

THE STAR

MARCH 2020



Church of the epiphany

Vestry Views

I am a planner and list maker. I prefer to have tasks completed early, as it allows me to worry less and may take the burden of making decisions by family or others less painful. This has applied to many situations in my life.

Recently I was reminded that others are not necessarily like me. When I was barely 20 years old, I made my first will, which has been updated and reviewed over the years. I purchased columbarium niches when I had a little extra money. I asked Jimmie Sue to check and see if my funeral planning folder is available in the office. None of us will know the time the Lord may call us home. I request each of us at Epiphany check to make sure our wishes are written down. Others, even our most loved ones, should not have to guess what one wants and go to expenses that were not their responsibility.

Peace of the Lord!

Roberta Ames

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MARCH CALENDAR

* * *

BULLETIN PRAYER LIST
Parish Office 247-4190

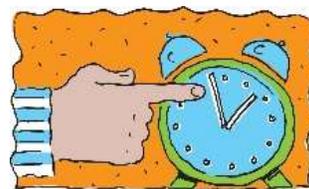
* * *

WORSHIP SCHEDULE

Sundays

8:00 & 10:00 a.m.

March 8th Daylight Savings Begins



SET YOUR CLOCKS
Ahead!

THE BISHOP

The Rt. Rev'd Prince G. Singh

THE MINISTERS

The Congregation

THE VESTRY

Kathie Entress, Warden
Margaret Schweizer, Warden
Nick Parisi, Treasurer
Gail Renehan, Clerk

Roberta Ames
Pauline Ehle
Emily Entress
Kim Hyde
Heidi McGrath

Don Metzinger
Mike Moffatt
Lisa Steubing
Gladys VanBrederode

THE STAFF

Rector: Rev. Jimmie Sue Deppe
Parish Secretary: Kelly Jo Stone
Organist: Gail Hyde (Substitute)
Sexton: Robert J. Heslin, Sr.
Church School Coordinator: Don Metzinger



FROM THE PARISH REGISTER

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace; strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.



- | | | |
|---|---|---|
| March 1 Mark Hill | March 7 Pat McGrath | March 23 Sarah Michaels |
| March 2 Selena D'Anunzio
Ruth Jameson | March 10 Dean Bennett
Valerie Jones | March 26 Charles Ayers
Glenn Hyde |
| March 4 Amanda Entress | March 12 Jason Hyde | March 29 Retta Gamet |
| March 6 Hazel Ploettner | March 14 Sara Heslin | March 30 Adam Metzinger |
| | March 17 Jack Merrick | |

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church. Send your blessing upon these your servants that they may so love, honor and cherish each other in faithfulness and patience, in wisdom and godliness, that their homes may be havens of blessing and peace. Amen



- | | |
|--|--------------------------------------|
| March 06 David & Judy Ploettner | March 19 George & Birdie Ames |
|--|--------------------------------------|

CHANGES & ADDITIONS

If you have changes to your contact information, please notify Faith Weston in the Parish Office: 247-4190 or coeoffice@frontier.com
Office hours: Monday-Friday, 9:30 am-1:00 pm



STAR DEADLINES

Please email **photos** and **articles** to Kelly Jo at coecommunications@frontier.com. Thank you!

<u>Issue</u>	<u>Deadline</u>	<u>Mailing</u>
April	March 16	March 27
May	April 13	April 24



VESTRY HIGHLIGHTS MARCH 2020

Vestry meeting Minutes:

Vestry Meeting Minutes: -**M-S-A** to approve the January 21st and 26th Vestry Meeting Minutes.

Treasurer's Report:

- Treasurer's Report: -No report for February.

Action Items (Require Vestry Action/Vote):

- **2019 Parochial Report:** - **M-S-A** to approve the 2019 Parochial Report.
- Safer Churches Resolution:
 - - MSA to approve **Be It Resolved That:** the Vestry of Church of the Epiphany, Rochester, NY meeting in regular session on February 18, 2020, hereby confirms that Safe Church Training certification will be completed or renewed by June 30th, 2020, for all existing personnel detailed below and prior to the start date for any new personnel after June 30th.
- Sexual Harassment Resolution:
 - - MSA to approve **Be It Resolved That:** the Vestry of Church of the Epiphany, Rochester, NY meeting in regular session, on February 18, 2020, hereby confirm that Sexual Harassment Policies and Training will be completed or renewed annually, for all existing personnel and prior to the start date for any new personnel after October 31, 2018.

