

# ST. PETER'S NEWSLETTER

VOLUME 5, ISSUE 1

JANUARY 2010

## RECTOR'S LETTER:

Dear people of Saint Peter's,

The twelve days of Christmas are always concluded with the celebration of the Epiphany. On January 6<sup>th</sup> we commemorate the arrival of the Wise Men bearing gifts to the Holy Family. While Matthew's Gospel does not tell us exactly how many Wise Men there were, by tradition we have held that there were three, for there were three gifts.



Last year, a parishioner shared with me this joke: Do you know what would have happened if it had been three Wise Women instead of three Wise Men? They would have asked directions, arrived on time, helped deliver the baby, cleaned the stable, made a casserole, and brought practical gifts. While this makes light of some of the differences between genders, it also reveals the truism that different people offer different gifts.

As a community, we all offer our gifts to God and help enrich our common life together. Some volunteer at *Seekers* or *the New Life Thrift Store*, others participate in a liturgical ministry or in Outreach, some cook or set up for events, and some do things behind the scenes that most of us miss. The stewardship of our time, talent and treasure is a crucial element in living out an active life of faith.

Part of being a healthy community of faith is sharing in common certain values: a willingness to be open to the gifts that are offered by all members and receiving those gifts in gratitude. This sounds deceptively easy but is really a great challenge for several reasons. Sometimes members do not recognize or even appreciate the gifts being shared; sometimes members are critical of what is being offered; and sometimes they are even rejected outright. These problems can be exacerbated by the majority of the community preferring the gifts that some offer and neglecting or rejecting the gifts from others. As you can imagine, this can become catastrophic! These experiences within a community can eat away at the synergy of the Holy Spirit at work in our midst and cause a congregation to move towards atrophy, eaten away from within.

Which brings me back to the Wise Men again: do you think Jesus really needed Gold, Frankincense and myrrh? Could not the Son of God made all that and more? Yet Jesus received what was offered to him. By his actions, he taught us that it is never just about the gift, but more importantly that receiving the gift is symbolic of receiving the person and valuing the relationship. When we accept the gift, we receive and accept the person who is presenting it.

Saint Peter's is blessed and gracious community! But I believe that we should never take this or each other for granted. As we come to the beginning of a new calendar year it is traditional to make some kind of resolution. For me, I am hoping to be more gracious; striving to emulate and live the words of Saint Theresa and "Count all as gift." I hope you will join me in trying to be more conscious of the great blessings that we are to each other as a family of faith—being more thankful of each other.

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A blessed new year to you! Please keep me in your prayers and know that you are daily in mine.

Peace,

*Jeffrey+*

**ONE to Watch:** A common human experience is to wonder about the roads not taken in life. *It's Complicated* is a well cast and funny movie that explores how unresolved relationship issues can continue to haunt a family years after a divorce. Ultimately it resolves to the importance of finding forgiveness and living in the present and not the past.

**What the Rector is reading:** I am always on the lookout for good sources of stories for sermons. I just ran across a wonderful collection by Margaret Silf called "One Hundred Wisdom Stories from Around the World".

### STEWARDSHIP UPDATE

The Vestry is very thankful to the many members of St. Peters who have responded so positively to our recent stewardship campaign. To you who have responded we say a heartfelt "Thank You!" To date we have pledges from 153 families/individuals. Our goal is to increase the number of pledges by twenty five and so far we have 22 new pledges! That's truly wonderful, **but**, we are still looking for another 3 new pledges. So.....as we sit down to make out our New Year's resolutions for 2010 let's remember the theme of this stewardship campaign "Take Care of Your Heart" - a verse from Matthew where Jesus says, "Where your treasure is, there is your heart also." Why not consider making a financial commitment to St. Peter's by pledging? It's not too late and would be a wonderful way to start the New Year by demonstrating to all where your heart is. Need a pledge form? Call the church office. Thank you for your consideration.

Jack Emery – Stewardship Chair

### STEWARDSHIP & PLEDGE ENVELOPES

- REMINDER: All 2009 pledges need to be submitted no later than December 28th in order to be recorded in this calendar year for your 2009 taxes.
- If you have already turned in your stewardship pledge card thank you, we greatly appreciate it.
- If you haven't, please prayerfully consider your stewardship and share in our life together by turning in your pledge card to the office or in the collection plate as soon as possible. Stewardship pledge cards are available in the vestibule of the Church (Please be sure to check whether or not you would like pledge envelopes.)
- If you requested pledge envelopes you may pick them up from the bench in the back of the church. Please use your new 2010 envelopes starting IN JANUARY. PLEASE do not use any leftover envelopes from 2009 or past years since your pledge envelope number change s each year. Thank you.

