

ST. ANNE'S EYE

Proclaiming the Stories of God's Love

at St. Anne's Episcopal Church,
Trexlerstown, Pennsylvania

INFORM INVOLVE INSPIRE

March 2019



Lent 2019: A call to truth, integrity and good character

In the season of Lent, we are challenged to grow in the love of God and neighbor by addressing all aspects of our lives. Jesus shows us the love of the Father by encouraging us to live life the way God intended.



As followers of Jesus who is "the Way, the Truth, and the Life," we confess that God teaches us values. Left to our own, errors in knowledge and judgment lead to injustice and conflict. Christian

history is full of examples of religious organizations, leaders, and followers straying from or ignoring God's teaching. The results of this have been prejudicial treatment, oppression, suffering, and death.

Each Lent we are especially called to return to the Lord and admit where we have strayed and need to amend our ways. God stands ready to receive, forgive,

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FORGIVENESS GIVEN, FORGIVENESS RECEIVED

Television, newspapers, and conversations often focus on past serious misjudgments or mistakes of others. There are endless examples of public figures whose past contain statements or actions that are not only embarrassing, but scandalous. There is a morbid curiosity regarding these issues. Some more than others, seem to enjoy hearing about and telling others of the misfortunes of others.

Criminality aside, we need to respect the need to leave past indiscretions in the past. If a person has moved on from whatever happened in the past, it is a thing of rejoicing and not gossip. More likely than not, there are things in all of our pasts that we would like to forget or leave buried in the past. Most people have a few "skeletons in their closets." I remember a seminary professor adding that "some people have a whole cemetery in their closet!" (He was not happy that I copied it down in my notebook.)

It is hypocritical to seek forgiveness from God for our faults/sins and not afford that opportunity to others. Whether we still struggle with certain imperfections or have left them in the past, we would not want others to be sharing our faults with others. We need to remember that when we come into possession of sensitive information about others.

It would be well for us to remember that Jesus unhesitatingly forgave all sinners he met. He forgave and showed love to sinners of all kinds. However, Jesus sharply rebuked those who acted hypocritically. His harshest words and condemnation were aimed at hypocrisy. Let us not expect more from others than we expect from ourselves.

Thank God for the opportunity to change, be forgiven, and not be considered as inferior to others!

IT TAKES ALL OF OUR FAITH FAMILY AS WE REACH OUT TO OUR COMMUNITIES

During the recent holiday seasons, St. Anne's was very active as we reached out to many ministries, organizations and individuals who needed our love and support. Hopefully we were able to provide a little joy and comfort at a time when family and friends are so important to all. Below is a list of some of those ministries we participated in:

- 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
- Meals on Wheels performed by numerous individuals who are members of our congregation not only during the holiday seasons but year round

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.

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and give us the grace to amend our ways. Acceptance of wrong and falsehood are a serious impediment to our faith life and destructive of community. We need to recognize, admit, and address these issues before we can consider seeking forgiveness and attempting change. This involves having integrity and good character.

Truth, integrity, and good character as virtues are seriously challenged in today's society. Before anyone jumps to false conclusions, this is not an exclusive observation of government or specific people. There are certainly enough accusations in that part of public life. However, truth, integrity, and good character are virtues we need to bring, not only to a political context, but to the way we act at work, school, community, and in our homes. Scams, fraud, deception, and falsehoods of all types are rampant everywhere. As I type this on the computer, I am reminded of phishing, viruses, scams, theft, and false information on websites.

Among teachers and students, management and employees, parents and children, and brothers and sisters, we must base our interactions on truth and respect. We need to have integrity in all aspects of our lives. If something is true, it is true no matter who states it. If something is false or a lie, it is false or a lie no matter who puts it forth.

Jesus was vilified, reviled, and ultimately crucified for being a person of Truth and Integrity. Jesus is the example of Good Character and trust in being faithful to the Father, no matter what others thought or did.

The victims of untruth, lack of integrity, and poor character are often the most vulnerable. Certainly, the elderly, children, and those who are too trusting are particular targets. Lastly, being people of truth, integrity, and good character, we not only help ourselves, but can become advocates and protectors of those who need it most.



Lent Schedule

MARCH

- 10th - 9:15 Adult Forum
- 24th - Healing Service Sunday
- 9:15 Adult Forum
- 31st - 9:30 Friends and Family Service,
- 8:15 Adult Forum (before combined service)

APRIL

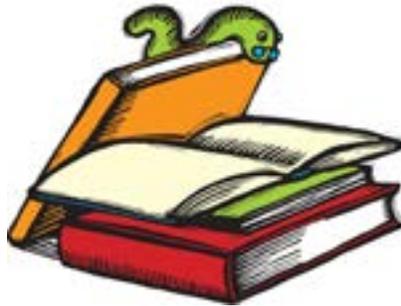
- 7th - 9:15 Adult Forum
- 14th - Palm Sunday
- 9:15 Adult Forum
- 18th - Maundy Thursday
- 19th - Good Friday
- 21st - Easter Sunday



MAY

- 4th - Cinco de Mayo Fellowship Event

OUTREACH EFFORTS ADD PARTNERSHIP WITH REACH OUT AND READ PROGRAM



St. Anne's member JoAnn Fedor brought us a new Outreach opportunity with a local program that she is involved in. Reach Out and Read is a program which began in 1989 with 1 facility and distributed 1,000 books at the Boston City Hospital. By 2012 it had grown to 4,946 facilities and distributed 6.5 million books to 4 million children.