Reflection Time:

- Planning for Vestry Retreat;

Rector's Report:

- I have made Pastoral Care visits.
- I made Pastoral Care and Hospital visits.
- I made pastoral visits to families with GPD as the GPD Chaplain.
- THANK YOU to everyone who made food and helped service and clean up after the St. Olaf's dinner!

- So happy to have Kelly Jo Stone as our new Parish Secretary.
- Annual Meeting was very good, thank you to everyone who made food to share at our Breakfast before the meeting!
- Movie night was wonderful!
- Bible Study was really nice 😊

Reminders:

- None at this time

Reports and Housekeeping: None.

Respectfully submitted,
Gail Renehan

DECEMBER, 2019 FINANCIAL SUMMARY

Income	Dec. YTD	2019 Budget YTD
Pledge & Plate	\$140,699	127,250
Investment Income	30,000	30,000
Diocesan Grant	35,000	--
Flowers	2,280	1,950
Special Offerings	2,773	1,600
Building Use	1,431	1,200
Other	5,949	5,350
Total Income	\$218,131	\$167,350
Expenses		
Worship	6,725	7,135
Formation	1,722	1,450
Diocesan Apportionment	23,736	23,736
Stewardship	5,513	4,700
Other Action	440	650
Youth	580	700
Evangelism	1,566	1,600
Oversight	27,021	30,991
Salaries & Benefits	139,205	146,147
Total Expenses	206,508	217,109

Submitted by Nick Parisi, Treasurer



Lent is a time to strengthen our spiritual lives and to create space in our day for reflecting upon how we are living into our baptismal promises. What are we doing to strengthen our formation in our Christian faith? How are these 40 days going to be used to shape our hearts and our awareness of God in our

lives? How is our Lent helping us prepare for Holy Week?

Perhaps you're looking for a Lenten discipline to help you in answering these questions? I invite you to try out our Lenten 20 Minute Conversations every Sunday in Lent using the book, *Praying Lent: Renewing Our Lives on the Lenten Journey* by Andy Alexander and Maureen McCann Waldron. From the Introduction: "The opportunity Lent presents, through Lenten prayer and preparation, [is meant] to deepen our commitment to a way of life rooted in our baptism."

Lent as a Christian liturgical season is meant to help us dive deep into our spiritual lives, and emerge strengthened for the journey ahead.

Blessings,
Rev. Jimmie Sue

ORGANIST UPDATE

Gail Hyde will be with us through April; we will start searching in March.



Small Group Updates

I will continue to share what our Small Groups are up to, and y'all are up to a lot! Also, if you see an idea or event you want to help with, please feel free to reach out to that Team and join in for the getting the event going. This update reflects a mix of carry-over ideas and new ideas.

Next "All Groups Meeting" is **Sunday, March 15th at 11:30am.**

Social Media

- Encourage the parish to continue to like, share and check in with FaceBook

- Reply "interested" to Events, even if unable to attend
- Create seasonal posts with service times
- Create upcoming FaceBook Events

Welcome & Invitation

- Brownies and cookies will be available for sale at the Tuesday Strove Pancake Supper.
- Bake Food Sale for rummage on 3/27 and 3/28
 - Sue will put notice into Sunday bulletin and also the Star for volunteers to bake
 - Margaret will have sign-up sheet posted in hall way
 - We will review at our next meeting all the steps to make a successful event
- Pauline will check with Jimmie Sue for a Euchre date in April
- Margaret looking into an art project for December

Liturgy & Music

- 2/26 – Ash Wednesday
 - Ashes to Go
- 4/5 - Palm Sunday & Holy Week
 - Bruce checking with Mike about Brass at 10am on Palm Sunday
 - Musical instruments for kids for Palm processional
 - Tuesday – Reconciliation – 7pm
 - Maundy Thursday – Foot washing & Stripping of Altar – 7pm
 - Friday – Noon service & Tenebrae at 7pm
- 4/12 – Easter Sunday
 - 10am service- yes - brass & bells will play
 - Easter Egg Hunt, Cascarones, etc for kids
- 5/10 – Mothers' Day
 - Mom's Photos
 - Candle lighting – remembering mom's, grandmothers, etc

