

St. Paul's Episcopal Church

The Epistle

February 2023

Love God. Love others. Help others love God.

We welcome you to join us on our journey as we strive to share the love of Jesus through worship, Christian education, fellowship and service to each other and the community beyond our walls.

Ramblings from the Rector

Red Doors: Why (some of) Our Church Doors Are Red

Some call it tradition; others think it's just a snappy-looking color. But the deeper reason is the firm belief that our churches are places of refuge.

As is the case with many churches, Episcopal parishes use red to let the world know what we're about. Red is the color of Christ's blood. It is the symbol of the sacrifice of the martyrs. It is the symbol of the presence of the Holy Spirit. And it marks the holy ground that lies just within. We like to think that red tells the world we're a safe place. We're a peaceful place. We're a place of refuge. We are a place where God's presence is made clear.

Historically, churches painted their doors red to signal fleeing suspects that they were places of sanctuary (thank King Ethelbert's English law, circa 600 CE). Today we know that the world is a scary place, full of people who are looking for places to find peace and forgiveness. While many people look at traditional churches as daunting and inhospitable, we hope that our red doors tell a different story, even if circumstances require they be locked from time to time!

Many people come to the Episcopal Church from other traditions, and some have had bad church experiences that have left them scarred or leery about God and God's people. We know that churches are not clubs for saints but hospitals for sinners. So just as hospitals display a red cross, we also like to announce that we are a place of healing and restoration. At our best, our parishes help the wounded put their lives back together, provide comfort in time of need, and the doors open wide to welcome people in.

Reference: *The Episcopal Handbook*, revised ed. (New York: Morehouse Publishing, 2015), 119.

Fr. John+





Worship at St. Paul's!

Our Sunday services at 8 and 10 AM are both in-person and on Zoom. The 10 AM Sunday service is on our YouTube channel. It can be found at [St Paul's Church Endicott - YouTube](#). To access the channel, click on the "live" button in the menu bar.

Daily prayers, Bible studies, book groups will continue to be held on Zoom. The Wednesday morning Healing service is now being held in the Gould Chapel, in addition to the Zoom option.



PLEASE NOTE: THIS LINK IS FOR ALL EVENTS

Join Zoom Meeting

<https://us02web.zoom.us/j/82070780491?pwd=OUFxYmZRRONsODExMW5mb3VjQWh5UT09>

Meeting ID: 820 7078 0491

Passcode: V8E361

One tap mobile

+16465588656,,82070780491#,,,,*686353# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 820 7078 0491

Passcode: 686353



Stewardship!

Love God. Love others. Help others love God.

On Sunday, February 12th at the Annual Meeting we will be electing 4 people who will serve as members of our church's vestry to lead our parish. We will elect one Warden, to serve a two-year term and three members to serve a three-year term. We are thankful for those members of our parish who, as a witness to their stewardship, have consented to stand for election. We here at St. Paul's appreciate the hard, faithful work of our vestry. They practice their stewardship with their work- they are in church every Sunday, their wisdom- they serve the parish in many ways, and their wealth- everyone pledges and supports God's work through St. Paul's Church.



Father John+





- ♥ Thank you to **Jack and Jennifer Westermann and to all who helped** with Trinity Canteen Sunday in January and to all who donated. We were able to provide a wonderful, bagged lunch for over 60 people.
- ♥ Thank you to Jennifer **Westermann, Will and Mary Van Osten, and all** who helped with the Movin' On Lunch.
- ♥ Thank you to all those who helped in putting the Christmas decorations away for another year.
- ♥ Thank you from Diane to **Jennifer Westermann** for covering the office for a week while she was home sick with the flu.
- ♥ A thank you for all who attended Family Game night in January, and to **Ruthie Koerts** for coordinating this fun evening.
- ♥ Thank you to **Sandy Schwab, Sue Mahon, Jack and Jennifer Westermann,** for covering the Services while I was out sick. I appreciate their stepping in and helping out.

Prayers for Our Ministries



Each week a different ministry area of St. Paul's is featured in the bulletin to highlight, encourage involvement and give thanks for the people who make it happen. During the month of February we pray for the following ministries:

FEBRUARY

2/5 Boy Scouts

2/19 Movin' On Group

2/12 Memorial Fund

2/26 Music Director, Jim Apicella

Coffee Hour/Rector's Forum!



Coffee Hour/Rector's Forum will be after the 10:00 a.m. Sunday Services on February 5, 19, and 26.

Lectionary Study/Discussion on Zoom!

