

The Arimathean

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November is here, the leaves are giving us their glorious display of color before falling to the ground and we're getting ready for cold winter weather. For most of human history, in places like Elmsford where winter brings ice and snow this was a very important time in the cycle of human life. People raised their own food and those who didn't got most of their food from local growers. By mid November the rush to get the crops harvested and stored away was coming to an end and people could take stock of what they'd gathered. A good harvest meant life itself; sufficient food and fuel to last the winter. A poor harvest meant a struggle for survival that some would lose. In many places that receive heavy snows, travel would become difficult if not impossible and November and the end of the harvest brought a last opportunity to see friends and family before winter isolation. It was a most natural time to stop and pray with prayers of thanksgiving for the harvest and prayers for health and safety during the difficult winter months.

Here in the United States we think of Thanksgiving as holiday that began with Pilgrims and Native Americans at Plymouth Plantation but it really goes back long before the Pilgrims came to these shores. The origins go right back to the beginnings of human civilization and services of thanksgiving in various forms can be found in documents from the earliest days of Christianity. In our own Anglican tradition a service of Harvest Thanksgiving has been a feature of the church year for centuries. In England each parish determines its own date for the Sunday celebration and churches are often decked out fresh fruits and vegetables beautifully displayed.

In our modern world Thanksgiving has lost much of its immediacy. Most of our food comes from far away and we have little awareness of good and bad crop years. When people go hungry now days, it is usually for lack of money with which to buy the endless variety of foods available in our stores. For many now days Thanksgiving means little more than a great day for watching football and the opening of the "Holiday Season." But for us as Christians, Thanksgiving remains what it has always been; a time to give thanks for God's bounty; the food that sustains us and



(Continued on page 2)

Sundaes on Fridays

We kicked off the SoF season on October 23, 2009, with a viewing of the award-winning documentary Mott Music featuring our very own Marc Wienert. Mott Music received its debut at the South by Southwest Festival in Austin, TX, where it was selected by the Sundance Channel as a featured short film. It later received an award from the Bronx Independent Film Festival as "Best Documentary." After viewing the 28-minute film, the intimate audience heard a reading by award-winning author, Perri Knize, from her book Grand Obsession, which was a New York Times's Editor's Pick, has gone through several

eer, Dan Butterworth. You can see Dan's work on his website, www.butterworthproductions.com. This will be a wonderful performance for everyone, including children from 5-95 (and probably younger and older, too). If you are interested in volunteering for the Sundaes on Fridays production team (which includes serving the ice cream and clean-up after), please contact Connie Barrett at kanicello@aol.com



**Sunday,
October 4th**

Blessing of the
Animals

Cover Letter, cont.

(Continued from page 1)

those who labor to bring the food to us; for health and family, friends, and life itself; for all that is. It is in this spirit of thankfulness that we are called by God to share our plenty; our time, our skills our money and our goods.

Here at St. Jo-

seph of Arimathea we have much to be thankful for. This past year has been a time of energy, renewal and growth. Sunday attendance is up, income is growing and more people are giving more time to church programs and outreach ministries. Let

us give thanks to God.

"All things Come of thee O Lord and of thine own have we given thee."

Wishing you a blessed and bountiful Thanksgiving,

Pastor Claire +

Senior Warden Letter

"I learned this at least by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to lead the life which he has imagined, he will meet with a success unexpected in common hours".

More than a century and a half has passed since these words were first published in a work titled *Walden* by Henry David Thoreau and despite the politically incorrect use of masculine pronouns they remain resonant and meaningful. I believe they are particularly meaningful for our parish as we approach Advent and the start of a new

church year.

Taken to heart they create a mindset that sees opportunities rather than challenges and they remind us that with confident sustained effort remarkable things can be accomplished. To take just one recent example, a year ago there were no regular acolytes at Sunday worship. A few weeks ago five of our acolytes processed at the National Cathedral in Washington during the National Acolyte Festival. Quite a difference in less than twelve months. The story of our acolytes is just one of the many stories now being written at St. Joe's.

