

# The Arimathean

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With the departure of our Interim Pastor, Claire Lofgren, it falls to your Senior Warden to write the cover note for the monthly Arimathean. First I would like to commend and thank our entire parish family for the support, effort and resilience displayed throughout 2009. It was a challenging year, but in the end a hopeful one. In particular I would like to thank the Vestry for their tireless efforts to help administer the parish in the absence of a full-time priest, our Search Committee for their equally tireless efforts to find a new priest and for their wonderful resilience in the face of last fall's failed call and Cathy and Richard for the wonderful ministry with the children in Sunday School. Equally tireless has been our staff of Patty, Alex, Gretta and Zibby. Thanks also to the many others who regularly volunteer their time and talent to make things run smoothly at St. Joe's.

Yet things are not running smoothly – and that is quite a splendid thing. Our parish could easily have simply hunkered down to wait for the arrival of a new priest. Instead lay energy-wonderfully abetted by Claire's enthusiasm, insights and expertise- came to the fore to maintain and enhance existing ministries, to revitalize dormant traditions and to introduce new initiatives. Glitches and false steps have been more frequent than any of us would like, but these have been overwhelmed by the patience and enthusiasm of the parish and the sense of excitement that now seems so pervasive. During the past year we have met the challenges that confronted us with enthusiasm, energy, focus and ingenuity. I believe that the results speak for themselves in many small ways our parish community and the wider world are better places for our efforts.

Thanks be to God for all of you.

Rick Ewen  
Senior Warden



## Annual Christmas Party Thank You!

The Annual Westhab Childrens Christmas Party took place on Saturday, December 12th. This years party was a little different than years past. First it started with an amazing brunch! It was brought to our attention that many of these kids only get cold cereal for breakfast each day – so having hot pancakes, crisp bacon, baked French toast, scrambled eggs, sausage, biscuits, and muffins was a real treat. What's not to love?! Richard & Eliza Jenson Wisniewski, Randy & Jennifer Haus, Jennifer Larrow, Cathy Gmoser, Eunice Riblinger, Charles & Mercel White, Warren Stramiello & Katie Saliba provided the amazing menu.

After the children (and adults!) were full, the group was divided into smaller groups to make three dimensional Christmas trees to take home, while

another group learned a few dance moves from Hassam a young hip hop dancer/ choreographer from White Plains, who provided enthusiasm, energy and fun for everyone!

Then a very special story was read by Warren Stramiello. This story was originally introduced at last years party and has now become a St. Joe's favorite. "Santa's Favorite Story" by Hisako Aoko, illustrated by Ivan Gantscheo. If you were not lucky enough to hear it read out loud, please go pick a copy up and read it yourself, it truly is a beautiful story.

After the story – the jingle of bells was heard from up above (no not the roof – the Cutler room!). To the delight of one and all Santa Clause himself came down the stairs decorated with greens, red

bows and twinkling Christmas lights.

Our own Jr. Warden Christopher Larrow was once again a very special Santa. Children of all ages gathered around to greet him – and received two brand new books graciously provided by Jennifer and Randy Haus!

Then as everyone was saying goodbye and wishes of Merry Christmas filled the air – each child was given a Christmas stocking of their own to take with them. Packed with toys and games, and very special homemade Christmas cookies baked by Matilda Scheib and Barbara Brown.

Of course there are also "elves" to thank whose hard work we could not have down without. From cooking and serving to clean up, craft and crowd control! Donna Rosengren, Mary

**Monday,  
January 11th**

Vestry Meeting  
7 pm

## Annual Christmas Party Thank you, cont.

Carol Miller, and all the St. Joseph kids: Adam Wisniewski, Thomas Gmoser, Elizabeth Gmoser, Alexandra Haus, Joseph Haus, Anthony Haus, Anna Haus, Kameron Larrow, C.J. Lar-

row, Bianca Grant, who did their best to make the Westhab children feel welcome.