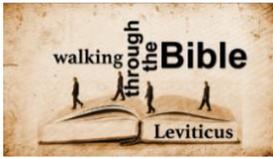


Lectionary Study is held on Thursday mornings following the 9:30 AM Prayer Service on Zoom. This is an informal way of studying the Scripture readings for each upcoming Sunday. Brew a second cup of coffee and lend your thoughts as to what you feel God is saying to you. A short prayer service will precede the study.

Ruthie Koerts

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## A Letter of the Bible – Acts of the Apostles on Zoom! Meeting on TUESDAY



We continue our Bible discussion with the Letters in the New Testament. This is different from the Thursday morning Lectionary Study which uses the Sunday Lectionary as its basis. Our next meeting will be **on Tuesday, February 14<sup>th</sup>, after the 9:30 AM prayer service.** *We will be discussing the Chapters 13 to the end.*

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Flower Memorials



Available 2/5, 2/12, 2/19, and 2/26.

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## Sanctuary Candle Memorials



Available 2/5, 2/12, 2/19, and 2/26.

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Note: Please call the office (748-8118) any time during the month if you would like to designate the altar flowers or candles in memory of a loved one, to recognize a special event or simply in thanksgiving for God's many blessings. **Dates may be shared.**

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## Ash Wednesday

Wednesday, February 22<sup>nd</sup>



Ash Wednesday is February 22<sup>nd</sup>, the beginning of Lent. Our services will be  
7:00 AM in the Gould Chapel  
9:30 AM in the Church and on Zoom  
5:30 PM in the Church and on Zoom  
We will use the daily link for the Zoom service.

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Lenten Program

This year's Lenten Program will be based on the book; Meeting Jesus at the Table. We will eat at 5:30 PM, immediately after the 5 PM service in the chapel. The series will be held on Wednesdays during Lent and begins on March 1st. We will need cooks to prepare a simple supper - the sign-up sheet is on the table in the back of church. The discussion will begin at 6:15 and will be in person and on Zoom.



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## Ash Wednesday Breakfast



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For those of you who will be attending the 7:00 a.m. service on Ash Wednesday, come join us for breakfast afterwards at the Pantheon! Good friends, good food, good time!



FEBRUARY

- | | | | |
|------|-------------------|------|------------------|
| 2/1 | Nancy Ng | 2/12 | Mary Cermak |
| 2/2 | Bonnie Pewteraugh | 2/12 | Tori Jo Kakusian |
| 2/4 | Vince Fabiano | 2/14 | Georgia Wilber |
| 2/6 | Bob Minor | 2/15 | Jordan Jones |
| 2/8 | Dick Schwab | 2/18 | Aiden Browning |
| 2/10 | Amelia Swavola | 2/20 | Ingrid Elliott |
| 2/10 | Madilyn Swavola | 2/21 | Adele Minor |
| 2/12 | Sylvia Fulk | 2/26 | Don Williams |
| 2/12 | Sue Mahon | 2/27 | Bill Freeman |



FEBRUARY

- | | | |
|------|------------------------|------|
| 2/7 | Tony and Jean Farrand | (64) |
| 2/10 | Ken and Verona Kidder | (61) |
| 2/14 | Will and Mary VanOsten | (64) |



Are you a **February** birthday or anniversary but don't see your name here? Please let the office know so we can update our records! We don't want to miss anyone!





A Note from Our Parish Nurse



February the month of love. It is also the month to love your heart. February 3rd is the annual wear red for women's heart disease. Love your heart by watching your diet, keep moving and exercise as you are able, don't smoke or vape, limit alcohol intake, and control your blood pressure. Yearly checkups with your primary to evaluate your heart health are vital.

Did you know your blood pressure varies throughout the course of a day, sometimes within minutes. Many factors contribute to these changes including physical activity, emotional state, body position, diet (especially salt, caffeine, and alcohol intake), smoking and sleep deprivation. Heart disease, sleep apnea and kidney disease also. It is best to take your blood pressure the same time of day each day. Morning before you eat, drink, or take medication is best. Once or twice a week if you are watching it or whatever instructed by your healthcare provider. When taking your blood pressure, you should rest 5 minutes at least and sit with your arm at heart level. (Why we use the chair and table at church.) Wait 1-2 minutes when rechecking. Left arm is best, but either arm can be used. The cuff must be the right size for your arm size.



Did you know the difference between cardiac arrest and a heart attack? Cardiac arrest is when the hearts electrical system malfunctions and stops beating. Death occurs within minutes without treatment. The cause can be from different things like a heart attack, a stroke, drowning, or abnormal heart rhythm. Recently in the news you may have seen a trauma to the chest at just the right part of the heartbeat can cause a rare thing that stopped his heart from beating.

