



MESSAGE FROM THE PRIEST

“Living the Love of God”

The Cross in the Nave of the Church is largely covered by little pink 3X5 cards, each one neatly folded in half and tacked to the cross with a small nail. Each one is a confidential “Note to God,” and also a “Note to Self” that there are certain things in one’s life that need some attention. There is a lack, a missing piece, and the pain of that vacuum has driven this action. The vacuum is a holy hunger for wholeness and peace. It is a deep yearning for reconciliation and restoration. It is the stuff of Lent.

It happens to be that approximately half of Lent is in March and half in April this year. At the 4th Sunday in Lent (April 6th this year) the church marks a shift. For three weeks we have reached into the darkness of our own brokenness. We have metaphorically entered the tomb and found it a place of death—death of what is unholy. But now we begin to see a light in the distance, as if the tomb had a secret doorway in the depths of its darkness that leads into somewhere new and full of light. Toward this light we journey now for three weeks, and in Holy Week we will come up to the threshold of that doorway. On Easter Morning we will step across it. A movie trailer of that place would feature one word: Love.

Some of us will gather at La Capilla at dawn on Easter morning to celebrate that light. Others of us will gather at the church at the normal times for the highest feast of the year. Make plans to gather with the people of God that day—we celebrate the victory of love.

Next month: What else might it mean?

Paul+

VOLUNTEERS NEEDED

Cherie Salmon, our church secretary, has been the Bazaar/Garage Sale Chair for 10 years and has decided that is long enough. She has done a tremendous organizing job on both events and always does the work of three people. Please take a moment to thank her for her service the next time you see her.

The three people who will attempt to take her place this year are Jill Olson, Linda Shay and Carol Barrington – none of whom want to be Chair – but who will work together to keep it all going. We are looking for cheerful volunteers to join us in the church garage a couple of times a month. It is a great way to get to know people if you are new or newly-retired and looking for a way to give of your time to a worthwhile cause.

The garage sales are on the first Saturday morning of the month, preceded by a work day on the Friday before the sale. There are 8 – 10 of them a year, depending on weather, availability of workers and donations and other events in town. These sales are an offshoot of the Bazaar and are now an integral part of that event. Fridays are the sorting days and the better items are selected and stored for the bazaar, while the rest are sold at the garage sales.

The garage sales are truly a win-win for everyone concerned. Those who need to divest themselves of items no longer needed are able to donate; those who need those items can purchase them at very little cost. It is the purest form of re-cycling around and requires no energy to process – except, of course, the energy of the workers. Money is raised for various good works – in the church, in the community, in the world.

Come me join us; it’s good work for good causes and we have FUN. Please notify Jill, Linda or Carol if you would like to be a part of this effort.

FROM YOUR PRIEST'S WARDEN

Father Paul recently delivered a timely homily on the importance of forgiveness. I would like to add my modest comments. Tied to the inability to forgive is unresolved anger. When I was young, the word "bitterness" was used and when I was very young "hardhearted" was used. These words implied an anger that burned within and ruined the affected person. People may have massive tragedies that happen to them throughout life, sometimes partly through their own faults and often through no fault of their own. It is not easy to overcome the loss of multiple children, or a husband that leaves a wife when she has a terminal illness with small children and no means of financial support. Yet I have seen this happen. Some people resolve the anger and eventually become stronger more beautiful people. Others allow themselves to become bitter.

If we allow bitterness to persist in our life it destroys us. It leads to physical problems, mental disorders and premature death. More importantly we alienate and isolate ourselves from our fellow man, our family, and from God. We end life lonely and alone.

Forgiveness takes time and effort. It is not easy to overcome terrible tragedy. It may take years to even partially overcome tragedy. We, as Christian brothers and sisters, are obligated to be patient and provide spiritual and emotional support during this difficult time. Overcoming tragedy and bitterness requires hard work. We must make a conscious effort to push loss and bitterness away. Asking "How can I have a better day?" sometimes helps. Asking for God's divine guidance, peace, and help at the beginning of every day is important.

Forgiveness and overcoming anger are absolutely essential. It is essential for our relationship with God. It is essential for our relationship with our fellow man. Most importantly, it is essential for our own peace and happiness.

John Bell

BABY BLANKET PROJECT

Getting baby blankets into Africa has become very expensive due to customs charges and making sure that they get to the right people is getting harder and harder. For this reason, we have decided to send the blankets to Honduras with the Honduras Good Works group when they go down there this summer. So, please get to work on your baby blankets and make sure they are brought to the church by July 1st.

FR. PAUL'S DISCRETIONARY FUND

Please be aware that this fund is a separate checking account so that Fr. Paul can write checks directly to those in need. Please write a separate check when giving to this fund and make it out to "Discretionary Fund". This is different from the "Designated Funds" account. "Designated" giving should ALSO be a separate check from your usual pledge, and you need to say which designated fund you are giving to on the comment line of your check.

COURTESY OFFICERS

In the interest of the safety and security of the church on Sunday mornings, the Vestry has started a program where we are asking for volunteer 'Courtesy Officers' to listen to the Sunday service from the Parish Hall. If someone comes into the Parish Hall during the service Courtesy Officers will be able to answer questions, deal with people needing help or food, etc. There is a signup sheet on the bulletin board in the Parish Hall where you can pick a date and either the early or late service for which you would like to help. THANK YOU!

