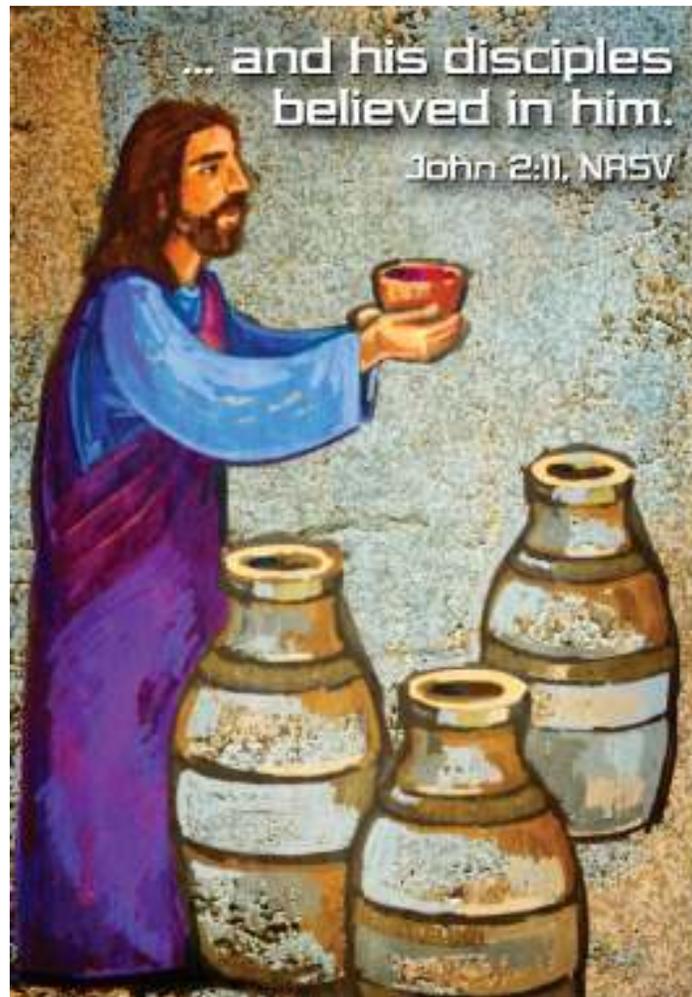


St. Anne's Episcopal Church Calendar & Announcements January 20 – 26





† *SERVICE PARTICIPANTS* †

GREETERS:

8:00 a.m. Cathie Meholic
10:30 a.m. Joe Terrible

LECTORS:

8:00 a.m. Lyn Dani, Ann Hamlin
10:30 a.m. Will Gregory, Joe Whitehill

INTERCESSORS:

8:00 a.m. Cathie Meholic
10:30 a.m. George Maniatty

ACOLYTES:

8:00 a.m. Wenda Shestok, Lyn Dani
10:30 a.m. John Bates

ALTAR GUILD:

Joan Fry, Gwen Greenleaf

BUILDING LOCKUP:

Doug Bennett

USHERS/GIFT BEARERS*:

8:00 a.m. Robin Netwall, Joan Bates
10:30 a.m. Donna and Doug Bennett

**WORSHIP LAY EUCHARISTIC
MINISTERS:**

8:00 a.m. John Dillon, Ann Hamlin
10:30 a.m. Chika Acholonu
Christian Acholonu

OFFERTORY COUNTERS:

Maryrose Anders, Helen Adair

EUCHARISTIC VISITOR:

Leona Borowicz

PASTORAL CARE MINISTERS:

Nancy Mombourquette, Nancy Gordon

NURSERY CARE VOLUNTEER:

Joe Whitehill

***PLEASE ADD TO YOUR CALENDAR:
ST. ANNE'S ANNUAL MEETING - JANUARY 27TH
IT WILL FOLLOW A COMBINED SERVICE AT 9:30
Nursery Care provided for meeting***

CALENDAR

Sunday, January 20

8:00 & 10:30 a.m. Eucharist

No Family Eucharist

Monday, January 21

7:00 p.m. Choir Rehearsal

Tuesday, January 22

10:00 a.m. Bible Study with Virginia

Wednesday, January 23

6:30 p.m. Bible Study with Fr. Don

Sunday, January 27

9:30 a.m. Eucharist

Combined Service

10:30 a.m. Yearly Meeting

Monday, January 28

7:00 Choir Rehearsal

Tuesday, January 29

10:00 a.m. Bible Study with Virginia

Wednesday, January 30

6:30 p.m. Bible Study with Fr. Don

Sunday, February 3

8:00 & 10:30 a.m. Eucharist

5:30 Fellowship Team Meeting



1/24 Sandy Barrette

1/25 Sherry Ann Cosenza

1/25 Vincent Van Lieu



**IT TAKES ALL OF OUR FAITH FAMILY AS WE REACH OUT TO OUR
COMMUNITIES AND SPREAD A LITTLE LOVE AND COMFORT
ESPECIALLY DURING THESE HOLIDAY SEASONS**

