

The Arimathean

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Dear friends in Christ,

On Sunday May 11, we will celebrate Pentecost! After Christmas and Easter this is my favorite Holy day. We remember the gift of the Holy Spirit given to Jesus' disciples after his resurrection and ascension. You will remember the story – the disciples were gathered to celebrate the festival of Pentecost, which focused on the harvesting of first fruits, and they experienced the Spirit as wind and fire. Suddenly there was a rush of wind in the room where they had gathered, and something that looked like tongues of flame was above their heads. The most significant part of the event was that they began to speak in other languages. The disciples went out into the street and found that they could speak the languages of the visitors who had gathered in Jerusalem for the celebration. We often hear this called "speaking in tongues".

The gift of "speaking in tongues" is still with us in the more "charismatic" churches, where it is connected with receiving the Holy Spirit. We Episcopalians believe that we receive the Holy Spirit at Baptism, but in a more subdued way!

I personally have never seen or experienced "speaking in tongues" except for one brief time when I was praying by myself. One of my dearest friends in Ohio attended a service many years ago, and found herself singing in tongues as she drove home. I once was praying with two friends about how I would be able to go to seminary. We were holding hands and my hand began to feel very warm. Just then the friend holding my hand gave thanks for the warmth she was feeling, and our other friend was feeling it too!

There is much about the world of the Spirit that we do not know, so I think it is helpful to keep an open mind. Whether we receive special signs or not is really not what is important. Our faithful belief and service is more important. We never know how God will bless us, but we know that God will bless us, especially if we are faithful in prayer and worship and if we are open to the work of God's spirit in our lives.

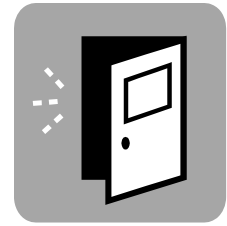
May you all be blessed with the Holy Spirit during this Pentecost season.



Don't Be Alarmed ... Again!

Yes, we're doing it again! Now the double entrance door on the ground level, also has a door chime installed. Even though there is a door bell, unless someone rings it (as requested) before they enter, there is no way to know if

the building has been entered by a friend or stranger. Of course during services, the transmitter can be easily un-plugged for uninterrupted door usage. Our apologies for any inconvenience, but as mentioned in last months



Arimathean, it is an inexpensive safety feature for St. Joseph staff members.

Save the Dates!

Please save the following dates:

Sunday, June 8, 2008 we're having our church picnic!
Friday, June 20, 2008 our own Dr. Connie Barrett will perform a concert in the Cutler Room!

Please mark your calendars now! Hope to see you there!

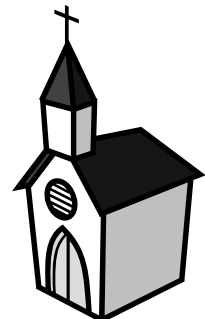
THANK YOU!

For those of you offering rides to our members so that they may attend church services, THANK YOU!! We noticed and we are very grateful!! Blessings all around!

Memorial Services:

A memorial service for Don and Kay Buttenheim will be held at St. Joseph's at 11:00 AM on May 10. All are

welcome to attend the memorial service, however the interment following will be for the family.



Monday, May 12th

*Vestry Meeting
7:30 pm*

Whisk Those Blues Away!

Did you know, scrubbing the tub and other forms of housework may clean your house and boost your mood? That is what Health Day reporter Amanda Gardner learned. In fact, as little as 20 minutes of any kind of physical activity a week helped mental health, although the more vigorous the activity, the greater the benefit, said the authors of a study published online Thursday April 10th in the British Journal of Sports Medicine.

"There's such a pervasive feeling in this country that, if there's a problem, there's always a pill to fix it", said Dr. Suzanne Steinbaum, director of Woman and heart Disease at Lenox Hill Hospital in NYC. "This study is just reminding us that it doesn't take much to actually have an ef-

fect on your mood".