- Flower Cross – place flowers in cross to be brought up to altar
- 5/17 – Rogation Sunday
 - Beating of the Bounds – parking lot – instruments
- 5/24 – Memorial Day
 - Special remembrances
- 5/31 – Pentecost Sunday
 - Print out Lord’s Prayer in different languages for the service bulletin

Children & Youth:

Youth-

- Amerk’s Hockey Game- Don arranging tickets for 3/13/20 7:05pm
Sign-up sheet will be placed in Hallway. Youth funds will help subsidized cost of youth tickets. All parishioners are welcome.
- Movie/ Game night- Thursday, April 9th which will include brief discussion with youth about Holy Week

YAC-

- Discussion that pilgrimage will be 7/15-7/19/20- still waiting decision of some youth whether or not attending.
- Profit from peanut clusters will help fund youth events.
- Pancake Supper – Shove Tuesday 2/25- older youth to help serve and cook. Profits go to funding youth events. Ticket will be sold soon after church. Usual attendance 80-100 people. Profits to fund youth events. Try to get help from older youth (YAC) to help with cooking, set-up.

Sunday School-

- Youth Church service on 2/2/20- well attended and enjoyed by youth. Discussion with Gladys about future dates for youth services from the remainder of school year.
- Sunday School- 2020-2021
 - Tentative plan is to divide classes into 2 groups- 3rd graders and Pre-K – 1st grade

- Will need to look for additional Sunday school teachers.

Church School Fish:

- Once a month during their Church School time, the children will talk about prayer and offerings in thanksgiving, as part of these offerings, they will be able to gather a collection which they will share with the parish at the Offertory when they bring up their glass fish. And then in December they will get to decide which charity organization they would like to give their offerings to.

Adult Formation:

- Other Future Wed Café topic discussion:
 - It was suggested that maybe in the winter we could hold Café on Sunday after church with a pot luck lunch. We should check with Don to see if he wants any ideas.
 - *Vaping-Evie is working on this; lots of people have signed up
 - *Leshner’s-talking about their most recent trips
 - *Kristen Smith came and asked if someone from St Ann's Adult Services could come for a Wednesday Cafe to talk about available programs. We asked for April 22 or May 27. She will get back to us with a date.
 - *Wednesday Cafe idea-have a representative from Edward Jones come talk about financial planning.
- Wine by Design will come to a Wednesday Cafe to talk about making wine either February 19 or February 5, 2020.
- NY Kitchen-Nancy talked to someone there and found that they can accommodate 12 people for lunch at one time and 16 people for a tasting. It was decided that we will not have this event/trip.
- Lockport Caves-Nancy will get more information and report back. Looking at

May or June for a possible trip with a lunch stop.

- Movie night-the one held at the end of January went well. Maybe another outside at the end of summer.
- Gates Park clean up-meet and have breakfast before going to a park for clean up or lunch after a cleanup. Evie will contact the town to check to see if it would be possible.

Food Intentionality

This article is an excerpt from Sabrina Evans serves as the Director of Christian Formation for the Episcopal Diocese of Oklahoma for "Building Faith."

Visitors to your church may not say anything about food allergies or being vegetarians/vegans because they are not sure who to tell or how it will be received. Here are some ideas for increasing your intentionality around the food you serve at church.

If there is an RSVP for an event that includes food, ask about dietary concerns. You can simply say, "Does anyone in your party have dietary concerns or allergies we should be aware of?"

If you are hosting a potluck, do your best to make sure there are some options for those with dietary concerns. You can recruit someone to make special dishes, for example a vegetarian chili is meat, dairy, and gluten free. Another option is to create a sign up for your potluck that includes a request for one or two vegetarian main dishes and one or two gluten free main dishes (depending on the size of your church).

Label allergy free foods AND label foods that contain common allergens such as nuts. If someone makes a gluten-free coffee cake for coffee hour, make sure to label it gluten free. As you learn of those with allergies, keep a list. Ask about what meals work well for them. If you are not able to provide a full meal, that fits their restrictions you can communicate ahead of time what the food options will be. Sometimes folks are willing to bring their own food to supplement.

If you are providing the food for a meal, here are some ideas that are sensitive to dietary concerns AND feed a crowd!

