

*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*

A Message from the Rector

Father West's sermon on the Second Sunday of Easter reminded us that Easter isn't one day, it's an entire season. It lasts from Easter Day (or the Easter Vigil) until Pentecost.

It was a great reminder that during this entire season we ponder the great mystery and incredible grace of the Resurrection as we look for signs of new life in our churches, our own lives, and in the world – signs of life engendered by the presence of Jesus, God With Us.



We celebrate the Ascension on May 14 and Pentecost comes soon enough – May 24. And along with all these church events, of course, the school year is winding down and we will say a bittersweet goodbye to our three high school seniors (see the next page) as we welcome the summer months.

Every year, All Saints' has provided me with a fund to contribute toward my continuing formation and education as a priest, as well as two weeks per year to pursue those opportunities. This year, that amount increased to \$1,000. Each year I contribute at least a third of the expense (and sometimes, part of my vacation days), and the diocese has also helped financially with some programs. I have done many different programs, from one-day programs on church growth, ministry to elders, and institutional/organizational leadership, to longer programs that include prayer and meditation as well as study on diverse topics (the Enneagram, Wisdom Jesus, Centering Prayer and others).

This month I will be going to a program offered to priests by the Church Pension Group for a very nominal fee. It's an eight-day program called CREDO II (I attended CREDO I six years ago). The word "Credo" means "I believe" in Latin, and the theme of CREDO II is "Living With Integrity." CREDO participants explore what it means to live a whole and holy life congruent with their values, beliefs, and faith, and we look at five areas: financial, physical and emotional health, spiritual, and vocational, and have an opportunity to evaluate, reflect, and plan for ministry and life. I'll be in North Carolina from May 4-11, returning to the office on May 12.

I thank you all very much for your support that allows me to continually grow as a person and as a priest, and I hope and believe that it benefits All Saints, too.

I pray that you all have opportunities to grow, evaluate your lives, and plan for futures that demonstrate your own commitment to the Gospel and to all the people in your lives, including your community at All Saints.

Blessings, and Happy Easter as it continues for another 23 days!

Mother Sandra+

MAY Milestones



- | | |
|----|----------------------------|
| 3 | Andrew Ely |
| | Brianna Harrity |
| 7 | Phil Gottshall |
| | Monica Reynolds |
| 12 | Arianna Nero |
| 14 | Marie Fargo |
| 19 | Miss X Burke |
| 21 | Shirley Woodside |
| 25 | Jarett Dello Buono |
| 27 | Doris Hockridge |
| | Laurie Sawyer |
| 30 | Sarah Callow |
| | Carole Wilkinson-Ricchuiti |



happy anniversary

- | | |
|----|---------------------------|
| 7 | Karen & Jack Spottiswood |
| 18 | Marilyn & Jack Clemson |
| 26 | Debbie & Keith Heckard |
| | Viola Van Der Meulen and |
| | James Morrison |
| 27 | Louise & Fr. Steve Nelson |

☆ **Deb and Len Porcelli are happy to announce their son, John, married his college sweetheart, Samantha Hanagan,** on April 18, 2015, on The University of Maryland Campus. Congratulations to John and Samantha, who reside in Silver Spring, Maryland.

☆ Sadly, **Darlene (Hubbell) Roscoe** passed away suddenly on April 11. Our prayers are with daughter Chrissy and husband Joe.

Celebrating Children and Youth Sunday, May 31

Come celebrate our church community's youth on Sunday, May 31. Show your appreciation at the 10 a.m. service as we honor our three high school graduates (Victoria Batten, Eryn Griffin, and Anika Jones), as well as All Saints youth who serve as acolytes and Eucharistic ministers. We also offer thanks to the adults who love and support our youth in many ways. Following the service, we will continue celebrating with a lunch in the activity room. Keep watch for a sign-up sheet on the bulletin board.



Graduates

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

Graduation announcements will be published in All Saints' June and Summer editions of *The Messenger*.

And if there's any news from our young adults who have graduated in the past few years, we'd love to publish updates.

