

# The Arimathean

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Yesterday, December 21 was one of my favorite types of Sunday, the kind when what's planned doesn't happen but something else wonderful does. You may remember there was a fairly big winter storm that weekend and it was the day scheduled for the service of Lessons and Carols. Friday it had snowed quite a bit. Saturday was fine but more snow was due. There were many phone calls back and forth. What to do about the Sunday services and most importantly what to do about the Lessons and Carols service that many had worked hard to prepare? Sunday morning came. I got up extra early. There had been no more snow overnight and the roads were clear. I arrived at church just as a few snowflakes began to fall, still unsure about holding services.

By 8:30 AM it was snowing very hard. Al Gerosa and his grandson Jesse, our 8:30 acolyte, arrived and the early service went ahead as planned, accompanied by the incessant ring of the telephone in the background as people phoned to find out the fate of the Lessons and Carols service. After the early service had ended Rick arrived just in case any of our new acolytes showed up for the rehearsal for Christmas eve. Alex arrived too. The three of us made the decision that we would reschedule Lessons and Carols for December 28 hoping for better weather on that day and we would just have a simple eucharist with a few hymns at 10:30. We expected few if any to turn up, especially because we had been urging callers to stay home.

Eventually people began to drift in and six of our new acolytes put on their albs and practiced for Christmas Eve. As it came closer to 10:30 we decided to ask all the acolytes, now joined by Ali Haus, our experienced acolyte, to serve at the 10:30 service. As 10:30 approached it looked as if we would have more acolytes than congre-



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## Ten is a Magic Number!

Why is ten a magic number? Because it is with great pride and honor to announce we have ten new St. Joseph of Arimathea Acholytes! With the instructional guidance by Rick Ewen and Ramon

White the following members assisted in services around the holiday season: Alexandra, Bianca, Elizabeth, Thomas, Ali, Joey, Christopher, Kamron, Jesse, and Kyle. We look forward to seeing these young

ladies and gentlemen in many future services! Congratulations!

**Sunday,  
January 25th**

Annual Meeting  
12:00 noon

## One of My Favorite Things...

*(Continued from page 1)*

gation and that was OK but people continued to arrive and we had a total of 28 present by the time the service got underway.

The only bulletins we had were a handful from the 8:30 service. They had the correct readings for the day as well as the announcements but not the service itself. We passed theses around and picked up the prayer books. For most people it had been a long time since they'd had to find their way through the pages at a service but everyone managed.

There were other things we had to put together as we went along: Alex gave me hymn number to announce and I had to pull a sermon out of thin air because the one I'd used at 8:30 had been for that particular group of people and it didn't really fit for 10:30. The amazing thing, the thing that makes this type of winter weather, not-what-we'd-planned- for type of services one of my favorite things is that it all worked. Lessons and Carols was re-scheduled for December 28; we had a joyful Sunday

service with those who were able to be here; the acolytes did a fantastic job; people found their way through the pages of the prayer book; hymns were sung; a sermon happened; bread was blessed, broken and shared and the Lord was praised. What more could we want?

Blessing for Christmas and the new Year,

Pastor Claire

## Children's Christmas Party Report

I wish everyone could have experienced the fun we had at the Children's Christmas party on December 13, 2008. The McNeely room was decorated with a beautiful 10 foot pine tree, twinkling with white lights, which Dave Hecht and his sons donated and put in place by the large picture window as you enter the room to the right.

A display of 'carolers' artfully arranged by Nancy Platt, complete with reindeer, bright poinsettias' and candles on the table under the other window, was enjoyed by all. Silver bells adorned the fireplace, with bright red stockings, pinecones in baskets and a penguin wearing a beret we named Mike (after Mike Rohl who wears the same beret!). Holly Angellino surrounded small tea lights on the coffee table, on either

side of a glass bowl with silver and red glass balls. Joan Cameron's colorful table décor completed the decoration, bringing bright colors to the five tables awaiting our guests.

