

*Loving and serving
God, church, and community*

CLERGY

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The Rev. Geoffrey G. West,
Associate Rector

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(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)

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Donna Longobardi

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**ALL SAINTS'
EPISCOPAL CHURCH**
*A House of Prayer
for All People*

A Lent Water Challenge

On January 11 the Gospel reading told of Jesus' baptism, and I spoke about the Living Water Jesus offers. I also offered some difficult facts regarding water:

- Many young girls throughout the world never go to school because they have to walk miles every day to get water for cooking, drinking, and bathing.
- One in 9 people in the world don't have access to clean and safe *drinking* water, not to mention water for agriculture, bathing, and sanitation.
- According to Episcopal Relief and Development (ER&D), a child dies **every 15 seconds** from water-related diseases.

Take a moment, count to 15, and then say a prayer for the children and their families affected in such a tragic way.

This Lent we are going to put some focus on the world's shortage of clean water.

But it can be interesting, challenging, and even fun all at once.

As you can read on page 3, Lent is traditionally a time for fasting – abstaining from all or certain kinds of food and drink as a religious observance. Thus, we can observe a special kind of fast together this year.

Would you be willing to drink only water for the duration of Lent? That would mean 40 days from February 10 through March 26 – but Sundays are always an exception. And while the truly brave could give up morning coffee or tea, that is too much to ask of most of us!

But the Lent Water Challenge this year is a simple observance of Lent for everyone who's willing to do together. It's simple:

- Drink water only. This wouldn't include bottled water – except for water you put in a bottle you already have. Filtered water is OK but tap water is perfectly healthy.
- Calculate your savings by giving up soda, iced tea, lemonade, alcohol . . . you name it!
- Save the money -- for instance, if you drink a can of soda every day, you'll save between .50 and \$2 each day.
- We will donate the entire amount raised to the ER&D Clean Water Fund.
- If you slip up and break the fast, no problem. Make the donation anyway and start again. A slip-up doesn't mean the end of the fast – you just start over.

If you keep in mind the face of Jesus Christ himself in the faces of thirsty people everywhere, this won't be too difficult, and you won't spend any more than usual.

Many blessings,
Mother Sandra+



Annual Meeting Rescheduled to February 21 : Please note that the Annual Meeting has been moved from January 31 to February 21 due to problems formatting a budget. Please come on February 21; there will be one service at 10 a.m., followed immediately by the Annual Meeting, all in the Activity Room.

Milestones

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

† **Richard Dean**, husband of Susan Dean, father of Carol Harrity and grandfather of Brianna and Carley Harrity, bid farewell to life on earth and joined the realms of heavenly angels on January 24. A memorial service and celebration of Richard's life will be held Saturday, February 6 at All Saints; the family will greet friends and family at 10:00 a.m. and the service will be at 11:00 a.m., followed by a reception.

May we extend comfort, encouragement, and support to Susan and the family. Cards may be sent to the family at 39 Potts Avenue, Norristown, PA 19403

Email 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.



Valentine Cookie Decorating Sunday, February 7 right after church ALL AGES!

In the past this has been an event for kids – but let's get all ages in on the action this year! Come and decorate Valentine cookies for those you love – but if a cookie doesn't look perfect, you might be forced to eat it and then make another! ☺ Which could be a good thing, since Ash Wednesday is on February 10 and those who forswear goodies during Lent will want to get their fill now. And since this is directly after church, it shouldn't interfere with your Super Bowl plans – you'll have time to go home and make that Buffalo chicken dip in time for the festivities.

If you can help make some cookies in advance, let Mother Sandra know. That way, we can just get to work covering them with frosting, sprinkles, and other good things.

February

Birthdays

1	Tommy Durante
3	Bob Jording
5	Francie Dean Isabella Nero
9	Nina Ely
11	Sue Errington Tom Stout
15	Jay Kerr
18	Jerrit Windbiel
20	Jennifer Gelet Olivia Gelet Mike Reynolds
23	Ayden Mitchell-Mullen
28	Fr. Steve Nelson

Anniversaries

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

Wishing best wishes to all!



SAVE THE DATE

The season of Lent begins on Ash Wednesday, February 10

Join us for a simple dinner and worship

Fasting in the Episcopal Church

In the Book of Common Prayer a chapter entitled “The Calendar of the Church Year” lists Sundays, Holy Days, and other special observances.