Summer Hospitality

Help us share good old-fashion hospitality this summer by hosting a light reception outdoors after 10 a.m. worship this June, July, and August. All Saints will supply iced tea and lemonade mix, napkins, cups, and the water. All you need to supply is your friendly and welcoming spirit, caring hands, and a simple snack.

Date availability is posted on the parish bulletin board in the vestibule. **Sign up today!**

Adopt a Garden

Submitted by Philip Gottshall



Spring is here and summer is on its way! The grounds around the church are becoming greener, flowers and trees are blooming, and weeds are beginning to make their appearance. As we have done in the past, a garden grid showing the 16 different garden areas around the church property will be hung on the vestibule bulletin board at the entrance to the church along with a sign-up sheet. Please consider adopting a garden: all it takes is a willing person to sign up for one or more areas, or a church group to help care for and maintain an area.

The commitment and care involved in maintaining a garden includes: keeping the area weed-free as much as possible, planting flowers or maintaining ones that already exist, and watering during the summer.

Give it a try! Garden on your own, with a friend, or as a group, in order to maintain the beauty of All Saints and the Haws Avenue neighborhood.

*The Lord will guide you always; he will satisfy your needs in a sun-scorched land
and will strengthen your frame. You will be like a well-watered garden,
like a spring whose waters never fail. Isaiah 58: 11 (NIV)*

Vestry Highlights: April 15

Submitted by Joanne Heisler

Vestry Minutes from February 2015 and March 2015 were approved by the vestry.

Joanne Tempest presented a proposal to upgrade the Memorial Garden. She is proposing to use funds given in memory of her father, Norman Tempest (and of her mother Josephine Tempest, if necessary), to construct a concrete walkway between the current sidewalk on the north side of the church to the gate at the entrance to the Memorial Garden. The vestry was in favor of this plan, pending review of plans by the contractor, and they thanked Joanne Tempest for her generosity.

Donna Penman thanked the vestry for considering the request of the outreach committee to approve the first installment in the amount of \$500 of the annual amount traditionally provided to the West End Preschool.

The vestry members of All Saints' Church will be joined by vestry members from both St. John's and St. Augustine for a retreat during the month of June, with the exact date still to be determined.

Several building maintenance issues were discussed:

- Repairing cracks in the parking lot and repainting the parking lines. It was agreed that this will be done on Saturday, June 6. Parishioners are invited to help with this task.
- Replacement of a window in the bell tower
- Repairing and repainting gutters
- Installing/repairing lighting the parking lot
- Installation of a new water heater for the Second Time Around Shop

A work night has been scheduled for Tuesday, May 19, 2015, starting at 6:30 pm.

The vestry approved the continuation of the Bread of Life Community Café for another year, to be reviewed in March 2016.

The Peace

Submitted by Dr. Phil Ephraim

There is a regular item at each of our services each Sunday. That is when we share peace – the peace of God – with one another. This event has a very special beauty for me. Here is why.

Numbers 6:24-26

²³ Speak to Aaron and to his sons, saying, Thus you shall bless the sons of Israel. You shall say to them: ²⁴ "The Lord bless you and keep you; ²⁵ the Lord make his face shine on you and be gracious to you; ²⁶ the Lord turn his face toward you **and give you peace.**"

This is when we bless each other (spiritual benefits)

By going around and speaking peace to one another, we bless one another. We need peace from troubles of life we may have come to church with . . . a missing dog, a problematic house heater or experiences at places of work – peace to heal and wash away all that.

That is ministering to each other. And who does not need peace? In a chaotic and uncertain world that throws distressing news at us every day, we all need something to calm our nerves, and that is the peace of God. We can use a fresh measure of peace at the end of an old week and at the start of new one. And that is God taking care of us during that precious interactive event in our Sunday services.

