

St. Anne's Episcopal Church  
Calendar & Announcements  
September 24 – October 1

**“THE  
LAST  
WILL BE  
FIRST,  
AND THE  
FIRST  
LAST.”**

MATTHEW 20:16, ESV



*Stewardship Reflection ...*

*“...are you envious because I am generous?”* Do we spend more time lamenting our personal scarcity than being grateful and thankful for all we have been given and responding accordingly? It is certainly true that we can't begin to “out-give” God, but would our lives perhaps be more contented and feel more blessed if we decided to be first-fruits or “I can't wait to give” donors to the life and ministry to which God has called all of us? Remember, Baptism tells us we are “marked as Christ's own forever”. How do you respond to that gift?



*Prayers for Healing and Anointing  
at both services this Sunday*

**This Sunday, September 24, 2017**  
*Sixteenth Sunday after Pentecost*  
**8:00 & 10:30 a.m. Services**

† **SERVICE PARTICIPANTS** †

**GREETERS:**

8:00 a.m. Connie Archer  
10:30 a.m. Helen Adair

**LECTORS:**

8:00 a.m. Chuck Abbott, Wenda Shestok  
10:30 a.m. Rob Krogstad,  
Gwyn Greenleaf

**INTERCESSORS:**

8:00 a.m. Rich Davis  
10:30 a.m.

**ACOLYTES:**

8:00 a.m. Ron Gundry, Ann Hamlin  
10:30 a.m. Grayson & Fiona Answini

**ALTAR GUILD:**

Angie Devers, Helen Adair

**BUILDING LOCKUP:** Meg Leister

**COMMUNION BREAD BAKER**

Ron & Jean Gundry

**USHERS/GIFT BEARERS\*:**

8:00 a.m. Connie & Bob Archer  
10:30 a.m. Amy & Austin Hertzog

**WORSHIP LAY EUCHARISTIC  
MINISTERS:**

8:00 a.m. Ron & Jean Gundry  
10:30 a.m. John Kehm, Kathy Terrible

**OFFERTORY COUNTERS:**

Janet Podlesny, Maryrose Anderson

**EUCHARISTIC VISITOR:**

Rich Davis

**PASTORAL CARE VISITORS:**

John Dillon, Sally Gordon

**NURSERY CARE:**

Robin Netwall, Nancy Mombourquette



**SUNDAY SCHOOL**

**CLASSES BEGIN THIS SUNDAY!**

*(Ages 4 and up)*

For info, please email Doug Snyder at

[dugs6464@gmail.com](mailto:dugs6464@gmail.com).

# CALENDAR

## Sunday, September 24

*\*Healing & Anointing - Both services\**

9:15 a.m. Adult Forum: The heart of love and discipleship  
in the Gospel of Matthew

10:00 a.m. Sunday School Begins

Friday & Saturday, September 29 & 30

*Diocesan Convention*

Sunday, October 1

9:15 a.m. Adult Forum: The heart of love and discipleship  
in the Gospel of Matthew

10:00 a.m. Sunday School

5:30 p.m. Fellowship Team Meeting

Tuesday, October 3

10:00 a.m. Bible Study

Wednesday, October 4

2:00 p.m. Ministry to the Elderly - Above & Beyond

Friday, October 6

*Office Closed (Colette on vacation)*

Saturday, October 7

11:00 a.m. Blessing of the Pets

Sunday, October 8

9:00 a.m. Outreach Team Meeting

Monday, October 9

*Columbus Day ~ Office Closed*

## JUST AROUND THE CORNER!

**October 21**

◆ Family Potluck & Bingo Night (5:30-8:30pm)

**November 4**

◆ Blood Drive (9am-1pm)

**December 2**

◆ Sole Hope Shoe Cutting Party (10am-2pm)



Colette will be on vacation the first 2 weeks of October. Volunteers will be covering the office 9am - 3pm Monday through Thursday. The office will be closed both Fridays, October 5 & 12.



### **BIRTHDAYS:**

9/24 Andrea Sarnowski, Carolina Snyder  
9/25 Jackson Serbia  
9/26 Grace Newman

### **ANNIVERSARIES:**

9/24 Andrea Sarnowski & Ted Goffinet  
9/27 Peter & Christine White



- 1.) Sunday mornings, September 24 & October 1:  
*The heart of love and discipleship in the Gospel of Matthew*
- 2.) Advent: *500<sup>th</sup> Anniversary of the Protestant Reformation* –  
Importance for today, seeking truth, authenticity, and fulfillment  
as a Christian.



## *'Grateful Grapes'*

Please notice the new bulletin board display on the wall by the kitchen entry hall "**Feasting on Gratitude**". We will be asking you to jot down what you are most grateful for on one of the small colored grapes we will be passing out. These will be placed on our grape vine cluster on the display.

*Watch our vineyard grow!*

St. Anne's Stewardship Team

# **GARAGE CLEAN-OUT!!**

**Any and all hands are needed!**

**Saturday, September 23, from 9am – 11am!**

See Connie Archer with any questions.



