

# The Arimathean

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By the time you read this issue of the Arimathean my last Sunday at St. Joseph of Arimathea will have come and gone. Even though I'm really excited about the parish I will be going to I am sad to be leaving this wonderful church. We've done a number of new things together over the past year-and-a-bit. I'm leaving with many happy memories. In addition to the already well established events in the parish such as the Women's Workshop, Sandwich Brigade, Westhab Christmas Party and Sundaes on Friday we've brought the blessing of the animals service right into the church not once but twice! We held an election in which everyone could vote for all of their favorite hymns. The slogan for that elections was "Vote early, vote often, vote for some more!" Ever since that election, when ever anyone asked me about an unfamiliar hymn I was able to reply "It's somebody's favorite."

A year ago Alie Haus began as an acolyte and now we have 12 acolytes. Five of them traveled with their parents to the acolytes festival at the National Cathedral in Washington D.C. in October. We're trying a new Sunday school curriculum this fall and we now have additional volunteers helping our two regular Sunday School teachers. Last January the parish adopted the modern day English tradition of Christingle and collected a whole van load of items for infants at the Coachmen Shelter for homeless families. We began using reusable service booklets and "Take Out Menus" in place of weekly bulletins as a way of saving on production time, paper and printing costs. Connie Barrett has formed a "Children's Orchestra" with hand chimes, drums and strings. On the five Sundays of Lent we enjoyed pot luck lunches and all age activities together. Making Easter gardens was a particularly popular activity. In May we held a successful Tag Sale and over the summer we replaced Sunday School with "Joey Camp" with all sorts of fun activities. We've shared some sad times too with the deaths of a number of long time parishioners and we've offered comfort to those hit hard by the economic downturn.

In the midst of all of these activities some unusual things began to happen. Everyone knows that when there is an interim in-



## All Saints Day

On November 1<sup>st</sup> St. Joe's celebrated All Saints Day. More than 70 people attended the 10:30am service – followed by a wonderful luncheon. It is with deep regret

that three names were not read aloud during the memorial service. We would like to recognize those people with compassion and kindness and ask

you forgive our oversight.

Annette Aguais  
Antonelli  
Paul Aguais  
Nancy Cooper  
Fred Quanjer  
Eleanor B. Ward

## Upcoming Meetings

Please plan on attending two very important meetings in January at St. Joe's. The Stewardship Dialog and pot luck lunch on January 10th following the 10:30am service.

velop a plan to secure our future, but we need your help, input, a solid understanding, questions and suggestions to make a plan successful.

cussed. Keeping communication open in our congregation is key. Your presence at both dialogs is very important and very much needed and appreciated.

This dialog will provide a clear look at St. Joe's financial past, present and future. An opportunity to see how the numbers work and de-

The second pot luck lunch will take place at the Annual Meeting on January 24th Elections, the budget, announcements and upcoming events will be dis-

**Sunday,  
December 6th**

Children's Orchestra  
10:30 service

## Cover Letter, cont.

*(Continued from page 1)*

come and attendance go down... Not at St. Joseph of Arimathea! Over the past year income and attendance have gone up. The church is turning an important corner. Things are moving in the right direction. The search committee is busy interviewing

candidates for rector, and the finance committee is hard at work planning a stewardship campaign to insure the parish's financial future.

As wonderful as all of these things have been they are not what's most impor-

tant. What's most important is the worship that takes place here; the prayers and blessings, the power of the Holy Spirit. Truly, God is in this place.

Blessings

Pastor Claire

## Labyrinth Committee Update

by: Katie Saliba

The labyrinth committee met on November 8, 2009, and considered a number of proposals for the labyrinth from local landscapers and designers. After careful consideration, we have chosen to go with Gary Jerolman's

proposal for the labyrinth, which will be located in the grassy area in the center of the circular parking lot. The Vestry has approved the design, and we will soon meet with Gary to finalize the plans and determine a start date. If you have any questions about the labyrinth project, please feel free to contact me at [krsaliba@gmail.com](mailto:krsaliba@gmail.com).

It's amazing what's been happening on the grounds of St. Joe's. A new shed is being built to cover the trash can and hold other gardening tools, work to improve the drainage is underway, a gazebo has been donated for the gardens, and the labyrinth will soon be installed. All of these projects are due to the generosity of members who donated the funds for these endeavors, and we are grateful to them all.