Everlasting Life Ministries Christmas Dinner 19 turkeys, over 500 lbs. of fresh fruit
and hours of service



Moser Nursing Home / Advent Tree providing more than 60 gifts allowing every
resident to receive a little love during the holiday season



Daybreak Christmas Meal St. Anne's and St. Margaret's congregants provided,
cooked and served a full turkey dinner including all the trimmings and baked goods
from our congregation



Moser Nursing home 30 plus St. Anne's members caroling for and with the residents



Everlasting Life Ministries Thanksgiving Meal for the homeless and in need - Five
members of our congregation helped serve and our congregation provided turkeys
and trimmings for the meal attended by over 700



Three Bread Runs from Giant Foods taking bread and other baked goods to
Salvation Army to be distributed in center city Allentown to those in need



Episcopal Relief and Development received financial help from us to support their
ministries ministering to those effected by the recent fires and natural
disasters





†

New Beginnings Here and Now Church received financial help making it possible for them to purchase gifts for their children providing a little love and happiness at Christmas

†

Moser Nursing Home was provided with an individual Christmas card for each and every resident once a week for the four weeks of Advent

†

New Bethany Ministries received financial help from us as they minister to those in need in our communities

†

Homeless and in need families of the East Penn School District received 24 Giant, Weis and Walmart gift cards allowing for meals and gifts for their families at this important time of the year

†

Salvation Army received financial help as they minister to those effected by the recent fires and natural disasters

This is just some of the Outreach performed by St. Anne's this Holy Season. If all were known there are many more ministries performed by our congregation and as individuals.

May God bless you all for all that you do.



FALL RISK PREVENTION



Free to anyone

50 years of age or older

Healthy Steps for Older Adults (HSOA) is a 3-part fall risk prevention workshop to raise awareness of fall risks and provide tools necessary to reduce those risks and improve overall health as you age.

1:00 p.m. to 2:30 p.m.

Wednesday, 1/23 ♥ Monday 1/28 ♥ Wednesday 1/30

Healthy Steps in Motion (HSIM) is the exercise portion of fall risk prevention. It is endorsed by Silver and Fit and taught by a certified instructor. The program is designed for older adults of ALL fitness levels and encourages regular physical activity as the best protection against disease and disability. The sessions are one hour long, twice a week, for 8 weeks

1:00 p.m. to 2:00 p.m.

Monday & Wednesday

February 4th through March 27 with no classes 2/18 & 3/13

Sign-up sheets are in Parish Hall - Space is limited so sign up early!



MILLER KEYSTONE BLOOD DRIVE FEBRUARY 9, 2018

On Saturday, February 9th Miller Keystone will be at the church from 9 a.m. to 1 p.m. for blood donations. So mark your calendars and watch for the signup sheet in January.

Remember, we are helping not only others with this need but also guaranteeing availability for our congregation in the future. We ask for your prayers for a successful blood drive with at least 20 volunteers signing up to give blood. Thanks in advance for your help.

St. Anne's



BACK BY POPULAR DEMAND



2019 DELIVERY DATES

JANUARY 27TH * FEBRUARY 24TH * MARCH 24TH

\$10.00

Choices are 1-quart container or a 3-Pack of 11oz containers
with beans or without beans

NOTE: Chili is Gluten Free

An 8oz serving is: 250 calories with beans and 175 calories without beans

Order forms in Parish Hall



'BEYOND THE BROKEN HEART' GROUP

Next meeting will be January 20, 9am in the library.

If you are seeking comfort, or perhaps you are grieving a great loss, struggling with depression, stress, anxiety, or general malaise. This small group meets monthly for the purpose of comfort, companionship, and help. Anyone is welcome to join us at any time. Contact Judy Foltz or Kathy Terrible with any questions.

Judy Foltz 610-841-7483 cfoltz2@ptd.net Kathy Terrible 610-762-4763
chatkatt@ptd.net





Souper Bowl of Caring Sunday, February 3, 2019

“Lord, even as we enjoy the Super Bowl Game, help us to be mindful of those who are without a bowl of soup to eat”.

This prayer, delivered by Brad Smith, then a seminary intern serving at Spring Valley Presbyterian Church in Columbia, South Carolina, gave birth to an idea. Why not use Super Bowl weekend (a time when people come together for football and fun) to also unify the nation for a higher good: collecting dollars for the needy? Youth could collect donations at their churches, schools, etc. in “soup pots” and then send every dollar collected directly to a local charity of their choice.