A heart attack is when blood flow is blocked to the heart and does not always lead to cardiac arrest, it usually has symptoms first such as chest or back pain, shortness of breath, cold sweats, and/or nausea and vomiting. The longer a person has these symptoms the more damage is being done to the heart and could lead to cardiac arrest. Both require a call to 911. If the person is unresponsive and not breathing or gasping you call or have someone call 911, begin CPR, and get the AED as soon as possible to try to restart their heart.

We are having a CPR/First Aid class with certification on February 11th at 1pm. It will last about 3 hours. A nurse/paramedic from Lifelight in Sidney will be instructing. On February 25th at 1 pm I will repeat the Family and Friends noncertified CPR class that I held a couple months ago. We will start having a certified class every two years to keep people up on their certification along with a yearly noncertified class for refresh or new people.

Love your hearts!!

Jackie Fabiano RN, BSN, Lead Parish Nurse





Blood Pressure Screenings



Blood Pressure Screenings will be on the 2nd Sunday of each month after each service in the Undercroft. This month's screenings will be on **Sunday, February 12th**.



Boy Scout Sunday

Sunday, February 5th

We will be celebrating Boy Scout Sunday on February 5th. If you are involved in Boy Scouts, be sure to wear your uniform that day.



BOY SCOUTS OF AMERICA



Sleeping Bag for the Homeless Project



Our sleeping bag projects are held on the **second Thursday of every month at 1:00-3:00PM**. If you are interested in fellowship, conversation, and fun all the while we make sleeping bags for those less fortunate, please consider joining us. You do not have to know how to sew. Diocese guidelines require that you have been Covid vaccinated. **Our next meeting will be on Thursday, February 9th**.

Deb Wirag



Family Game Night

The Social Committee

There has been a request for more family game nights. Please mark your calendar for **February 11th, 7:00 – 9:00 pm**. The Social Committee will be hosting another **Family Game Night**. Bring your favorite board or card game **and** snack to share with others. The Social Committee will supply the drinks. There will be a sign-up sheet in the back of the church to give us an idea how many may attend. Please sign up, or call the church office **before Thursday, February 9th**. If you have other requests or suggestions for the Social Committee, please let me know. Thank you!



Ruthie Koerts, Chairperson



Annual Meeting

Sunday, February 12th



The Annual Meeting is quickly upon us. The meeting will take place in person and on ZOOM on **Sunday, February 12 following the 9:00 AM Service**. We will use the February link. Vestry elections will also take place at this time. Please plan on attending. **(Note: There will be Sunday school classes.)**

The slate of candidates is as follows:

Warden (two-year term) – Dick Schwab

Vestry (three-year term) – Kelly Browning

Raymond George Spaccaforno

Jennifer Westermann



CHOW Pantry

The CHOW Pantry at St. Paul's is up and running! We are accepting referrals on the 3rd and 4th week of each month on Mondays and Wednesdays from 11:00 a.m. to 1:00 p.m. Volunteers are always appreciated!

(February Schedule: February 13, 15, 22. Closed February 20.)



Mary Cermak

Vestry Meeting

Our next meeting is February 14th at 6:30 p.m. This meeting will be in-person.



Sunday School Schedule for February



There will be no Sunday School on February 19. Classes will be held on February 5, 12, and 26.

Movin' On Luncheon

Monday, February 20th at Noon



Our next luncheon will be on Monday, February 20th at noon. The Movin' On Lunch group is held on the THIRD MONDAY of the month. All widows and widowers are invited for a time of food and fellowship.



In honor of Presidents' Day, the church office will be closed on Monday, February 20th.

Shrove Tuesday Pancake Supper

Tuesday, February 21st, 6 PM

As is tradition at St. Paul's, we will be holding a Pancake Supper on Tuesday, February 21. This is a longstanding tradition in the church as a way to use up heavy, fatty foods before the Lenten Season begins. All are welcome to join us. Bring a friend or two. A free will offering will be taken.



SHROVE TUESDAY



Racial Justice and Reconciliation Group

The monthly meeting of St. Paul's Racial Justice and Reconciliation Discussion Group will be held on Monday, February 27th immediately following the 9:30 a.m. Monday Prayer Service. Everyone is welcome!

Fr. John+



Sharing Closet

February 25th, 3:00 – 5:00 p.m.

Our Sharing Closet is up and running! We are open to our neighbors on the last Saturday of each month from 3:00 to 5:00 PM. Warm weather clothing donations **are** being accepted. This month’s volunteers are:

Matt Moon, Melissa Moon, and Claire Hendry. Thank you for your generosity.



If you have any questions, please contact Elaine Yacovoni (607-321-4020).