The children from the Coachman were so good. Bright eyed and happy to join in with musical chairs (Go Betty Hecht), limbo (Master of Ceremonies Richard Wisniewski), candy house (Cathy Gmoser), arts and crafts (with Mary-Carol Miller, assisted by Eunice Riblinger and Suzette Atkins)! Matilda Scheib's Christmas cookies, donations of brownies and treats filled the tables. The smell of hot grilled cheese sandwiches made

by Richard Wisniewski was the number one choice of luncheon sandwich options. Eliza Jenson, along with Betty Hecht and Marion Hellthaler made the rounds and offered pitchers of juice to the children. Jennifer Larrow expertly manned the kitchen. But it was Christopher Larrow who highlighted the day as the all new St. Joseph of Arimathea Santa Claus!

Complete with holiday scrunchy, ear rings, socks and red cap, Pastor Claire read a wonderful story, and assisted Santa in handing out gifts to the delight of all the children.

A generous donation by Mary-Carol's sister, Joan Diament, provided goodie bags that contained candy cane pens with the story of the candy can, coloring books, snowmen lollipops, stickers

**Wednesday,  
January ? & ?**

Sandwich Brigade  
9:30 a.m.



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## Dates in January

**Christingle!** Jan. 4 at the 10:30am service.

**Coordinating Committee Meeting** – January 5 & 26 at 6pm

**Vestry Meeting** – January 5 at 7pm

**Morning Prayer Services:** Sunday, January 11 & January 18

**Valhalla Dinner:** January 18th

**Church Office Closed:** Martin Luther King Jr. Day January 19

**Photo-Directory** Pictures to be taken on: January 21 at 3pm – 9pm – please make an appointment or send in a photo by Jan.15th.

**Annual Meeting:** January 25 at noon

**Next month: February 8th** The Bishops Visit!

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### Matching Gift Donation

St. Joseph's has been blessed with a financial gift from an anonymous donor, who will match every dollar you give over your 2008 pledge up to a total of \$5000. This means that if you give an additional \$100 over this year's pledge, it will be as if you gave \$200. Be sure to write Matching Gift in the memo section of your check so we can track how much is donated.

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*Monday,  
January 5th*

Vestry Meeting  
7:00 pm

### Prayer List

Brenda Letford, (Billie-Ann Grant's friend), the Udogwu family, the Barnaby family, especially Zach, Alexander (Alla Borzova's father), Arianna Fujimoto Harris, Phyllis Shwedo, Jane Dunne & Carol Vanecek (friends of Mary-Carol Miller) Merlene Chambers (Charles White's sister), Dottie Cunningham & Linda Dralle, (Barbara Brown's co-workers), Sheila White (Charles White's niece), Maggie Jensen, Elizabeth Graves, (friend of Jennifer Larrow), Grace Anderson-Smith (daughter of Althea Serrant) the Carpenter's Kids in Mbabala, Tanzania



## New Years Resolution: Find Forgiveness

We have all made New Years resolutions – for years! Instead of making one to lose weight, get organized, or clean out all the closets, try a new one: Find Forgiveness.

The poet Alexander Pope said, "To err is human, to forgive divine". Medical research has shown that forgiveness is good for the heart as well as the soul. One study found that when people dwelled on slights from their past, their blood pressure, heart rate and muscle tension all increased, indicating that their bodies were physically stressed when they were in an unforgiving state. Harboring a grudge or resentment against someone or something can only have a negative effect on

your health. Forgiving someone can release this negative energy and positively affect how you feel. This New Year, try to perform an exercise in forgiveness. Forgiving someone when he or she has hurt you can be extremely difficult. But true forgiveness can set the stage for a deeper relationship, help prevent disagreements and inconsequential things, and improve your health.

Many people find that writing a letter to the person who hurt them is helpful. So today, get out all your feelings and frustrations on paper. Pretend you're facing the person who hurt you, and tell him or her how you feel. Then rip the letter into tiny pieces or

burn it to symbolize that you are putting the incident behind you permanently. Then make a conscious effort to let the incident go – don't keep bringing it up. Dwelling on it, especially with the person you've forgiven may prevent you from really forgiving and moving on.

Even if you never see or speak to the person you are forgiving, you can still do this very effectively. It has been my own experience, that I reached out, wrote a letter and mailed it, only to have the person refuse contact at all. I've learned if "I" know I've done the right thing, if I know "I" tried. I can forgive them in my heart – and move on.