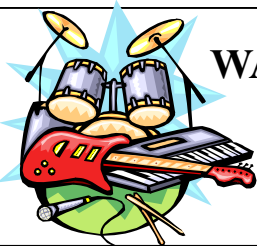


#### STEWARDSHIP

|                         |              |
|-------------------------|--------------|
| Total Budget            | \$261,000.00 |
| Total Pledge            | \$248,507.12 |
| Received as of 12/28/09 | \$238,020.89 |

#### CAPITAL CAMPAIGN UPDATE

|                     |                |
|---------------------|----------------|
| Pledged             | \$ 790,688.57  |
| Paid as of 12/28/09 | \$ 675,916.04  |
| Goal                | \$1,000,000.00 |



**WAM!**

**Please Joins Us for WAM!** (Worship with Alternative Music)  
Sunday, January 3rd at the 10 am Holy Eucharist Family service.

New members, both vocal and instrumental, are always welcome!  
Please join us. For more information call Sheila Bravo-Ross at 645-8479.

# SEEKERS

SPIRITUAL TREASURES AT ST. PETER'S SQUARE

## A CONVERSATION ON MISSION BEYOND OUR BORDERS



Seekers, Spiritual Treasures at St. Peter's Square and the Global Mission Committee at St. Peter's will sponsor **A Conversation on Mission Beyond Our Borders**, from 7 to 9, on **Thursday Evening, January 14th**, in the Parish Hall at St. Peter's Episcopal Church, 2<sup>nd</sup> and Market St., Lewes, DE.

The Rev. Dr. William James Wood, former missionary in Liberia, past President and Executive Director of The Global Episcopal Mission Network and active in Global Mission concerns for many years, will join The Rev. Mark Harris and others who have had mission experience outside the US. They will share some of their experiences and then reflect on what those experiences tell us in an appreciative way about the possibilities of spiritual and social action with others in the world.

The hope is that we will begin a conversation at this gathering that will give added energy to our efforts in mission beyond our borders.

Refreshments will be served.

It should prove to be a fine event and of course, in an Anglican sort of way, perfect for the season of Epiphany.



### ST. PETER'S READERS

The next meeting of St. Peter's Readers will be at 5 p.m. on Sunday, January 17, 2010 in the Conference Room. Aimee will be leading the discussion of *Maud Martha* by Gwendolyn Brooks.

The schedule of the rest of the year is: February, Olive Kitteredge led by Helen Mittinight; March, nonfiction led by Kathryn ; April, classic; May, fiction led by Donna and Lynda and June, fiction. All are welcome.

Bible Resources Labyrinths Rosaries Wall Art

Sacramental Gifts Grief & Healing Prayer Beads Children's Books

## What are you searching for?



Find it at  
**SEEKERS**  
SPIRITUAL TREASURES AT  
ST. PETER'S SQUARE

*All net proceeds are donated to help those in need*

Hours: 12-3pm Mon, Tues, Fri. 10-2pm Sat., 9-1pm Sun (closed Wed/Thurs)  
visit [www.seekerslewes.com](http://www.seekerslewes.com)

211 Mulberry St, Lewes DE 19958 302-645-9916

Books Greeting Cards Fair Trade Inspirational Gifts Icons Prayer Aids

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On January 16, at 9 AM Marj Lewis and Roberta Lindsay will lead a New Member Orientation in the Sacristy. The orientation will include a tour of the sacristy, how to set up for Sunday services, what and when to polish. All current members who wish to have a "refresher course" are encouraged to attend.

In February, on Sat. the 20<sup>th</sup> and in March on Sat. the 20<sup>th</sup> the orientation for new and current members will be repeated. These orientations will be in the Sacristy at 9 AM

Any parishioner who wishes to join the Altar Guild, please contact Marj Lewis, Teri Munz or Roberta Lindsay.

**Pilottown Cemetery Committee** Agreement with Seaside Jewish Community ready to sign.

**Administration** 16 candidates to date have replied for the Minister of Music position.

### Property

- Cleaned up and built platform in basement under croft. Made walls with Tbeck paper making a 12 x 22 fairly dust free room.
- Vestry took a “field trip” to Choir Room to have changes explained that will begin after the 1<sup>st</sup> of the year.
- Parish Hall will be painted during Christmas break.

### Parish Life

- Need coordinators for the 8:00 a.m. Coffee Hour and Greeters.

**Pastoral Care** Health Fair on May 2<sup>nd</sup>.

### Outreach

- Local Outreach continues to help families and will have Angel Tree for Christmas gifts.
- Parishioners continue to be gracious with food donations for Casa.