This is when we meet each other (Social benefits)

When you meet someone and say, "Peace," that's an ice-breaker. You can ask one or two quick questions . . . like, "how's your knee?" or "how are your snow-shoveling skills?" or even their name. I knew Nick's name this way. As we go around to minister peace, we get a chance to look at each other in the eyes and take each other's hands. It's like when friends give each other high-five and say, "You feel me?" No one can say, "That person in our service, I have never spoken to him." For someone who has no other social circle, fraternities or club, this social dimension of the "peace" moment ignites a connection, fills a void, banishes loneliness and really meets his social need – the need for love, friendship and acceptance. And that is a big deal. For me that may be the first genuine appreciation I have received in the week, not for anything I have done, but just being who I am. And, that is very dear to my soul. Halleluiah!

This is when we share love and warmth with each other (Emotional benefit)

We go around to minister peace, we get a chance to look at each other in the face and take each other's hands. We share smiles and fellowship on a one-on-one basis. Lauren Suval on the website PsychCentral discusses the surprising psychological value of human touch. She feels that touch offers certain healing components. Research demonstrates that touch contains several health benefits for our physiological and psychological well-being. A 2011 article on CNN.com highlighted the numerous positive effects associated with physical contact and affection. For example, hugging induces oxytocin, the "bonding hormone" that's renowned for reducing stress, lowering cortisol levels and increasing a sense of trust and security. According to research conducted at the University of North Carolina, women who receive more hugs from their partners have lower heart rates and blood pressure and higher levels of oxytocin. It also strengthens the immune system.

That is underestimated healing we take home from each service. Glory to God, halleluiah, halleluiah!

[Phil Ephraim, called "Dr. Phil" by many of us, is a librarian who used to write the newsletter for Graterford Prison; he's a natural for writing Messenger articles! Mother Sandra+]



Amen.

Everybody says it. Everybody recognizes it. But, how many of us really know what it means? There is an absurdity in repeating a word countless times, when we do not understand it.

Did you know the word ‘Amen’ occurs 78 times in scripture?

“Amen” is a very serious word. Its first use is found in Numbers 5:11-22, and here ‘Amen’ means ‘so be it,’ as an acceptance of judgment, said twice as a recognition of its seriousness. It has reference to faithfulness, and is used to confirm the words of another. In the Old Testament, ‘Amen’ is the response of all the people to a national statement. For example, in Deuteronomy 27:15, the Levites warned the nation not to make idols. “And all the people shall answer and say, Amen.”

We also find ‘Amen’ at the end of the Lord’s Prayer relying on the Hebrew usage. However, in the New Testament, ‘Amen’ can also mean ‘of a truth’ at the start of something said, or, at the end, ‘so be it’ or ‘may it occur.’ The word was borrowed from the synagogues by many Christians who, in the first few hundred years of Christianity, attended synagogues for worship. By saying the word, a Christian does not just acknowledge what has been said in a prayer or statement, but is promising to faithfully perform it in his/her life.

‘Amen’ is not simply the period at the end of a sentence. It can be used to express hope or confirm a blessing, prayer, curse, or oath. It represents a statement of utter belief, trust and confidence in God.

Bible Theology Ministries of the United Kingdom published on www.christiandocctrine.com, edited by Donna Longobardi

PRAYER for Words

Eternal Word, you are the giver of all words.
You have shaped us in such a way that we can grant life to one another
and we can destroy one another with the words we speak.
Make me a life-giver. Teach me what words are for.

<http://www.coloredgirlconfidential.com/30-amen-optional-prayers>



Episcopal Day with the Phillies – SAVE THE DATE!

Saturday, June 27, 3:05 p.m. at Citizens Bank Park

Join us with members of your family for a fun day of fellowship and support for our baseball team. To order tickets go to: <http://www.phillies.com/episcopal>.



WORK NIGHT

Pizza and work projects for all
(No skills needed! Everyone can help!)

Tuesday, May 19, 6:30 p.m.

