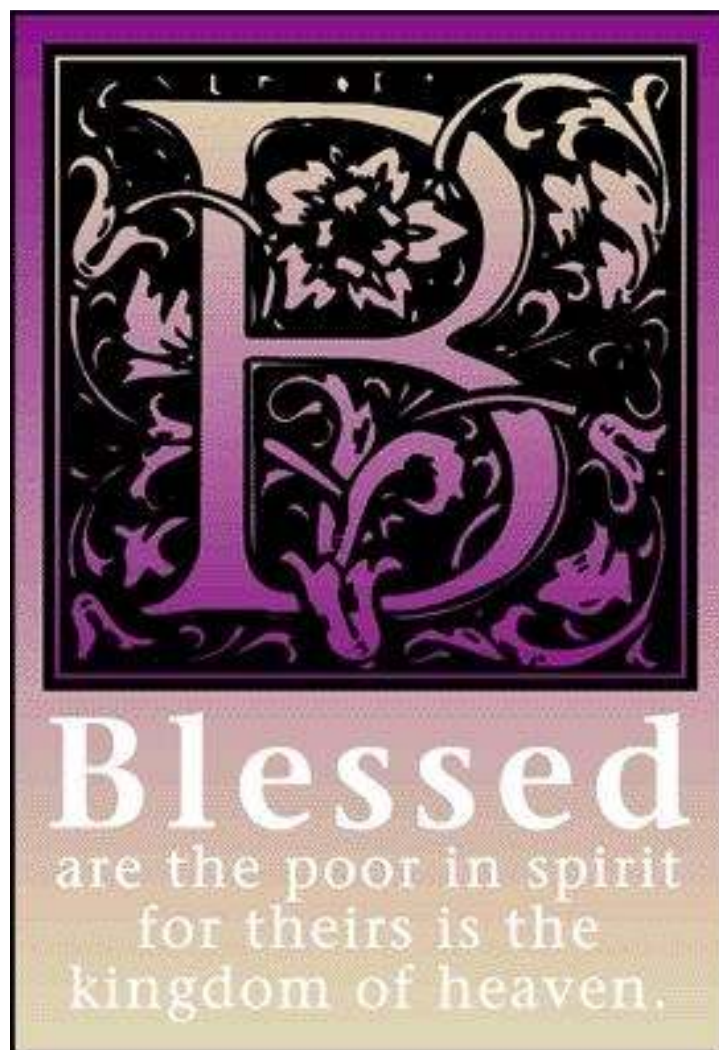


St. Anne's Episcopal Church  
Calendar & Announcements  
February 17 - 23



M A T T H E W 5 : 3



# Members in ACTION

## † SERVICE PARTICIPANTS †

### **GREETERS:**

8:00 a.m. Andrea Sarnowski  
10:30 a.m. Joe/Kathy Terrible

### **LECTORS:**

8:00 a.m. Maryrose Anderson, Nancy Gordon  
10:30 a.m. Carol Buskaritz, Judy Foltz

### **INTERCESSORS:**

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

### **ACOLYTES:**

8:00 a.m. Chuck Abbott, John Bates  
10:30 a.m. Gwyn Greenleaf

### **ALTAR GUILD:**

Meredith Palmer, Joan Fry

### **BUILDING LOCKUP:**

Joe Whitehill

### **USHERS/GIFT BEARERS\*:**

8:00 a.m. Rich Davis, Doug Bennett  
10:30 a.m. Chris & Chika Acholonu

### **WORSHIP LAY EUCHARISTIC MINISTERS:**

8:00 a.m. John Dillon,  
Andrea Sarnowski  
10:30 a.m. Donna Bennett,  
Kathy Terrible