The physical benefits of exercise are well known: It reduces the risk of heart disease, type 2 diabetes, high blood pressure and even some cancers, among other things.

The mental benefits are less clear, although exercise is thought to improve blood flow and reduce inflammation, which have been related to depression and dementia. Exercise might also improve mood by reducing stress levels.

For the new study, almost 20,000 men and women participated in the 1995, 1998, and 2003 Scottish health Surveys answered questionnaires about physical activity and "psychological distress". Daily physical activity of any kind, including housework, gardening, walking and sports – was associated with 41% lower risk of psychological distress. But sports reduced the

risk of mood lows the most by 33%. And just in case women are thinking this study is a ploy to engage in more housework, think again! The study showed that more sports and overall activity increased your mood even more, but extra mopping and scrubbing didn't. The message is do a little bit of housework and a lot of sports!

According to the study authors from University College London, this appears to be the first research to look at different specific activities in relation to mental health. The study wasn't designed to look at a cause and effect relationship, only that a relationship exists.

For more information, the American Heart Association has more on mental health and physical activity.

What is the Project Manager doing Now?

What an exciting Vestry Meeting we had on Monday, April 14th! I prepared a brief report on topics I have am working on, completing or still chugging away at!

I will keep a copy of that report, and what additions are made to it in the way of research, ideas, photographs etc. For anyone who would like to see it. Please know all comments and concerns are welcome.

Some of the topics I touched on were of course the

beginning of looking for a new sign, so people can find their way to our door. We have installed new door chimes to alert staff of visitors. I am also hoping to share with you in the next issue, what art classes we can have available perhaps in the summer months.

If YOU have ideas and/or suggestions, please give me a call at our new second phone line: 914-592-7166. I'd love to hear from you. Remember, we also would love

to publish your experiences and stories in the Arimathean. Are you going on vacation? Where? What will you see? Please jot me a note and share your adventures with us!
Breathe Deep,
Think Peace
Patty

Breakfast Club

9:15 am

May 4th
May 18th

Prayer List

Veronica Hewling (Billie-Ann Grant's mother)
the Udogwu family, the Barnaby family, especially Zach,
Alexander (Alla Borzova's father), Arianna Fujimoto Harris,
Jane Dunne & Carol Vanecek (friends of Mary-Carol Miller)
Gordon Hecht, Merlene Chambers, (Charles White's sister)
Dottie Cunningham & Linda Dralle,
(Barbara Brown's co-workers), Sheila White, Joyce
Sanguinetti, Luise Farfalla, Maggie Jensen, Mary & Obie
Clifford, and Brenda Letford, (Billie-Ann Grant's friend)



Consumer Watch

The following website was developed by John Walsh from "Americas Most Wanted". This is another tool we can use to help keep children safe. www.FamilyWatchDog.us When you visit this site you can enter your address and a map will pop up with

your house as a small icon. There will be red, blue and green dots surrounding your entire neighborhood. When you click on these dots a picture of a criminal will appear with his or her home address and description of the crime he or she

has committed. The best thing is that you can show your children or grandchildren these pictures and see how close these people live to their home or school. Please pass this information on.

Food for Valhalla Residence, May 18 !

Save the date and sign up to provide a dish for the residents!



Wish List!

Does anyone have a coffee table they are not using? How about small end tables? It would be much appreciated if you are not using these items to donate them to the McNeely living room area by the fireplace.

Anyone have extra pots and pans in good condition? Our little

kitchen could really use a frying pan (small and large non-stick if we can be picky!) sauté pans and a few large cookie sheets would be wonderful. A complete set of measuring cups and spoons would be delightful too!

Oh, if anyone would like to get rid of flower pots, we're trying to add color to our garden. Flower pots would be great for seeds or small plants tucked around benches, by the large tree out front, or just about any where.

Hello Springtime!!

Culinary Corner

Remember a few months ago, when we shared brunch

together after the 10:30am service? Well here is the

Strata Recipe I promised to share. Enjoy!