The Children's Clinic at Lehigh Valley Hospital - 17th Street has participated in Reach Out and Read program for 16 years.

Reach Out and Read is a nonprofit organization that trains and supports medical providers who give books to children and advice to parents about the importance of reading aloud at well-child exams. During regular pediatric

checkups, Reach Out and Read clinical providers give new, developmentally-appropriate books to children, ages 6 months through 5 years, and provide critical advice to parents about the importance of reading aloud. The goal is to help parents learn new ways to stimulate their children's development, to have more books in their home and to encourage parents to read to their children frequently. An additional component to the program is the volunteers who read to the children in the Clinic while they are waiting for their appointment. There are provisions for new books for children at the Clinic

through various resources. The Clinic is always looking for gently used books to either fill the reading alcove in the Clinic with books for parents to read while waiting for an appointment, to supplement the volunteer library, or the books may also be given to siblings who no longer meet the age requirement for the program.

Many of you have probably have books that have been special to your children while growing up. As you look through books and find ones your child(ren) are no longer interested in, it would be wonderful if you could bring a gently used book and donate to this wonderful program.

Starting on March 17th we will have a box in the parish hall and will begin collecting new and lightly used books appropriate for this wonderful program at LVH. Thanks, JoAnn, for bringing this ministry to us.

Also, if anyone has an interest in being a volunteer in the Reach Out and Read program, you may contact the volunteer services office at the 17th Street hospital by calling 610-969-2391 and asking for Valerie Hutton.

Flu Season Facts from the Parish Nurses

Here is some information on the current Flu Season, from the website: www.CDC.gov.

Flu reporting ending February 9, 2019 shows widespread influenza activity was reported by Puerto Rico and 48 states, including Pennsylvania.

CDC recommends annual Influenza Vaccination for everyone 6 months and older. As of January 11, 2019, the CDC estimated between 6 and 7 million people have been sick with the flu. Up to 1/2 of that sick did seek medical care. Between 69,000 and 84,000 people have been hospitalized.

CDC expects the flu activity to continue for weeks, and continues to recommend that people get the flu vaccination, and appropriate use of antiviral medications from you Healthcare Provider.

IT IS STILL NOT TOO LATE TO GET YOUR FLU VACCINE!!!! Check with your Healthcare Provider, or local Pharmacy.

Toddler Toothbrushing Tips

Here is some information on Dental Care for Toddler's from the website: www.mouthhealthy.org. Brought by ADA (American Dental Association)

10 Things to know about your Tot's Teeth:

1. When Teeth Erupt

Baby is born with 20 teeth below the gums. Teeth usually start coming through between 6 months and 1 year. Most kids have a full set of teeth by 3 years old.

2. Teething Tips

It is normal for a toddler to have drooling, fussiness and sleeplessness. It is NOT normal for a toddler to have a fever, diarrhea or rashes from teething. If this occurs, call your Pediatrician.

3. Use Fluoride Toothpaste

Use Fluoride toothpaste as soon as teeth come through the gums. Find a toothpaste which has the ADA Seal of Acceptance. This helps to prevent tooth decay.

4. Kids Toothpaste Tip

From 0 to 3 years old, measure a "grain of rice" for the amount of Toothpaste to use on the toothbrush.

From 3 years and over, measure a "pea size" amount of Toothpaste to use on the toothbrush.

5. First Tooth or First Birthday

Either after the 1st tooth, or no later than the 1st birthday should be the time to visit the Dentist. Why so early? Because as soon as baby gets teeth, they can get cavities.

6. Kids Need to Floss Too!

If 2 teeth touch, it's time to start flossing. Try some child-friendly plastic flossing tools to use.

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ST. ANNE'S EPISCOPAL CHURCH, P.O. BOX
368, TREXLETTOWN, PA 18087,

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7. Never Put Baby to Bed with a Bottle

Frequent, prolonged exposure of baby's teeth to drinks containing sugar can cause tooth decay.

8. Care, Don't Share

Don't share utensils with your child or "clean" the pacifier by putting it in your mouth. Cavity causing bacteria can be passed through your saliva, so you could be introducing germs to your child, instead of protecting him /or her from them.

9. Drink Water with Fluoride

Water with fluoride ("nature's cavity fighter"), has been shown to reduce cavities by 25%. Water is calorie free!!

10. Seal Out Decay

Ask your Dentist about applying dental sealants to chewing surfaces of teeth. Brushing and flossing will protect teeth against cavities, but a

Sealant will provide an extra barrier between cavity- causing bacteria and your child's teeth. According to the CDC and ADA's Center for

Evidence- Based Dentistry- Sealants have been shown to reduce the risk of decay by nearly 80% in molars.

HAPPY BRUSHING!!!!

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SERVICES

Sundays: 8 a.m. & 10:30 a.m. The Holy Eucharist and
Sermon

9:45 a.m. Church School

September – May