7 Dietarily-Sensitive Meals For A Crowd

Taco Bar – A taco bar is a great option because folks who are gluten free can make a taco salad, dairy free folks can avoid the sour cream and cheese, and vegetarians/vegans can get protein from the beans.

*Make sure to have a good amount of beans for the vegetarians. Consider getting gluten free corn tortillas instead of flour.

Soup, Salad, & Sandwich – A soup/salad/sandwich meal provides a number of options for folks with dietary concerns. One option would be a meat-free soup such as tomato soup or garden vegetable along with a simple salad and club sandwiches. Alternatively, you could offer a chicken-noodle soup with simple salad and grilled cheese.

*Salad is a great addition to any meal because it is easy to make it gluten free, dairy free, nut free, and vegan. Make sure to offer either a soup or a sandwich that is gluten free and vegetarian.

Cook Out – Many churches offer a hamburgers/hot dogs meal at some point during the calendar year. To address dietary concerns with such a meal, consider offering gluten free buns, gluten free hot dogs as well as vegetarian hot dogs and burgers.

BBQ – Barbecue is generally gluten/dairy/nut free. Macaroni and cheese is a great vegetarian option that goes with this entree. By adding a vegetarian green bean casserole, vegetarian baked beans, a salad, and some gluten free rolls, you'll have a meal the majority of folks can enjoy.

Spaghetti Dinner – If you're preparing a spaghetti dinner, make sure to offer a

plain marinara sauce as well as meat sauce and gluten free pasta.

*You can go a step further by roasting a spaghetti squash and offering this as an alternative to gluten-filled pasta.

Pancake Supper – Folks of all ages enjoy breakfast for dinner! Consider offering gluten free pancakes along side regular pancakes and eggs or vegetarian sausage alongside the traditional breakfast meat.

Baked Potato Bar – Like the taco bar, a baked potato bar allows folks to choose the toppings that fit their dietary restrictions and preferences. Make sure to offer various proteins such as shredded chicken and black beans.

*You could add a little variety by including some baked sweet potatoes.



Praying with Beads – A Lenten Practice Opportunity

To pray is to listen to the One who calls you “my beloved daughter,” “my beloved son,” “my beloved child.” To pray is to let that voice speak to the center of your being, to your guts, and let that voice resound in your whole being. ~Henri Nouwen

One of the most difficult aspects of prayer and meditation is focus. So much that occurs in the daily round of life distracts us during the time of prayer...We easily fault contemporary life and technology for what the Buddhists call “monkey mind.” ...Yet, it is part of being human and it is a glorious part of being human. It is what makes dreaming, imagining, and creating possible...The real issue is with timing. There are times when we want to be free of our bouncing thoughts in order to become inwardly still...An external aid can often help us find the peace and focus we seek.

For centuries, in all religions, beads and prayer ropes have been such an aid. While the most familiar use of prayer beads is as a counter for the number of prayers said, its use extends far beyond. Prayer beads are used to help channel

the mind's energy to a single point with each bead representing a mantra or a prayer. As the user moves their fingers along the beads they are connecting mind and body in such a way that the soul is able to break free to be still in the presence of God. The fingering of the beads keeps the mind and body engaged so that the soul can enter depths of divine love.

- Excerpt from “Strength for the Journey”
by Renee Miller

Here are two prayers that you might find moving when prayer with prayer beads.

A Celtic Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit.
Amen.

The Invitatory

O God make speed to save me (us),
O Lord make haste to help me (us),
Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning, is now, and will be forever. Amen.

Julian of Norwich Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit.
Amen.

The Invitatory

O God make speed to save me (us),
O Lord make haste to help me (us),
Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be forever. Amen.

The Cruciforms

God of your goodness, give me yourself,
For you are enough to me.
And I can ask for nothing less that is to your glory.
And if I ask for anything less, I shall still be in want, for only in you have I all.

The Weeks

All shall be well, and all shall be well,
And all manner of things shall be well.



CHURCH SCHOOL & J2A SCHEDULE

(Class begins – 9:45 a.m.)