### Music and Worship

- Christmas card with Services listed has been sent from the office.
- Pat Bird and Henry Cox ready to begin interim period.

**Stewardship** Goal is to get 25 new pledges. Good response to date.

### Christian Formation

- EfM is going well.
- The newest Adult Christian Education event is the “Post EfM Program”. They plan to meet monthly and will begin with the study of the “Book of Common Prayer”.

### Rector’s Report

- SPY is ecstatic about their new “SPY HQ”. Plan to paint room and get some furniture. Mark doing a great job.
- Appreciate service of all going off the Vestry. Class accomplished great deal.

**2010 Budget** Nancy made a motion to accept as presented and review each month with full review in June. Kay seconded and all present agreed.

### Election of new Officers

- Jeff nominated Sue Potts as Senior Warden. Nancy seconded and all approved.
- Sue Potts nominated Phil Kless as Junior Warden. Jack seconded and all approved.
- Sue Potts nominated Tom Owen as Treasurer working with Dan Somerset for first year. Mary seconded and all approved.
- Sue Potts nominated Adele Fluharty Clerk of the Parish. Nancy seconded and all approved.



**Don't Miss the Fun!**  
**Saturday, January 23rd at 6 pm**  
**Pot-Luck Dinner and Game Night**  
**in the Parish Hall. All Ages are Welcome**  
**Bring a covered dish and a game to share**



**Public Forum** Sponsored by the Coastal-Georgetown AAUW

**Thursday, January 21, 2010 9:30 a.m.**  
**Epworth United Methodist Church Holland Glade Road in Rehoboth Beach**  
**Early Childhood Poverty, Health and Education**

**Featured Speaker: Terry Schooley**

Representative, State of Delaware, Chair of Child Poverty Task Force, Director of KIDS COUNT in Delaware

*With a panel of experts:*

Deborah Gottschalk, Esq., Chief Policy Advisor, Dept. of Health & Human Services

Lisa Crim, Children & Families First, Director of Early Care & Education

Bonnie O'Day, Administrator, Georgetown Department of Social Services

*Following the forum, participants are invited to stay for a brown bag discussion; drinks will be provided.*

Co-Sponsored by: The Delaware AAUW, the League of Women Voters, the Rehoboth Lions Club, the Kiwanis Club, the Coalition for Tolerance & Justice, the Coalition for West Rehoboth, the Lewes Rehoboth Association of Churches, Epworth United Methodist Church, Bethany Beach Disciples of Christ

**PILOTTOWN CEMETERY REMINDER**

The Christmas decorations at Pilottown Cemetery were beautiful this year. In an effort to help maintain the beauty of the cemetery, please remove any Christmas specific (example: Poinsettias, Christmas trees, wreaths, etc.) decorations you have left on loved one's graves before January 31<sup>st</sup>. Any Christmas specific items remaining after January 27th will be removed and discarded by cemetery maintenance. Please Note: If you are missing items: the wind is fierce at this location and deer are eating flowers and pulling up plants and arrangements at the cemetery, we are sorry but this is beyond our control.



Thank you for your cooperation.

**St. Peter's Family,**

We would like to thank you for all of your generous gifts at Christmas. Your thoughtfulness not only at the holidays, but throughout the year is sincerely appreciated.

**From the Staff at St. Peter's Church**

*Adele*

*Jeffrey*

*George*  
*Curly*

*Mark*

*Lou*

*Ingrid*



**Coffee House Breakfast** . Since the first Sunday in January falls so close to New Years we will be taking a break. The next Coffee House breakfast will be February 7th at 9 a.m. and will be hosted by the group who volunteer for the "International Breakfasts". We encourage volunteers to sign up to host future Coffee House Breakfasts, sheets are on the bulletin board in the Parish Hall. Riki and Randy Burton will coordinate with volunteers.



## “What’s It All About?” – Part 2

It was good to hear that many of you COULD sing those songs from last month! Now..try these for a “new you” in the New Year! Or, as the Bard would say..”To sleep, perchance to dream-ay, there’s the rub”!

“**I Couldn’t Sleep At All Last Night**”. Do you toss and turn...wake up feeling more tired than when you went to bed? **Insomnia** includes having trouble falling or staying asleep, waking up too early in the morning, and feeling tired upon waking. It's one of the most common medical complaints. With insomnia, you usually awaken feeling **unrefreshed**, which takes a toll on your ability to function during the day. Insomnia can sap not only your energy level and mood, but also your health, work performance and quality of life. Most adults need seven to eight hours a night. More than one-third of adults have insomnia at some time, while 10 to 15 percent report long-term (chronic) insomnia.