It is always a joy to see what can be accomplished when everyone comes together, working for a

much greater good than ourselves. How amazing it truly is to see God's love in a simple act of kindness. The smiles and hugs received from the children and adults that attended the party was glorious. Thank

## Did You Know?

### **That the Vestry Meetings each month are open to the congregation?**

Please know you are welcome to come sit and listen to how the meetings take place – if there is a sensitive subject needing to addressed, you may be ask to step out, but all the information discussed is regarding the running of St. Joseph's. YOU are a part of

that. If you cannot attend the meeting, but would like something addressed, have a question or concern, please jot it down and give it to Patty Young, or put it in her mailbox in the Church Office.

### **The Internet is in the Chapel too??**

As you are probably more than aware of by now - the Internet contains a great deal

of information - to be accessed with a simple push of a button. Something you may not be aware of, are the great sermons you can read on:

[sermonsthatwork.com](http://sermonsthatwork.com)

This site was recently used by Sr. Warden Rick Ewen during Morning Prayer. He invited members to take a look at the site - which has a sermon for every Sunday of the year.

## Meeting Reminders...

- A dialog on Stewardship is being held on January 10th after the 10:30am service. We ask you to sign up for a Pot Luck Lunch. (Alternate snow day 12/17)
- The first Vestry meeting of the New Year is Jan.11th at 7pm.
- We ask everyone to attend the Annual Meeting on January 24th. This will also have a sign up sheet for a Pot Luck Lunch. (Alternate snow date 12/31).
- Coordinating Committee continues to meet each Monday at 6pm.
- A meeting of ALL committees is respectfully requested for January 31st after the 10:30am service. This includes, Ushers, Altar Guild, Coffee Hour service, and Lay Ministers

## Christingle ... Again!

Christingle is a custom that has its origins in the Moravian Church in the 18th century. The word Christingle means Christ Light. About 40 years ago Christingle was first celebrated in the Church of England. Where it quickly became a most beloved way of celebrating in the seasons of Advent, Christmas and Epiphany as well as effectively bringing awareness of the needs of vulnerable infants and children, collecting money and goods to organizations that serve them.

St. Joseph's celebrated for the 2nd year on Sunday, January 3, 2010 at the 10:30am service. As a reminder, here is how it works. We asked everyone to bring a new gift for an infant in need. Items

like disposable diapers, formula, clothing, infant health care kits, etc; anything needed to help keep a baby healthy, safe and comfortable. This year Blaire Lockwood and Anna Haus gathered the gifts from the congregation placing them by the baby Jesus. Then Alexandra Haus, her brother Anthony, Alexandra Benomar, Christopher and Kamron Larrow, and Adam Wisniewski-Jensen brought each person in attendance a Christingle orange. Symbolizing Christ the Light of the world! The gifts will be donated to the homeless infants and their families at Westhab. Last year the gentlemen who came to pick up the gifts were completely overwhelmed by the amount of

things donated.

Christingle consists of an orange to symbolize the world. Around it is a red band to symbolize the blood of Christ. The are four toothpicks with candies on them to symbolize God's gifts. The foil on the top made into a four pointed star represents a compass pointing to each corner of the earth and lastly the candle to signify the light of Christ's love shining over the whole world!

It was a lovely service, if you were not able to attend this year, we do hope you can join us at the 3rd Christingle at St. Joe's!

### *Mondays in January*

Coordinating  
Committee 6 pm

### **With Sadness**

Our deepest sympathy goes to Janet Olson Wakefield and family for the passing of her mother, Dorothy J. Olson on December 27, 2009. An Interment service at St. Joseph's will be scheduled in the Spring.

## Altar Flowers

January Altar Flowers are given:

- Jan. 3 by Anne P. Harmon and the Harmon Family in loving Memory of Fred Harmon
- Jan. 10 by Mr. & Mrs. Al McDonald
- Jan. 17 by Mary & Obie Clifford in loving memory of Hope Lawrence
- Jan. 24 by Katie Saliba & Warren Stramiello in celebration of Their wedding anniversary
- Jan. 31 by Constance B. Malm in loving memory of Ted Holdsworth



## Save the Dates!

- Mondays in January Coordinating Committee Meetings - 6pm
- Monday, January 11th – Vestry Meeting – 7pm – Special guest Canon Thomas Orso.
- Tuesdays at 10am – Women’s Workshop – bring a bag lunch.
- Wednesdays 1/20, 27 – Sandwich Brigade – help make a bag lunches for Westhab.
- Holy Eucharist will be the 2nd & 4th Sundays per month.
- Morning Prayer led by a St. Joseph Lay Ministers will be scheduled the alternating Sundays.
- Sunday, January 14 – Please sign up to help prepare the meal for the Valhalla residents.



