

The Arimathean

A Heartfelt Expression of Love and Thanks

By Mike Rohl

Carol and I came to church on Sunday, May 25, 2008 and found out that Addie our Pastor will be leaving the church in about three weeks. We were shocked like every one else. Carol and I came to St. Joseph's in 1988 from Christ Church in Tarrytown, NY. It's closer to home.

I would like to say a few hundred words about our Pastor, Priest, Minister, Reverend and Preacher Adelaide Clark. Addie came to St. Joseph's sometime in 1998. From the day she arrived you could see that she belongs to St. Joseph. She had that way of making you feel at ease. If you had any questions about religion, you came to the right person. She has helped many people with her prayers. I know for a fact she helped me many times with her prayers when I was sick.

She has healing prayers at the end of the services at the altar rail often. If you are in church on a sunny day, the sun comes in the north windows behind Addie and it brightens the altar and it's something to see. I have one other thing to say before I close, An Irish Blessing:

May the road rise to meet you.
May the wind be always at your back.
May the sunshine warm your face,
The rain fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.



Your Servant, Mike

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Our Carpenter Kids

By: Billie-Ann Grant

When I think of our (St. Joe's) participation in the New York Diocese' Carpenter's Kids program, I am filled with such pride and excitement. Quick Note: For those who didn't know, the name Carpenter's Kids, refers to Jesus the carpenter and his relationship with children.

Half a world away, we are helping to support over 60 children orphaned by AIDS, with clothing, books and school supplies which enables them to get an education. All this for the unbelievably low cost of \$50 per child for an entire year. WOW!!!! Think about it, for what now amounts to maybe just over a half a tank of gas, a child's life and future has improved significantly! Realize this improvement changes not just for the life of this child, but their families,

caretakers, village, country and I would like to believe, ultimately the world; and we share a part in this.



Beyond the obvious benefit to our "Kids", we at St. Joe's are gaining so much ourselves. I remember hearing Bishop Mhogolo of Tanganyika speak about the program and he reminded the gathering that the program is about Christian Fellowship. What a wonderful phrase. It is one of the fundamental principles of being part of the Episcopal Church. The idea of sharing Christian love and values and simply sharing ourselves

with others is so powerful.

I watched a group of teenagers from Bedford who visited their linked parish in Tanzania; speak about their experience on their trip. These kids were incredible, when they spoke the joy and excitement was palpable. Obviously, these kids will never be the same as they were before the trip. Clearly what they have learned and experienced will stay with them forever and help shape their lives.

Through all the joyful tears I shed when I heard about this program for the first time, one thing immediately struck me, "We have to do this, how can we not?". That line stayed in my head for months. Well St. Joe's has done it! So now our family includes our "Kids" and friends from Mbabala.

**Sunday,
September 14th
Kick-Off Brunch!**

Consumer Watch

I would like to share information we received from the Food Bank for Westchester. The title caught my eye immediately:

“Season Without Salt”

Here are some facts:

- The minimum amount of sodium needed to stay healthy is 200 – 500mg per day.
- A typical American diet contains 8000 – 10000+ per day!
- US Dietary Guidelines recommend limited sodium intake to less than 3000 mg per day (1 teaspoon).
- Excess sodium intake is associated with high blood pressure.



Tips to Lower Salt in Cooking:

- Cook Vegetables, rice, pasta, and cereal without salt.
- Try different herbs and spices, in place of salt, like basil, chives, curry powder, dill, garlic, ginger, onion powder, oregano, rosemary or thyme.
- Try low-sodium soy sauce and low sodium bouillon cubes.
- Use garlic powder and onion powder instead of garlic and onion salt.
- Tenderize meat with a salt-free tenderizer or cook slowly for a longer period of time to produce a tender product.
- READ Nutrition Labels: If “sodium”, “salt”, or “soda” are listed in a product you know there has been salt added. And watch out for foods that have one of these words listed near the top of the ingredient list. That means there is more of it added, the lower the item appears on the list, the less of that product is added.

What is the Project Manager doing Now?

Hello friends! I can hardly believe it is the middle of summer! How time does fly!

I've been keeping busy on a variety of subjects. My newest project is beginning to collect estimates to see if we can 'rebuild' the pillars that used to grace the entrance way of this church. I'm sure many of you know better than I how regale having two large stone pillars with lamps sitting on top could make our entrance way not only inviting, but easy to find!

I've driven all over the county getting ideas, taking pictures and

inviting several stone mason's to come talk and walk with me about this project. Some wanted to bring in their own stones, a few said they could use the stones we already have on the property to construct the feature. That is most likely what I will lean towards.

It makes sense, we have them already, they are the perfect color – which matches the chapel perfectly, and most importantly, it will be cost efficient.

Which believe me I keep up most in my mind when I approach any project!

So please, keep your eyes open in your travels. I was surprised at the wide variety of pillars used around our communities.

And if you see something you particularly like, take a picture of it for me, or let me know the address and I'll go take a peek.

I feel pillars would be a wonderful choice to light the way and help people find us! Of course I'll keep you posted as I proceed with my research.

**Monday,
August 11th**

*Vestry Meeting
7:30 pm*

Save the Date!