“**In the Still of the Night**”. There are two kinds of insomnia: primary and secondary. **Primary** insomnia means that a person is having sleep problems that are not directly associated with any other health condition or problem. **Secondary** insomnia means that a person is having sleep problems because of something else, such as a health condition (asthma, depression, arthritis, cancer, or heartburn); medication they are taking; or a substance they are using (like alcohol). Insomnia also varies in how it lasts and how often it occurs. It can be short-term (**acute**) or can last a long time (**chronic**). Insomnia becomes chronic when a person has insomnia at least three nights a week for a month or longer.

“**Sleepy Time Gal**” (or **GUY!**). Acute insomnia may not require treatment. Mild insomnia often can be prevented or cured by practicing **good sleep habits**: try to go to bed at the **same time** each night and get up at the same time in the morning; **don’t nap** during the day; avoid **caffeine and alcohol** late in the day; get **regular exercise**; **don’t eat** a heavy meal late in the day (however, a light snack before bedtime may help you sleep); make your **bedroom comfortable** (dark, quiet, not too warm or too cold. If light is a problem, try a **sleeping mask**; if noise is a problem, try **earplugs** or a “**white noise**” machine to cover up the sounds); follow a **relaxation routine** before sleeping of reading, listening to music or taking a warm bath; don’t **use your bed** for anything other than sleep or sex; if you can’t fall asleep and don’t feel drowsy, **get up** and do something relaxing until you feel sleepy.

“**Help Me Make It Through the Night**”. Acute insomnia may not require treatment. **Mild insomnia** often can be prevented or cured by practicing **good sleep habits** (see above). If your insomnia makes it hard for you to function during the day because you are sleepy and tired, your health care provider may prescribe sleeping pills for a limited time. Rapid onset, short-acting medications can help you avoid effects such as drowsiness the following day. Avoid using over-the-counter sleeping pills for insomnia since they may have undesired side effects and tend to lose their effectiveness over time. Treatment for **chronic insomnia** includes first treating any underlying conditions or health problems that are causing the insomnia. If insomnia continues, your health care provider may suggest behavioral therapy. Behavioral approaches help you to change behaviors that may worsen insomnia and to learn new behaviors to promote sleep. Techniques such as relaxation exercises, sleep restriction therapy, and reconditioning may be useful.

“**The Lion Sleeps Tonight**”. Here are more tips for a better night’s sleep: check the age and condition of your **mattress**; have a glass of warm milk (**dairy foods** contain a sleep-promoting substance); carbohydrate rich foods complement dairy foods by increasing the same sleep promoting substance (a bowl of cereal and milk or a couple of crackers)..but watch the sugar intake so you don’t awaken from a re-bound drop in blood sugar; as if you need another reason to **avoid high-fat foods**, research now shows that the more fat you consume during the day, the less likely you will be to have a restful night; **caffeine** in any form will disturb your sleep and this includes chocolate, cola, and decaffeinated coffee...cut out all caffeine after noon each day; check your **prescriptions** with your pharmacist and read the labels of **over the counter drugs** as some contain caffeine (pain relievers, weight loss pills, diuretics, and cold medicines); lying down with a **full belly** can make you uncomfortable since the digestive systems slows down when you sleep and spicy food can lead to heartburn or reflux disease...make sure to **finish a heavy meal at least four hours before bedtime**; stay hydrated during the day but **curtail your fluid intake before bed** so that you’re not constantly getting up to go to the bathroom.

“**The Lion Sleeps Tonight**”. Here is critical information about another reason for waking up tired...**Obstructive Sleep Apnea (OSA)**. The most common symptoms of OSA that **you** may notice are: excessive daytime sleepiness; waking unrefreshed; having problems with memory and concentration; personality changes; morning or night headaches; heartburn or a sourtaste in the mouth at night; swelling of the legs if you are obese; getting up during the night to urinate;

sweating and chest pain while sleeping. Symptoms of OSA that **others** may notice include: episodes of not breathing which may occur as few as 5 times to more than 50 times an hour; loud snoring, grunting, or snorting; restless tossing and turning during sleep; nighttime choking or gasping spells. **Should you worry about sleep apnea?** If you have sleep apnea, you may not be sleeping as well as you could. And you may be more likely to end up with **serious problems** such as; high blood pressure; high blood pressure in your lungs; an abnormal heart rhythm, heart failure, coronary artery disease; stroke; depression. **Treatment?** Be evaluated by your health care provider. She or he may suggest a **sleep study** at a sleep center. If you have **mild** OSA, it may be treated by **making changes in how you live and the way you sleep**, such as: lose weight if you are overweight; sleep on your side and not your back; avoid alcohol and medicines such as sedatives before bed. If you have **moderate to severe** OSA, you may be able to use a machine that helps you breathe while you sleep. This is called continuous positive airway pressure, or **CPAP**. If CPAP doesn't work, or if your tonsils, adenoids, uvula (the little piece of tissue that hangs down in the back of your throat) or other tissues are blocking your airway, your provider may suggest **surgery** to open your airway.