Taken together they constitute our "footprint". I urge

everyone to imagine **BOLDLY IMAGINE** how that footprint might grow consistent with our mission statement and I urge all to **BOLDLY IMAGINE** the part that he or she might play in enhancing our footprint.

At a time when far too much religious energy is focused on arguments over who can or cannot be a priest or a bishop, there is a great need for a different religious footprint, a footprint focused on nurturing God's creation. I see absolutely no reason why our parish cannot be a leader in this regard.

HAPPY
THANKSGIVING!

Rick Ewen,
Sr. Warden

**Monday,
October 9th**

Coordinating
Committee 6 pm
Vestry Meeting
7 pm

A Special Thank You!

As many of you have seen, we have been very fortunate to have had a rather large donation of fire wood. That's the good news, the bad news it was left in a large pile nowhere near where it needed to be stacked!

The great news, is the parish members who came

together one Sunday after Coffee Hour and stacked the logs on five pallets lined up on the driveway. Their labor was greatly and sincerely appreciated.

The wood will warm the building on frosty winter mornings, but our souls and spirits are warmed by the unselfish work of:

Dr. Ben Alexander
Christopher Larrow
Kameron Larrow
CJ Larrow
Randy Haus
Alexandra Haus
Joseph Haus
Anthony Haus
Anna Haus
Thomas Gmoser
Elizabeth Gmoser
And Donna Rosen-
gren's red wagon!

Labyrinths

After church on November 1, there will be a labyrinth set up in the Cutler room for anyone interested in walking it. There is no right or wrong way to walk a labyrinth and no set experience that you are expected to have. Below is an article from Dr. Dan Johnston about labyrinths and how he has seen them used in his experience as a clinical psychologist.

"Your life is a sacred journey. And it is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path... exactly where you are meant to be right now... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing, of courage, of beauty, of wisdom, of power, of dignity, and of love."

Caroline Adams

We are all on the path... exactly where we need to be. The labyrinth is a model of that path.

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

A labyrinth is an archetype with which we can have a direct experience. We can walk it. It is a metaphor for life's journey. It is a symbol that creates a sacred space and place and takes us out of our ego to "That Which Is Within."

Labyrinths and mazes have often been confused. When most people hear of a labyrinth they think of a maze. A labyrinth is not a maze. A maze is like a puzzle to be solved. It has twists, turns, and blind alleys. It is a left brain

task that requires logical, sequential, analytical activity to find the correct path into the maze and out.

A labyrinth has only one path. It is unicursal. The way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center and out again.

A labyrinth is a right brain task. It involves intuition, creativity, and imagery. With a maze many choices must be made and an active mind is needed to solve the problem of finding the center. With a labyrinth there is only one choice to be made. The choice is to enter or not. A more passive, receptive mindset is needed. The choice is whether or not to walk a spiritual path.

At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.

--From Lessons4Living.com

Monday, Nov. 11th

Church Office Closed

Altar Flowers



October Altar flowers were given by:

- October 4 Sis Fortune in loving memory of Boice, Ed and Phil
- October 11 Mary & Obie Clifford
- October 18 Mary & Obie Clifford
- October 25 Nancy Platt in memory of Melville A. Platt MD

With love and heartfelt thanks.

Save the Dates!

November 1 - All Saints Day

Children's Orchestra

Dialog - The Labyrinth

November 3, 10, 17 - Women's Workshop 10am

November 9, 23 - Coordinating Committee 6pm

November 9 - Vestry Meeting 7pm

November 12, 18 - Sandwich Brigade 9:30am

November 11 - Veteran's Day - Church Office Closed

November 14 - Acolyte Training 10am

November 15 - Valhalla Residents Dinner

November 26, 27 - Thanksgiving Holiday - Church Office Closed

December Highlights:

December 6 - Children's Orchestra

December 11 - Sundaes on Friday Night Concert 7pm

December 12 - Westhab Christmas Party

December 19 - Acolyte Training 10am

December 20 - Lesson & Carols

January 3 - Christingle!