Sign up on bulletin board



He is not here; for He is risen, as He said.
Come, see the place where the Lord lay.
Matthew 28:6



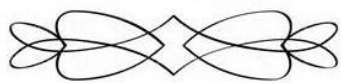
Children & Youth Sunday

May 31, 10:00 a.m. Service

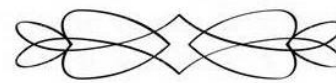
Join us and support our youth

More info on page 2





May 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rector's day off 7:30PM N.A. Mtg.	2
3 Easter 5 8AM Rite I 10AM Rite II	4 Parish Administrator's day off 8PM VF Highland Band practice	5 Mother Sandra at CREDO II	6 10AM-1:30PM Second Time Around Shop Mother Sandra at CREDO II	7 10AM Calvary LC visits WECL 11AM Bible study w/ lunch 7PM N.A. Mtg Mother Sandra at CREDO II	8 Rector's day off 7:30PM N.A. Mtg. Mother Sandra at CREDO II	9 4-6:30PM Bread of Life Community Café Mother Sandra at CREDO II
10 Easter 6 8AM Rite I 10AM Rite II 11:30AM Kaleidoscope Bible study Mother Sandra at CREDO II Mother's Day	11 Parish Administrator's day off 8PM VF Highland Band practice Mother Sandra at CREDO II	12 Mother Sandra at CREDO II	13 10AM-1:30PM Second Time Around Shop VESTRY REPORTS DUE	14 10AM Calvary LC visits WECL 7PM N.A. Mtg	15 Rector's day off 7:30PM N.A. Mtg. MESSENGER DEADLINE	16 9AM Good Noise Band Practice
17 Easter 7 8AM Rite II 10AM Contemporary 1-4:30PM Private event (activity room)	18 Parish Administrator's day off 8PM VF Highland Band practice	19 6:30PM  WORK NIGHT	20 10AM-1:30PM Second Time Around Shop 6:30PM Vestry Mtg.	21 10AM Calvary LC visits WECL 11AM Bible study w/ lunch 7PM N.A. Mtg	22 Rector's day off 7:30PM N.A. Mtg.	23 4-6:30PM Bread of Life Community Café
24 Pentecost 8AM Rite I 10AM Rite II 11:30AM Kaleidoscope adult forum	25 Parish Administrator's day off Memorial Day	26	27 10AM-1:30PM Second Time Around Shop	28 10AM Calvary LC visits WECL 7PM N.A. Mtg	29 Rector's day off 7:30PM N.A. Mtg.	30 4-6:30PM Bread of Life Community Café
31 Pentecost 1 <i>Celebrating Children & Youth</i> 8AM Rite I 10AM Rite II 11:30AM Luncheon		<p>*The Choir rehearses Sundays at 9:20 a.m., and Thursdays at 6:30 p.m., except the week prior to Contemporary services.</p> <p>The Choir does not rehearse Thursdays during the Summer or after a major holiday.</p>				

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



Parking Lot Repainting

In case you haven't already noticed, our parking lot desperately needs resurfacing and the yellow lines have faded almost completely away. The vestry decided to put off resurfacing, due to the expense (maybe next year!), but we will be repainting the yellow lines so that people can see where to park more easily. **June 6, 9:00 a.m.** Coffee, bagels, painting!

Spring Cleaning Supply Drive

Submitted by Donna Penman and Kate Petel, ECHO/Mission Outreach

In coordination with ECS, a drive to provide cleaning supplies to people living in need is being held throughout the month of May. Items most needed are:

- Dish detergent
- All purpose cleaner
- Bon-Ami Cleanser
- Sponges
- Disinfecting wipes
- Polishing clothes
- Toilet bowl cleaner/brush
- Paper towel rolls
- Buckets



Items will be collected and can be placed in the box located in the narthex. Collected supplies will be distributed by ECS. Thank you for helping others get their home sparkling clean.

Summer Reading for Everybody!



Last summer's book group was a lot of fun, and I think we all agreed we would like to do it again. (In fact, we considered doing one during the school year, but it never materialized.) The books we read last summer were The Bronze Bow and The Book Thief. The discussions were superb – lots of opinions, different understandings of what was going on, different “likes” and “dislikes” of story elements or characters – it really brought a lot more into the reading experience than just reading on our own.