Bottom line...do all that you can to ensure a sleep that refreshes and remember, **"Don't Sleep in the Subway, Baby!"**

Sue Meyer  
Congregational Health Ministry

*"My help is from the Lord, who made heaven and earth. May he not suffer your foot to slip; may he slumber not who guards you..."* Ps. 121:2-3

### ST. PETER'S INTERIM MUSIC MINISTRY

GREETINGS FROM PAT BIRD & HENRY COX!

Our dear friend George Bayley has retired from St. Peter's as of the end of December and now we'll all be working together to continue our fine music ministry until the arrival of a new music minister later in the spring. (Even now the search committee is working hard on its discernment process!)

We're beginning with an "Advent Party" (Yes, you read that right: *Advent*. We hope this time will be one of thoughtful and joyful preparation for "the one who is to come.")

Date: Thursday, January 7, 2010

Where: Henry's house  
110 Rodney Avenue, Lewes

Time: 7:00 p.m.

Who: **All past, present, and prospective singers**

Light fare will be offered for dinner and all singers are welcome. We may even have a mini-rehearsal to start the ball rolling!

Pat Bird, who served as Interim Rector for St. Peter's during our recent rector search, now lives in Millsboro and has agreed to help with our interim music ministry. An organist/choirmaster for more than 25 years before becoming ordained, Pat has directed music programs for churches in Philadelphia, New York City, Buffalo and Chicago. Henry Cox, with more than 14 years of experience as a church musician, served as Organist at Alta Woods Methodist Church in Jackson, MS; and Organist/Choirmaster at St. Theresa's Catholic Church in Jackson, MS and Eastminster Presbyterian Church in New Orleans, LA.

We hope you will join us on January 7<sup>th</sup>!

*Pat Bird & Henry Cox*

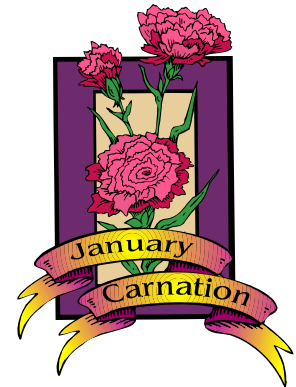


### Coastal Concerts Presents Thomas Pandolfi (pianist) 8 p.m. Saturday, January 30, 2010

Thomas Pandolfi combines "youth and intensity, technical brilliance and clarity... [His] gestures and grandiloquence brought to mind Van Cliburn..." *The Winchester Star*. Bethel United Methodist Church Hall, 4th and Market Streets, Lewes. Purchase tickets online at [www.coastalconcerts.org](http://www.coastalconcerts.org) or call 888-212-6458. For more info visit <http://www.thomaspandolfi.com/bio.html>

January Birthdays

|   |  |  |
|---|--|--|
| 2 Chris Maughan<br>Barbara Orton                              | 12 Alfred Best, Jr.  | 21 Scott Myers                                       |
| 3 Matt Emery<br>Rick Fenters                                  | 13 Virgil Brown<br>Ethel Cogswell<br>Vernon Huber<br>Mary Makowski | 22 Rowland Marshall                                  |
| 4 Drew Naylor   | 14 Ed Baniak<br>Will Willard                                       | 25 Ava Caruso  |
| 5 Peyton Nowakowski   | 15 Michael Kearns  | 26 Mary Buffington                                   |
| 7 Joyce Eidell<br>Joe Marshall<br>Liz Shea<br>Carole Woodyard | 17 Eddie Ghabour, Jr.<br>Jason Ritthaler                           | 28 Alan Steele                                       |
| 8 Carol Bradford<br>Bruce Eckenrode                           | 18 Dot Barlow<br>Jane Graham<br>Delia Mitchell                     | 29 Tricia Ritthaler                                  |
| 9 Marie Berry<br>Flynn Fountain<br>Caroline Quinn             | 19 Eddie Ghabour, Sr.<br>Austin Ross                               | 30 Bruce Aldred<br>Trevor Aldred<br>Norma Jane Henry |
|   |  | 31 Brandt Lookup<br>Grace Naylor                     |



January Anniversaries

|    |                           |
|----|---------------------------|
| 5  | Rob Morgan & Janice Erich |
| 8  | Mack & Carole Somers      |
| 17 | Ron & Tricia Ritthaler    |
| 18 | Jeff Ross & Sheila Bravo  |
| 23 | Alfred & Charlene Ortwein |



Our Little Corner of God's World

Soon Twelfth Night will arrive (Jan. 6<sup>th</sup>) and the season of Epiphany will begin. For me that means the Christmas lights will be extinguished and I'll begin the process of "undecorating" our house and packing things away until November arrives. There is one thing that won't be packed away, however, and that is the basket of lovely cards we received during the Christmas holidays.