### **OFFERTORY COUNTERS:**

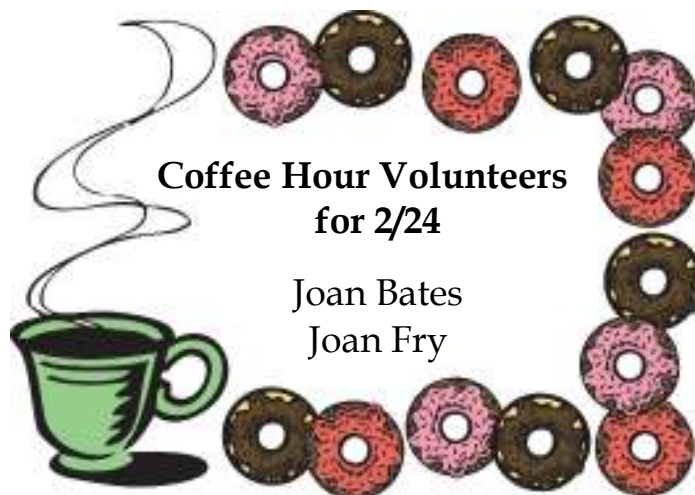
Joe Whitehill, Helen Adair

### **EUCHARISTIC VISITOR:**

Rich Davis

### **PASTORAL CARE MINISTERS:**

John Dillon, Janet Whitehill



## CALENDAR

Sunday, February 17

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

9:00 a.m. Bereavement Group

**9:15 a.m. Family Eucharist**

Monday, February 18

7:00 p.m. Choir Rehearsal

Tuesday, February 19

10:00 a.m. Bible Study with Fr. Don

Wednesday, February 20

10:00 a.m. Spirituality Group

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

Saturday, February 23

5:30 p.m. Family Game Night

Sunday, February 24

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

Monday, February 25

7:00 p.m. Choir Rehearsal

Tuesday, February 26

10:00 a.m. Bible Study with Fr. Don

Wednesday, February 27

10:00 a.m. Spirituality Group

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

Sunday, March 3

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

5:30 p.m. Fellowship Team Meeting



### ANNIVERSARIES

02/23 Chuck & Kathy Albeck  
02/27 Ann Hamlin & Dave Rice

### BIRTHDAYS

2/17 Zachary Quinn  
2/18 Andrew Joseph Mathieu  
2/20 Stephen Meholic  
2/22 Laura Kryzimalski  
2/23 Haydon Lange  
2/23 Janet Podlesny

**'BEYOND THE BROKEN HEART' GROUP**  
**Next meeting will be Feb. 17, 9am in the**  
**conference room.**



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](mailto:cfoltz2@ptd.net)

Kathy Terrible 610-762-4763 [chatkatt@ptd.net](mailto:chatkatt@ptd.net)



**BACK BY POPULAR DEMAND**



**2019 DELIVERY DATES**

**FEBRUARY 24<sup>TH</sup> \* MARCH 24<sup>TH</sup>**

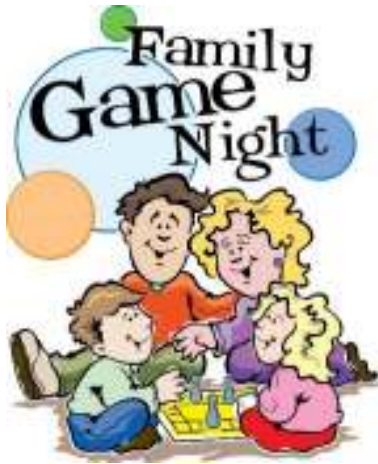
**\$10.00**

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*



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## FAMILY GAME NIGHT

**SATURDAY, FEBRUARY 23<sup>rd</sup> – 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.

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# FALL RISK PREVENTION



**Free to anyone 50 years of age or older**

**You can still participate!!**

This is a stand alone exercise program!