Sunday, March	1 - Children's Worship
Sunday, March	8- Church School
Sunday, March	15- Church School
Sunday, March	22- Church School
Sunday, March	29- Church School
Sunday, April	5 - Children's Worship
Sunday, April	12 - No Church School EASTER Sunday
Sunday, April	19 - Church School
Sunday, April	26 - Church School



EPISCOPAL RELIEF AND DEVELOPMENT

SUNDAY MARCH 1

At the 2009 General Convention, Lent was officially designated as a time to encourage dioceses, congregations, and individuals to remember and support the life-saving work of Episcopal Relief & Development (ER & D). The Church of the Epiphany joins with the larger Episcopal Church in celebrating the work of Episcopal Relief and Development by designating the 1st Sunday in Lent March 1 as Episcopal Relief and Development Sunday. For 2020 we are asked to be a part of the One Thousand Days of Love Campaign where we will have the opportunity to help thousands of children reach their God-given potential to learn, grow and thrive. You will find Lenten meditations, mite boxes, envelopes and ER&D information in the hallway. During Lent we ask that you offer prayers for those that are helped by the work of E R & D as well as prayers of thanksgiving for ER&D and the work they do. Please donate to the mite box during Lent as you say a prayer of thanksgiving for your own blessings or pray for those less fortunate.

Any questions please contact Deb Grasso.



VOLUNTEER OPPORTUNITIES AT FOODLINK WAREHOUSE

The Service ministry team is looking for 10 volunteers to work at Foodlink's warehouse on Thursday, March 5th from 6-8 pm at 1999 Mt. Read Blvd. Foodlink provides food to various food pantries across Upstate New York and is looking for volunteers to work in their warehouse to help sort can goods or pack backpacks of food for school students for the week-ends. It is fun way to help organize food for distribution to schools and food pantries. The sign-up sheet is in the main hallway at church and will give you instructions how to register for your volunteer slot. I hope you can join us and help volunteer on March 5th

Please feel free to speak to Amy Deppe or myself with any questions. -Marsha Pulhamus 352-0149 or dmpul80@gmail.com.



GET IT COVERED

FIBER MINISTRY NEWS

Christmas is being dismantled in our homes and colder weather will be here for a while. It is early to anticipate Lent, but not our 40 Items for Lenten project. Please think about starting a fiber project for those in need. The projects will be displayed, blessed and distributed to those in need in our community after Lent. Thanks for your continuing support. Birdie Ames, 356-1394.



Dear Women of Epiphany,
Thank you all so much for all your help with the St Olaf dinner! And thank you for all of your support to make the rummage sale happen- each one of you is amazing in your care of the parish!
Many thanks & Blessings, Rev. Jimmie Sue



Thank you to those who helped out at the Funeral Reception of Judy Brown on Saturday, February 29th. Thanks to: Roberta Ames, Helen Bennett, Pat Leshner, Lisa Steubing, Sue Greenauer, Meg & Kristen Smith, Gail Renehan, Margaret Schweizer, Kathie Entress, Kim Hyde, Sue Cleveland, Barb Woo, Marsha Pulhamus, Jan Boulter, Nancy Mancini, Margaret Parisi, Bonnie Ayers, Laurie Zaso, Pauline Ehle, Pam, Don, & Adam Metzinger.



SERVICE MINISTRY UPDATE

The Service Ministry Team is busy planning service projects for 2020 and is always looking for new ideas of how Epiphany can help other in need whether is locally or around the world. Please put any suggestions in the Service Ministry mailbox or stop one of the committee members.

We want to update the parish on their amazing response to our Christmas holiday service projects. Our donations to a Meal & More, Inc exceeded their requests for Kleenex and hot chocolate packets by 180%. The RAIHN family that we adopted for Christmas was overwhelmed by the gifts that we gave them. Epiphany is always so generous in helping others in need>

Some of our upcoming service ministry projects include:

Fiber Ministry Project- collection of knitted, crocheted, sewing projects to comfort others. Please start creating prayer shawls, blankets, hats, etc. The collection bin will be out March 29-April 12th. Our goal is 40 items for the 40 days of lent.

Easter Food Baskets- we will be collecting food baskets for Easter dinner for 10 families in the Gates community which will be delivered with the Gates Police Department. Collection will be March 29th- April 5th. More information will be in the bulletin in March.