We haven't chosen any books yet, but if you're interested, please sign up on the bulletin board and suggest something to read. Some ideas: Who Killed

Downtown by Michael E. Tolle, about Norristown, The Kitchen House by Kathleen Grissom, The Screwtape Letters by C.S. Lewis, Narrative of the Life of Frederick Douglass, An American Slave, I Capture the Castle by Dodie Smith, The Patron Saint of Liars by Ann Patchett, or Church Dogmatics by Karl Barth (only 8,676 pages, 6 million words and 13 volumes) or . . . what do you have in mind?

Serving for the Glory of God

Date	May 3	May 10	May 17	May 24	May 31
Acolytes	Victoria Batten, Austin & Emily Taylor	Beville Jones, Donna Penman		Anthony Nero, Victoria Batten, Austin Taylor	Victoria Batten, Eryn Griffin, Emily Spottiswood
Altar Guild	Susan Cohen, Susan Dean	Susan Cohen, Mary Jane Daley	Susan Cohen, Patty Gelet	Susan Cohen, Deb Porcelli	Susan Cohen, Diane Mullen
Bulletin Assemblers	Marilyn & Jack Clemson (5/1)	Marion Shupe, Phil Gottshall (5/8)	Donna & Bob Penman (5/15)	Ginger Banmiller, Mary Jane Daley (5/22)	<i>Volunteers needed (5/29)</i>
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	Francie Dean, Diane Mullen	Betsy & Phil Gottshall	Francie Dean, Diane Mullen
Eucharistic Ministers	Cornelia Hoffman, Austin Taylor	Viviann Harris, Donna Penman	Anthony Nero, Eryn Griffin	Mary Jane Daley, Victoria Batten	Bill Koffke, Eryn Griffin
Greeters	Marilyn & Jack Clemson	Gelet family	Susan Dean	Jackie & Bill Koffke	Joanne & Bob Heisler
Intercessor	Cornelia Hoffman	Diane Mullen		Laurie Sawyer	Donna Penman
Lector	Dale Kerr	Jack Spottiswood		Nelson Schrock	Anika Jones
Nursery			<i>Children are invited to join their families at worship!</i>		
Presenters	Susan Cohen, Mary Jane Daley	Dello Buono family		Nina & Nelson Schrock	Betsy Gottshall, Sarah Callow
Server Reader (8 a.m.)	Viviann Harris	Viola Van Der Meulen	Leslie Murphy	Joe Raudenbush	Diane Mullen
Ushers	8:00 Tom Stout 10:00 Magi Etemad, Betsy Gottshall	8:00 Charles Brinker 10:00 Liz Parker, John Paul Batten	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 Joanne & Bob Heisler

Coloring Page



Growing by the grace of God!

<p>SPACE AVAILABLE Please call the church office at 610-279-3990 For additional information</p>	<p>Bagpipes and Drums Valley Forge Highland Band Make any event unique with music with one bagpiper to the entire Highland Band... 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 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.C.A. FAX: 610-539-6430</p>
<p><i>Michael Kinsey</i> President/Owner KINSEY LANDSCAPING <i>"We Trim Everything"</i> 240 Carey Lane, Norristown, PA 19403 610-539-2229</p>	<p>LIFE INSURANCE YOU DON'T HAVE TO DIE TO USE Call for FREE information Jules Hernadi, LUTCF 610-623-9241 JHernadi@aol.com</p>	<p>Medicare Supplement or Medicare Advantage Which is better for you? Please call or email JULES HERNADI, LUTCF, CSA 610-623-9241 ■ JHernadi@aol.com</p>
<p><i>Hague's</i> Florist & Greenhouses 201 Roberts Avenue Conshohocken, PA 19428 610-828-0630 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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www.allsaintsnorristown.org
FULLY ACCESSIBLE CHURCH

INSERT LABEL HERE

MAY 2015

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.*

