which are being used with permission of Living Compass, a faith-based wellness ministry based in Glendale, WI. The theme is "Renew a Right Spirit Within Me: Journeying Toward Easter With All Your Heart, Soul, Strength, and Mind."





## Looking Forward: Holy Week Services

*If you haven't participated in Holy Week services in previous years, discover for yourself how the impact of Easter is increased ten-fold when it follows the somber joys of Holy Week*

**Palm Sunday – March 29** Worship (8 & 10 a.m.)

**Maundy Thursday – April 2**

Passover Seder (6:30 p.m.)

Bring a guest, friend, or the family

*\*Lend a hand in setting up and clean up.*

Worship (7:30 p.m.)

*Choir rehearsal to follow*

**Good Friday – April 3**

(Noon) St. John's, 23 E. Airy Street

*Stations of the Cross to follow*

**Easter Day – April 5**

Worship (8 & 10 a.m.)

Egg hunt to follow 10 a.m. service

*\*Lend a hand in helping organize the egg hunt*

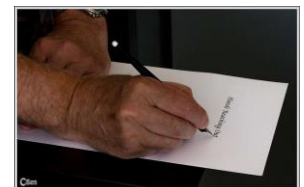


*\*Contact the church office at 610-279-3990 / [allsaints535@yahoo.com](mailto:allsaints535@yahoo.com)*

## Reaching Out to Every Member of our Congregation: From the Perspective of a Newer Member

When a member is absent several Sundays in a row, let them know they are missed. If these members are absent from Sunday service for whatever reasons, and you don't miss them or even notice, then you didn't genuinely love them, need them, integrate them or welcome them. You cannot change another who is switching churches or backsliding from church. That is his choice. But love works wonders. A little text message, for instance, can be mightily used by God. One of the reasons people drop out of church and never return is that they feel no one cares for them. Life will go on without them. So they think being in that church was a waste of their time and dime.

Obviously, a phone call, personal card, or visit are powerful ways to reach out. Texting can be as powerful as visiting, but more convenient. It doesn't require calling to set up appointments. It takes two minutes to get it done. It costs nothing, except love. There is, however, a right way and a wrong way to text a member who is absent for a couple of weeks. The fact that a good thing can be done in a wrong way doesn't mean we should not do it at all. Rather we should learn the right way to do



(continued)



## Perspective of a Newer Member (continued from page 8)

it, and then do it! The wrong way is to use a forceful, demanding, or impolite approach. Like texting them daily. Once a week is ok. You can discontinue after a month of showing them love. Be sensitive to the Holy Spirit.

The right way to do this connecting is to use a loving and non-threatening approach. The aim is to show that you care. It is to help him or her snap out of the lure of missing church. If they are dealing with something and say they will still be absent for awhile, respect that. Thank them, and tell them, "We'll see you soon." If they share a need, let the rector know. You're winning your brother or sister back. The first step to leaving God is to leave church. The first step to leave church is to miss Sunday service for 1, 2, 3, 4 weeks. For practical purposes, let's draw the critical red line at four weeks of consistent absences. By this point let's reach out!!

The right way to text could be something as simple as this:

Hey, Dr. Phil, what's up, text back.-Bro Jay/Church

Hey, Dr. Phil, hope you're fine. We miss you.-Sister Mary/Church.

Keep it light and fun.

**Two nice excuses:** One. What if I don't have her phone number? Why not, you ought to! Anyway, there is a solution. Go to the church office; the director should have information for every member. Get his number and show him some love.

Two. Is this kind of love biblical?

-By this shall all men know that ye are my disciples, if ye have love one to another. John 13:35

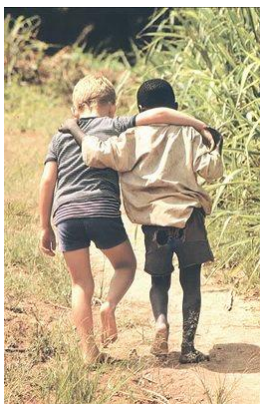
-Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such a one in the spirit of meekness... Galatians 6:1

-Therefore lift up the hands which hang down, and the feeble knees. Hebrews 12:12

Reaching out to a member who is absent is what God wants us to do. It is a ministry of love, care, and encouragement that we owe each other. Modern day text messaging is a great tool for this ministry. For those with cell phones, no tool could better fit our busy lifestyle than this.

