The Quarterly Jazz Vespers
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To share your good news in the Communicant!
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Exploring the Word of God! Exciting!!!

Join us on Sundays!
Sunday School: 9:15 a.m. and 10:30 a.m.
Church Services: 8:00 a.m. and 10:30 a.m.
The St. Philip Episcopal Church Family Hosts:

The Quarterly Jazz Vespers

featuring Tia Harris-Roseboro
performing jazz standards with guitar, keyboard, bass & drums

Saturday, April 10th, 2010
5:00 p.m.
St. Philip Episcopal Church
166 Woodland Avenue
Columbus, OH 43203

Reception to follow in the Parish Hall
Sign up to be a patron - $10 per person
Make your check payable to St. Philip and mail in by April 4th
Food Pantry
The Food Pantry is in dire need for the members of the St. Philip family to give some time to this outreach ministry. We have been serving close to 50 or more families during each week. As you know, the pantry is open from 12:00 noon to 2:00 p.m. on Wednesdays and Thursdays, except for the first Wednesday of the month. We have been relying heavily on food pantry clients to do some of the work each week. Please contact Fred Johnson (614.895.7505) or call the church office (614.253.2771) if you can help.

First Sundays are Food Sundays
Each time you go grocery shopping, remember God’s hungry children. Please bring your food, toiletries or monetary donations for the Pantry. Specific items needed include - paper towels, bleach, body soap, toilet paper, toothpaste, deodorant, etc.

Keeping in touch with sick and shut-in members of St. Philip
Do you know of any parishioners who are ill that we at St. Philip may not be aware of? Do you know of parishioners who have been absent from St. Philip for a long time? We want to contact these members and let them know that they remain in our thoughts and prayers. If you have information, please contact Father Burns.

Acolyte Guild
The Acolyte Guild is open to everyone ages 8 and up. Rehearsal is held on the third Sunday of each month-after the 10:30 a.m. church service.

Youth Sunday School
Classes meet every Sunday at 9:15 a.m. and 10:30 a.m. Please join us!! Please contact the church office to volunteer.

Young Adult Bible Study
Class meets every Sunday at 9:15 a.m. Please join us!!

Adult Sunday School
Class meets every Sunday at 9:30 a.m. Please join us!!
Youth Church Service - April 18, 2010 - 10:30 a.m. Service

St. Philip Praise Dance Ministry
We welcome all youth who would like to be a part of the St. Philip Dance Ministry. The dancers are preparing to dance again on April 18th for the Youth Service.

Union of Black Episcopalians (UBE) Youth Explosion VII
UBE Conference-Embassy Suites Hotel-Convention Center
Monday June 28 through July 2, 2010 in Charleston, South Carolina
Please sign up for this trip with Rhonda Abban.

Educational/Scholarship Opportunities
Syracuse University has 10 Full Rides for African American Men and Women interested in Studying Architecture. Mark Robbins, Dean of Syracuse University's School of Architecture is desperately seeking young men and women of color interested in pursuing a five year professional degree in Architecture. He says he's deeply committed to bringing diversity to his field and has scholarship money set aside to fully cover education costs for 10 students. He says that Hispanic enrollment in the school has increased substantially, but it's been harder to attract Blacks. Syracuse University School of Architecture has a great reputation and this seems like a terrific opportunity, so please pass this on to everyone you know.