Even if you missed the information session, you can still participate

**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 4<sup>th</sup> through March 27 with no classes 2/18 & 3/13



## *The Way of Love: Life Transformed*

A Workshop Led by The Rev. Dr. Hillary Raining  
Saturday, March 2, 2019 9:00 a.m.-3:00 p.m.  
Episcopal Church of the Mediator  
1620 W. Turner St., Allentown, PA 18102



- Session I** Introduction to *The Way of Love* and Rule of Life  
*TURN*: Dead to Sin, Alive in Christ (Romans 6:3-11)
- Session II** *PRAY*: Israel's deliverance at the Red Sea (Exodus 14:10-15:1)  
*LEARN*: Learn Wisdom and Live (Proverbs 8:1-8, 19-21; 9:4b-6)
- Midday Worship and Lunch (free will offering)**
- Session III** *BLESS*: A New Heart and a New Spirit (Ezekiel 36:24-28)  
*REST*: The Valley of Dry Bones (Ezekiel 37:1-14)
- Session IV** *WORSHIP*: The Gathering of God's People (Zephaniah 3:12-20)  
*GO*: The Empty Tomb (Luke 24:1-12)

### **Concluding Worship and Commitment Service**

The event is free, but registration is required by February 22  
Register by email [mail@episcopalmediator.org](mailto:mail@episcopalmediator.org) or phone 610-434-0156



**The Rev. Dr. Hillary Raining** is the Rector of St. Christopher's Church, Gladwyne, PA, and founder of the online wellness and spirituality community, *The Hive*. She has a Doctorate in Ministry from Drew University and serves on many diocesan and national church ministries, including the Presiding Bishop's *Way of Love* Committee. She has many hobbies including yoga, skiing, hiking, gardening and bee-keeping and is happily married to Ken Raining who is a librarian. They have a beautiful daughter named Delia. Hillary is originally from the Diocese of Bethlehem and began her ordained ministry at Trinity Church, Bethlehem.



## **Volunteers Needed**

Homemade Soup and Crusty Bread - the perfect top off to the fellowship created by our joint service March 31. If you are willing to make soup or buy bread/rolls, please sign up on the sheet in the Parish Hall. You will be notified the week before how much you will need to bring. Questions should be directed to Cathie Meholic.



## 2018 Contribution Letters 2019 Contribution Envelopes



If you have not picked up your 2018 Contribution Letter and/or your 2019 envelopes please contact the office to make arrangements get those.

Thank you!

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## A Daybreak Opportunity Monday, March 18, 2019

Another exciting Daybreak volunteer opportunity is planned for Monday, March 18, 2019. I have lost track of how many years St. Anne's has been preparing meals for Daybreak (which is part of Lehigh County Conference of Churches), but I do know that getting to meet and serve some very wonderful people continues to be a true blessing.

As usual, we will need bakers and preparers/servers. St Anne's bakers always make amazingly sweet delights that are reported to be the absolute best of the best! Our preparers/servers are an astonishing culinary team who are also reported to be the absolute best of the best!

Please consider signing up as a baker or a preparer/server. A sign-up sheet can be found in the parish hall. Please contact Nancy Gordon if you have any questions.

*Giving is always a joyous experience!*

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## 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.

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## St. Anne's Iron Pigs Fundraiser It's Iron Pigs Volunteer Sign up Time

The 2019 baseball season is right around the corner for the Lehigh Valley Iron Pigs.

2018 was the first year St. Anne's participated in the Iron Pigs Non-profit Volunteer Fundraiser Program. Despite getting a late start, St. Anne's volunteer efforts raised almost \$2100...funds that were a windfall to St. Anne's budget last year. Because of last year's success, however, \$2000 is now included in St. Anne's budget. Volunteer participation this year will determine if this fundraiser is viable.

Please consider joining our volunteer group whose assignment is to assist Iron Pig's concession stand staff. Returning volunteers, as well as new ones, need to sign a one-page Iron Pig Volunteer Agreement. After doing so, a schedule of available games will be provided, as well as dress code requirements.