**Monday,  
December 7th**

Coordinating  
Committee 6 pm  
Vestry Meeting  
7 pm

### A Thought...

As the seasons rush by – particularly it seems this year – many of those people I have come to care for need a little extra caring themselves.

A few of our parish members have been suffering in silence – with illnesses, emotional sadness, financial burdens etc.

So when I saw this poem – I did not think of just one person or situation – I thought of each and every one of YOU. Please take a moment and read this, knowing you are not alone – and someone greater than I is thinking about you.

I Said A Prayer For You Today  
And know God must have heard.

I felt the answer in my heart,  
although He spoke no word.

I didn't ask for wealth or fame (I knew  
you wouldn't mind).

I asked Him to send treasures of a far  
more lasting kind!

I asked that He'd be near you at the  
start of each new day;  
to grant you health and blessings and  
friends to share your way!

I asked for happiness for you in all  
things great and small.

But it was for His loving care I prayed  
for most of all!

## Cultivating Optimism

These tips are from 'The How of Happiness' by Sonja Lyubomirsky have solid science behind them. Some you may already be doing (good for you!) and others might require minor tweaks in your thinking. All will help you feel better about your life and lead to positive lessons for your children (as well as the children you may come in contact with!).

1. Count your Blessings. Even on days when there aren't as many as you'd like. Jot a list and you may be pleasantly surprised to find that there are more great things about your life than you thought.
2. Look Again. Most situations have a bright side, some-

how. As in, it stinks that your 9 year old needed stitches – but weren't the ER doctors and nurses awesome?

3. Don't Stew. Good rarely comes of dwelling on problems or comparing yourself unfavorably to relatives, friends, neighbors or colleagues.

4. Tell Someone They Look Terrific. You just might make their day, which elevates your mood too.

5. Nurture Relationships. Strong bonds benefit everyone.

6. Get Lost. In a book, a movie, a DIY project. Getting so involved that you lose track of time gives your brain a chance to recharge.

7. Remember When. Think back to times when you felt

happy. Those memories can infuse your everyday actions with joy and positivity.

8. Pursue a Long Neglected Goal. With passion!

9. Cope Calmly. Manage stress in healthy ways, like by walking or talking to friends.

10. Forgive. Work on letting go of anger and resentment toward those who have hurt you.

11. Embrace the Spiritual. Get more involved in your place of worship (hint – hint!) Don't have one? Maybe its time to consider joining one.

12. Honor Your Body. Exercise, meditate and laugh often.

Breathe Deep, Think Peace  
Patty

**Dec. 24—Jan. 1**

*Church Office Closed*

## Extra Thanks

While we are remembering and thanking people, we must take time to thank all those who have helped out at Sunday School! These brave souls became invaluable assistants to our Sunday School instructors – Cathy Gmoser and Richard

Wisniewski – who may never truly realize just how much they are valued and appreciated at St. Joe's.

Rick Ewen, Warren Stramiello, Jennifer Larrow, Mary Carol Miller, Paige Lockwood, Billie-Ann

Grant, Suzette Atkins.

**THANKYOU!!!**



## Altar Flowers

December Altar flowers are given by:

Dec. 6 –Eunice Riblinger in loving memory of Gladys & Albert Riblinger and George Wilber.

Dec.13 Maggie and Grady Jensen in celebration of the birthday of Henry Rossiter Worthington

Dec.20 Al Gerosa in celebration of the birthday of his grand-daughter Diana B. Fulton

Dec. 24,25, 27 - Sally Camp, Mary & Obie Clifford, Al Gerosa, Virginia Kinney



## Save the Dates!

Every Monday in December – Coordinating Committee 6pm

Vestry Meeting – Monday Dec. 7<sup>th</sup> at 7pm

Search Committee Meeting – Sunday Dec. 6<sup>th</sup> after the 10:30am service.



Each Sunday in December – Celebrant Reverend Richard Sloan will lead our services.

Christmas Eve Service – Special Guest Bishop Roskam

Dec. 1,8,15,22 – Women’s Workshop 10am- bring a bag lunch.

Dec. 12 – Westhab Children’s Christmas Party

Dec. 9, 16 Sandwich Brigade 9:30am – make a bag lunch!