Eat Red for Heart Health

Work these 3 red foods into your diet for a healthy ticker

by Holly St. Lifer, AARP The Magazine, February/March 2014

It's time to amend that "apple a day" aphorism: Tomatoes and cranberries keep the doctor away, too. New research shows that incorporating these three red, round fruits into your daily diet can reduce your risk of heart disease by as much as 40 percent. Indeed, diet can have a tremendous impact on heart health — and should be the first line of defense when treating high cholesterol or high blood pressure, two of the biggest risk factors for heart disease.

"A heart-healthy diet is always the first step," says Michael Blaha, M.D., director of clinical research for the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease. "In some patients we can see a dramatic improvement in cholesterol from diet alone." Fortunately, these antioxidant-rich fruits are as tasty as they are healthy.

Tomatoes

A new study by Tufts University scientists in Boston showed that eating lycopene-rich foods such as tomatoes more than five times a week over an 11-year period reduced coronary disease risk by 26 percent. Lycopene is an antioxidant compound that gives tomatoes and certain other fruits and vegetables their color. It's best to eat tomatoes cooked, though. "The heating process allows lycopene to be better absorbed," says Gerard E. Mullin, M.D., of Johns Hopkins Hospital in Baltimore.

Apples

An apple a day can reduce LDL (bad) cholesterol by as much as 40 percent, according to a new, small Ohio State University study. Also, the Iowa Women's Health Study, which tracked more than 34,000 postmenopausal women for 18 years, found a link between apple eating and a lowered risk of dying from heart disease. Be sure to munch on the fruit rather than drink juice; the peels house the most antioxidants.

Cranberries

Drinking 3 cups of cranberry juice daily can raise HDL (good) cholesterol levels by 10 percent and reduce heart disease by 40 percent, a study at the University of Scranton in Pennsylvania showed. Plus, this juice decreased diet-caused atherosclerosis (clogging of the arteries) by preventing plaque from forming. If you can't quite stomach three glasses of cranberry juice a day, one or two have benefits, too.

LET'S PRAY—APRIL 2014—Tuesday, 8:30 AM Prayer Gathering Locations

April 1—Brewer Hill Baptist (8 AM Breakfast)

April 8—New Hope Fellowship

April 15—First Presbyterian

April 22—Brewer Hill Baptist (8 AM Breakfast)

April 29—New Life Family Fellowship

APRIL LAY READER AND ACOLYTE SCHEDULE

DATE	LAY MINISTERS	GREETERS	ACOLYTES	SUNDAY SCHOOL/ NURSERY
APRIL 6 8:00 AM 10:30 AM	Karisse Moore Pat Brown Win Taylor		Win Taylor Stephanie Ortiz Gabby Ortiz Danielle Ortiz	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery: Karisse Moore
APRIL 13 8:00 AM 10:30 AM	Karisse Moore Carol Coon Lector: Ted Presler Mary Ihlefeld	Mitzi Roberts Marianne Bray	Toby Guck Tony Guck Adrian Melon Ana Ortiz	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery:
APRIL 17 7:00 PM	MAUNDY THURSDAY Jane Bates Mary Harrell			
APRIL 18 5:30 PM	GOOD FRIDAY Linda Shay Karisse Moore			
APRIL 19 7:00 PM	EASTER VIGIL Mary Harrell Joe Pidutti			
APRIL 20 8:00 AM 10:30 AM	Karisse Moore Jane Bates Mary Ihlefeld	Dave & Pam Kuthe	Toby Guck Gabby Ortiz Stephanie Ortiz Lexie Ortiz	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery: Karisse Moore
APRIL 27 8:00 AM 10:30 AM	Linda Shay Linda Shay Lector: Paul Sherrell Win Taylor	Suzanne Parham Jennifer Melon	Linda Richter Tony Guck Toby Guck Danielle Ortiz	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery: Holly Peterson
MAY 4 8:00 AM 10:30 AM	Karen Morant Pat Brown Joe Pidutti		Adrian Melon Stephanie Ortiz Ana Ortiz Lexie Ortiz	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery:

Lay Readers, please note: the reader listed first will read the first lesson

Eucharistic Visitor Schedule

April 6—Sarah and Anthony Guck
(training John and Cecelia Bell)
April 13—Karen Morant and Eduardo Arguello
April 20—Linda Shay and Dora Somerville

April 27—Mary Harrell (training Jennifer Melon)

The first Eucharistic Visitor listed is lead. If you cannot serve on the day scheduled, please contact Mary Harrell or Father Paul.

HAPPY BIRTHDAY

April

	14	Gabriella Ortiz
	16	Robin Arington
	19	Stephanie Ortiz
2	23	Anthony Guck
3	23	Cassie Jewell
12	23	Barry Rimmel
13		Samuel Arington
13		Jacob Baxter
14		Analyssa Ortiz



HAPPY ANNIVERSARY

April

20	Adele and Mike Giusto
21	Tom and Jane Bates



PRAYER FOR SNOW OR RAIN

O God, in Whom we live and move, and have our being, grant us moisture as rain or snow, in due abundance, that, being sufficiently helped with our present needs, we may the more confidently seek to build your Kingdom. Through Christ, our Lord. Amen

Do you have a birthday or anniversary in April but don't see your name here? Please call Cherie at the office, 538-2015, and get her to update the database to reflect your info. Thanks!