Contact: Mark Robbins, Dean, School of Architecture (315) 443-2256 (315) 443-2256 (315) 443-2256
http://soa.syr.edu/index.php
School of Architecture
Syracuse University
201 Slocum Hall
Syracuse, NY 13244-1250
(315) 443-2256 (315) 443-2256 (315) 443-2256 (315) 443-2256
Altar Candles, Altar Flowers & Sanctuary Lamp
Each parishioner must fill out a new form if you wish to purchase the Altar Candles, Altar Flowers, or the Sanctuary Lamp. You may purchase in memory of, in celebration of, or in thanksgiving of. Please check the appropriate choice below:

__ In Thanksgiving      __ In Memory      __  In Celebration

List the names you wish remembered below (Please Print):

________________________________________________
________________________________________________
________________________________________________
________________________________________________

Given by: _________________________________

Cost Per Sunday
Altar Candles  $10.00 / Altar Flowers  $60.00 / Sanctuary Light  $15.00
The cost will be prorated if more than one (1) person has requested the same Sunday.
Payment is due in advance. Make your check out to St. Philip Episcopal Church. On the memo line write for Altar Candles, Flowers or Sanctuary Light.

Please complete and return this form to the church office. Thank you.

Prayer Requests
If you wish for a name to be placed on the prayer list, please provide the information below and submit it to the church office.

Name of person ill: ____________________________________________________________
Hospital:  _________________________________________________________________
Nursing Home: _____________________________________________________________
Serving in the Military: ______________________________________________________
Special Concerns: __________________________________________________________
Friends: _________________________________________________________________

Friends of the Homeless
Check the bulletin board, select your month, and sign up to donate food and/or cook on the 2nd Thursday of each month. Groups and individuals welcome!

Travel!
If you want to travel, visit Nannette's web page at www.reynoldseventmanagement.com.

Need a ride to Sunday Church Service? . . . Ride with us!
Sit back and relax before and after the 10:30 a.m. service. We’ll pick you up at your front door, drive you to the 10:30 a.m. church service and drive you back home. safely. Please call the church office at 253.2771 during the weekdays to reserve your spot!
Healthy Eats!

Layered Salad

Serving Size: 1/2 cup
Yield: 8-10 servings
Sodium: 290 mg
Calories: 184
Fat: 11 grams
Cholesterol: 147 mg

2 cups fresh iceberg lettuce, chopped
1-10 oz. package frozen green peas, thawed
1-8 oz. can water chestnuts, drained and sliced
4 hard boiled eggs, sliced
1 medium red onion
2 cups fresh spinach, chopped
3/4 cup, light salad dressing (i.e. Miracle Whip)
3/4 cup grated low fat cheddar cheese (approximately 4 ounces)

1. In large glass bowl, layer lettuce, peas, water chestnuts, egg, onion and spinach - in that order.
2. Carefully spread salad dressing over entire top, then sprinkle with grated cheese.
3. Bring to the table and toss thoroughly before serving.
4. Pour into pie shell and bake in preheated 350° oven for 1 hour or until firm.

Courtesy of the Ohio Commission on Minority Health Opening the Door to Good Health Cookbook
Excerpt from the Ohio Commission on Minority Health
http://mih.ohio.gov

Okra and Greens

Yield: 5 servings
Sodium: 32 mg
Calories: 115
Fat: 6 grams
Cholesterol: 0 mg

1 small onion, finely chopped, 2 tablespoons corn oil; 1 pound greens, shredded; 16 okra; 4 chili peppers, finely chopped and crushed; 1 lemon; and a 1/4 cup of water.

1. In a large heavy sauce-pan, saute’ onions in oil until golden brown
2. Add remaining ingredients and about 1/4 cup of water. Simmer over low heat, covered, until greens are tender.
3. Squeeze lemon juice before serving.

Courtesy of the Ohio Commission on Minority Health Black Kids Can Eat Right Too Cookbook
Excerpt from the Ohio Commission on Minority Health
http://mih.ohio.gov
Asbury North UMC & St. Philip Episcopal are inviting all Church Congregations to join us in a

Hand to Hand Rally

in support of President Obama and the passing of the Health Care Bill

Sunday, April 18, 2010
2:00 p.m. - 2:30 p.m.

Starting at St. Philip (166 Woodland Ave.) heading south to the south side of Broad Street and heading toward Trinity Episcopal Church (Broad at Third).

