

The Arimathean

Inside this issue:

What St Joe's Means to me	2
What's New at St. Joes	3
Save the Date	3
Centipede Story	4
Prayer List	5
Did You Know?	5
Culinary Corner	6
Interfaith Committee	7
Tag Sale II	7
Glad Tidings!	8

As I write we have just entered the season of Lent which according to the Ash Wednesday liturgy is to be a time of self-examination, prayer and self-denial. Ever since I can remember I have been urged-first by my mother and then by assorted pastors-to give up something for Lent. There are, however, other Lenten imperatives. Primary among these are reflection and service and it is the subject of service that bears further comment and discussion particularly with regard to our grounds.

Our grounds are a treasure! Their natural beauty can take one's breath away and the memories of loved ones and friends who have passed away flood through the mind during even the most cursory stroll. However, nature is a skilled but extremely untidy gardener and without intervention our grounds will revert to a natural beauty of altogether a different sort-a beauty to be very much admired in the wilderness but not in a churchyard. To restore the grounds to their former condition would take more labor and/or funds than are currently available but that should not deter us from restoring the grounds to a truly pristine but lower maintenance condition. Such an effort will require thought, planning and dirty hands and it will be a splendid opportunity to nurture and learn from a small patch of God's creation and a wonderful time for fellowship not only at work but also at play during the barbeques that will follow. So during this Lenten season let us commit ourselves to service-service in the garden.



Rick Ewen, Senior Warden

I believe in the SUN even when its not shining.
 I believe in LOVE even when I don't feel it.
 I believe in GOD even when He is silent.

What St. Joseph's Means to Me

By: Billie-Ann Grant

When I was first asked to write this, I was excited and immediately thought "Sure, this should be easy because St. Joe's means so much to me". Later I began thinking, "Oh my, this may be hard because St. Joe's means so much to me"!

I had grown up in a traditional Anglican family. The Anglican Church is pretty much all I know, I was baptized, confirmed, married in this tradition, even my uncles are priests. Then in my early adulthood I kind of moved away from all that and really didn't much think about church and it's significance. I did start going to a parish in Yonkers for a while but stopped again after getting sick and was a little disillusioned as no one from that church ever bothered or seemed to care why I had stopped coming or tried to contact me. So when I first moved into the area some 10 years ago, now that I had my own husband and children, I thought it

very important to find a nearby "church home" for us so that my children could have a spiritual foundation just as I had had. Besides, my daughter Bianca needed to be christened soon. I drove around and realized that our new home is located mid way between St. Joe's and St. Barnabas in Ardsley. So I found out what time services were on Sundays at each church and planned to attend. My first visit was to St. Joe's and immediately I knew this was it! The church with its red doors, small size, the grounds, the serenity and the people. I've never forgotten how the senior warden at time, Barbara Widmayer, made me feel so welcome as if from the first day I visited I was a part of the congregation! I loved it! I went home and told my husband Louis that I didn't need to see any other churches. If I wasn't convinced, after I made an appointment with

Addie about christening Bianca, I was sure. In a few short minutes she reminded me why the church was important to me, why what I had learned in church before was significant to how I wanted to live my life now.

Over the years St. Joe's has continued to do so much for me. It has helped me grow spiritually, helped me appreciate what I have and also what I don't have. At this point in my life, raising young children is my primary focus. St. Joe's has "reminded" me of all the values I need to instill in them, empathy, generosity, sharing, spiritual thoughts and the value of hard work. This little church is a reminder to me of what is important in me and my family's lives. In addition, I have gotten a wonderful extended family that I get to share experiences with.

I realize that when I was younger, I was a part of a church but I had no appreciation

(Continued on page 4)

**Monday,
March 8th**

Coordinating
Committee—6 pm
Vestry Meeting
7 pm

What's New at St. Joe's?

Yoga: Donna Rosengren

Starting on Wednesday, March 10th at 7pm, our Treasurer Donna Rosengren will offer a Yoga class - free to St. Joe's members (friends attending with members are asked to give a free will offering). Donna has over 30 years experience as a practitioner herself, this is sure to be an enjoyable evening. Please wear comfortable clothing and bring a yoga mat.