Elaine Yacovoni, Coordinator



Altar Guild

We are in need of people to help with Altar Guild. This involves setting up and cleaning up from our services. Some would like to iron the linens (not altar cloths). Others prefer just to sub or work with someone else. We are in need of people for both services and Saturday set-up. Training is available. If interested contact Fr. John.

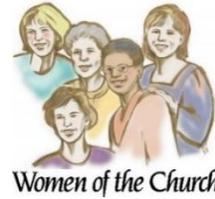


Women of the Church News

Sandy Schwab, Chairperson

February is Heart Month and we are tying in with that theme in several ways.

We will again partner with the Parish Nursing Program to offer 2 CPR training sessions. On Saturday February 11th there will be a Certified CPR training program in the undercroft at 1 p.m. On Saturday, January 25th at 1 p.m. there will be a non-certified training in the undercroft. See Jackie Fabiano’s Epistle article, “A Note From Our Parish Nurse” for further information.



In keeping with matters of the heart, the WoC will hold a covered dish luncheon meeting on Valentine’s Day. Snow seems to follow our WoC events of late, but hopefully it stays away on the 14th so we can gather once again to socialize and throw in a little business, like sharing ideas for how we can remember our homebound at Easter time. Jackie Fabiano will also do an informal discussion on heart health.

We will have lunch at noon. Everyone is asked to bring a dish to pass – whether it is heart healthy or one of those decadent items we all need every now and then. If possible, let’s wear some red for Heart Month and Valentine’s Day. A sign-up sheet will be placed at the back of the church.

KEEPING OUR NEIGHBORS WARM

We are closer but not yet to the point where we can put up our Giving Tree, however, your donations are still helping keep our neighbors warm. Many of the guests visiting our clothing closet have been looking for warm hats, gloves, socks and scarves, so your donations are being well received in the interim. Whether on the Giving Tree or in the clothing closet, we will continue to provide warm options to our neighbors as long as the weather stays cold and we have items to offer. The box remains at the back of the church for donations. The above items can be purchased or homemade, but we do ask that they are not used. Please place each item in a zip lock bag if possible. This ministry has proven a great success each year, thanks to your generosity, and many in the community have expressed their appreciation.

February Participants' Schedule



February 5 – Boy Scout Sunday		8:00 AM	10:00 AM
Lay Assistant		Jack Westermann	Sandy Schwab
1 st Reading			Sue Jones
2 nd Reading		Dolly Chergosky	Lauren Saleeby
Chalice		Jennifer S. Westermann	Ruthie Koerts
Ushers		Will & Mary VanOsten	Tommy Vallone & Bruce Dailey
Readings	Isaiah 58:1-12	Psalm 112	1 Corinthians 2:1-167 Gospel: Matthew 5:13-20

February 12 – Annual Meeting		9:00 AM	
Lay Assistant		Steve Koerts	
1 st Reading		Jennifer S. Westermann	
2 nd Reading		Michelle Wolf	
Chalice		Sue Mahon	
Ushers		Scott Kidder & Matt Moon	
Readings	Deuteronomy 30:15-20	Psalm 119:1-8	1 Corinthians 3:1-9 Gospel: Matthew 5:21-37

February 19		8:00 AM	10:00 AM
Lay Assistant		Mary Cermak	Jim Garceau
1 st Reading			Elaine Yacovoni
2 nd Reading		Marilyn Karlson	Sanders Browning
Chalice		Chip Kinne	Sandy Schwab
Ushers		Will & Mary VanOsten	Susette & Kristin Walton
Readings	Exodus 24:12-18	Psalm 2	2 Peter 1:16-21 Gospel: Matthew 17:1-9

February 26		8:00 AM	10:00 AM
Lay Assistant		Sue Mahon	Ruthie Koerts
1 st Reading			Jackie Fabiano
2 nd Reading		Linda Littell	Kristin Walton
Chalice		Chip Kinne	Sue Jones
Ushers		Will & Mary VanOsten	Marge Johns & Bruce Dailey
Readings	Genesis 2:15-17; 3:1-7	Psalm 32	Romans 5:12-19 Gospel: Matthew 4:1-11

Altar Guild: 8AM: Linda Littell
10AM: Sue Hankey/Jackie Fabiano

Linens: Sue Hankey

Help Wanted!

I am looking for some volunteers to help run our sound system and video cameras on Sundays and special days as well as to use the fogger after the 8:00 AM service on Sundays. Developing a schedule would alleviate the same people from doing it all the time. I put a sign-up sheet in the back of church. Training will be provided.