Easy Strata & Variations:

1 pound each of prepared meat and vegetables (optional) or 1 pound each of 2 prepared vegetables (optional)

1 quart half and half (I've tried it with milk, just not the same)

1 dozen eggs

1 tsp. salt and several grinds of pepper

12 slices fluffy white bread (I used potato bread)

12 ounces extra-sharp cheddar cheese, grated (about 3 cups, look for prepared grated cheese in stores, it's a time saver!)

½ cup thinly sliced scallions (about 3 medium)

Prepared meat and/or vegetables, if using.

Whisk half and half, eggs, salt and pepper until smooth. Spray a 9x13 inch Pyrex or ceramic baking dish with vegetable cooking spray. Line bottom with 6 slices of bread. If using meats and/or veggies scatter half of each over the bread, then sprinkle with half of the scallions and cheese. Pour 1 cup of egg mixture over the top.

Repeat layers with remaining bread, meat, veggies, cheese and scallions. Slowly pour remaining egg mixture evenly over top. Cover with plastic wrap, then weight down casserole with 3 16-ounce cans for at least 15 minutes to submerge ingredients. This can be refrigerated overnight, but return to room temperature BEFORE baking.

Adjust oven rack to middle position. Bake in preheated 350 degree oven until custard is just set, about 45-50 minutes. Turn on broiler and broil until strata is spotty brown and puffy – watch carefully, about 5 minutes or less. Let stand for 8-10 minutes, and then serve. Serves 12.

Vegetable Options

Mushrooms or Bell Peppers

Sliced and sauté in olive oil

Baby Spinach

Steam covered with olive oil

Until wilted, 3-4 min. Drain.

Frozen Corn

1/3 cup water, 3-4 minutes.

Uncover and cook off liquid.

Thaw and drain.

Asparagus

Cut into 1-inch pieces, steam,

Covered, with oil and salt in 1/3

cup water, 3-4 minutes. Un

Cover and cook off liquid.

Meat Options

Bacon

cut into ½ inch pieces Fry until crisp. Drain well.

Sausage

fry bulk breakfast or Italian until fully cooked. Drain well.

Kielbasa

Thinly sliced.

Crab

Pick over pasteurized back fin crab, for shell and cartilage.

Memorial Day

May 26th
Office will be
closed.

Wedding at St. Joseph's

On May 3 at 3:00 PM, Toby Pidgeon and Marietta Paximos plan to me married here at St. Joseph's. Toby is a nutritionist with

the Food Bank for Westchester. He is

responsible for our "meat program" of affordable meat that we administer. We wish them many happy years together and God's richest blessings!



Furniture ShareHouse

This organization is new to Westchester. You can call: 914-834-1294 and they will come to your home or business, pick up

any furniture you have, and take them to a warehouse, where people who really have a need can get them. What a won-

derful service! All YOU have to do is call! Visit online if you wish at: www.furnituresharehouse.org

Pentecost Sunday

Pentecost, Sunday is May 11! Wear red (or orange or pink) as we celebrate the gift of the Holy Spirit to the church. This is

also Mother's Day, so bring your mother to church!



Anything you'd like other Arimathean readers to know?

If you would like to add to our "Sharing the News" column or if you have other tidbits to share, please feel free to email or send us your information. Thanks in advance!

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ST. JOSEPH OF ARIMATHEA

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(May 2008)

No dreamer is ever too small;
no dream is ever too big.
~Unknown

The Rev. Adelaide S. Clark, Rector
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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Catherine Gmoser, Layout

Glad Tidings!

Happy Birthday to ...

05/03	Barbara Brown
	Alexander Eforo
05/05	Donna Rosengren
05/06	Dana Fuller
05/07	Sally Gillett
05/09	Helen Quanjer
05/12	Evelyn Fornges
05/14	Eliza Jensen
05/16	Bruce Patterson
05/27	Eleanor Festa
05/29	Adam Benomar
	Alexandra Benomar
	Sarah Benomar
05/30	Gozia Udogwu