Did you know there are 25 “feast days” in all? Easter, Pentecost and Christmas are primary, but there are 4 more “principal feasts” plus 7 “feasts of our Lord” and 11 “other major feasts.” That’s a lot of feasts! (See BCP, page 15, to see them all.)

Only two official fasts are listed, however: Ash Wednesday and Good Friday.

What do “fast days” entail? The Episcopal Church does not dictate anything specific: the form of a fast is up to each person to decide. The only hint is that they are “observed by special acts of discipline and self-denial.” Some people fast other times, too (Fridays, and weekdays during Lent and Holy Week, for instance).

One thing is clear: Ash Wednesday and Good Friday are our only two *official* fast days, and special acts of discipline and self-denial are not just encouraged, but expected.

Many churches would not have a meal on either of the fast days, but we compromise with a simple meal that doesn’t include meat.

People who are ill or in special circumstances (military, for instance, or others whose professions or situations put them in a position where they need to eat whenever and whatever they can) are exempted from this, although the BCP says they are expected to undertake some other “special acts of discipline and self-denial” (again, not specified but up to individual conscience).

A traditional fast lasts from waking until sleeping (unlike Ramadan, the Muslim fast, which people keep during daylight hours), and might entail water only (during Ramadan, the daylight fast includes no food or water!), or other beverages; some people only have one meal during the day; sometimes people give money they would have spent on food to the poor. We consider the many people who have little or nothing to eat. And a crucial aspect of any fast is prayer and worship, reminding ourselves that Jesus Christ is the living water; we receive the Bread of Life, a gift that feeds and sustains us through fasts, feasts, and everything in between.

Ash Wednesday Soup Dinner

with St. Augustine of Hippo

Weds., Feb. 10, 6:30 p.m.

Ash Wednesday is a fast day but here at All Saints we celebrate everything with food! Let’s try to keep it simple and respectful of the fast by each bringing our favorite non-meat soup to share and provide sustenance after a long work day before attending the Ash Wednesday service directly following the dinner. Please sign up on the sheet in the narthex for the number of people attending and what kind of soup you will bring. It should be warmed in a crockpot. We’ll provide the bread and grilled cheese sandwiches for the children. We are glad to be joined by the folks from St. Augustine of Hippo Episcopal Church.

Questions?

Contact Liz Parker at
lizparker9959@gmail.com
484-908-4546 (evenings)



Lent comes so early this year – February 10! It won't occur that early again until 2027; and for an even earlier Ash Wednesday, you'll have to wait until February 7, 2035! Here are the events in the works:

- Ash Wednesday dinner and service with St. Augustine of Hippo – Here at ASC, February 10. Dinner at 6:30, worship at 7:30 (see page 3)
- Stations of the Cross at St. Augustine of Hippo every Friday at 7 p.m. at St. Augustine of Hippo on Green Street between E. Basin and Wood Streets. Carpooling recommended; meet at 6:40 p.m. in ASC parking lot. If you've never done the Stations, please give it a try. It's a powerful experience, and we want to make a good showing at St. Augustine's, since they always come out in great numbers (and enthusiasm) for our services and events.
- Lent Adult Forums: *The Episcopal Story*, a book with questions that are similar to the open-ended questions asked with the Kaleidoscope format. See article below for more information.
- Water Fast Challenge: See page 1 for more information.
- Holy Week Retreat either Saturday, March 19, or Saturday, March 26. More details to follow as Holy Week gets closer.
- Holy Week Services -- Will be as usual, except that the Good Friday service will be at noon at St. Augustine of Hippo Church. Again, carpooling suggested. Meet at All Saints at 11:30 a.m.

Learn about *The Episcopal Story*: A new adult/young adult forum begins during Lent and will meet on the 2nd and 4th Sundays of the month in the chapel. A new Episcopal teaching series is being published, one volume at a time: *Church's Teachings for a Changing World*.

In brief, readable chapters, this volume, *The Episcopal Story*, begins with a chapter on "Jesus and the Birth of Christianity," and the final of 12 chapters discusses the Episcopal Church and Anglican Communion in the 20th century. Each chapter has open-ended questions that encourage your own thoughts, rather than repeating what was said in the chapter. This is similar to the Kaleidoscope Bible Study format.

Please consider joining us for this study. We have purchased books and will make them available for \$5 each. See Mother Sandra or Donna Penman.