Other possible projects that the Service Ministry team are investigating are working at the Foodlink warehouse and/or Habitat for

Humanity, participate in SWEM Stroll and looking for possible volunteer opportunities at Coldwater Center for Women and Children. Stay tune for lots of possibilities to help our neighbors locally or to fund-raise for national/world projects. Please feel free to discuss any ideas for future projects with any of the Service Ministry Team- Marsha Pulhamus, Birdie Ames, Nancy Mancini and Diane and Mike Moffatt. Marsha Pulhamus

ROCHESTER AMERKS

HOCKEY GAME

3/13/2020 7:00 pm

We are planning to attend an AMERKs Hockey game on Friday 3/13/20. We will meet at Church at 5:45 and have some pizza before we carpool downtown.

Adult tickets - \$ 20.00 each

Youth tickets - \$ 10.00 each

Please sign up ASAP, so we know how many people are interested in going.

Need number count by 3/1.

Sign-up sheet in Hall

Any Questions, see Don

CASCARONES

It's time to start collecting egg shells for Cascarones (confetti eggs)! To do this, simply crack your eggs so that there is a small opening.



Shake or pour out the egg.

Then rinse out the shell with soapy water.

If you are collecting egg shells, please bring them to church by March 29th. During coffee hour on March 29th children & young at heart can dye the eggshells. During coffee hour on April 5th we will fill them with confetti and cover with tissue paper. Then, on Easter Sunday, bring your cracking hands we will break the eggs over our loved ones after the service for a year of good luck! Contact Amy Deppe via phone or text, 210-861-0107, or during coffee hour with questions.

WOE (WOMEN OF EPIPHANY)

Bakers Needed

For Rummage Bake Food Sale.

Sign-up sheet in hallway.

Please deliver goods on

Thursday 3/28 in choir room before 4:00pm.



SPRUCE UP DAY

Saturday, April 4

9:30 am - 12 noon



Mark your calendars now for the next Church Spruce Up day. It will be held on Saturday, April 4th, beginning at 9:30 am till noon. We will be tackling the auxiliary room, bathrooms, and hallways. Many Hands make light work!

ROCHESTER RED WINGS - 2020

Did you know there are less than 50 Days until the Redwings Opening Day? Planning has begun for our next fundraising activity this coming Summer. Check your calendars, we'll need lots of help! Yes, we will be pouring beer and serving pizza at the games this summer.

Please consider donating your time.

Here are the dates we are scheduled for this season:

- Tuesday, May 5
- Wednesday, May 27
- Tuesday, June 9
- Thursday, June 18
- Monday, June 29
- Saturday, July 4
- Monday, July 20
- Friday, August 21
- Monday, August 24
- Friday, September 4

SAVE THE DATE

Thursday, April 9, 2020

YOUTH Event

more info will be coming soon

Questions - See Small Group Youth Committee.



Ice Cream Social

Up to 5 Volunteers needed

At the Legacy in North Chili **March 14th**

Scooping begins at **2:00 p.m.**

Sign-up sheet in hallway, any questions please contact Kathie Entress.



WEDNESDAY CAFE

On Wednesday, April 22, 2020 at 7pm Epiphany will be hosting Rola O'Meally RN, MSN the Director of St. Ann's Adult Day Services. She will be our speaker for the evening, and she will be discussing Adult Day Services and what they can offer for you and your loved one. Please sign up on the bulletin board and if you have any questions please see Kathie Entress or email at ent1@frontiernet.net.



MOE (MEN OF EPIPHANY)

CORNED BEEF & CABBAGE DINNER

MARCH 19TH

Join us for at Epiphany for a dinner serving Corned beef & cabbage at 6 p.m.



RUMMAGE SALE 2020



THE TRAILER HAS ARRIVED

Planning has begun!
The sign-up poster is up and we need lots of help!

Donation Drop-off

Monday - Friday 9:00 a.m. - 1:00 p.m.
Saturday/Sunday 9:00 a.m. - noon

Or call to schedule a time.

We need your help:

- * Save paper bags (brown grocery bags; all sizes of paper shopping bags with & without handles). A collection box is in the Auxiliary Room.
- * All boxes put into the trailer must be closed all the way (they are easier to stack to utilize storage space). Clothes may be bagged. No furniture goes in the trailer.
- * **NO TV's, computers, monitors.**
- * **IMPORTANT NEWS** - There will be NO large pickups this year. If you have large items to donate, you will need to get them to church on your own - the day we unload the trailer.

Questions about this change, please contact Pam Metzinger.

* **LAST day to bring in items for the sale is: TUESDAY, March 24th. NO exceptions!**

* Flyers will be ready soon to post around town to advertise the sale.

