



The Signpost Weekly

January 25, 2015

Third Sunday after the Epiphany

Miriam Acevedo, D.Min, M.Div., Vicar

Visit us at <http://www.saintcs.org>

St. Christopher's Episcopal Church

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News or Info: signpostweekly@comcast.net

Wish List Ecumenical Food Pantry

Deodorant (women)	Dish Soap	Body Wash
Dental Floss	Q tips	Hand Lotion
Shower Puffs	Toothpaste	Band-aids
Liquid Hand Soap	Toothbrushes	Comb & Brushes
	2 in 1 Shampoo	

Calendar

Sunday, January 25

- Eucharist Service, 8 a.m. and 10:15 a.m.
- Bible Study, 9 a.m.
- Sunday School, 10 a.m.

Monday, January 26

- Yoga with Miriam, 9 a.m.

Tuesday, January 27

- Women's Bible Study, 10 a.m. with babysitting.
- Al-Anon, 5:30 p.m.
- Yoga with Miriam, 6:30 p.m.

Thursday, January 29

- Eucharist & Adult Ed at 7 p.m.

Sunday, February 1

- Eucharist Service, 8 and 10:15 a.m.
- Bible Study, 9 a.m.
- Sunday School, 10 a.m.
- Annual "Soupah Bowl Collection"
- Family Promise Guests Arrive, 5:30 p.m.

It was two years ago that St. Christopher's started as a Family Promise host church. We could say something about how time flies, but more importantly we want to reflect on the energy and commitment of our volunteers who have made this amazing outreach work happen. It's been a team effort, many hands doing many things: setting up accommodations and taking down to restore our space to Sunday School use, preparing meals, especially dinner, serving as evening hosts, sleeping in as overnight hosts, doing laundry, buying supplies, and much more, lots of little things that people don't notice, but that all contribute to making our guests feel as comfortable and as at home as possible. We've had a lot of growing to do, and changes to make, but it's been well worth it.

Recently one more family "graduated," and we hear that they are doing well. Our Family Promise Host Week starts on Superbowl Sunday, and we are looking forward to a fun day. As of the moment, we know there will be two families with us: Jamie and her 2 boys, and Chris and her 3 girls. Of course, this may change before February 1, so we'll keep everyone posted when there is a change. On another note, it was announced recently that Family Promise has a new Director, Maggie Doughty, who has been working with the families for a while and is very committed to the program. Peggy Baker

The John and Linda Svitak Award for Exceptional Service were presented at the Annual Meeting. The recipients are Robert and Cynthia Salois, Karen and Dick Groves. Thank you for your service!



Election of Church Leadership at Last Week's Annual Meeting
Bishop's Committee: Wayne Trombly, Senior Warden—2 yr. term; John Svitak, Treasurer—3 month term; Lyn Rockwell, Clerk—3 month term; Dave Cosio—3 yr. term; Pat Wright—3 yr. term; Ken Swenson—3 yr. term; Robin Flynn—2 yr. term.
Delegates to Convention: Barbara Hughes—2 yr. term; Jean Sanders—2 yr. term.
Assessors: Ann Holland—1 yr. term; Marilyn Towne—1 yr. term.

Bishop Rob invites us all to "... reflect on how we might wish to create, restore or renew the sense of our church as 'a movement,' a Way to live, rather than an institution to be maintained."

Give us grace,
O Lord, to answer
readily the call of
our Savior Jesus
Christ

And proclaim to
all people the Good
News of his
salvation,

That we and the
whole world may
perceive the glory
of his marvelous
works;

Who lives and
reigns with you and
the Holy Spirit, one
God, for ever and
ever.

Amen.

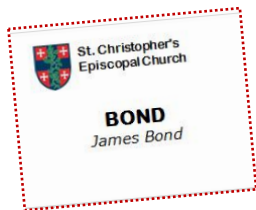
“Family Time”

Miriam emails a flyer called “Family Time” each week to families with children in the parish. “I hope you will engage your children in the suggested activities. This is especially handy if you cannot attend church on Sunday,” says Miriam. “With Family Time neither you nor your children will miss out on the Gospel message for the day.” It starts out with an introduction, “As you prepare for a new week of school, work, and the many other commitments that are so much a part of our lives, we hope you will take time to be together as a family in a

meaningful way. Sunday evening is a good time for this but intentional family time can happen at any time of the day. To assist you, we are offering this weekly framework for prayer, conversation, activity, and food.” It contains the week’s Gospel Verse, a prayer, suggestions for conversation starters, and family activities.(See attached.) If you would like to be added to the Family Time email list, let Miriam know.

Just a friendly reminder regarding nametags - WEAR ONE.