Every human being expects love from their church. Are they right? Yes, because God is love. Church is a family of God for all people. God wants to love his all of his children through us.

We use texting to do business, reach out, why not for ministry too? You tell me!



**Conclusion.** Remember, outreach shouldn't be the concern of the priest alone. It's a body ministry. How does it feel to receive texts of 30 members in three weeks of your absence in your local church? It feels like you belong to a loving and caring church family. I missed church for 5 Sundays and no one reached out to me! Poor me!! I crawled back today and everybody smiles, and that's all. I felt that should not be all. I thought all of us can use the encouragement of this article in caring for our church community a little better.

Thanks be to God. Halleluiah, Halleluiah.

Dr. Phil, 2015 Valley Forge Deanery Delegate

## Vestry Highlights: February 19

*Submitted by Joanne Heisler*

- Mother Sandra welcomed the Vestry members who were elected at the Annual Meeting in January.
- The vestry elected Nelson Schrock to the position of Treasurer. Jack Spottiswood was elected to the position of Vestry's Warden. Joanne Heisler was chosen to continue as Secretary. Andrew Ely was appointed to continue in the position of Rector's Warden.
- Treasurer Nelson Schrock updated the vestry on progress made to transfer all financial records to QuickBooks.
- A discussion took place with regard to rental of the activity room and the fee structure, as well as the type of activity that is permitted.
- Jack Spottiswood will conduct CPR/AED training from 9:00 a.m. to 12:00 p.m. on Saturday, March 21. Up to 15 individuals can be trained during this session.
- Mother Sandra reported that more than 60 individuals attended the Ash Wednesday dinner and service. Many of those in attendance are members of St. Augustine of Hippo and St. John's Episcopal churches. The service was conducted by Mother Sandra, Father West, Father Scott Albergate (St. John's) and Father Andrew Kline (St. Augustine).
- The confirmation class participated in an overnight trip to Washington DC to visit the National Cathedral and other sites in the city.
- The search for new carpeting for the church continues. It is proving difficult to find durable, suitable carpeting at a reasonable price. Mother Sandra has arranged for an estimate with another vendor.
- Father West announced that he will conduct a Bible study session after the Bread of Life Community Café dinner on the fourth Sunday of each month.



## Prayer for Lent    † † †

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. Amen.

*The Book of Common Prayer p. 826*

## A Trip to the Washington National Cathedral

### Or, “How a simple trip became a major adventure!”

It started out as an exciting, educational, and faith-forming trip to Washington D.C. for our 2015 confirmation class; the five kids (Dominic, Emma, Jarett, Julie, and Shannon) were joined by five chaperones (Lois Byrne, John and Sue Errington, Mother Sandra, and Kelly Griffin) on Saturday, February 21. The plan was: lunch at Union Station followed by a trip to the Smithsonian U.S. Postal Service Museum right next door, a White House drive-by, a visit to the Lincoln Memorial and any surrounding memorials we had time for; then spend the night in Tysons Corner, Virginia, and attend a service at the Washington National Cathedral on Sunday.

Sounds easy, right? But we weren't counting on snow – or, if there was snow, it was supposed to be a light dusting. An hour into the trip, indeed, a light dusting of snow began, surely nothing that would stick. We plugged along in our van, driven by John Errington, and followed by Lois Byrne in her own car.

The snow continued to fall, and within an hour the roads were definitely in need of plowing. Mother Sandra and Sue Errington tuned into the “Waze” app – a great iPhone application that adjusts routes according to traffic, hazards, etc. – well, we got the full benefit of that feature! Waze seemed to adjust our route every minute or so at times. We were so delayed that we finally pulled off in Bowie, MD, and had lunch at the Pizza Hut there. We had to give up on Union Station and the Post Office museum, so we headed straight to the White House for our “drive by.”



The advantage of the snow was that we were able to park half a block away, since the streets were virtually abandoned, and so we got out and walked all around the park in front of the White House, and got some good pictures at the front fence. The same was true of the Lincoln Memorial – after the obligatory side-trip across the Key Bridge to Arlington (a long story; you can ask Sue Errington about it!) – we were able to park very close to the Lincoln Memorial and had the place almost to ourselves (at least compared to regular days).