- February 14: "Jesus and the Birth of Christianity"
- February 28: "Globalization 1.0: Christianity Goes Global"

LOBBY HERO" at

"In the lobby of an upscale apartment building, four lives collide in a single night, throwing a young black man and two white cops – a female rookie and her charismatic male partner – into a moral tailspin. Confiding in Jeff, the building's hapless young security guard, the trio faces the fallout of gender politics, police corruption, and racial profiling. Oscar-nominated writer Kenneth Lonergan (*You Can Count on Me*, *Gangs of New York*) asks us to consider how to do the right thing in a world that is never black and white." (from Theatre Horizon website)

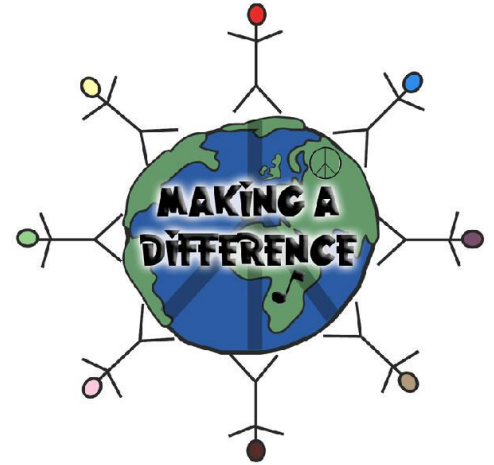
Join a group of us on Wednesday, February 24, at 6:30 p.m., to see this play by Kenneth Lonergan, renowned playwright and screenplay writer who also wrote screenplays for *Analyze This* and *Analyze That*. We have reserved eight tickets, which are free of charge for Norristown residents; the cost for non-resident tickets are \$34-44 for adults, \$32-42 for seniors 62+, and \$20-25 for 30 and under and students. It will be followed on February 28 with a discussion after church.

Please contact Mother Sandra or Donna Penman if you are interested in attending.

Climate Change: What can we do to make a difference?

38% of all US emissions come from the direct actions of people in their own households cause 38% of all emissions in the United States. We *can* make a significant difference.

- **Recycling** is part of the solution. Manufacturing new goods requires: raw materials; processes using energy, water, and other resources; transportation; storage; and, ultimately, disposal. When you reuse/recycle, you reduce carbon emissions. What are the best and worst for recycling?
 - Glass and cardboard are easy and profitable to recycle; there's no reason to throw them away!
 - Electronic waste: Phone, computer and television components are difficult to take apart & reuse, resulting in huge downstream environmental impact.
- **Lighting:** If you still have incandescent light bulbs, you're throwing money and energy out the window. CFLs and LEDs are far more efficient with the same quality at a better price. Motion sensors in are helpful, too: automatic systems can detect whether light is needed, so we don't have to remember to turn off lights.
- **Water:** Take shorter showers: hot showers take not just water but energy to heat the water. Dishwashers are more economical and waste less water than hand-washing.
- **Smartphones** can use more energy than refrigerators! The "phantom electricity" syndrome means that products continue to draw almost as much energy when plugged in as they do when they are turned on! Technology is improving, but meanwhile, don't keep things plugged in unnecessarily.
- **Vehicles:** A more fuel-efficient gas car is one of the single most effective things you can do to reduce carbon emissions. Going from a 20 MPG car to a 30 MPG car makes a huge difference. Electric cars are great, but simply driving less has an impact. Carpool, use public transportation, combine errands into one trip: do shopping and errands on your way home from work, after dropping kids at school, etc..
- **Meat consumption:** Besides health reasons, raising a pound of beef is incredibly energy intensive: takes lots of grain, energy, and water. So eating fewer meat-based meals helps a lot.
- **Food waste:** We throw out about 40% of our food. Enormous resources went into growing it, and when it goes into the landfill it turns into methane, which happens to be a very potent heat-trapping gas that gets up in the atmosphere and contributes to global warming. Our Sunday School will be telling you about some solutions to this!
- **Insulation:** One of the most important things you can do as a homeowner is to insulate your home. You don't get a lot of credit, because nobody is looking at your insulation, but most homes leak energy like a sieve. It goes right out the windows and roof. Insulation is a good way to save money and reduce carbon in the atmosphere.