**THANKS TO OUR DAYBREAK  
VOLUNTEERS!**

**Next opportunity**

**Monday, December 18, 2017**

*Thanks to all the bakers, servers, and preparers for another successful Daybreak meal!*

*Daybreak, sponsored by the Lehigh County Conference of Churches, is a weekday drop-in center that gives people living with mental illness or physical disabilities and those struggling with addiction or HIV/AIDS, as well as the neighborhood's elderly, a place to belong. Daybreak serves three balanced meals each weekday. Staff teach life skills and work with members to provide stability and help them reach their full potential.*



## **BLESSING OF PETS**

**Our Blessing of Pets will take place**

**Saturday, October 7 at 11:00 a.m.**

**All pets are welcome!**

- Pets must be humanely restrained - leash, carrier, cage, etc.
- Pets must be accompanied by their "person". They cannot be dropped off
- Each pet will be blessed individually



## **IF YOU DON'T NEED IT SOMEONE DOES**

As the nights turn cooler it reminds us that the cold weather is not far behind. Again this year, Everlasting Life Ministries will be running the downtown Allentown warming shelter. They provide sleeping room for up to thirty folks each night and will have many needs to support this effort. One need that many of the homeless have is an easy one for all of us to help with as you renew your wardrobes for the winter weather.

Donating your no longer needed warm clothing which can be used by those who have none. Remember ELM is providing shelter for both sexes and all ages.

Items that are needed are coats, hats, gloves, sweaters, sweat shirts, sweat pants and any other type of warm clothing. New items that would also help are warm sox and insulated underwear.

We will begin collecting this clothing right away and will have boxes in the parish hall where you can place your items over the next several weeks.

So search your closets and attics for any items of clothing that might be reused by someone in need as we reach out to our community. May the Lord bless you for your prayers and generosity.

## **PLASTIC BOTTLE CAP DRIVE**

**THINK ABOUT AN OUTREACH PROJECT THAT DOES NOT COST A DIME,  
BENEFITS THOSE WITH A VERY REAL NEED,  
AND ALLOWS US TO RECYCLE TO BOOT!!!**

One of the best sources for Outreach projects is our own parishioners and sometimes these projects are absolute "no-brainers". Connie Archer has one such effort as she writes below.

"I have a friend who is a nurse at LVHN. They are collecting plastic bottle caps (water, soda, milk, etc.) 5,000 bottle caps enables 3 dialysis treatments to a patient for free. Could we start a collection box at St. Anne's?" ~ Connie

In our parish hall, you will find a box where you can place your plastic bottle caps. Think about it .... all you have to do is save your bottle caps separately and bring them to the church. Please join us in this effort to help support those who have to find a way to pay for what we know are very expensive treatments.

Our thanks to Connie for listening and thinking of that part of our Outreach Mission where we say, we will "reach out to those who we can support in their time of need." May God bless Connie and all of us as we support this ministry.

*Your Outreach Team*

# HELP FOR HURRICANE VICTIMS

## (This Sunday is last day of collection.)

If you would like to make a donation to help the hurricane victims in Texas and the Caribbean, here are some solid opportunities. You may donate by cash or check to either the Salvation Army or to Episcopal Relief and Development (ERD). Make checks payable to St. Anne's and specify on the memo line "Salvation Army" or "ERD". Baskets are provided for your donations at the back of church. Your outreach team will collect contributions and send along the proper channels. Below are brief descriptions of help being provided from both organizations' websites.

### Your support helps THE SALVATION ARMY stay on the front lines of Hurricane Harvey relief efforts

As Hurricane Harvey causes widespread damage across Texas, The Salvation Army is ready to provide physical, emotional and spiritual care to survivors and relief workers. Salvation Army disaster teams from across the country are mobilizing and, even after disaster response efforts are over, The Salvation Army will remain in communities impacted by this terrible storm, supporting long-term disaster recovery efforts and providing ongoing assistance to those in need. Get updates on our relief efforts at [www.disaster.salvationarmyusa.org](http://www.disaster.salvationarmyusa.org), follow us on Facebook at [www.facebook.com/SalArmyEDS](http://www.facebook.com/SalArmyEDS), or on Twitter @SalArmyEDS.



### EPISCOPAL RELIEF & DEVELOPMENT

ERD invites you to join us in prayer and support for communities affected by Hurricane Harvey. Episcopal Relief & Development is working with dioceses in the hurricane's path to best support responses and address needs as more information becomes available. Local churches and partners are assessing damage, confirming the safety of members and others in their communities and using available facilities and resources to respond to immediate concerns. Your contribution to the Hurricane Harvey Response Fund helps Episcopal Relief & Development support Church and other local partners as they provide critical emergency assistance.

Thank you for your compassion and prayers. With your partnership, we are healing a hurting world.

There is also a need for **BLOOD DONATIONS**. Though we have a drive November 4, if you would like and are able to donate early, or again, you may go to Miller Keystone Blood Center. Just mention you are from St. Anne's.

If you have any questions, please contact John Bates or anyone on your Outreach team.