Saturday, March 21 - Set up the building
Sunday, March 22 after 10 o'clock worship - Unload the trailer

March 23-26 - Sort, arrange & price

Friday & Saturday, March 27 & March 28

10:00 a.m. - 5:00 p.m. - Sell, Sell, Sell!

Saturday, March 28, 5:00 p.m. - Clean up

PERKS for working the Rummage Sale:

- * Fellowship with other parishioners
- * it's FUN !
- * viewing items before they go on sale
- * setting aside previewed items to purchase

Please do not come to look around on Thursday, when everything is priced & done and expect to shop. The people who have worked all week long deserve that courtesy. Shop on Friday & Saturday when we are open to the public. Thank you for your understanding!

Any questions, please see Pam Metzinger



LENTEN SPIRITUAL OFFERING

Starting every Sunday in Lent, we will try out 20 Minute Conversations one more time, using the book *Praying Lent: Renewing Our Lives on the Lenten Journey* by Andy Alexander and Maureen McCann Waldron. Be ready to dive right in on **March 1st at 9:10am** in the Auxiliary Room.

Week 1: Chapters 1-3; Week 2: Chapters 4-5; Week 3: Chapters 6-8; Week 4: Chapters 9-10; Week 5: Chapters 11-12.

Here's an introduction to the book: "Lent can be wonderful time of spiritual renewal, however for many, Lent and Lenten prayer is often thought of as an 'ordeal.' What can often be overlooked amid Lenten observances, such as fasting, abstinence, or the common tradition of giving something up, is the opportunity Lent presents, through Lenten prayer and preparation, to deepen our commitment to a way of life rooted in our baptism.

Praying Lent: Renewing Our Lives on the Lenten Journey reminds us that if we focus too much on what we give up we may miss the message of what God wants to give us during this grace-filled time. Created in partnership with Creighton University's popular Online Ministries, Praying Lent provides readers with a rich, full, and transformative Lenten prayer experience, one in which hearts, minds, and lives are truly renewed as Lent takes on a far deeper and more meaningful purpose."

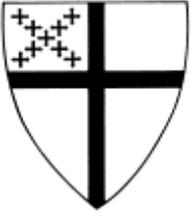




MARCH

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 8:00 AM HE 9:45 AM Church School 10:00 AM HE	24 Don MacDonald Veteran of the month 2pm	25 Shrove Tues. – 5:30-7:00 PM Pancake Supper	26 12:30 PM Ash Wed. Service 4:00-5:30 PM – Ashes to Go 7:00 PM Ash Wed. Service Widows lunch 11am	27	28	29 11:00 AM Judy Brown Memorial Service 
1 8:00 AM HE 10:00 AM HE ERD Sunday <i>Lenten Spiritual offering 9:10am</i>	2	3	4 6:30 PM Handbell Choir	5 Foodlink Warehouse Volunteers 6-8	6	7
8 8:00 AM HE 9:45 AM Church School 10:00 AM HE DAY Light Savings time begins	9	10	11 6:30 PM Handbell Choir	12 Grant Meeting 7 PM	13 Amercks Hockey Game 7:00 PM	14 Volunteers for Ice cream social 2 PM
15 8:00 AM HE 9:45 AM Church School 10:00 AM HE 11:30 small groups	16 STAR DEADLINE	17  7:00 PM Vestry	18 6:30 PM Handbell Choir	19 MOE dinner 6:30 Corned Beef & cabbage 7PM Finance	20	21
22 8:00 AM HE 9:45 AM Church School 10:00 AM HE Unload trailer – Rummage Sale Week	23	24 RUMMAGE	25 SALE PREP	26 WEEK	27 10:00 – 5:00 PM RUMMAGE SALE	28 10:00 – 5:00 PM RUMMAGE SALE
29 8:00 AM HE 9:45 AM Church School 10:00 AM HE	30	31	1	2	3	4



CHURCH OF THE EPIPHANY

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EPIPHANY HIGHLIGHTS

Youth Group - Amercks - 7:00 PM - March 13th

Small Groups - 11:30 AM March 15th

Spruce Up Day - 9:30 AM - March 7th

Unload Trailer - 11 AM - March 22nd

Prep for Rummage Sale - March 23rd - March 26th

Rummage Sale - March 27 & 28 - 10 AM to 5 PM