It just got easier because of a donation of lanyards to hold our name badge. We hope this new, easy to slip on and off lanyard will inspire more of us to wear a name badge here at church. It almost goes without saying that wearing a name badge is a very welcoming gesture to newcomers and visitors to our parish, not to mention that they are really helpful to those of us old timers who have the darndest time remembering names! So please, let’s make an extra effort to wear



a nametag. All nametags have just been updated, and new members now have nametags too. Look for yours in the nametags holders in the foyer. If we’ve missed anyone, or you’d like to request a new name tag, or make a change, please indicate it on the Request for Name Tag form posted in the foyer.

Pastoral Card Group

The pastoral card group sends greeting cards to parishioners for weddings, births, baptisms, illnesses and deaths. We also send cards to seven parishioners who are elderly/infirm and are unable to attend church. If this sounds like the right outreach activity for you, please call me at 329-5928, or send an [e-mail](mailto:sh944s@comcast.net) to me at sh944s@comcast.net by Sunday, 1/25. [Heike Martineau](#)

From the Stewardship Ministry Team

Pledge Secretary, Nancy Hickey tells us she has sent out all 2014 Receipt for Income Tax Purposes forms you will need when filing your 2014 taxes. If by chance you don’t get your statement, please contact Nancy directly via email or by phone at 329-7840. *The Stewardship Ministry Team*

Prayers of the People.

Please pray for Christine Collins’ stepbrother, **Capt. Justin Knox** who is in the Army and has been deployed to Kosovo on special assignment, and for her friend **Christine**; for Tone Crossman’s mom **Bjorg Dame, RIP**; for **Jean Seeler-Gifford** recovering from foot surgery; for **Arthur Mueller, Matty O’Leary; Greta and Jim; Nancy Hollinrake**; for **Linda**, who has been diagnosed with cancer; for **Ryan**; for Corinne Dodge’s friend, **Mariellen**; for **William Friel**; for **Carol Sienkiewicz**; for Jeff and Katie Waymouth’s daughter, **Ginny** and family; for **Jacqueline Parent**, for strength and peace; for Jean Porter’s grand-nephew **Tyler**; for **Rosalie Papoutsy**; for Natalie Gallo’s brother, **Lorin Bielski**; for Mark and Ingrid Chapman’s son **Eric** who with God’s grace is in safe hands.

Serving in the Military: Please pray for Del Dooling’s cousins, **Daniel Canfield, Matthew** and **Sandra Maloy**, for **Paul Gagne**. Parish Cycle of Prayer: **Ruth, Madeline and Trevor Woodworth; Andrew and Carolyn Weir; Scott, Jamison and Jackson Webster; Jeff and Katie Waymouth.**

Attendance

1/20, Tuesday, WBS, 9; 1/22 Thursday, 10
1/18 -Annual Meeting, 71

Family Time

From St. Paul's Church, Concord NH
www.stpaulsconcord.org

As you prepare for a new week of school, work, and the many other commitments that are so much a part of our lives, we hope you will take time to be together as a family in a meaningful way. Sunday evening is a good time for this but intentional family time can happen at any time of the day. To assist you, we are offering this weekly framework for prayer, conversation, activity, and food.

May God bless your time together and enrich your family life.

January 25, 2015

Bible Verse

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea – for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

Mark 1:16-20

Prayer

Lord,
There are times you may ask us to do things we do not understand, and things that may frighten us. Help us to be brave, and to trust in you.
AMEN

Conversation Starters

I wonder if Jesus' friends were afraid when Jesus asked them to leave their homes and work and follow him? I wonder if there were others there who said "NO" and continued on with their lives? I wonder if I would be afraid if Jesus came and called to me?

Family Activity

Make a fishing game. Find some rods or sticks for fishing poles; tie a piece of string to each one, and tie a magnet to the end of each line. Cut out fish shapes from construction paper and put a paper clip over each of their mouths. See how many fish you can "catch." Now imagine trying to "catch" people. What was Jesus suggesting? Without nets, traps and lines he planned to bring people together – can you guess what things he needed to do? Do you suppose that is easier than fishing or harder?

*January 25 is the Third Sunday after the Epiphany.
Warm up with a bowl of soup!*

Panera's Cream Cheese Potato Soup

food.com

Ingredients

4 cups chicken broth
4 cups peeled and cubed potatoes
¼ cup minced onion
½ tsp seasoning salt
¼ tsp white pepper
¼ tsp ground red pepper
1 (8 oz) package cream cheese, cut into chunks

Directions

Combine broth, potatoes, onion, and spices.

Boil on medium heat until potatoes are tender.

Smash a few of the potatoes to release their starch for thickening.

Reduce to low heat.

Add cream cheese.

Heat, stirring frequently, until cheese melts.

Serve in bread bowls for an extra special treat!

