

The Good News

Volume 11 Issue 1

January/February 2015

Merry Christmas and Happy New Year

OUR MISSION STATEMENT

St. Paul's Episcopal Church in Chittenango, New York exists to restore all people to unity with each other and with God in Jesus Christ.

Greetings fellow parishioners,

I hope that you all had a very Merry Christmas. Actually as some would remind us I should say I hope you are all HAVING a VERY MERRY CHRISTMAS since Christmas actually lasts until Epiphany. Of course since Epiphany comes on January 6, 2015 the holiday season will soon be truly over.

After the holiday season the question is "what's next?" Well, I think we all know what to expect. Short days, long nights, snow and three solid months until Spring. It is with all of this in mind that I thought I would offer up a few brief thoughts on how to pass the time during the winter season.

1. Keep the sprit alive. As most if not all of you know I am Jewish, but I really enjoy Christmas. Why? Well, usually I get fed pretty well, but of course it goes much deeper than that. There is a lot of beauty to the season, and it's not just the lights. Don't get me wrong. I love a good display, and sometimes love seeing a single candle in each window even more than that. But to me the BEST part of it is that for at least a brief time each year many people will go out of their way to be a little more generous, or say a kind word. So I ask why should this stop? When I was growing up my mother tried to teach us not just to be good on special days, or to remember veterans only on national holidays, but to do these things a little bit each day. So I suggest we all learn from her example.

2. Take care of yourself. Winter can be a hard time both physically and mentally. Make sure you are taking small, but meaningful steps to keep yourself healthy. Make sleep a priority and try to get enough. Try to eat right. Wash your hands. Often! (It's a great cold and flu fighter) Granted this is all easier said than done, but sometimes even a small effort can make a big difference. And to the caregivers out there remember that you can not care for others if you have not cared for yourself first.

3. Make time for friends and/or family. Go play in the snow. Too cold? Break out the board games. At a recent Christmas gathering I watched two cousins enjoy a good game of Scrabble. Scrabble not your game? I can relate! My greatest accomplishment with that game was the day I didn't come in last. So may I suggest Monopoly? It is my personal favorite. It takes a little time to play and a certain level of communication among the players is a must. Besides, where else can you completely destroy everyone in the room, and smile knowing that no harm was done?

(Continued)

THANK YOU

Ruth Williams wishes to express her very sincere and ample gratitude for the prayers, calls, cards and food that she received from the congregation during her recent time of need. (Editor's Note: When Ruth called she said she wasn't quite sure of what to say. On her behalf I'd like to say that her tone said everything that words could say and more. She was very grateful!)

New Year-Continued.

4. Sometimes a good movie is a great way to pass the time. If you're lucky it might even be thought-provoking or provoke conversation. With this in mind two of my favorites: *Defending Your Life* (1991) with Albert Brooks, Meryl Streep, and Rip Torn. Brooks plays a 40 year old man who dies in a car accident and subsequently finds himself in...limbo? It is a very pleasant place, but not the final destination. The next step will be determined based on a review of his life, specifically how he handled fear. On the surface it's a nice romantic comedy, but to me there is a great message waiting within. My second recommendation is *The Hudsoner Proxy* (1994) with Tim Robbins, Jennifer Jason Leigh, and Paul Newman. Clever, funny, and again, maybe some nice messages about how God tends to work with a light touch.

Find a way to enjoy the next several months. Happiness is a choice.

Dan Rapp, editor



ANNUAL MEETING

January 18, 2015
9:00 a.m.—Holy Eucharist
Bishop Adams, Celebrant
10:15—Dish-to-Pass Brunch

Bishop Skip will join us to celebrate the Eucharist and to take part in the meeting.

This is a *very* important annual meeting this year to elect a new vestry and wardens as well as to discuss St. Paul's path forward into 2015 and beyond. Please talk to Gordon Stansbury, the current senior warden, if you are interested in being a candidate for the 2015 Vestry.

We urge **YOU** to welcome the Bishop, support the parish and enjoy wonderful food and fellowship.

January Birthdays

2~ Ronald Barber	19~Claudia Jensen
2~ Warren Tedford	22~Jim Kraus
7~ Kanestio Tarbell	22~Jayda Lawrence
11~Jennifer Courtwright	24~Dana Kraus
14~Kimberly Chappell	27~Ellyanna Judd

Anniversaries

30~Ed and Donna Hoffman

February Birthdays

1~ Jerry Jackson	18~Dick VanValkenburgh
6~ Carter Woodworth	21~ Ashley Saunders
6~ Ida Goins	22~ Neil Huebler
8~ Aaron Judd	23~ Jennifer Hobbs
11~ Ted Tedford	26~ Roberta Kincaid
14~ Jack Lawrence	28~ Brittany Reals
16~Dan Rapp	29~Amy Randall

Anniversaries

09~ Jim and Becky Kraus
 14~ Todd and Kim Chappell
 24~ Doug and Darryl Tarbell
 29~ John and Barb Tafe

**Prayer List**

Eric Baker (Courtwright request), Ron Barber, Lynda Blaziaa (Gerling request), Jason Ceresoli (Furtado request), Patricia Chavanne (Barber request), Leisha Doherty (Tedford request), Billy Dougan (Montgomery request), Colleen Eggers (Tarbell request), Richard Fife, Joanne Furtado, Christopher Hartig (Yates request), Terry Hoffman (Hoffman request), Kaylee Kraus, Yurie Rosenfeld (Gerling request), Jessie Salisbury (Furtado request), Andy Stokes (Hilts request), Angela Stucker (Pokorny request), David Verne (Yates request), Kate Verne (Yates request), Joe Williams, Ruth Williams, Elsie Wright (Winters request), James Wyman (Gerling request), Zoey Zavodsky (Williams request)