### **A New Face at St. Joe's**

The St. Joseph family is proud to announce  
the birth of its newest member!  
Warren Hardin Saliba Stramiello  
was welcomed into the world on December 30, 2009  
at 7:41am 8 lbs and 21 inches long

Congratulations and love to the new parents Warren & Katie!

## Culinary Corner

Now that we've all indulged this holiday season, I thought instead of sharing a recipe this month, I'd share something I found on the Food Network site from "Healthy Living" with Ellie Krieger.

She asked if your energy level flat-line in the mid afternoon? Do you dread exercising or find it hard to get through your walks without feeling fatigued? If so, your body may actually be low on fuel.

Going too long without eating can make you feel tired, cranky and spacey. Small, healthy snacks or mini meals that include both protein and carbohydrates can help keep your energy levels high throughout the day. What's more, they take very little time to prepare. Most of these make a good breakfast on the go too!

Here are some sample snacks:

- Sliced apple with 1 tablespoon of peanut butter.
- Turkey and tomato on one slice of whole wheat bread.
- Low-fat cottage cheese and a peach or pear.
- A hard boiled egg and a piece of fruit.
- 1/3 cup Almonds and 1/3 cup Dried Apricots
- A yogurt and fruit smoothie.
- ¼ cup Hummus and baby carrots.
- Low-fat yogurt and fresh strawberries.
- Baked sweet potato with low-fat cottage cheese.
- Baked tortilla chips (10) and low-fat bean dip (1/2 cup).
- Reduced-fat cheese (1 ½ ounces) and 5 whole grain crackers.
- Half a peanut butter and banana sandwich.

I hope this list helps you as much as it has helped me – "my" snacking was more like feeding frenzy or grazing! Seeing what the portion size really is and not feeling guilty with the choices is helping me eat healthier which in turn helps me feel great. Enjoy!

## Just a Thought...

Martin Luther King Jr. Day is on January 18th. One of my favorite things he said was:

"Faith is taking the first step, even when you don't see the whole staircase".

Please take a mo-

ment at some point this month and read that sentence out loud. I think it has a very special individual meaning for each of us. Depending on where we are in life, what we have been challenged with, or who we are caring for at the time – this

statement means a lot, for me, and I hope for you too.

## Interfaith Caring Community

What exactly is the Interfaith Caring Community? Most of you know that we at St. Joe's provide a dinner every month for the Valhalla Shelter run by the Volunteers of America, and we take part in an annual interfaith Thanksgiving service. That is part of our contribution to the Interfaith Caring Community, a group made up of many diverse churches, synagogues, service agencies and private citizens here in the Central Lower Westchester area. Last year our number

included about nine churches, four synagogues and five or six service agencies that all work together to help people in need. The service agencies include Children's Village in Dobbs Ferry; Volunteers of America – with two facilities located on the Grasslands reservation in Valhalla (part of the Westchester Medical Center complex); Northern Westchester Shelter which was renamed "Hope's Door" last year; ARCS – Aids Related Community Services; County So-

cial Services and others who either need or can provide help. The concept is based on the Judeo-Christian belief that we need to help one another, in other words – "to be my brother's keeper".

Next month I will begin to write about some of the varied activities that Interfaith takes part in, and explain in more detail what we as a church can do with our outreach in relation to the Interfaith Caring Community.

By Barbara Jill Brown

## 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 Hellthaler'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

(Januart 2010)

**No act of kindness,  
no matter how small is  
ever wasted.**

*- Aesop*

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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## Glad Tidings!

|      |                     |
|------|---------------------|
| 1/3  | Anne E. Harmon      |
| 1/4  | Dakota Scandiffio   |
| 1/8  | John Verrastro      |
| 1/10 | Anthony Ephard Haus |
| 1/11 | Jan Farfalla        |
| 1/15 | Avery Tuttle        |
| 1/17 | Celia DiBenedetto   |
| 1/21 | Garrett Peterson    |
| 1/30 | Vera Watts          |