Dec. 20 – Valhalla Dinner

Dec. 24 – Jan.1 Church Office Closed for the Holiday

### Upcoming Dates:

January 3 - Christingle

January 10 – Stewardship Dialog (snow date 1/17) Pot Luck Lunch

January 24 – Annual Meeting (snow date 1/31) Pot Luck Lunch

## Culinary Corner

### Granola Bars

I can promise you – that if you begin making these homemade granola bars – you will never purchase granola bars again! These are simply so good, so easy and so very yummy!

Prep Time: 20min  
Cook Time: 40min



#### Ingredients

- 8 ounces old fashioned rolled oats, aprox. 2 cups
- 1 ½ ounces raw sunflower seeds, aprox ½ cups
- 3 ounces sliced almonds, aprox 1cup
- 1 ½ ounces wheat germ, aprox ½cup
- 6 ounces honey, aprox ½ cup
- 1 ¾ ounces dark brown sugar, aprox ¼ cup packed
- 1 ounce unsalted butter, plus extra for pan
- 2 teaspoons vanilla extract
- ½ teaspoon kosher salt
- 6 ½ ounces chopped dried fruit, any combination – I used apricots, cherries and blueberries

#### Directions:

Butter a 9 by 9 inch baking dish and set aside. Preheat oven to 350 degrees F.

Spread oats, sunflower seeds, almonds and wheat germ onto a half sheet baking pan. Place in the oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.

Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees F. Immediately add the oat mixture to the liquid mixture, add the dried fruit and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week. Enjoy!

“Did you ever notice there are no recipes for leftover chocolate?”

## Christmas Gift Ideas?

Do you need an idea for a gift to a child this Christmas season?

Here are just a few suggestions:

Ages 4-8 "The Tale of Three Trees"  
"Santa's Favorite Story"

Ages 9& up "The Bronze Bow"  
"The Amazing Bible Factbook for Kids"



You can find all these books and more at Amazon.com – or do what I always LOVE to do –visit a book store!

If I may also suggest – sign the book – write your own personal message on the inside front cover – along with the date. To this day I treasure books from dear friends who names are very much apart of the story.

## Prayer List

John Schieb's sister **Lillian** Malloy, Alla Borzova's father **Alexander**,  
Patty Young's friend **Oliver** Simco, **Debbie** Gillett-Hermansen,  
**Mike** Rohl, Billie-Ann Grant's friend **Brenda** Letford,  
Louis Grant's father **Lloyd**, **The Carpenter's Kids**,  
Paige Lockwood's friend **Jack** Demers, **Connie** Barrett  
Charles White's brother **Sydney** and niece **Sheila**,  
**Mary-Carol** Miller, Donna Rosengren's niece **Marcy** Malone,  
**Zach** Barnaby, Mary-Carol Miller's friends **Jane** Dunne & **Carol**  
Vanecek, Jennifer Larrow's friend **Elizabeth** Graves,  
**Cynthia** Billings, Barbara Brown's friend **Dottie**  
Cunningham, Carol Rohl's friend **Jamie**, Althea Serrant's  
daughter **Grace** Anderson-Smith, Marion Hellthaer's  
Friends **Marianne** Berglund & **Trish** Abruzzese  
Warren Stramiello's Grandmother **Shirley** Wurst.



**ST. JOSEPH OF ARIMATHEA**

2172 Saw Mill River Road  
White Plains, New York 10607

(December 2009)

**Be the change you want  
to see in the world  
- Mahatma Gandhi**

Rick Ewen, Sr. Warden

Chris Larrow, Junior Warden

Vestry: Ben Alexander, Joan Cameron, Catherine Gmoser, Jennifer Haus,  
Donna Rosengren, Katie Saliba, Althea Serrant, Sharon White,  
Donna Rosengren, Treasurer \* Patty Young, Clerk

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Catherine Gmoser, Layout

Grady Jensen, Historian

## Glad Tidings!

- 12/6 DeSean Hooshing  
Zach Marryshow
- 12/09 Claire Lofgren
- 12/12 Christopher Larrow
- 12/14 Alexandra N. Haus
- 12/18 Megan Caley
- 12/21 Mary-Carol Miller
- 12/22 Leo DiBenedetto
- 12/23 Martine Sayers
- 12/25 Billie-Ann Grant  
Tracey Tuttle Lunenburg
- 12/26 Stephanie Tuttle
- 12/28 Katherine Caley
- 12/30 Eunice Riblinger