For more information & to obtain this paperwork, please contact Meg or Ray Leister at 610-928-0268 or [missmargaret@ptd.net](mailto:missmargaret@ptd.net).

Let's work together to meet or exceed our budget target for 2019.

**GO IRON PIGS!!!!**

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### NEW PAGE ON WEBSITE

There is a new menu option called "Schedule Notice"  
Click to get up to date notices on cancellations or  
changes in the day's or week's events  
We will still notify WFMZ and send an email for  
Sunday Service cancellations.







Gracious words are like a honeycomb,  
sweetness to the soul and health to the  
body

~ Proverbs 16:24

### **Warning concerning certain OTC Sinus medication**

Check the labels of your sinus medication carefully as some contain BOTH Phenylephrine and Acetaminophen. The Acetaminophen increases the effects of the Phenylephrine which can cause High Blood Pressure, dizziness, and tremors. Always consult your Doctor before taking OTC medications especially if you are already being treated for Hypertension.

**Useful website** - Care givers guide website gives practical information on behavioral, financial, legal, and medical issues for caregivers. Some of the topics covered include self-care for caregivers \* medications management \* Dementia problems including sundowning and other related problems. Website: [www.DailyCaring.com](http://www.DailyCaring.com)

**Rapid HIV and Hepatitis C testing** is done free, anonymous and confidential at Lehigh Valley 17th street campus, Monday thru Thursday from 9am to 3pm, Friday by appointment and the second Weds of the month from 4pm to 7pm. Contact the hospital directly with any questions.

### **Eat the right stuff**

Eat more fiber...A recent study found that increasing your fiber intake can prevent certain diseases such as some types of cancer.

Eat more fruits and vegetables....There is evidence that decreased intake of fruits and vegetables can cause premature death

Make time for tea...Increased intake of tea has been shown to lower the body's inflammation levels which has been linked to an decrease in cancer risks in some people. While green tea appears to be the best, Black tea also has some of the same qualities.

### **5 Steps to Brain Health**

- 1.Exercise regularly
- 2.Learn new things
- 3.Get a good night sleep and keep stress under control
- 4.Eat a brain healthy diet such as leafy green vegetables, salmon, tomatoes and dark chocolate and remember to stay hydrated
- 5.Strengthen your social connections. Avoid becoming isolated.

February is Heart Health Month so here is a good choice to add to your diet that will benefit your heart...

