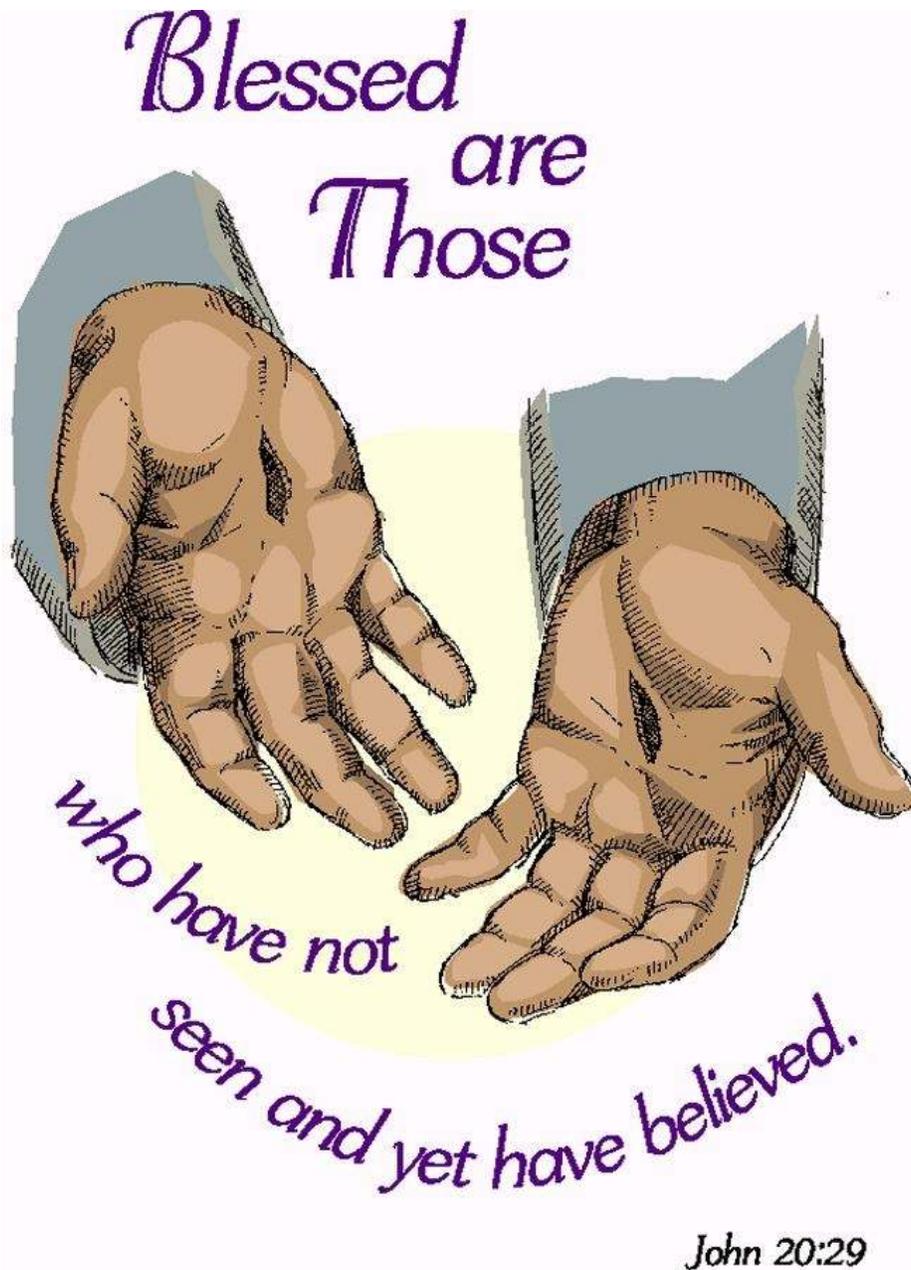


St. Anne's Episcopal Church  
Calendar & Announcements  
April 28 – May 5





**This Sunday, April 28**

† **SERVICE PARTICIPANTS** †

**8:00 a.m.**

**10:30 a.m.**

**Greeters**

Robin Netwall

Joe/Kathy Terrible

**Lectors**

Nancy Gordon, Ann Hamlin

Donna Bennett, Jean Blakesley

**Intercessors**

Lyn Danni

Austin Hertzog

**Acolytes**

Wenda Shestok

Ron Gundry

**Worship Lay Eucharistic Ministers**

Linnae Goda, John Dillon

Kathy Terrible, Jean Gundry

**Ushers/Gift Bearers:**

Dennis Goda, Robin Netwall

Chris & Chika Acholonu

**Altar Guild:** Joan Bates, Sandy Barette

**Offertory Counters:** Joe Whitehill, Janet Podlesny

**Eucharistic Visitor:** John Dillon

**Pastoral Care Visitors:** Janet Whitehill, Sherry Cosenza

**Building Lock Up:** Connie Archer



# CALENDAR

Sunday, April 28

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

10:00 a.m. Sunday School

Monday, April 29

7:00 p.m. Choir Rehearsal

Tuesday, April 30

***There is NO Bible Study today***

Wednesday, May 1

2:00 p.m. Ministry to the Elderly – Above and Beyond

***There is NO Bible Study today***

Sunday, May 5

10:00 a.m. Sunday School

5:30 p.m. Fellowship Team Meeting

Monday, May 6

10:00 a.m. Spiritual Direction Group

7:00 p.m. Choir Rehearsal

Tuesday, May 7

10:30 a.m. Bible Study with Virginia

Wednesday, May 8

2:00 p.m. Ministry to the Elderly – Mosser Nursing Home

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

