

The Arimathean

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A week past Easter and spring here in the northeast remains reluctant. As I write a chilly damp wind is blowing out of the east and rain is spattering my window. Coming on the heels of an unusually long and harsh winter, spring's tardy arrival seems almost cruel.

The miserable winter and early spring weather did have a benefit however, I made some modest inroads into a stack of unread books in my library. One of the books that I recently read was "Colonies of Heaven" by Ian Bradley. It is a thought-provoking look at the ancient Celtic Church and its relevance to Christian life in the British Isles, between the sixth and eleventh centuries and ruminates on how they might be applied today.

Specifically the author deals with six themes: monasticism, blessing and cursing, penance and pastoral care, worship, the Communion of Saints and pilgrimage. According to Bradley the relevance of these themes and practices will be determined by "whether they work, whether they speak to people today as authentic, honest and helpful, and above all whether they help to advance the Kingdom of God and to make us walk in closer imitation of Christ."

It occurs to me that such criteria should be a core motivation for all that we do in the parish, in our community and in the world.

Come on Springtime!!

Sr. Warden Rick Ewen



What's the Project Manager Doing Now?

Hello St. Joes!
Well, its official, the date is May 30th, the day is Saturday, the event is a Tag Sale! Yes, it has been an adventure getting it started and built together, but a meeting last night was well attended and a whole lot of fun.

We also have members signed up on the clip board near the kitchen who are offering to help, which we CAN NOT DO WITHOUT – get my point? Yep, if we do not have enough help this can turn from a dream fund raiser to a nightmare very quickly.

So, that said, even if you can only come for a couple hours, your help would be greatly appreciated. There are many, many positions you might be interested in, such as, baking for the bake sale, selling hotdogs and bottled water, assist-

ing people with their purchases, welcoming folks, cashier, security, parking attendant, making signs/posters – or perhaps putting the signs around town in the next few weeks to advertise. Of course there is also the week before to organize and set up the sale – help in ANY form is ALWAYS welcome!

The Cutler room has already begun to hold all sorts of items, from a hospital bed and recliner that stands you straight up – to clothing, decorative items, glasses, mugs and treasures. We ask that all donations arrive by May 27th. Also, please know we have donation forms for your tax purposes, we would be happy to give them to you to fill out.

We hope to have the June Arimathean available during the Tag Sale to

share with our guests – but for those of you who will not be able to attend, please keep us in your prayers! I will of course keep you posted on how everything went!

A quick thank you for all those people who have already brought items in, as well as everyone who is helping make this event possible! The spirit of St. Joe is alive and well and thriving!

Contrasts

I 'borrowed' this article from the Scarsdale Congregational church bulletin.

William Easum, a leading Church Renewal consultant and author, has written a very helpful short article on Church Transformation in the 21st century:

"The contrasts between declining and thriving churches existing side-by-side in North America on the brink of the twenty-first century are often readily apparent. To declining-church members, these contrasts may be mystifying, threatening and painful. To thriving-church participants, these same contrasts may be obvious, empowering and exciting.

Members of Declining Congregations Are:

Committed to the church
 Managing committees
 Holding offices
 Making decisions
 Serving at the church
 Preoccupied with raising money
 Doing church work
 Retiring from church work
 Surveying internal needs
 Eager to know everyone
 Loyal to one another
 Building faith on information

Participants in Thriving Congregations Are:

Committed to Christ
 Deploying missions
 Doing hands-on ministries
 Making disciples
 Serving in the world
 Preoccupied with rescuing people
 Finding personal fulfillment
 Pursuing constant personal growth
 Sensitizing themselves to community needs
 Eager for everyone to know God
 Drawn to the unchurched
 Building faith on experience with Christ

During this special time with our Interim Pastor, I feel it is especially important to take time for personal and spiritual reflection. Searching for a new Pastor can be a daunting task, but it also can be an exciting time. I hope we can all reflect on Easum's insights. In His name.

**Wednesday,
 May 13 & 20th**

Sandwich Brigade
 9:30 a.m.

Culinary Corner

Kids will love making these yummy recipes for Mom. Set the kitchen up with the necessary ingredients, then step back (but of course stay nearby!) and let them cook!

Honeydew Smoothie

Ingredients:

- 2 cups honeydew melon, cubed
- 1 cup vanilla low fat yogurt
- 2 tablespoons apple juice from frozen concentrate
- Ice
- Honeydew melon slices for garnish

Directions: In a blender, combine melon, yogurt and Apple juice concentrate. Blend until smooth, with blender running, and an adult nearby for this part! Add ice until frothy.

Mom's Banana Dessert

Ingredients:

- 2 cups whipping cream
- 2 tablespoons sugar
- 15 Oreo cookies crushed
- 4 bananas sliced
- ¼ cup chopped pecans
- Chocolate syrup

Directions: Fill a large glass bowl or small parfait glasses with half the cookies, banana slices, nuts and half the whipped cream. Drizzle chocolate syrup over the cream, then layer the remaining cookies, bananas, and whipped cream, a little more chocolate syrup, a few nuts – and serve!

Sorrow

**Monday,
May 11th**

Vestry Meeting
7:00 pm

It is with deep sadness we must share the news of the passing of Maggie Jensen, William G. Lord II and Carol Caroll. Our love goes out to all the children, grandchildren, and families near and far.