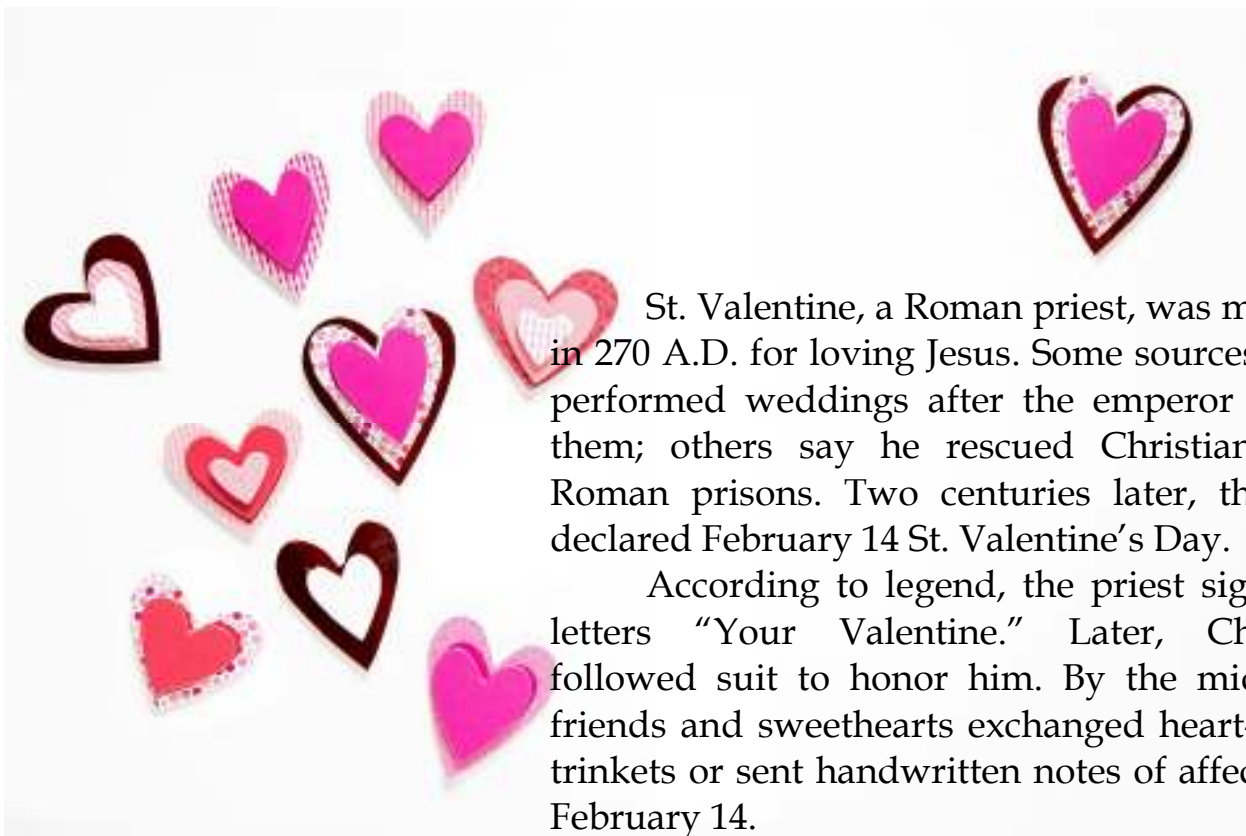
### **Spinach**

**Vitamin content:** Spinach is by far the healthiest food around for the amount of calories it offers. A 30-gram serving only has about seven calories, but it contains more than your entire days' worth of

vitamin K. Also, it contains vitamin E, which is beneficial for your heart health.

**Heart Benefits:** Vitamin E plays an important role in your vascular health, which directly affects your heart health as well. A serving of spinach provides only about three percent, but this is enough to support your health.

**How to Enjoy:** Steamed spinach makes for a great dinner time side dish to your meal at night.



St. Valentine, a Roman priest, was martyred in 270 A.D. for loving Jesus. Some sources say he performed weddings after the emperor banned them; others say he rescued Christians from Roman prisons. Two centuries later, the pope declared February 14 St. Valentine's Day.

According to legend, the priest signed his letters "Your Valentine." Later, Christians followed suit to honor him. By the mid-1700s, friends and sweethearts exchanged heart-shaped trinkets or sent handwritten notes of affection on February 14.

# 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 Bill Q. , Rich & Judy, Kevin, John, Phil

†For people continuing to recover, Jill

†For people in hospice care, especially

†For people in nursing and assisted living homes:

†For individuals with special needs: especially, George, Fr. Don & Virginia, Kyle, Karen

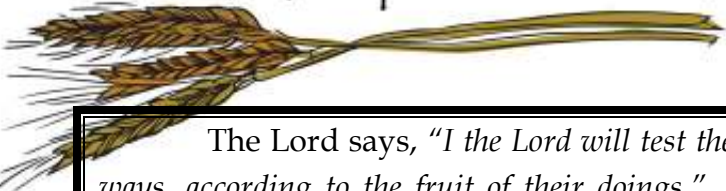
†For the deceased especially,

†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



The Lord says, "I the Lord will test the mind and search the heart, to give to all according to their ways, according to the fruit of their doings." Are we cultivating the Holy Habits - prayer, study, generous giving, and regular worship and support in our parish community - so that the "fruit of our doings" is a reflection of our ever-growing thanksgiving to the Giver of all?