There was a time when those cards would be put in a bag until the next year's Christmas cards arrived, then I'd recycle them...usually by sending them to St. Jude's Ranch for Children where they would be made into new cards. Now, I do something different with them. I leave them in a basket near the chair where I sit for my "quiet time" each day and when I've finished with my readings from The Upper Room & Daily Guideposts and gone over my prayer list I select a card from the basket and take the time to re-read and enjoy it. (Let's face it...most of us probably don't *really* take the time to appreciate the individual cards we receive during the holidays, especially if our schedules are hectic and "there is so much to do" before Christmas arrives.) Then I put that card on my kitchen counter where I can see it and make it a point to send "arrow prayers" for the sender(s) during the day. I don't remember when I began doing this, but it has become something I've thoroughly enjoyed. (Sometimes I'm even inspired to call that person and let them know they're on my counter and in my heart" that day. That ALWAYS makes me feel good, and hopefully, them, too.)

Eventually, the cards are reused in one fashion or another... either to St. Jude's, as craft projects, note papers, or eventually to the paper recycling bin, which isn't the most glamorous use, but still better than trashing them to the landfill in the household garbage. (If putting cards into the paper bins, all plastic and/or metallic pieces need to be removed.)

There are a variety of options for recycling not only Christmas cards but all types of greeting cards as I discovered when I Googled "recycling Christmas cards" in preparation for writing this article. (I found 11 pages, total...some better than others.) So, I invite you to check out a website or two or perhaps come up with your own way to reuse/recycle those lovely cards that you received in 2009. (Please feel free to share those ideas with the Environmental Committee!)

And finally...why not make one of your 2010 New Year's resolutions be to adopt the "3 R's for the Earth".... **Reduce, Reuse, Recycle**. What a GREAT way to start a new year for yourself and our earth!



The following people request your prayers for healing and support. If you would like to add or remove a name on the list, please notify the church office at 645-8479.

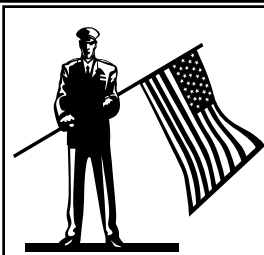
**DECEMBER:**

Joanne Reiter  
 Ruth Mankin  
 Dorothy Derr  
 Jack McClelland  
 Jay Zacharias  
 Robin Lindsay  
 Karen Starr  
 Dottie Spangler  
 Catherine  
 Fr. Jim Hreha  
 Chip Gibson  
 Felicity  
 Colleen Grasing  
 Libby Bayley  
 Barron Stevenson  
 Kris Brown

June Burgund  
 Clark Cobble  
 Gil Shisler  
**JANUARY:**  
 Betty Stanec  
 Steve & Pat Dycio  
 Grey  
 Judy  
 Bob & Debbie W.  
 Nancy Curley  
 Tracy Landis  
 Bill & Phyllis V.  
 The Hernan Family  
 Davis Burke  
 Lucienne Wolfe  
 The Nettleton Family

Curtis Reinhart  
 Gwneth Sharp  
 Bettylee Carmine  
 Caroline Loysen  
 Ann Harris  
 Fred Kless  
 Ken Mitchell  
 Jane Graham  
 Joanne Ash  
 Pat Hennessy  
 Joanne Salterelli  
 Thelma Weibling  
 Sue Vok  
 Jerry  
 Siara Arnold  
 Betsey Farlow  
 Joyce Lindsay

John Williams  
 Rebecca Tobias  
 Jeffrey Popham  
 Bob Shea  
 Kerri Verblaauw  
 Rich  
 Carl  
 Lou  
 Linda Walls  
 Ruth Macintire  
 The Newman Family  
 Jenny West



**PLEASE PRAY FOR THE SAFETY OF OUR ARMED FORCES, ESPECIALLY:**

Patrick Baker, Phillip Bergeron, Dustin Bradford, Brian Davidson,  
 Scott Gontrum, Doug Hople, Brit Landry, John Landry, Edward Lufker  
 Bob McDonough, Aaron Metric, Justin Neves, Brian Nichols,  
 Zach Watton Nikkhooy, Andrew Prol, Andrew Taylor and Scott Woods.