Martial Arts: Warren B. Young

Beginning March 1, 2010, on Monday and Wednesday evenings from 7pm-9pm, and one Saturday morning per month from 10am - 1pm. 8th Degree black belt Warren B. Young will be teaching martial arts classes. Warren is the chief instructor and director of the Bujinkan Kyorei Dojo. He has been training in the martial arts since 1973 and holds grade license in several martial arts including; Aikido, Kendo and Judo. Warren has been studying the martial art of Dr. Masaaki Hatsumi, the 34th generation Grandmaster of Togakura Ryu Ninjutsu since 1983. Please feel free to visit his web site:

www.kyoreidojo.com, you can also email Warren at:

admin@kyoreidojo.com

The St. Joe's members are welcomed to attend and train at a discounted rate. A Meditation workshop is also being planned to teach people the benefits of meditation and visualization to relieve stress.

Both Warren and his wife Patty hold master's level licenses in Japanese Reiki practice which they also hope to share. This workshop would be open to all levels and will be announced shortly.

Save the Dates!

- Mondays in March - CC meeting now at 7pm. No CC meetings scheduled on Vestry meeting Mondays
- Vestry Meeting Monday, March 8th at 7pm
- Women's Workshop each Tuesday at 10am - please bring a bag lunch. Coffee/tea and dessert will be provided
- Sandwich Brigade meets Wednesdays, March 24 & 31 at 9:30am
- Yoga Wednesdays at 7pm - beginning March 10th
- Martial Arts Instruction: Mondays & Wednesdays 7pm-9pm
- Special visit from Bishop Mhgolo of Tanzania Africa on March 21st at the 10am service at St. Paul's in Spring Valley
- March 13th from 9am - 3pm - St. Joe's will host St. James the Less Vestry Retreat
- Lay Lector's Training from 9:30am - 3:00pm March 13th at St. Marks in Yonkers
- St. Joe's will also host a Boy Scout Meeting on March 27th from 2pm-9pm
- Coming in the Spring! Tag Sale! May 15 & 16!!! Volunteers needed and appreciated!

What St. Joe's means to me, cont.

(Continued from page 2)

for what that meant.

Now I am a part of a

church that I believe

God gave me the
chance to become

part of and this

church family chose

me. I love you St.
Joe's.



Coming Soon!

A NEW children's choir directed by our own Alex Dmitriev!

All children are welcome to come and sing for joy!

The Talking Centipede

I cannot take credit for this short story. It was sent to me by Grady Jensen. On days I am (borrowing a quote from our Senior Warden) - "Up to my eyeballs in Alligators," I often find an email from Grady that makes me smile and puts life right back in perspective. Thank you Grady!

A single guy decided life would be more fun if he had a pet. So he went to the pet store and told the owner that he wanted to buy an unusual pet.

After some discussion, he finally bought a talking centipede (a 100 legged bug), which came in a little white box to use for his house.

He took the box back home, found a good spot for the box, and decided he would start off by taking his new pet to church with him.

So he asked the centipede in the box, "Would you like to go to church with me today? We'll have a good time."

But there was no answer from his new pet.

This bothered him a bit, but he waited a few minutes and then asked again, "How about going to church with me and receive a blewssing?" But again, there was no answer from his new friend and pet. So he waited a few minutes more, thinking about the situation.

The guy decided to invite the centipede one last time. This time he put his face up against the centipede's house and shouted, "Hey in there! Would you like to go to church with me and learn about God?!"

(you're going to love this)

This time, a little voice came out of the box, "I heard you the first time! I'm putting on my shoes!"

***Mondays in
March (15, 22, 29)***

Coordinating
Committee 7 pm

Prayer List

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, **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, Althea Serrant's daughter **Grace** Anderson-Smith, Marion Hellthaler's Friends **Marianne** Berglund & **Trish** Abruzzese, Warren Stramiello's Grandmother **Shirley** Wurst.



Did You Know?

The Arimathean is available in E Mail form?! If you would like to receive future issues in your E Mail box instead of your Mailbox, please fill out the form below and mail it to St. Joe's.

Please feel free to jot down suggestions, ideas for articles, or things you would like to see in the Arimathean.

IF you would prefer not to receive future issues in paper form or email form – please fill out the form and check 'cancel'.

Cut this section out and mail to: St. Joseph of Arimathea,
2172 Saw Mill River Road, White Plains NY 10607
Attn: Patty Young (please print clearly)

YES! I _____ would like to receive future issues of the Arimathean in my *email box* instead of my mailbox.
My current email address is: _____

I would like to read about:

I'd like to suggest/comment:

No thank you, I would like to stop receiving future issues of the Arimathean.