Why should I go to all this effort if my neighbor doesn't care at all? Our entire culture is in transition. Social norms are changing, and we can all help with that. You can see how the social norms in terms of smoking have undergone a vast change, to the point where smokers often feel like outcasts. Littering used to be fine but now it's unacceptable. The social norms concerning the environment are shifting, as part of a transition to a more sustainable kind of living. But we can give the gift of a healthier planet to our children, grandchildren, and their children.

Information from Here & Now radio program called "10 Things You Can Do to Help Slow Climate Change." Tony Leiserowitz is with the Yale Project on Climate Change Communication.

Special Lenten Outreach Project

Submitted by Kate Petel and Donna Penman



As part of our Christian call to action during the Lenten season the Mission/Outreach committee will be conducting a gathering of the items most needed by the Norristown Hospitality Center. During the month of February donations will be gathered during the 8 and 10 a.m. services. Items most needed are: coffee, sugar, coffee creamer, jelly, tuna, soup, rice, and baked beans. In addition, non-food items needed are: men's and women's deodorant both regular and travel size, toilet paper, and paper towels. Drop them off any Sunday during the month of February or when you visit All Saints during the week.

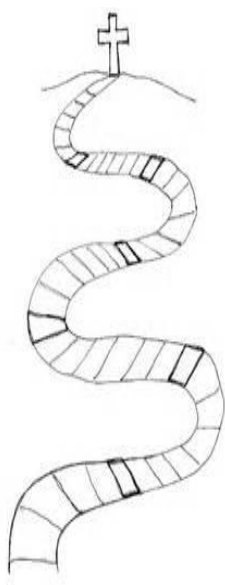
Prayer for those we Love

Book of Common Prayer, p. 831

Almighty God, we entrust all who are dear to us
to your never-failing care and love, for this life and the life to come,
knowing that you are doing for them better things
than we can desire or pray for;
through Jesus Christ our Lord. Amen.

Lent Trivia

1. What is the first day of Lent called?
2. What word is never said or sung during Lent?
3. What event in the life of Jesus do the palms recall for us?
4. What was the original meaning of the word "Lent"?
5. Who helped Jesus carry His cross?



Answers found on page 8.

New Ministry Opportunity

Knitting and Crafts

To kick off this new ministry, Donna Longobardi will teach us how to make prayer angels made out of vintage prayer books on Saturday, February 13 at 10 a.m. We are trying our best to make it as welcoming as we can for beginners and the experienced, men, women, and youth. We can decide on other group projects, or work on our own crafts. Some of us want to learn to knit! Sign up today on the bulletin board in the narthex.



Serving for the Glory of God

Date	February 7	February 10 <i>Ash Wednesday</i>	February 14	February 21	February 28
Acolytes	Beville Jones, Joe Gelet, Emma Griffin	Jack & Emily Spottiswood, Cornelia Hoffman	Donna Penman, Betsy Gottshall, Isabella Nero		Sarah Callow, Austin & Emily Taylor
Altar Guild	Diane Mullen, Deb Porcelli		Susan Cohen, Patty Gelet	Susan Cohen, Susan Dean	Susan Cohen, Mary Jane Daley
Bulletin Assemblers	Marilyn & Jack Clemson (2/5)		Marion Shupe, Phil Gottshall (2/12)	Donna & Bob Penman (2/19)	Ginger Banmiller, Mary Jane Daley (2/26)
Coffee Service	Joanne & Bob Heisler		Karen & Jack Spottiswood	Steve Dello Buono	Would you like to join the team? <i>Contact Mother Sandra</i>
Counters	Diane Mullen, Francie Dean		Joanne & Bob Heisler	Diane Mullen, Francie Dean	Betsy & Phil Gottshall
Eucharistic Ministers (10 a.m.)	Cornelia Hoffman, Donna Hale	7:30PM Ginger Banmiller, John Freeman	Donna Penman, Anthony Nero	<i>Contact the office, if you'd like to serve.</i>	Austin Taylor, Patty Gelet
Intercessor	Diane Mullen	<i>Contact the office, if you'd like to read the prayers.</i>	Laurie Sawyer	<i>Contact the office, if you'd like to read the prayers.</i>	Donna Penman
Lector	Louise Geisinger	Laurie Sawyer	Nina Ely	<i>Contact the office, if you'd like to read the scripture of the day.</i>	Joanne Heisler
Nursery	<i>Adults and older youth are invited to join this special ministry; speak with Nina Ely, if you're interested in giving it a try.</i>				
Server Reader (8 a.m.)	Viviann Harris		Viola Van Der Meulen	Diane Mullen	Joe Raudenbush
Ushers/Greeters	8:00 10:00 Majid Etemad, Judy Baca	7:30PM <i>Contact the office, if you'd like to greet our guests and usher.</i>	8:00 Charles Brinker 10:00 Dello Buono family	8:00 10:00 Betsy Gottshall, Judy Baca	8:00 10:00 Donna & Bob Penman

If you'd like to serve in any of the above ministries, contact Donna Longobardi, Parish Administrator, at 610-279-3990 or allsaints535@yahoo.com. Donna will be happy to direct you to the appropriate church leader who may best answer your questions about the ministry to get you started and involved.