**PARISH REGISTER**

**BAPTISMS:** None

**CONFIRMATIONS:** None

**DEATHS:** None

**MARRIAGES & SAME GENDER BLESSINGS:**

Ali Sozio and Chris Myers

**Transferred In:** Jansen and Carol Fray

**TRANSFERRED OUT:** None



St. Peter's Youth (SPY) are selling **BeachOriginals** Dining Cards for \$20 each to raise funds for their South Western Mission Trip next summer. Each card entitles you to up to \$15 off the price of a 2<sup>nd</sup> entrée from participating restaurants on specific days. Go to [www.BeachORIGINALS.org](http://www.BeachORIGINALS.org) for more information. Cards are available from SPY members or in the Church Office. Each sale earns SPY \$10!

**Newsletter  
 Deadline!**

January 15th is the deadline for articles to go in the February 2010 Newsletter! Please E-Mail Ingrid at: [stpeterslewessec@verizon.net](mailto:stpeterslewessec@verizon.net)



| <b>LAY EUCHARISTIC MINISTER SCHEDULE</b>                                       |                                   |                                  | <b>LECTOR SCHEDULE</b>  |                    |                   |                |               |
|--|-----------------------------------|----------------------------------|-------------------------|--------------------|-------------------|----------------|---------------|
| <u>Date</u>  | <u>8:00am</u>                     | <u>10:00am</u>                   | <u>Date</u>             | <u>8:00am</u>      | <u>10:00am</u>    |                |               |
| <b>Jan. 3</b>  | Helen Mittnight<br>Clint Phillips | William Peterson<br>Bruce Phalen | <b>January 3</b>        | Margaret Isaminger | SPY               |                |               |
| <b>Jan 10</b>  | Karen Kohn<br>Don Prol            | Susan Robinson<br>Mary Van House | <b>January 10</b>       | Richard Freeman    | Gary Belkot       |                |               |
| <b>Jan 17</b>  | Mary Van House<br>Robert Patlan   | Judy Egar<br>Angie Rummel        | <b>January 17</b>       | Patty Warden       | Jen Mason         |                |               |
| <b>Jan 24</b>  | Louise White<br>Marlys Cowan      | Ingrid Miller<br>Clint Phillips  | <b>January 24</b>       | Anna Maria Kihn    | Roo Brown         |                |               |
| <b>Jan 31</b>  | Kit Zak<br>Ann Freeman            | Angie Rummel<br>Randy Burton     | <b>January 31</b>       | Sue Potts          | Barbara McKendrew |                |               |
| <b>February 7</b>  | Judy Eger<br>Marj Lewis           | Ingrid Miller<br>Clint Phillips  | <b>Feb. 7</b>           | Don Prol           | SPY               |                |               |
| <b>February 14</b>   | Marlys Cowan<br>Mary Van House    | William Peterson<br>Angie Rummel | <b>Feb. 14</b>          | Margaret Isaminger | Roo Brown         |                |               |
| <b>February 21</b>   | Kit Zak<br>Robert Patlan          | Don Matthews<br>Ingrid Miller    | <b>Feb. 21</b>          | Sue Potts          | Buzz Klopp        |                |               |
| <b>February 28</b>   | Ann Freeman<br>Karen Kohn         | Bruce Phalen<br>Louise White     | <b>Feb. 28</b>          | Charlie Meyer      | Jen Mason         |                |               |
| <b>ALTAR GUILD SCHEDULE</b>  |                                   |                                  | <b>ACOLYTE SCHEDULE</b> |                    |                   |                |               |
| <b>JANUARY 3 &amp; 10:</b><br>Margaret Isaminger, Evelyn Kyritsis, Terri Klopp |                                   |                                  | <u>Date</u>             | <u>Time</u>        | <u>Crucifer</u>   | <u>Epistle</u> | <u>Gospel</u> |
| <b>JANUARY 17, 24 &amp; 31:</b><br>Margaret Isaminger, Teri Munz, Judy Howard  |                                   |                                  | <b>Jan. 3,</b>          | 8:00               |                   | K. Fischer     | R. Jundt      |
| <b>Feb 7, Feb 14</b><br>Marj Lewis Dot Barlow Libby Owen                       |                                   |                                  |                         | 10:00              | A. Caruso         | M. Ross        | C. Hancock    |
| <b>Feb 21, Feb 28</b><br>Tracy Mulveny Teri Munz Margaret Beall                |                                   |                                  | <b>Jan. 10</b>          | 8:00               |                   | A. Naylor      | T. Miller     |
|  |                                   |                                  |                         | 10:00              | A. Mallon         | L. Mallon      | E. Mallon     |
|  |                                   |                                  | <b>Jan. 17,</b>         | 8:00               |                   | T. Welch       | K. Carmine    |
|  |                                   |                                  |                         | 10:00              | M Lewis           | R Phillips     | W Willard     |
|  |                                   |                                  | <b>Jan. 24,</b>         | 8:00               |                   | K. Fischer     | R. Jundt      |
|  |                                   |                                  |                         | 10:00              | S. Miller         | W. Burton      | L. Miller     |
|  |                                   |                                  | <b>Jan. 31,</b>         | 8:00               |                   | A. Naylor      | T. Miller     |
|  |                                   |                                  |                         | 10:00              | S. Hammons        | A. Ross        | J. DiMaio     |
|  |                                   |                                  | <b>Feb. 7,</b>          | 8:00               |                   | K Carmine      | T Welch       |
|  |                                   |                                  |                         | 10:00              | D Myers           | C. Phillips    | J Beavers     |
|  |                                   |                                  | <b>Feb. 14</b>          | 8:00               |                   | R Jundt        | K Fischer     |
|  |                                   |                                  |                         | 10:00              | S Miller          | W Burton       | L Miller      |
|  |                                   |                                  | <b>Feb 21</b>           | 8:00               |                   | T Miller       | A Naylor      |
|  |                                   |                                  |                         | 10:00              | S Hammons         | J DiMaio       | A Ross        |
|  |                                   |                                  | <b>Feb. 28</b>          | 8:00               |                   | T Welch        | K Carmine     |
|  |                                   |                                  |                         | 10:00              | E Mallon          | A Mallon       | L Mallon      |