*Parts taken Online from: Healthy Living with Ellie Krieger*

Have you made your appointment for **January 21, 2009??** The photographer from Olin Mills will be here from 3pm until 9pm – we need to have 35 appointments scheduled for each one to receive a free 8x10 color photograph and for free Photo-Directories for St. Joseph!! Please call Patty Young during business hours Monday thru Friday 914-592-7166 to schedule your appointment!

## Surprising Expiration Dates Continued

Last month I began a series listing items many of us have in our homes, but may not know when they are good or safe to use by. Especially since it is so easy to purchase larger product amounts in super size stores like Sam's Club and Costco, it is important to know if it is cost effective to do so.

The list began with a few food products, which you can find more on: <http://shine.yahoo.com/channel/home/surprising-expiration-dates-288662/>.

This month I'll continue with a few household products:

Air Freshener/aerosol – 2 years

Antifreeze, premixed – 1 to 5 years

Batteries, alkaline – 7 years

Batteries, lithium – 10 years

Bleach – 3-6 months

Dish detergent, liquid or powdered – 1 year

Motor oil – unopened – 2-5 years, opened 3 months

Mr. Clean – 2 years

Windex – 2 years

Wood Polish (Pledge) – 2 years

## Christmas Party Report, cont.

*(Continued from page 3)*

and treats to take home with them. Heralded as, "the best Christmas party ever", it truly was a lot of fun and made extra special by all the people who participated in the event.

What I also found wonderful – was immediately after the party, everyone pitched in for clean

up – sharing experiences of the day and funny conversations with the children, but also, plans for next years party – the menu – new ideas and activities. That spoke volumes to me, that people were excited, enjoyed themselves, and did not view this day as a chore, but as something really

special to look forward to. So for everyone one I have named, and those I did not put into print, but are most thankful for – please know you are very much appreciated – the day would not have been a success without you.

### Just a Smile:

A Sunday school teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem. A small child replied, "They couldn't get a baby-sitter".

## The No-Hassle Way to Meet Your Pledge

St. Josephs now has an easy way to make your contribution – **E-Pledging!** Some of you may already have automatic monthly transfers from your checking account to pay mortgage, insurance, or con ed bills. This is the same idea.

### *How does E-Pledging work?*

It's very simple. On the date(s) you choose, the Controller's Office at the Diocese of New York debits your checking account and, at the same time, credits St. Joseph's bank account for the amount you authorized.

### *On what day of the month is my contribution made?*

Contributions are processed on the 5<sup>th</sup> and 20<sup>th</sup> of each month. You can give on either or both dates.

### *How will I know the transfer has been made?*

You will see the deduction on your bank statement or, if you have on-line banking, you can see the transfer there.

### *Is there any minimum or maximum?*

No, you can give any amount you wish.

### *Does it cost anything to participate?*

No, there is no charge to you or to the church.

### *What if I want to make a change?*

The Controller's office needs about fifteen day's notice in writing of any change.

### *When can I start?*

You can start any time. This program is completely optional.

### *How can I sign up?*

See our Treasurer, Donna Rosengren, or call the church office to obtain an **Individual Authorization Agreement**. Fill this out and attach a voided check and return to the office. When we send it to the Controller's office, you will get a letter (or fax or e-mail, if you prefer) confirming the day and amount you wish to contribute and when the process will begin.

**Sunday,  
January 18th**

Valhalla Residence  
Dinner Collection

## Want Ad:

We have new Acolytes, now we need some new Ushers! Please consider being an Usher for St. Joseph. We are so

proud of the Ushers we have, but the more the merrier and the easier for people to plan events outside our church

knowing this very important position is covered. If you are interested please contact Pastor Claire.

## What is that Project Manager doing Now?

Happy New Year! Wow! 2009! What is funny about this year to me; is for some reason, I had already begun to write 2009 when I should have still been writing 2008 – perhaps that is a good sign. That 2009 holds so many good things I couldn't wait to start seeing what this year holds.