Sunday, May 9

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

9:00 a.m. Outreach Team Meeting

10:00 a.m. Sunday School



## **Birthdays**

5/4 Joe Whitehill

## **Anniversaries**

4/29 Rich & Ruth Davis



**MEET OUR NEW ADMINISTRATIVE ASSISTANT!**

Kim Minutillo will be joining St. Anne's Church as the Administrative Assistant. Her work experience includes IT Development for the Dun & Bradstreet Corp., Teacher for Red Early Learning Center and Office Manager for a law firm. Kim lives with her husband and daughter. She enjoys reading, biking, swimming, yoga and attending her daughter's band, theater & choral events.



**ST. ANNE'S IRON PIGS  
FUNDRAISER TOTAL!**

**\$436.00**

**WOW!!!**

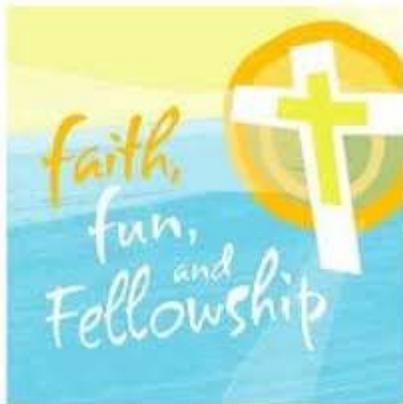
Thank you to all the volunteers who have worked and will work for St. Anne's at the Iron Pigs games!

**GO IRON PIGS!!!!**



## **KENTUCKY DERBY PARTY! Next Saturday, May 4!**

Come join us for the most exciting two minutes in sports and all the pageantry leading up to it at the **KENTUCKY DERBY PARTY** on **Saturday, May 4, from 4-7 pm.** at the Persico home in Macungie. We will dine on Southern fare and sip on Mint Juleps. (Soft drinks, wine and beer will also be served.) Wear your favorite hat and select your lucky horse. Dinner will be provided. Appetizers and desserts are welcome. See the sign-up sheet in the parish hall. Cost is \$10 per person. Hope to see you there!!