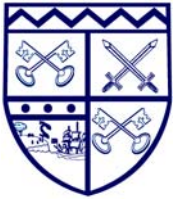
**Reminder:** If you are unable to serve when scheduled it is your responsibility to find a replacement. Please mark the changes on the schedule hanging outside the sacristy or call the church office, 645-8479. Thank you

**SCHEDULE OF COMMUNITY GROUPS USING ST. PETER'S SPACE:**

|                      |   |                 |   |
|----------------------|---|-----------------|---|
| Al Anon              | 8:00pm Wed., Conference Room            | Kee Note Music  | 9-11:15am Mon. & Tues., Parish Hall     |
| Alcoholics Anonymous | 7:00pm Monday; Parish Hall              |                 | 3:30-7pm Tuesday, Parish Hall           |
|                      | 12 noon Tuesday; Parish Hall            | Overfalls       | 7:30pm 2nd Friday of month; Parish Hall |
|                      | 8:00pm Wednesday; Parish Hall           | Women's 12 Step | 12 noon, Wed.; Parish Hall              |
| Insight Meditation   | 4:00pm Mondays; Parish Hall             | Yoga            | 6:30am Mon., Wed, Fri; Parish Hall      |
|                      | 6:30am Thursdays; Parish Hall           |                 | 11:30am Monday; Parish Hall             |
|                      | 7:30pm 1st Friday of month; Parish Hall |                 | 11:00am Thursdays; Parish Hall          |
| Narcotics Anonymous  | 8:30pm Monday; Parish Hall              |                 |   |

THE MONTHLY CALENDAR CAN BE VIEWED FROM  
THE ST. PETER'S HOME PAGE.

## ST. PETER'S EPISCOPAL CHURCH



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### LENTEN DEVOTIONAL BOOKLET

As this newsletter goes to print, it is not yet Christmas, but Lent is fast approaching again and St. Peter's will publish a Lenten Devotional booklet again this year. Ash Wednesday is February 17, so reflections will have to be pretty much done in January. Actually they will be due no later than Sunday February 7. As always, the booklet will be a compilation of reflections on the daily Lectionary written by various members of the parish. Again this year as last we will indicate who the contributors are, unless they specifically wish to remain anonymous. Everyone is invited to contribute to the booklet for 2006. There will a sign-up sheet on a clipboard on one of the tables in the Narthex on Sundays and in the office during the week. Behind the sign-up sheet are copies of the lectionary so that you can take a copy to remind you of the lectionary for the day you choose. There are also copies of a "Guidance for Authors" sheet that provide some guidance on form, content and length of your reflection. If you would like to participate, sign up for any available day and take the corresponding sheets from the clipboard. You can also sign up by contacting Ingrid at the church office, Bob Howard or Marj Lewis. Again, your reflections will need to be turned in by February 7 so that the booklets can be completed for the Sunday before Ash Wednesday.



Booklets will be made available to the entire congregation. Using the booklet as a daily scripture reading and reflection is a stimulating discipline for lent. Please help make this project as successful as it has been in years past. If you have any questions, please contact Fr. Jeffrey, Ingrid Miller, Marj Lewis or Bob Howard.