If your Church is between Woodland and Third, go directly to Broad Street and take a hand

If your Church is outside of Woodland to Third, drive down Broad Street, park and fill in the gaps.

(Be careful not to block streets or driveways)

Please bring a folding chair or blanket if you need to sit

Contact: Carolyn Johnson, Asbury North UMC, 614-258-8154 for additional information or Nannette Reynolds, St. Philip Episcopal, 614-253-2771.
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- 9:30 a.m. Adult School  
- 9:15 a.m. Young Adult Bible Study  
- 10:30 a.m. Church Service | 3      | 4        | 5         | 6        | 7      | 8        |
| - 7:00 p.m. Bible Study |           | - 12-2 p.m. Food Pantry  
- 6:00 p.m. Choir Rehearsal | | - 12-2 p.m. Food Pantry | | |
| 9      | 10     | 11      | 12        | 13       | 14     | 15       |
| - 8:00 a.m. Church Service  
- 9:30 a.m. Adult School  
- 9:15 a.m. Young Adult Bible Study  
- 10:30 a.m. Church Service | 16     | 17      | 18        | 19       | 20     | 21       |
| - 7:00 p.m. Bible Study |           | - 12-2 p.m. Food Pantry  
- 6:00 p.m. Choir Rehearsal | | - 12-2 p.m. Food Pantry  
3:00 p.m.- 7:00 p.m. Friends of the Homeless | | |
| 23     | 24     | 25      | 26        | 27       | 28     | 29       |
| - 8:00 a.m. Church Service  
- 9:30 a.m. Adult School  
- 9:15 a.m. Young Adult Bible Study  
- 10:30 a.m. Church Service |           | - 6:00 p.m. Choir Rehearsal | | | | |
| 30     | 31     | |         |          |        |          |
Memorial Garden
We would like to add as many engraved pavers as possible to the Memorial Garden while it is glowing with the beauty of summer. We hope you will not only admire the garden, but also use and enjoy it - sit under the pergola, walk the Labyrinth, pray, and meditate. Application for the pavers may be secured from the office. Many thanks to those who have already volunteered to help keep the Memorial Garden continually

Call for Altar Guild Members
Are you looking for a way the church can use your time and talent? Why not become a member of the Altar Guild. We can also use people who are not working during the day as “reserve” Altar Guild members who can prepare the altar and sanctuary for funerals and/or weddings. This includes putting out the vessels to be used during communion and washing and putting them away after the service. Training will be provided. If you would like to be involved in this rewarding ministry, please contact Father Burns at 253.2771.

Young Adult Group
The St. Philip Young Adult Group is a group of single and married Christians who come together to explore our faith, learn, and share our Christian experiences with one another.

*The Young Adult Group will host the April 11 Coffee Hour after the 10:30 a.m. church service.*

*The next Young Adult Group meeting will be held on Saturday April 17 at 4:00 p.m. The group will continue to build upon the themes that were addressed at previous meetings meeting:*

- Strengths and weaknesses of St. Philip Church ministry, especially as they relate to young adults.
- The church’s expectations of young adults and young adults’ expectations the church.
- Strategies to ensure that the needs of young adults are met.

The group is interested in recruiting new participants and sincerely hope you will consider joining them! A light dinner will be served and Child Care is available. Reservations must be made for child care. *By the way “Young” is very inclusive so don’t let age get in your way!!!*

Please contact Cynthia at clbpassat@hotmail.com with questions.
To contribute news/articles to The Communicant, please send your news to:

The Communicant
166 Woodland Ave
Columbus, OH 43203

or email your news by the 15th of each month to: pburtonweb@aol.com

The St. Philip web site [http://st-philips-columbus.diosohio.org/](http://st-philips-columbus.diosohio.org/) is another method used at St. Philip to spread the good news of Jesus Christ. If you would like to contribute information or help maintain our site, please contact the church office or send an email to pburtonweb@aol.com. Thank you!