That was 1990. Since then, ordinary young people have generated more than \$100 million for soup kitchens, food banks and other charities across our country.

This year our youth will participate in the Souper Bowl of Caring. They will identify a local organization in need and collect donations for that organization on Super Bowl Sunday, February 3, 2019 after both services.



FAMILY GAME NIGHT

SATURDAY, FEBRUARY 23rd – 5:30-8:00pm

Mark your calendars for this fun-filled evening for **EVERYONE** at St. Anne's. Feel free to invite a friend!! All games planned are for **ALL** ages!! The menu is posted by the sign-up sheet in the Parish Hall.

Luncheon Gathering at Alburts Tavern

February 9th – 12:30pm

Your Fellowship Team is coordinating a luncheon gathering at Alburts Tavern on February 9th. This presents yet another opportunity for you to meet up or catch up with your fellow members from the “other” service! The sign-up sheet is in the Parish Hall. We will be in a separate, private area and separate checks will be provided. We hope to see you there!!



Buy Giant/Weis Gift Cards Here

Buying the Giant/Weis grocery store cards is a dollar for dollar exchange, you lose no value in the gift card, and St. Anne's earns 5% of the total amount. The cards come in a variety of denominations and have no expiration dates. This is a great way to give to your faith community, and our community beyond the church walls, without having to compromise your own piggy bank! If you have any questions, please contact Stacy Answini or any member of Vestry.

Nurse's Notes

Love is a fruit in season, and within reach,
of every hand.

~ Mother Theresa



Mature Driving Tips

Vision is the primary sense used in driving and it is one of the first to deteriorate as we age. Here are a few tips that may help keep you safe while you are driving:

Both near and far vision is needed for safe driving * Have regular eye exams to check that your eyes are still good for driving * Try to avoid driving at night, dusk, or dawn when visibility is more difficult * Aging eyes are more sensitive to light and glare, wear sunglasses during the day * Avoid looking directly into headlights of oncoming vehicles and consider special glasses designed for night driving * Have your mirrors adjusted correctly for day or night driving * Use your side vision to watch for parked cars, children pedestrians and animals * Know your medications some medications can cause you to become drowsy and can affect your driving * Plan ahead, know your route and try to stay of familiar roads * Avoid difficult driving * Some examples are avoid rush hour, left turns, night driving, and bad weather whenever you can * Avoid distractions such as cell phone use * Always wear your seat belt.

Hugging babies can help their brains grow.

All babies show stronger brain response when they are given more physical attention. Continuing to hug and cuddle babies in the first few months of life benefit in brain development. So go ahead and cuddle and hug that cute baby you know!!

Easy weight control approach

Eat more slowly! Research has shown that people who eat their meals slowly are 42 percent less likely to be overweight than those who eat fast. Possible reason? It takes 20 minutes after eating for the brain to receive signals of being satisfied. In that time faster eaters consume more calories.

Flu Fighting Electrolyte Punch

Store bought electrolyte drinks are full of artificial flavors and colors. To fight dehydration, try this homemade brew. In a blender place two cups of spring water, one half cup of fresh orange juice one half cup of fresh lemon juice one eighth teaspoon of sea salt and two to four tablespoons of honey. Blend and store in fridge for up to two days. Caution: No honey to children under one year old.



See our Nurse Notes page on our website for more information!

Special Prayers for the Week

Submit names for prayer on cards available in pews or you may email the parish office.



†For the sick, especially Carol

†For people continuing to recover,

†For people in hospice care, especially Claudia

†For people in nursing and assisted living homes:

†For individuals with special needs: especially, Barbara and John, Dottie, Daniel, Linda, George, Fr. Don & Virginia

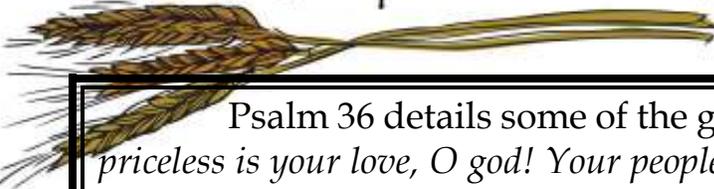
†For the deceased especially, Ron Reichard

†For individuals in the military forces and their families, especially Airman Andrew Shield, Sgt. Brendan Messler, SSG Adam Aikey



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

Stewardship Reflection



Psalm 36 details some of the gifts for which we need to be ever grateful: *“How priceless is your love, O god! Your people take refuge under the shadow of your wings. They feast upon the abundance of your house; you give them drink from the river of your delights. For with you is the well of life, and in your light we see light. Continue your loving kindness to those who know you, and your favor to those who are true of heart.”* Lord, make us ever true of heart.