At the Embassy Suites in Tysons Corner, more adventure awaited. In an almost unbelievable twist that proves that truth is indeed stranger than fiction sometimes, Sue Errington happened to text John's sister, Karen, up in Boston. Turns out that Karen was headed for Washington D.C. as well, for work. So far, not so unbelievable. But as they talked on the phone, turns out that when she visits, Karen stays at . . . you guessed it . . . the Embassy Suites in Tysons Corner! John stayed up long enough to greet her at a little past 11:00 (flights were delayed due to the snow), and then we all had breakfast together in the morning. It was a great treat to meet Karen, who is just as fun and personable as her brother.

The visit to the Cathedral itself was the main attraction for our trip, and the worship was, of course, on a grander scale. There were many differences, and we talked about those both at the service itself and on the way home. All the kids noticed many ways in which the service itself differed from our services at All Saints. There was a tour afterwards, and then a nice and easy ride home (again, thanks to our driver, John Errington) on roads that had been cleared.

Hopefully, we'll be able to schedule a church-wide trip to the National Cathedral. The kids enjoyed it, and all of the adults not only enjoyed it but hope to share it with others in the near future. If we get enough people to sign up, we could rent a bus at perhaps only \$20/person; if we met at All Saints at 7:00 a.m., we'd have time for bathroom and coffee breaks, and even plenty of time to check out the cathedral before the service. Any of our kids who are getting confirmed can tell you much more about the cathedral – and if we go, don't forget to check out the Space Window, which has a real moon rock – a 7.18 gram basalt lunar rock from the Sea of Tranquility embedded in it!

[Photos available on our Facebook page]

# March 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Lent 2</b> 8AM Rite I 9:40AM Confirmation class 10AM Rite II	<b>2</b> Parish Administrator's day off  8PM VF Highland Band practice	<b>3</b>	<b>4</b> 10AM-2PM Second Time Around Shop  5:15PM Soup & Study 6:30PM Stations of the Cross, St. John's	<b>5</b> 10AM Calvary LC visits WECL  11AM Bible study w/ lunch 6:30PM Choir rehearsal 7PM N.A. Mtg	<b>6</b> Rector's day off  11:30AM-1PM Lenten Lunches at St. John's Noon World Day of Prayer, Ascension 7:30PM N.A. Mtg.	<b>7</b>
<b>8</b> <b>Lent 3</b> 8AM Rite I 10AM Rite II Sunday School w/ Rector 11:30AM Confirmation class, Kaleidoscope adult forum  <i>☼ Daylight Savings begins ☼</i>	<b>9</b> Parish Administrator's day off  8PM VF Highland Band practice	<b>10</b>	<b>11</b> 10AM-2PM Second Time Around Shop  5:15PM Soup & Study 6:30PM Stations of the Cross, ASC  <i>VESTRY REPORTS DUE</i>	<b>12</b> 10AM Calvary LC visits WECL  6:30PM Choir rehearsal 7PM N.A. Mtg	<b>13</b> Rector's day off  11:30AM-1PM Lenten Lunches at St. John's 7:30PM N.A. Mtg.	<b>14</b> 4-6:30PM Bread of Life Community Café
<b>15</b> <b>Lent 4</b> <b>Bishop Lee visits ASC</b> 8AM Rite II 10AM Rite II w/ Confirmation 11:30AM Reception  <i><b>MESSENGER DEADLINE</b></i>	<b>16</b> Parish Administrator's day off  8PM VF Highland Band practice	<b>17</b>	<b>18</b> 10AM-2PM Second Time Around Shop  5:15PM Soup & Study 6:30PM Vestry Mtg.; Stations of the Cross, St. Augustine's	<b>19</b> 10AM Calvary LC visits WECL  11AM Bible study w/ lunch 7PM N.A. Mtg	<b>20</b> Rector's day off  11:30AM-1PM Lenten Lunches at St. John's 7:30PM N.A. Mtg.  <i>☼ Spring begins ☼</i>	<b>21</b> 9AM-Noon Defibrillator (AED) training
<b>22</b> <b>Lent 5</b> 8AM Rite I 10AM Contemporary 11:30AM Kaleidoscope adult forum 1-4:30PM Private event (activity room)	<b>23</b> Parish Administrator's day off  8PM VF Highland Band practice	<b>24</b>	<b>25</b> 10AM-2PM Second Time Around Shop  5:15PM Soup & Study 6:30PM Stations of the Cross, St. John's	<b>26</b> 10AM Calvary LC visits WECL  6:30PM Choir rehearsal 7PM N.A. Mtg	<b>27</b> Rector's day off  11:30AM-1PM Lenten Lunches at St. John's 7:30PM N.A. Mtg.	<b>28</b> 4-6:30PM Bread of Life Community Café
<b>29</b> <b>Palm Sunday</b> 8AM Rite I 10AM Rite II  <i>Easter Memorial Flower Envelope Deadline</i>	<b>30</b> Parish Administrator's day off  8PM VF Highland Band practice	<b>31</b>	<b>April 1</b> 10AM-2PM Second Time Around Shop	<b>April 2</b> <b>Maundy Thursday</b> 11AM Bible study w/ lunch  6:30PM Seder Meal 7:30PM Worship Choir rehearsal following	<b>April 3</b> <b>Good Friday</b> Noon – Liturgy, St. John's, followed by Stations of the Cross  <b>OFFICE CLOSED</b>	<b>April 4</b>

