



Volume 8 Issue 1

Jan/Feb 2009

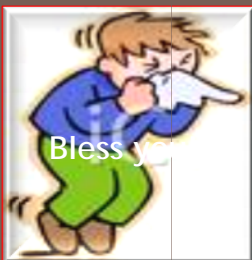
St. John's Episcopal Church, 4 Church Street, Essex, New York, 12936
Website: www.StJohnsEssexNY.com Email: stjohnschurch@willex.com
518-963-7775

THE GOOD LIFE

From Father Rick Dennis Homily

- ✓ INSIDE THIS ISSUE
- ✓ VESTRY HIGHLIGHTS
- ✓ TAIZE RETURNS
- ✓ MOVIE REVIEW
- ✓ ANNA GOES TO IRELAND
- ✓ FOOD FOR THOUGHT
- ✓ BOOK REPORT
- ✓ THIS MONTH'S FEATURED PUZZLE

- Give people more than they expect, and do it cheerfully.
- Memorize your favorite poem.
- When you say "I Love You" mean it.
- When you say "I'm sorry" look the person in the eye.
- Never laugh at anyone's dreams. People who don't have dreams don't have much.
- Love deeply and passionately. You may get hurt, but it's the only way to live life completely.
- In disagreements, fight fairly – no name calling.
- Don't judge people by their relatives, or by the life they were born into.
- Take into account that great love and great achievements involve great risk.
- Say "bless you" when you hear someone sneeze.
- When you lose, don't lose the lesson.
- Don't let a little dispute injure a great friendship.
- When you realize you've made a mistake, take immediate steps to correct it.
- Smile when answering the phone. The caller will hear it in your voice.
- Spend some time alone.
- Read more books; television is no substitute.
- Trust in God, but lock your car.



VESTRY HIGHLIGHTS

By Lynne Goepper (Warden)

The vestry was scheduled to meet in December, but the weather and people's availability could not cooperate. Thus the last meeting of the year became the first in the new. The sole purpose was to conduct a line item analysis of the proposed 2009 budget as prepared by Kalora Finucane, John Bingham, Bill Finucane and advisor, Bruce Hale. Recommendations and adjustments were made. As additional information needed to be gathered, a vote was postponed until the regular January 16th meeting. The vestry then reviewed the draft budget of \$124,000. This budget assumes support for a full-time priest who might start after April 12th (Easter).

Pledge letters and cards went out to full-time and seasonal Parishioners at January's end. A separate letter will be prepared requesting donations for community friends who use the Hall for potluck, yoga, workshops and/or other social purposes.

Other agenda items

- St. John's (for facilitation purposes) will receive donations for Anna Finucane's trip to Ireland in July. One inclusive check has been sent to the diocese.
- The ReNew board continues to meet once a month to review and disburse funds to community people in need.
- St. John's will be represented at the Willsboro-Essex Ecumenical service to commence the world-wide "WEEK of Prayer".
- The Ecumenical clergy met on February 5th to plan a shared "Taize" service for Lent.
- Father Rick Dennis will continue as our celebrant through most of March.

The next vestry meeting is scheduled for February 26th, starting with evening prayer at 3:30 PM.

TAIZE RETURNS!

Over the past few years the churches of our community have come together to offer Services of Taize style prayer. This worship form began in 1940 (in France). The original purpose was to heal Christians through reconciliation. Initially this was a Protestant group who sheltered war refugees of various faiths. Today worship service contains meditation, reflection, readings and music.

While the Taize community has developed the liturgy for the worship of God, it also is meant to sooth the soul. The words of the music are repetitive, with periods of silence as well as readings.

The Taize service being planned for an evening during Lent will offer an opportunity for our faiths to come together through prayer. Hopefully this service will greatly enhance everyone's preparation for Holy Week.

MOVIE REVIEW

ARCTIC TALE

Entering the beautiful and treacherous kingdom known as the Arctic Circle gripped me with a sense of wonder as *Arctic Tale* opened. With glacial scenes so spectacular, and an extreme climate so ancient and enduring, I could hardly resist a moment of complete awe. The majesty of God and the glory of his creation are the stars of this production. Yet beneath the ever thinning surface of ice, a tale about rising temperatures simmers, and *Arctic Tale* eventually erodes into an unfortunate message about global warming.



ANNA GOES TO IRELAND!



When the Diocese of Albany announced its 2009 mission trip to Ireland, our own Anna Finucane was one of thirty youths who applied for the fifteen spots. She also helps with Sunday school here at St. John's. Best of all she regularly attends services on Sunday and volunteers to assist at church events.

The wonderful news of her application being accepted was announced in Mid-December. Now that she is officially part of the mission team, she is requesting our prayer support for the team and the work it will be doing to help local community improvement plans. Anna also asks for our help in raising the \$1800 toward her trip costs. (This fund raising is a required experience of the Diocese). The vestry proudly supports Anna's dream to be of assistance in Ireland where her grandfather's family is from. We ask that you make a donation (tax deductible) toward Anna's trip. Be sure to make your check out to St. John's with the notation "Anna's Trip". Please keep Anna and the mission trip in your prayers.