Name _____ Cancel

Address _____

Culinary Corner

"The great thing about a well-stocked pantry is that it allows you to be spontaneous". I read this and of all the thoughts I've had about my pantry the word 'spontaneous' never occurred to me. Until I read this recipe. I actually had the five ingredients it requires. It's fast, easy and best of all – rich and tangy all in one bite! I hope you enjoy this simple dip as much as my family has.

Avocado Dip

Ingredients:

1 ripe avocado, seeded and peeled
 1 tbsp lemon juice or lime juice
 ½ cup sour cream
 1 clove garlic minced
 1/8 tsp. salt
 Sweet peppers cut into strips.

Directions:

1. In a medium bowl combine avocado and lemon juice; mash with fork. Stir in sour cream, garlic, and salt. Serve immediately or cover surface of dip with plastic wrap and chill for up to 4 hours.
2. Serve dip with sweet pepper strips. Makes 8 (2 tablespoon) servings.

Each serving: 52 cal., 5 gfat(2 sat.fat), 6mg chol., 47 mg sodium, 2g carbs, 1g fiber, 1 g pro.

Winter Fruit Salad

Makes 8 servings: Total Time: 10 minutes

5 cups ruby red grapefruit
 3 kiwis peeled and sliced
 2 bananas sliced
 1/3 cup chopped pecans toasted (walnuts also work well)

Combine all of the above, serve immediately - enjoy!

Per serving: 134 calories, 4g total fat (0g sat.), 0mg chol.; 1mg sodium, 27g carb.,8g fiber, 2g protein.

Irish Blessing

He who loses money loses much.
 He who loses a friend loses more.
 He who loses faith, loses all.

Interfaith Caring Community

Gifted Hands Workshop

Gifted Hands is a hands-on creative arts workshop open to the community to teach participants that we are all gifted and to encourage them to conduct volunteer-led therapeutic projects for all ages and needs. Sponsored by Interfaith, monthly community workshops are held

on the first Wednesday of each month @ 7:00pm at First Reformed Church in Hastings-on-Hudson. The crafters have made beaded necklaces, decorated plates, done decoupage (gluing paper on boxes) art projects, and various other holiday projects that have been donated to Hope's Door, Children's Village, My sister's Place, clients

of the VOA shelter at the Valhalla Residence, and ARCS.

If you would like to join in the fun of creating something (no artistic skill is necessary, instructions are given and HELP for all from leaders and other group members is provided). Call Karen Thomas at 478-3575 for more information.

Barbara Brown

Yes, Back by Popular Demand, with YOUR help, we are doing another Tag Sale!

Scheduled for Saturday, May 15th and Sunday May 16th after the 10:30am service. Last year's sale was a wonderful learning experience and a profitable day for the church. It is our sincere hope we can have two days of profit this year – but we can only do this IF we have enough volunteers.

It is our hope to have another bake sale including the Haus family famous Joey Bread, hot dogs and cold drinks for sale, as well as your

donated items to sell.

We hope to begin collection tag sale items the last week of April.

Perhaps you can invite neighbors and friends to participate this way to benefit the church and clean out their closets. The parking lot near Worthington Road is a high visibility area very seldom used, so why not use it to everyone's advantage? Another element we would like to offer is the 'renting' of parking spaces to the community. A cost of \$35 for one day \$50 for two –

and a person can come sell their own tag sale items from the back of their car. They can bring their own table/tent/chairs and reserve a spot in the parking lot near Worthington Rd.

A sign up sheet will be posted in the very near future – please, please consider helping – for part of the day, one or two days, whatever you can offer would be appreciated.

ST. JOSEPH OF ARIMATHEA

2172 Saw Mill River Road
White Plains, New York 10607

(March 2010)

**What wisdom can you find that
is greater than kindness?
- Jean Jacques Rousseau**

Rick Ewen, Sr. Warden

Chris Larrow, Junior Warden

Vestry: Ben Alexander, Suzette Atkins, Connie Barrett, Clive Brown, Catherine Gmoser,

Jennifer Haus, Donna Rosengren, Katie Saliba, Althea Serrant,

Donna Rosengren, Treasurer * Patty Young, Clerk

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Catherine Gmoser, Layout

Grady Jensen, Historian

Glad Tidings!

03/03 Michael J. Goodrich

03/05 Harriet Holdsworth

03/06 Betty Hecht

03/08 Richard Wisniewski

03/20 Elizabeth Welker

03/23 Elizabeth Gmoser and
Thomas Gmoser