Ok, so perhaps I am hopelessly optimistic – but hey, 2008 ended with so many good things in St. Joe's. A renewed optimism of hope, so many new changes – that although first cautiously approached by some – turned immediately into delight. New Acolytes, new Eucharistic ministers, a new Orchestra, new faces and new energies. Why can't 2009 be something to look forward to and not just another year?

In 2009 I hope to dig my feet in and get busy with projects just discussed in the past. If the money is not there to start or complete something – well, lets get creative with ways of fundraising, more bake sales, a tag sale, art sale, more concerts – things that can be enjoyable and profitable to complete what we'd like to see and offer.

It is not a time of fear and panic, it is a time to reach into ourselves, find our resourcefulness and unique abilities and aim for a common goal. The new life and energy I have seen in my first year here at St. Joe's has been remarkable. There is a strength here I've never experienced before. I enjoy coming to work every day and meeting the challenges that come with keeping

an historical building running smoothly. Sharing the laughter with people who do all they can do to help. Just being part of something truly special.

So this month, I cannot honestly tell you, "well I've completed this project and started that one...". – St. Joseph is a "project" in and of itself. It has been my joy and pleasure playing a small part in nurturing and developing ideas, solving problems and moving forward. I hope you will look forward to 2009 with me, please know your input and insight is very appreciated. Continue to send me notes, email me ([pattyyoung@optonline.com](mailto:pattyyoung@optonline.com)) and stop by to visit to share your thoughts and ideas too.

## Culinary Corner

My husband Warren is used to having me try different recipes and bringing them to him to taste. There have been some duds – like a recipe I found using a pint of Haggendas chocolate ice cream – and a chocolate cake mix – blend and bake – it was dense and sad.

However, this sandwich – although taken very hesitantly, was tasted and eaten with gusto! Please try it and let me know what your reaction was. HOPE you enjoy it. We did!

### **Slammin Smoked Salmon & Bacon Breakfast Sandwich**

#### Ingredients:

1 light English muffin  
 1 oz. smoked salmon, roughly chopped  
 1 slice extra lean turkey bacon  
 2 tbsp. fat free cream cheese  
 1 tbsp. chopped red onion  
 1 tbsp. chopped cucumber  
 1 slice tomato

#### Directions:

In a pan, sprayed with non-stick spray, cook bacon on both side over medium high heat until crispy. Once cool enough to handle, chop into small pieces.

In a small dish, combine cream cheese with smoked salmon, bacon, onion and cucumber. Mix well.

Split muffin into halves, heat or toast as desired.

Spread cream cheese mixture over one half of the English muffin. Top with the tomato slice. Place the other half of the muffin on top. Press down firmly and eat!

The entire recipe is only: 194 calories, 3g fat, 936mg sodium, 25g carb, 6g fiber, 2g sugars, 19.5g protein. So decadent, so delicious, soooo guilt free!

### **One Last Thought:**

Parents/Parishioners/People! When children join you in giving to others, they watch the most powerful role-model in their lives and they will remember this lesson in stewardship forever. So please keep this in mind, when you bring a food item to donate at St. Joe's. Make it easy on yourself, just bring one item every time you come to church. A canned good, fruitcups, dried goods, non-parishibles etc. If each person made the effort to do this, we could supply a feast to those in desperate need each month.

ST. JOSEPH OF ARIMATHEA

2172 Saw Mill River Road  
White Plains, New York 10607

(January 2009)

**“Well done is better  
than well said.”  
~Benjamin Franklin**

The Rev. Claire Lofgren, Interim Pastor

Rick Ewen, Sr. Warden

Connie Barrett, Jr. Warden

Vestry: Ben Alexander, Joan Cameron, Catherine Gmoser, Lucy Knight,  
Chris Larrow, Donna Rosengren, Althea Serrant, Sharon White, Richard Wisniewski  
Donna Rosengren, Treasurer \* Grady Jensen, Historian \* Patty Young, Clerk

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Catherine Gmoser, Layout

Glad Tidings!

1/1	Russell Twiss
1/3	Anne E. Harmon
1/4	Dakota Scandiffio
1/8	John Verrastro
1/10	Anthony Haus
1/11	Jan Farfalla
1/15	Avery Tuttle
1/17	Celia DiBenedetta
1/21	Garrett Peterson
1/30	Vera Watts