Food for thought

Food insecurity is when people do not have access to affordable, healthy food. Cheap food might be available through large box stores like Wal-Mart, for instance, but often nutrition, freshness, not to mention flavor, are traded for a cheaper price. A well-documented side effect is a high obesity rate among the poor, contributing to heart disease, diabetes and associated high health care costs.


The Community Food Shelf in Elizabethtown is working to increase access to fresh vegetables and fruits for its clients with the ultimate goal of helping them to better feed themselves. Ironically, given where we live, growing your own food has become a forgotten skill. It takes some time, some education, but could ultimately deliver a more healthy diet as well as help to break the cycle of dependency.

If not wrapped in cellophane, a freezer bag or a can, fresh fruits and vegetables may seem unfamiliar or difficult to prepare for some folks. This may reduce the motivation for them to grow their own. So our first challenge is to encourage some dietary changes by providing even more fresh local produce through the Community Food Shelf and some education on how to prepare it.

Last year, local produce was “gleaned” from neighboring CSA’s* and Farmer’s Markets and brought to the Food Shelf for distribution. The response was encouraging, and in some cases, heartbreaking: “I haven’t had an apple for over a year”, said one client. It is hard for us to realize this kind of deprivation.

At our most recent board meeting, the Food Shelf board enthusiastically voted to purchase a small share (as a beginning) at a seasonal CSA in Essex for distribution to our clients.

Although one share will not provide for everyone, we can distribute on a first come, first served, basis. From experience, we know there will be times when there will indeed be enough for all our clients on a particular distribution day. Over the longer term, if the demand is there, we might decide to increase the number of shares the Food Shelf owns or simply subsidize shares in CSAs for our clients. Eventually, we hope to have our various churches grow some of the food. This could be the impetus for a community garden – one where food is grown not only for but also by some of our clients - who might not have access to land, seeds, expertise. But we will start by helping the local farming effort while helping our clients.




If you would like to buy carrots, cabbage, lettuce, squash, tomatoes, beans, potatoes, kale, peas, broccoli, basil, apples, beets, Swiss chard, onions, parsnips, zucchini, cucumbers, and even-more (!) etc. for those that are not blessed with enough money to buy them, please send a check made out to St. John's with "Fresh Share" on the memo line.

North country folk used to support themselves entirely on the land. We do not envision such a radical change, but these initiatives could be a gentle nurturing of home gardens as a way toward more food security.

Katharine Preston

** Community Supported Agriculture (CSA) is a model that is growing astronomically across the country, supporting small local farmers as well as folks who need affordable food. Member shares in the farm are bought at the beginning of the season. Every week thereafter during the season, a bag of fresh produce is available to the member. Sometimes there will be lots, sometimes less. And, of course, all is dependent on the weather. The risks, and the gains, are shared. This builds community.*



**The Earth is the
Lord's and all
that is in it... 'He
makes grass grow
for the cattle, and
plants for man to
cultivate –
bringing forth
food from the
earth: wine that
gladdens the heat
of man, oil to
make his face
shine, and bread
that sustains his
heart.'**

Psalm 104, 14-15

BOOK REPORT

Spirit of The Rainforest



A fascinating book that is a "must" reading for every Christian is "Spirit of the Rainforest" by Mark A. Ritchie. In the book Ritchie tells the story of Chief Shoefoot, a shaman of the Yanomamo tribe of the Amazon forest. Chief Shoefoot, who was demonized at an early age and had numerous "spirit-guides" was led to Christ through the efforts of missionaries who came to live among the Yanomamo people. Shoefoot goes into great detail about how he became a Shaman, his life with his people, and the dramatic deliverance he experienced alone in the rainforest. Shoefoot at one point talks about the "out-of-body" experiences that he and his fellow-shamans had. When he was told about Christ for the first time, he already knew who Jesus was from his "guides". They, however, deceived him into believing that Christ was the "enemy". Chief Shoefoot has toured and lectured in the US about his experience, and was featured on a "Focus on the Family" by Dr. Dobson. This book is essential reading for all Christians.

Try and find the 22 words

AMEN
CHURCH
CROSS
EASTERSUNDAY
FASTING
FATHERDALE
FISH
GOD
GOODFRIDAY
HONOR
JESUS
LENT
LETUSPRAY
LIFE
PRAYER
PRAYER
REFLECT
RISEN
SOUL
STATIONS
SUFFERED
THANKFUL

V K W S E E J D C H U R C H R
X J Z O F K K E R O G O D G C
I M V I I M T R O N O F Y S V
U T N E L O C E S O O A J W F
X K H S U O E F S R D M V A M
C U C N F S L F S N F I S H H
D Q E O K M F U U A R T K N L
E Y O I N F E S T I I S E I D
L A J T A J R H S N D M R V L
S U D A H E E E G D A E B G S
K N O T T R N S D H Y Z O N H
U Z G S D G U V U A V K E W E
D H A A U C B Z R S Y C X I E
O E L E T U S P R A Y E R U J
X E O D E S D T P R A B I Z F

Find the 12 differences in these two graphics.