# Nurse's Notes

**WELCOME AUTUMN.... THE YEAR'S LAST, LOVELIEST SMILE! ENJOY THE NEW SEASON!**

Prescription Prices causing you pain? Are your Prescription drugs costing you an arm and a leg and causing you financial hardships? Speak up!! A recent survey found that 42 percent of patients assumed that their doctors were aware of the cost of the medication and that there are no other cheaper alternatives. However due to the wide range of payments on insurance plans, most doctors are not aware of what your cost will be. Solution: Speak up and be honest with your doctor and most times a less expensive medication can be given. If not, contact the maker of the medication and sometimes they will work with you to lessen your cost. Important: Do not stop or not fill your medication because you can't afford it. Communication is the key to better health.

## **Cheese: The super food for your teeth**

Cheese as most of you know is a great food because it provides us with calcium, protein, phosphorous, zinc and many other vitamins, but did you know that it also helps to prevent tooth decay? Another reason to add this food to your list of favorites. Other ways to prevent tooth decay include brushing your teeth twice daily with a fluoride toothpaste, floss twice daily, cut back on sugary snacks, chew sugar free gum after meals and drink lots of water daily and of course schedule regular dental exams.

## **Little switches can make big benefits in your diet**

- Instead of mayo, try mashed avocado... benefits: more fiber and potassium
- Instead of fruit flavored yogurt, try plain Greek yogurt... benefits: more protein, less sugar (add some fresh fruit)
- Instead of flour tortillas, try corn tortillas... benefits: less salt and more fiber also contains lutein for eye health
- Instead of pretzels try air popped popcorn... benefits: Less salt and more fiber
- Instead of romaine lettuce try baby spinach... benefits: More iron, magnesium, potassium, and vitamins C and E
- Consuming a full fat dairy is associated with a lower cardiovascular risk than previously thought... Eating full fat cheese, milk or yogurt does not increase the risk of heart attack or stroke.



**†For the sick**, especially Jeanine, Steve, Fred, Joanne, Justin, Tonie, Jillian, Milly

**†For people continuing to recover**, especially Sherri, Peg, Frank, Nancy, Mary, Dorothy

**†For people in hospice care** especially Mike, Sue, and Stan

**†For people in nursing and assisted living homes:** especially Ann & Howard, Audrey, Doris, Grace, John, Nancy, Sue

**†For individuals with special needs:** especially Jean, Deacon Bernice, Molly, Carol, Ron, Katie, Jean, Lori, Dianne, Alex, Audrey, Barbara & John, Deacon Bernice, Coleman, Connie, Doris, Dan, Danny, David, Dean Jr., Devon, Dianne, Don & Virginia, Dorothy, Eric, Forrest, Gay, George, Helen, John, J Family, Judith, Kathleen, Edith, Kim, Meredith, Michael, Jeanette, Marley Grace, Mary Beth, Maureen, Luke, Ousmane & family, Owen, Ron, Sally, Walt & Linda

**†For the deceased**

**†For individuals in the military forces and their families**, especially Fernanda; Sgt. Brendan Messler, Staff Sgt. Adam Aikey

**† Contact the parish office with your special prayer request or update. †**

## nursery school



### **NURSERY SCHOOL FUNDRAISER**

If you are interested in purchasing a 'KidsStuff' coupon book there is a sample book out in the parish hall with a sign-up sheet. The cost of each book is \$25.00, the profit to the nursery school is \$12.50. If not for yourself, perhaps you would like to purchase one as a gift!

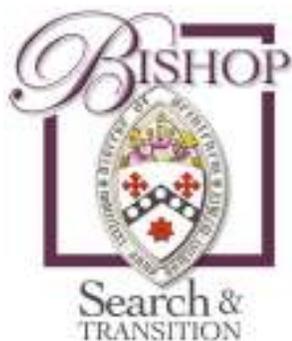
### **NURSERY SCHOOL TEACHER POSITION**

The nursery school is in need of a "lead teacher" for its 4-year-old program, Monday, Wednesday, Friday, 8:45 am - 12:15 pm. Certified or Early Childhood or Elementary degree required.

Please contact Angela Boyko for more information. 610-216-3193.

### **Community Volunteer Opportunity – "Fleming Friends"**

The Fleming Memory Center, a division of LVHN Geriatric Medicine, is recruiting and training volunteers to provide one on one companionship for individuals afflicted with Alzheimer's disease. You will be affording valuable time to a caregiver to be able to focus on themselves, which is essential to the caregiver's own well-being. If you would like to volunteer for this exciting new program or would like more information, please contact Dalila Saez at 610-969-2241 for further details or email "Dee" at [dalila.saezrivera@lvhn.org](mailto:dalila.saezrivera@lvhn.org).



### **The Bishop Box**

**We have received all applications for the 9<sup>th</sup> Bishop of Bethlehem. What happens next?**

- \* The Bishop Search Committee will review all applications.
- \* They will do Zoom interviews with the strongest candidates.
- \* A smaller number of candidates will attend a Discernment Retreat in January.
- \* The Bishop Search Committee will present 3-5 nominees to the Standing Committee, in mid-February.

[www.bishopsearchdiobeth.org](http://www.bishopsearchdiobeth.org)