The memorial and internment for

Maggie Jensen is scheduled for Saturday, May 2nd at 10:30am, with a reception to follow.

William G. Lord II's internment will be Saturday, May 9th at 11am.

The funeral service for Carol Caroll will be on Saturday, May 16th at 1pm.

Also, please keep the children of Cathy and Andrew Gmoser in your prayers, they have lost their grandfather Carl Gmoser.

May God hold them close to his heart and give their families strength at this very sad time.

Assignment Schedules

Are you on the Altar Guild? A Counter? A Eucharistic Minister? Or one of the several active participating people that make St. Joseph run smoothly? If so, then you need to know that the May and June schedule

for Lay Ministers is now posted in the McNeely room on the large bulletin board.

It is our hope that by having the schedules posted as early as possible will allow everyone to have a heads up

on upcoming dates, and also allow those who need to switch days to do so without having to wait until the last minute.

**Monday,
May 11th**

Coordinating
Committee 6:00 pm

How Far you Go in Life...

...depends on your being tender to the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong, because some day in your life you will have been all of these.

Prayer List

Mary Jo Tuttle, Billie-Ann's friend, **Brenda Letford** Charles White's brother, **Sydney White**, his niece **Sheila White**, Charles' family and **Rick Merrill**, classmate of Camele White, Alla Borzova's father, **Alexander Borzova**, The **Barnaby** family - especially **Zach**, the **Udogwu** family, **Arianna Fujimoto Harris**. Mary-Carol Miller friends, **Jane Dunne & Carol Vanecek**, Barbara Brown's co-workers, **Dottie Cunningham & Linda Dralle**, Jennifer Larrow's friend, **Elizabeth Graves**, Althea Serrant daughter, **Grace Anderson-Smith**, **Pastor Addie Clark**. **Debbie Gillett-Hermansen**, Carol Rohl's friend **Jamie**, the **Carpenter's Kids** in Mbabala, Tanzania



Those Who Have Died;

Maggie Jensen, Carl Gmoser, Gordon Hecht, Paul Baur, Roberta McHugh, Jonah Dreskin & Sarah Skinner, William Lord

Save the Dates

Women's Workshop – Tuesdays May, 5,12,19,26 at 10am

Sandwich Brigade – Wednesdays, May 13, 20 at 9:30am

Search Committee Meeting – Sunday, May 3rd after the
10:30am service

Mothers Day – Sunday, May 10th

Valhalla Dinner – Please sign up! – Sunday, May 17th

Coordinating Committee Meeting – Monday May 11th
at 6pm

Vestry Meeting – Monday May 11th at 7pm

Memorial Day – Church office Closed

Tag Sale on Saturday, May 30th!!! Please donate your items
By May 27th!

Valhalla Dinners
May 17th

Please sign up !

Dog Lessons for People

Enjoy the simple pleasures of a walk.
Follow your instincts.
Never underestimate the value of a belly rub.
Be loyal and faithful.
Always drink plenty of water.
Sometimes it is best to just sit close and listen.
Be quick to forgive.
Avoid biting when a growl will do.
Keep digging until you find what you want.
Run and play daily.
Accept all of life's treats with gratitude.
Life is short, pet often.
Love unconditionally.

What Are the 5 Unhealthiest Fast Food items?

Taken from Shine – Healthy Living on Yahoo

When budgets and schedules are tight, it makes sense that people feel an ever stronger impulse to whip through the drive through for dinner. It's hard not to consider a value meal, even if its not one of the healthier items on the menu, when it only costs a few dollars for a full plate (or tray, or bag, as the case may be) of food.

The Cancer Project, a nonprofit cancer prevention organization that is linked with the Physicians Committee for Responsible Medicine, is concerned that these economic times are not just driving people to eat more fast food, but to regularly consume meals full of unhealthy ingredients. Dollar meals, they say, might not be such a good value one the health implica-

tions are factored in. Their biggest issues for low cost fast food? All the processed meat, salt, cholesterol and fat wrapped into each meal.

The organization put their dietitians to work to determine what meals at the five biggest fast food chains are the worst offenders for our health, measuring the sodium, fat and fiber content:

1. Jack in the Box junior bacon cheeseburger – 23 grams of fat, 8 grams saturated fat, 55 mg cholesterol, 860 mg of sodium, 1 gram of fiber. Cost \$1.
2. Taco Bell cheesy double beef buritto – 460 calories, 20 grams of fat, 1,620 mg sodium. Cost 89 cents.
3. Burger King breakfast sausage biscuit – 27 grams of fat, 15 grams saturated fat, more than 1000 mg so-

dium. Cost \$1

4. McDonalds McDouble – 19 grams of fat, 65 mg of cholesterol. Cost \$1.

5. Wendy's junior bacon cheeseburger- 310 calories, 16 grams of fat is the most expensive and the best of the worst – cost \$1.53.

To be fair, it should be noted that the Physicians Committee for Responsible Medicine does promote vegetarian diets that are low fat. But I have to admit, after reading the nutritional make up of those fast food menu items, I fell like my arteries are getting clogged just noting all the fat and salt packed into each one.