February 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 10AM-1:30PM Second Time Around Shop	4 10AM-Noon Calvary LC visits computer lab 11AM Bible study w/ lunch 6PM Choir rehearsal 7PM N.A. (activity room)	5 Rector's day off 7:30PM N.A. (activity room)	6 Richard Dean Memorial Service 10AM Visitation 11AM Service
7 Last Epiphany 8AM Rite I 10AM Rite II Valentine Day Cookies: baking and decorating cookies for all ages after church in the Activity Room	8 Parish Administrator's day off 8PM V.F. Highland Band practice	9 Work Night  *Keep eyes & ears open for time in upcoming Sunday announcements.	10 Ash Wednesday 9:15AM Norristown Ministerium (act. rm.) 10AM-1:30PM Second Time Around Shop 6:30PM Soup Dinner 7:30PM Worship & Imposition of Ashes <i>Choir rehearsal immediately following VESTRY REPORTS DUE</i>	11 10AM-Noon Calvary LC visits computer lab 7PM N.A. (activity room)	12 Rector's day off 7PM Stations of the Cross at St. Augustine of Hippo 7:30PM N.A. (activity room)	13 10AM Crafts/Knitting Group: Prayer Angels (youth room/computer lab) 4-6:30PM Bread of Life Community Café
14 Lent 1 8AM Rite I 10AM Rite II 10AM Sunday school & Eucharist w/ Rector 11:30 Kaleidoscope forum (chapel)	15 Parish Administrator's day off 8PM V.F. Highland Band practice MESSENGER DEADLINE	16	17 10AM-1:30PM Second Time Around Shop 6:30PM Vestry Mtg.	18 10AM-Noon Calvary LC visits computer lab 11AM Bible study w/ lunch 7PM N.A. (activity room)	19 Rector's day off 7PM Stations of the Cross at St. Augustine of Hippo 7:30PM N.A. (activity room)	20 11AM-1PM NA Workshop (activity room)
21 Lent 2 8:30AM Good Noise Band Practice/Set up 10AM Contemporary Worship (activity room) 11:30 Parish Meeting (activity room) 1-4PM Private Event (chapel)	22 Parish Administrator's day off 8PM V.F. Highland Band practice	23	24 10AM-1:30PM Second Time Around Shop 6:30PM <i>Lobby Hero</i> at Theatre Horizon	25 10AM-Noon Calvary LC visits computer lab 6PM Choir rehearsal 7PM N.A. (activity room)	26 Rector's day off 7PM Stations of the Cross at St. Augustine of Hippo 7:30PM N.A. (activity room)	27 4-6:30PM Bread of Life Community Café
28 Lent 3 8AM Rite I 10AM Rite II 11:30 Kaleidoscope forum (chapel) Sunday School (activity room)	29 Parish Administrator's day off 8PM V.F. Highland Band practice			The choir rehearses Sundays at 9:20 a.m., and Thursdays at 6:00 p.m., except the week prior to Contemporary services. The choir does not rehearse Thursdays after a major holiday.		

Answers to Lent Trivia: 1) Ash Wednesday. 2) Alleluia. 3) The entrance into Jerusalem. 4) Spring. 5) Simon of Cyrene.



Valentine's Day Fruit Kabobs

<http://amysfinerthings.com>

Items Needed for the Kabobs

10 inch bamboo skewers

Assorted, prepared fresh fruit (kiwi, grapes, pineapple, strawberries, blueberries, etc.)

Paper hearts or heart stickers

Assembly Instructions

1. Thread fresh fruit onto skewers, leaving about one inch empty on the top and bottom.
2. Tape paper hearts or stickers onto the ends of the skewers.

<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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Be our guest!

Every Sunday at 8 & 10 a.m.

FEBRUARY 2016



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.*