What's the Project Manager Doing Now?

At this time I am gathering all the information I've tucked away of projects that are completed, those in process and those I hope to tackle in the future; to present in a report to the Vestry. This report will also be available in the Minutes so those who wish can review them at their leisure. I wish I could put "spot lights" on all the little things that are done to keep this beautiful building and grounds maintained and ready for whatever comes its way.

Small things like window hardware replacement and repairs. New gauges on the furnace (not expensive at all – but oh so important to keep track of the pressure) Trying to figure out why the upstairs potty is temperamental and gets its chain stuck in the open position. The back breaking job of moving and stacking the fireplace wood that was donated. Keeping control of the mice who find a warm home within the walls of the furnace room. (Some of you might have heard my reaction to finding these small creatures!) Planting mums. Cleaning what the services misses – like taking the time to wipe the dust from picture frames. Etc.

I realize these are not large, flashy projects, but they are important – even if no one really sees them –they do enjoy the benefits of a warm fire, or windows that easily open and shut firmly.

So this month I ask you to recognize the little things, not just at St. Joe's, but in your life. Be thankful for simple pleasures, the little things that without – we would sorely miss.

I remember talking with my brother after Hurricane Katrina, the phones were finally restored, but they still did not have running water. He told me when I took a shower – really enjoy it, because since they did not have that 'luxury' – he sorely missed it. He even said if he had to choose between having lights and having running water, he'd choose the running water!

(Just in case you're interested – my brother and his family did not have running water for three weeks – and they were some of the lucky ones!)

Breathe Deep, Think Peace

Patty

Save the Date!
Friday, Dec. 11th

Sundaes on Fridays

*Watch for further
details!*

Sharing the Peace

All these reports of H1N2 virus, the flu, colds, coughs, feeling generally yucky, has caused a concern in sharing the Peace during the Sunday service. Although everyone is aware, it seems as soon as we get to "that" part – inhabitations and safety concerns fly out the window. For some, that's fine, grab a hand or grab a hug – but for some, we need to be aware and respectful.

When you approach someone to share the Peace – be mindful of what that persons comfort level

is – are they reaching out or holding back? Make eye contact smile and wave – put your hand on your heart and slightly bow – grasp your own hands together, smile and give a warm greeting.

I KNOW this is not easy – why? Because I am a hugger! I am from a long line of huggers – many, many generations I'm told. So I have had to learn to curb my enthusiasm too.

This is not easy – but if you remember just what the health concerns

of today are – and be aware of what you are doing – then we will all come out of this flu season, with all its aches and pains and be healthier and wiser in the long run.

So please, please, please – share the Peace – but do not feel obligated to grab the hand extended – we all understand don't we? Also, be aware there are now individual hand sanitizing wipes available in two baskets, one at each entrance of the chapel for your use. It is hoped this will also provide a little "Peace" of mind!

Prayer List

Lillian Malloy – John Scheib's sister, **Cynthia Billings**, **Oliver Simco**- Patty Young's friend, **Sydney White** – Charles White's brother, his niece **Sheila White**, and the **White** family, **Alexander Borzova** – Alla Borzova's father, the **Barnaby** family – especially **Zach**, **Debbie Gillette Hermansen**, Jamie - **Carol Rohl's** friend, The **Carpenter's Kids**, **Brenda Letford**, Billie-Ann's friend, **Lloyd** – Louis Grant's father, **Mary-Carol** and **Rolo Miller**, **Jamal Benomar**, **Marcy Malone**, Donna Rosengren's niece, the **Udogwu** family, **Jane Dunne & Carol Vanecek**, **Elizabeth Graves**, Jennifer Larrow's friend, **Dottie Cunningham**, Barbara Brown's friend, **Connie Barrett**, **Grace Anderson-Smith**, Althea Serrant's daughter, **Marianne Berglund & Trish Abruzzese**, Marion Hellthaler's friends, and **Jack Demers**, Paige Lockwood's friend.