### **UPCOMING FELLOWSHIP TEAM EVENTS**

**Saturday, May 4 - Kentucky Derby Party**

**Friday, June 14<sup>th</sup> - Iron Pigs Game**

**Sunday, June 23<sup>rd</sup> - Church Picnic  
(Lone Lane Park, Upper Macungie Township)**

**Saturday, July 20<sup>th</sup> - Golf Outing (8am Shepherd Hills Golf Club, "19<sup>th</sup> Hole at the Archers")**

**The Fellowship Team is looking for ideas and suggestions for events.  
There is a suggestion box in the parish hall!**



### **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

*But the angel said to the women,  
"Do not be afraid, for I know that you seek Jesus who was crucified.  
He is not here, for he has risen"  
Matthew 28:5-6*

## **Do you like your coffee hot or cold?**

Hot brewed coffee has been shown have more antioxidants than iced coffee. The PH of coffee is not any different in hot or cold coffee.

## **Surprising Eye Protector**

People with Diabetes who take the oral medication Metformin to treat this disease were only half as likely to develop Age Related Macular Degeneration (AMD) than those who took other diabetic medications. It is believed the drug's anti-inflammatory properties may be the reason.

## **Inexpensive HEPA air filters may help reduce your risk for heart attacks**

People who have the air filtered in their homes have been shown in a recent study to have a small but steady decrease in their blood pressures over an extended period of time according to a recent study. HEPA filters remove fine particulate matter pollution from the air in the home. The exact reason for the blood pressure drop is still being studied.

## **Drive safer at night**

Always use your high beams at night when there is no oncoming traffic. Only about 1/3 of drivers do this as a habit even though most low beams are inadequate for accident avoidance over 39 miles per hour.

## **Best foods for bone and joint strength:**

1. Calcium fortified cereals - Choose one that is high in fiber and low in sugar
2. Salmon - which is an excellent source of Vitamin D
3. Dark green leafy vegetables - including spinach, kale, and swiss chard which are high in vitamin K which keeps bones healthy.
4. Yogurts and Milks made from Almond or Cashews or Soy - which are almost always fortified with Calcium and Vitamin D.

**Useful Web Site:** ChoosingWisely.org/patient resources  
Recommendations from hundreds of medical specialties org. on which tests should or should not be performed on many conditions including back pain, cancers, or arthritis, as well as many other diseases and chronic conditions.

**Reflux?** Studies have shown that people who chew sugarless gum may decrease the amount of reflux after a meal. The study showed that people who chew gum after a high fat meal had reduced acid levels when tested and people who chewed the gum for an hour after breakfast had reduced reflux symptoms for up to four hours.

**Sleep Troubles?** Avoid Alcohol and caffeine before bed since both of these act as a diuretic. This will cause you to have increased urgency to void in the middle of the night and may interfere with you getting a good night's sleep.

**Nut of the Week: Hazel Nuts**

Also known as Filberts These nuts are a good source of healthy fats, and heart healthy antioxidants and have been shown to be a good diet choice to lower cholesterol.

*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 Rich, Kevin, John, Phil, Molly, Bill Q.

†**For people continuing to recover**, especially Jill

†**For people in hospice care**, especially

†**For people in nursing and assisted living homes:**

†**For individuals with special needs:**

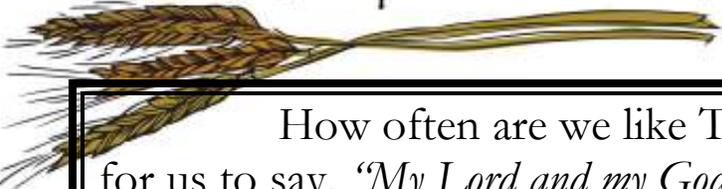
†**For the deceased**, especially Judy, sister in law of Joan Fry

†**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



How often are we like Thomas the doubter? What does it take for us to say, “*My Lord and my God*”? Part of the steward’s life is consciously taking time to read the stories in scripture, to be part of a faith community, and through prayer, to create a one on one relationship with our Savior. Hopefully, then, we will be thankful to call ourselves part of the faithful who “*have not seen and yet believe*”.