Fr. John+

St. Paul's Episcopal Church
Vestry Minutes – January 10, 2023
To love God, Love others, Help others love God.

Rector: Fr. John Martinichio

Wardens: Dick Schwab, Sue Mahon

Treasurer: Jack Westermann

Vestry:

Garvin Alexander (A)	Melissa Moon	Jennifer S. Westermann
Nancy Elwood (A)	Lauren Saleeby (A)	Michelle Wolf
Jim Garceau (A)	Eileen Slofkosky (Z)	Ted Wolf

Non-vestry present: Matt Moon, Linda Littell, Sandy Schwab, Ray Spaccaforno

Fr. John opened the meeting at 6:31 PM with a prayer for the overwhelmed. Author unknown.

December Minutes: *Motion* made by Michelle Wolf with second from Dick Schwab to ratify the December minutes as emailed. Motion carried unanimously.

Financial Report:

- Gould Fund Balance as of December 31, 2022 - \$4,887,651.
- Stewardship 2023 - 75 pledge cards have been returned for a total of \$153,161; 25 who pledged last year have not returned cards for 2023.
- Capital Campaign status:

Original amount (Pledge #1) pledged:	\$452,422
Second ask (Pledge #2) pledged:	<u>\$108,073</u>
Total pledge amount:	\$560,495
Pledge #1 – unrealized pledges	\$21,369
Pledge #2 – outstanding, due by year's end	\$18,312
- Project cost (includes upgrades to building electrical service and drainage remediation) - Total cost is \$579,692. Of that we still owe \$221,833. Currently available to the Capital Campaign: \$262,101.
- Treasurer's Report – Jack Westermann
 - We are in the red by about \$8,400. Pledge income is down based on the projected based on 2022 pledges.
 - Expenses are about as expected.
 - Financial reports were submitted for the following accounts: *Main Checking Account* - \$29,581 of which the following have earmarked funds: *Flowers and Candles* - \$5,909; *CHOW* - \$14,156; *CHAP* \$809; *Memorials + Kimble* - \$651; *Capital Campaign* - \$12,858; *Women of the Church* - \$2,329; *Youth* - \$813; *Movin' On* – \$-20; **This results in a negative balance of \$8,400.**
- Discretionary fund report submitted by Fr. John - Balance as of December 31, 2022, was \$726.98.

Motion made by Sue Mahon with second from Dick Schwab to receive the financial reports as presented. Motion carried unanimously.

Rector's Report:

- Hillside Garden Estimate – Three “tier” estimates submitted. First is to extend the patio to the back of the elevator vestibule at a cost of \$9,200.; second tier is to add shrubbery to the patio extension at a cost of \$13,000.; third tier adds reseeding the lawn around the vestibule for a total cost of \$14,800. Fr. John and Dick Schwab will meet with Hillside Gardens about the estimates.
- Fr. John is still working on getting the altar candles changed as they have to be sent out.
- Kimble estate has been closed out.
- Snow removal – The recommendation is to use calcium chloride instead of rock salt on the sidewalks as salt is more corrosive than calcium chloride. Note: this will result in a slight increase in the cost as it is more expensive than rock salt.
- All Saints, Johnson City – There is no longer a need for Fr. John to preside at its Saturday evening services as the All Saints wardens are in conversation with an interim priest. Fr. John's last Saturday will be February 25.
- Lent – Wednesday Evening Lenten series will begin on February 15, the Wednesday after Ash Wednesday, and will consist of a simple supper followed by the program “Jesus at the Table”.
- Parochial report – More detailed information, including age spreads and ethnicities, are being requested of all parishes for the report.

Wardens' Report: Thank you's from Diane Sica and Catholic Schools of Broome County were received.

Committee Reports:

- Property Committee – Dick Schwab reported that the elevator vestibule project is almost finished; disinfection of building after the 8:00 service will continue. Still looking for volunteers to assist with this.
- Social Committee – Committee is planning a game night for January 14, 2023.
- Women of the Church – January 23, 3:00 PM, will feature a speaker for people who are caregivers. February – Jackie Fabiano will do CPR trainings, both certified and non-certified. Also talking about doing Narcan training and CPR for pets in the future.

Next Meeting: February 14, 2023, at 6:30 PM.

Fr. John thanked Ted Wolf and Eileen Slofkosky for their service on vestry and announced the slate for 2023 as follows: Warden – Dick Schwab (running for another term)

Vestry - Ray Spaccaforo

Kelly Browning

Jennifer S. Westermann (running for another term)

Fr. John closed the meeting at 7:35 PM with the prayer “Following Jesus” by Howard Thurman.

Minutes submitted by Jennifer S. Westermann, Vestry Clerk