Those Who Have Passed

Robert Lockwood's grandmother, Donna Rosengren's mother **Dorothy Scrivano**. **Ruth Spaulding** from the Women's Workshop. **Maggie Jensen**, **Carol Caroll**, **Carl Gmoser**, **Gordon Hecht** and **David Cooper**

All Saints Day Memorials 2009

The Abate family
 The Anderson family
 Fatima Amrani
 Rev. Richard E. Barrett
 Jean & Harry Battin
 Paul Baur
 Herb Behrens
 Irene L. Blunt
 Sylvia & George Brown
 Marion & David Brown
 Elvera Brown
 Dorothy Buller
 Frances Nash Bullis
 Kay & Don Bутtenheim
 Carol Krueger Carroll
 David Cooper
 Claire Zipplies Davison
 Alexis Hal Davison
 Anna & Stephan Durec
 Marion Dieckmann
 Martin Dieckmann
 Florence Dietrich
 Philip Dietrich
 Elisa Elnaaccaash
 Lorraine Emmerson
 Richard Fornges
 Robert E. Fornges
 Florine Frank
 Tom Gallagher
 Alfred & Martha Gerosa
 David Gill
 Carl Gmoser
 Hank Goldwasser
 Bill Grogan
 Bess Hardy
 Fred Harmon
 Savannah Haus
 Gordon Hecht
 Arthur Hellthaler, Sr.
 Wanda Hellthaler
 Josephine Hellthaler
 Charles Hellthaler
 Veronica Hewling
 Rev. William Hio
 Thomas Jackson
 Lloyd & Nicki Jamieson
 Maggie Jensen
 Margaret Ernest Kirk
 Stanley Kreig
 Irene Kreig
 Sandra Lamy
 Margaret Lindsay
 Katherine Lockwood
 Lenore Lofgren
 William G. Lord
 Josephine Marino
 William Markolff
 Betty Nevin Marshall
 William Bly Marshall
 Betty Masterson
 Victoria McDeigan
 Matthew McDermott
 Jeanette McKenzie
 Pat McMahan
 Walter H. McNeely
 Martha Millard
 Earl Monroe
 Hugo Nadaner
 AbSalam Ben Omar
 John Pasatieri
 Frank & Rosemarie Patterson
 Baby Lynn Patterson
 Harry Pilgrim
 Melville Platt
 Augusta Ott
 Theodore Ott
 Sharif Rasheed
 Frederick Reichelt
 Gladys Chester Riblinger
 Albert Alexander Riblinger
 Sally Doonan Rogers
 Caroline & Albert Ruth
 Joseph Sayers
 The Scheib family
 Dorothy Scrivano
 Jane Riblinger Sigmund
 William John Sigmund, Sr.
 William John Sigmund, Jr.
 Robert and Sarah Dixon Skinner
 Ruth Spaulding
 Eleanor Pohlmar Stecher
 Alicia Anne Stramiello
 Anne Stramiello
 Allo & George Touchstone
 Ina, Percival, Spencer Tracey

**Monday, Dec. 26 &
27th**

Church Office Closed

(Continued on page 9)

If you need a good reason to walk a labyrinth, here's one from Prevention Magazine:

If you walk off a bad day...Try a labyrinth stroll!

These mazelike paths, which date back thousands of years, have grown in popularity, thanks in part to promising research documenting meditation's effects on blood pressure, cortisol levels, and other markers of stress reduction, according to M. Kay Sandor, PhD, an associate professor of nursing at the University of Texas Medical Branch at Galveston. Labyrinths can be inlaid on church floors, marked by stones in a garden, mowed into grassy fields, or painted on the ground in public parks. Walkers follow a single circuitous route free of wrong turns or dead ends toward the center. Most courses take about 20 minutes to complete, but Sandor suggests that you go at your own pace. When you reach the center, take as much time as you'd like for reflection--then retrace your steps back out.