Sunday, September 14th is the
Annual Kick-Off Brunch
after the 10:30am service!!
Save the date on your calendar.

Sorrowful News

It is with great sadness we feel the loss of Mr. Kevin Bass, age 53. Kevin is the son of our long time Sexton Henry Bass. Kevin died unexpectedly on June 6, 2008.

Everyone was also saddened to hear of the passing of long time parish member, Mrs. Luise G. Farfalla on July 16, 2008. The funeral was held here at St. Joseph on July 22, 2008.

Luise's son Jan brought her to rest from her home in Whispering Pines, North Carolina.

Please send your thoughts and prayers to the Bass and Farfalla families.

Wish List!

A note of thanks to Barbara Brown for her donation of the clock above the door in the McNeely room! It is much appreciated and has been very useful since its installation last month!

Does anyone have a, not necessarily

matching, pair of end tables we could put in the Rector's Office? I thought it might look nicer than the folding table now being used.

If I could be really pushy – a pair of table lamps, or a table lamp and a standing

lamp beside the couch in the office would be lovely.

Many thanks to our Zibby for beginning the project of putting a fresh coat of paint in the Rector's Office too! It is looking great!

Special Day

Congratulations on the Baptism of John Robert Morris Lockwood !! His proud parents Robert and Paige, along with his big sister Blair celebrated with family, friends and parish members on July 13th. The Reverend Richard Kemmler led the service and ceremony.



Culinary Corner

This is such an easy recipe – you just won't believe it!

Zucchini Quiche

Preheat oven to 350 degrees. Serves six.

3 cups zucchini (approximately 2 large)
½ cup chopped onions
1/3 cup vegetable oil
1 cup Bisquick
3 or 4 eggs
¼ teaspoon salt
½ teaspoon pepper
½ teaspoon garlic powder
¼ cup chopped parsley
½ grated parmesan cheese
½ cup shredded cheddar cheese

Optional: add garlic clove chopped and 1 red pepper chopped.

Combine all in large bowl. Pour into well-greased or sprayed 9" pie plate.

Bake 50 – 55 minutes or until brown.

Enjoy!!



**Monday,
September 8th**

*Vestry Meeting
7:30 pm*

Sundaes on Friday!



What a terrific way to spend a summer Friday night! Great music and ice cream! July 25th we enjoyed jazzy music from our organist, Alex Dmitriev and vocal music from the singing group Salt of the Earth. Many thanks to everyone who made this event so wonderful.

Just a smile!



The Cell Phone Vs. The Bible



I wonder what would happen if we treated our Bibles like we treat our cell phones?

What if we carried it around in our purses or pockets?
What if we flipped through it several times a day?
What if we turned back to go get it if we forgot it?
What if we used it to receive messages from the text?
What if we treated it like we couldn't live without it?
What if we gave it to kids as gifts?
What if we used it when we traveled?
What if we used it in case of emergencies?

This is something to make you gohmmmm...where is my Bible? Oh, and one more thing. Unlike our cell phone, we don't have to worry about our Bible being disconnected because Jesus already paid the bill.

Makes you stop and think, "Where are my priorities?"

AND no dropped calls!!

Prayer List

Veronica Hewling (Billie-Ann Grant's mother),
Brenda Letford, (Billie-Ann Grant's friend), the Udogwu family,
the Barnaby family, especially Zach, Alexander (Alla Borzova's
father), Arianna Fujimoto Harris, Luise Farfalla,
Jane Dunne & Carol Vanecek (friends of Mary-Carol Miller)
Merlene Chambers (Charles White's sister), Dottie Cunningham &
Linda Dralle, (Barbara Brown's co-workers), Gordon Hecht,
Sheila White (Charles White's niece), Maggie Jensen,
Elizabeth Graces, (friend of Jennifer Larrow),
Grace Anderson-Smith (the daughter of Althea Serrant)
and Warren Young (husband of Patty Young)
and the Carpenter's Kids in Mbabala, Tanzania



ST. JOSEPH OF ARIMATHEA

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(July/August 2008)

Try not to become a man of
success but a man of value.
~Albert Einstein

Rick Ewen, Sr. Warden
Connie Barrett, Jr. Warden

Vestry: Ben Alexander, Joan Cameron, Catherine Gmoser, Lucy Knight,
Chris Larrow, Donna Rosengren, Althea Serrant, Sharon White, Richard Wisniewski
Donna Rosengren, Treasurer * Grady Jensen, Historian

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Glad Tidings!

Happy Birthday to ...

07/01 Allison Carrasquillo
07/03 Barbara Widmayer
07/08 Marion Hellthaler
07/09 Nk Udogwu
07/10 Ethan Alexander
07/12 David Forbert
Thomas Jalicki
07/13 Emeka Udogwu
07/14 Robert Ewen
07/16 Matilda Sceib
07/17 Robin Chalmers
07/21 Ugo Udogwu
07/25 George Watts
07/28 Denise Jalicki
07/31 Mary Clifford

08/11 Rev. Addie Clark
Anne Paige Harmon
08/18 Takashi Motohashi
Theodore Widmayer
08/24 E. Kendall Gillett
08/25 Donald Clifford
08/26 Joseph Prisco