If you would like your meeting or event listed in the bulletin or newsletter, contact Donna Longobardi at 610-279-3990 or email: [allsaints535@yahoo.com](mailto:allsaints535@yahoo.com)



## Serving for the Glory of God

Date	March 1	March 8	March 15	March 22	March 29
Acolytes	Victoria Batten, Austin & Emily Taylor	Beville Jones, Donna Penman	Anika Jones, Victoria Batten, Austin & Emily Taylor, Emily Spottiswood	Victoria Batten, Eryn & Emma Griffin	Anthony Nero, Austin Taylor, Emma Griffin
Altar Guild	Susan Cohen, Susan Dean	Susan Cohen, Patty Gelet	Susan Cohen, Deb Porcelli, Joanne Heisler	Susan Cohen, Diane Mullen	ALL MEMBERS
Bulletin Assemblers	Ginger Banmiller, Mary Jane Daley (2/27)	Marilyn & Jack Clemson (3/6)	Marion Shupe, Phil Gottshall (3/13)	Donna & Bob Penman (3/20)	Ginger Banmiller, Mary Jane Daley (3/27)
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	Betsy & Phil Gottshall
Eucharistic Ministers	Bill Koffke, Austin Taylor	Cornelia Hoffman, Donna Penman	Adrian Griffin, Victoria Batten	Ginger Banmiller, Eryn Griffin	Anthony Nero, Austin Taylor
Greeters	Marilyn & Jack Clemson	Gelet family	Susan Dean	Jackie & Bill Koffke	Joanne & Bob Heisler
Intercessor	Diane Mullen	Laurie Sawyer	Donna Penman	Cornelia Hoffman	Donna Penman
Lector	Deb Porcelli	Anthony Nero		Laurie Sawyer	Cornelia Hoffman
Nursery			<i>Children are invited to join their families at worship!</i>		
Presenters	Susan Cohen, Mary Jane Daley	Dello Buono family	Dale Kerr, Jay Kerr	Flood family	Byrne family
Server Reader (8 a.m.)	Viviann Harris	Diane Mullen	Leslie Murphy	Joe Raudenbush	Diane Mullen
Ushers	8:00 Tom Stout 10:00 Griffin family	8:00 Charles Brinker 10:00 Magi Etemad, Betsy Gottshall	8:00 Wayne Kinsey 10:00 Betsy Gottshall, Judy Baca	8:00 Tom Stout 10:00 Donna & Bob Penman	8:00 Charles Brinker 10:00 Judy Baca



## Save A Life!

Saving a life at our church is as easy as following the calming instructions from the simple-to-use AED voice prompts. By attending the National Safety Council CPR/AED training you'll receive the life-saving skills you need to handle an emergency until a professional arrives. You learn how to properly administer CPR (cardiopulmonary resuscitation) and how to properly use an AED (automated external defibrillator) device. With a few hours of training, anyone can learn to perform CPR and operate an AED safely.

Training will take place on Saturday, March 21, from 9 a.m. to noon in the Activity Room. This class includes video presentation and monitored hands-on training. Attendees will earn a CPR certification. Spots are filling up quickly; contact Jack Spottiswood at 610-279-1119, if you are interested in participating.

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

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**MARCH 2015**



**LENT: It's a journey!**



**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.*