Memorials, cont.

(Continued from page 8)

Florence Travers
 Clifford Travers
 Gerald L. Tuttle, Jr.
 Mary Vacciana
 Lillian Fay & Joseph Viscione
 Arthur L. Wadsworth
 George Hart Wilber
 Brogustaw Wisniewski

Helen
 Charles
 Vincent
 Manfred
 Lilian
 Polly
 Daphne
 Simeon

Culinary Corner

I found this recipe in a recent issue of Better Homes & Gardens. I tried it the day I saw it and fell in love with this easy, refreshing salad that I hope you will enjoy with this year's Thanksgiving meal.

Pear and Arugula Salad

Prep time: 20 min. Stand time: 15 min.

1 recipe Lemon Vinaigrette (below)
2 red Bartlett pears
12 cups arugula (about 8 oz)
1/3 cup dry roasted, salted sunflower kernels
2 oz. Parmesan cheese shaved (1/4 cup)
Shredded lemon peel (optional)

1. Prepare Lemon Vinaigrette. Transfer 1/4 cup of the vinaigrette dressing to a large bowl. Quarter, core and seed pears. Cut each quarter in thin slices; add to dressing in bowl. Let stand for 15 minutes.

2. Add arugula to pears, toss lightly to coat. Transfer to serving platter. Top with sunflower kernels, Parmesan, and lemon peel. Serve with remaining dressing. Cover and refrigerate remaining vinaigrette up to one week. Makes 8 servings.

Lemon Vinaigrette: In a bowl combine 1 tablespoon lemon peel, 1/3 cup lemon juice, 1 teaspoon sugar, and 1/2 teaspoon kosher salt. Gradually whisk in 3/4 cup extra virgin olive oil.

Make Ahead: Prepare Lemon Vinaigrette as directed. Refrigerate, covered, up to one week. To serve, bring to room temperature.



National Acolyte Convention

By Elizabeth Gmoser

Chris Larrow, Bianca Grant, Ali Haus, Thomas Gmoser and I went to the National Acolyte Convention at the National Cathedral in Washington DC on October 4, 2009. It was so fun! Kathryn, a woman from St. Peter's Church, directed us and told us what to do. We were with the Dioceses of New York.

When the acolytes started to process in, I realized just how many churches there were! There were 150

churches and 1200 acolytes! Some came from California and even Texas! The procession was over an hour long! All of the acolytes wore very different outfits: form gloves to lace

collars to brightly colored ropes around their waists!

During the service, a man in purple asked Chris, Thomas, and I to bring the gifts up to the altar. I later learned he was called a vergier. It was exciting and a little scary because all of the people turned to stare at us!

The Cathedral itself was really cool! There were all these gargoyles, and supposedly there is one in the shape of Darth Vader! During the service, there were many long songs, and they went fast, so it was hard to keep up! The Convention was fun, and I can't wait to do it next year!



ST. JOSEPH OF ARIMATHEA

2172 Saw Mill River Road
White Plains, New York 10607

(November 2009)

**We have no simple problems
or easy decisions after
kindergarten.
- John W. Turk**

The Reverend Claire Lofgren, Interim Pastor
Rick Ewen, Sr. Warden

Vestry: Ben Alexander, Joan Cameron, Catherine Gmoser, Jennifer Haus,
Chris Larrow, 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!

11/02	Mary Jo Tuttle
11/04	Deborah Cooke
11/10	Amelia (Amy) Forbert
11/11	Corey Grant Justin Grant Anna Geraldine Haus
11/18	Alex Ewen
11/19	Nancy Cooper
11/22	Joseph Benomar
11/25	Janet Alexander

