

The Arimathean

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Jesus put a lot of emphasis on prayer. He often prayed with his disciples. Jesus encouraged the disciples to pray and he even taught them to pray. (disciple = someone who learns). Our Book of Common Prayer defines prayer as responding to God, by thought and by deeds, with or without words. St. Augustine said, "True, whole prayer is nothing but love." God made us out of love; prayer is the way that we stay connected to our loving God.

To communicate with God requires discipline (from the Latin word *disciplina* = instruction). Prayer is a learning process. "At every opportunity pray in the Spirit, using prayers and petitions of every sort." Ephesians 6:18.

Make a commitment to at least one definite prayer time every day. Spontaneous prayer, arising out of the experience of the moment is, wonderful. Sometimes it is our most fulfilling prayer. But we are not always prompted to do it. Our faith tradition encourages a definite daily time for prayer.

Your experience may give you a strong indication of what time of day is the best prayer time for you. Some people are better prayerers in the early morning, others in the late evening.

Learning to fit prayer into a busy life is not easy. If you initiate a particular schedule or approach to prayer and don't master it within a short time, don't be drastically upset with yourself-or imagine that God is either.

A good parent isn't upset with a toddler who falls and "fails" many times in learning to walk. The falls are necessary steps in learning to take real ones. God is your perfect Parent, who knows perfectly well that your falls and fumbings in prayer are simply steps in your progress toward deeper union with God.

"Learn how to pray in the streets or in the country. Know how to meditate not only when you have a book in your hand but when you are waiting for a bus or riding in a train."—Thomas Merton.

Peace,

Horace+



Joey Camp 101

By: Paige Lockwood

In the summer of 2008 after a move and baby #2 arrived we found this wonderful community at St. Joseph of Arimathea. Upon moving we were on a quest to find a parish that had a good vibe and love of children. Rob found it while driving John around (hoping he would sleep). John was Christened (we were late to the service - not knowing that church time changed in the summer) and yet everyone in the parish waited for us - we were amazed.

Fast-forward to summer 2009 when Mother Claire had a great idea. The children have Sunday school and regular school during the school year - let's give them a "camp-like" summer experience. What a wonderful way to keep kids engaged and excited about church.

Joey Camp became a big hit. It's built around the kids socializing, sharing and learning. With arts and crafts, stories and outside fun. Last year we all worked to make each week new and exciting - we did

"winter in the summer" (the kids made snow globes out of water bottles), science experiments (a la Katie and Warren - with no explosions) and the fun went on.

This year we plan to continue the fun with events like making clay Gargoyles, Skateboard lessons, summer beach crafts and garden projects.

We hope everyone will join in and help to make for another successful and fun Joey Camp summer!

**Saturday,
July 10 th**

Vestry Retreat
Irvington

"I once read that a coincidence is just when God chooses to remain anonymous."

Question & Request:

What would YOU like to read in the Arimathean? Have you thought about writing an article? Sending a story? Sending pictures to share? Please write or email me with your suggestions:
Patricia Young: Email: pattyyoung@optonline.net
Or if you prefer to mail your requests to:
St. Joseph of Arimathea,
2172 Saw Mill River Road,
White Plains, NY 10607.

Also, please let us know if you would be willing to receive the Arimathean online. This does two things:
1. Gets the newsletter to you as fast as possible
2. Saves a chunk of change on postage!

If you have access to a computer – please consider having future Arimatheans sent to you by email. Thank you!

The Sparrow at Starbucks

{The song that silenced the cappuccino machine!}

Funny how things work sometimes. Just a few Sundays ago, the choice for one of the hymns was "His Eye is on the Sparrow", it was only the week before that I had a chance to catch up on some reading, that I had ever heard of that hymn. One reading was this story sent to me by Doreen McDermott that had

this very hymn in it. So I went online and found the hymn. I hope you find it as touching and inspirational as I did. Thanks Doreen.

It was chilly in Manhattan but warm inside the Starbucks shop on 51st Street and Broadway, just a skip up from Times Square. Early November weather in New York City holds only the slightest hint of

bitter chill of late December and January, but its enough to send the masses crowding indoors to vie for available space and warmth.

For a musician, it's the most lucrative Starbucks location in the world, I'm told and consequently, the tips can be substantial if you play your tunes right. Apparently, we were striking all the

(Continued on page 5)

Did You Know?

Try to guess how much it costs each year to maintain the St. Joseph elevator:

- A. More than \$1000
- B. Less than \$1000
- C. About \$400
- D. Almost nothing

The answer is on page 6 of this newsletter.

Prayer List

Alla Borzova's father **Alexander**, Patty Young's friend **Oliver** Simco, **Debbie** Gillett-Hermansen, **Clive** Brown, Billie-Ann Grant's friend **Brenda** Letford, Louis Grant's father **Lloyd**, **The Carpenter's Kids**, Paige Lockwood's friend **Jack** Demers, **Connie** Barrett, The **Udogwu** Family, Charles White's brother **Sydney** and niece **Sheila**, Mary-Carol Miller's friends **Jane** Dunne & **Carol** Vanecek, Jennifer Larrow's friend **Elizabeth** Graves, Barbara Brown's friend **Dottie** Cunningham, Carol Rohl's friend **Jamie**, Althea Serrant's daughter **Grace** Anderson-Smith, Marion Hellthaler's friend **Janet** Aurrigemina, Warren Stramiello's Grandmother **Shirley** Wurst, **Robert** Ewen and **Gary** Jerolman .



What St. Joe's means to me

By Jennifer Larrow

We came to St. Joe's when Christopher Jr. was four years old and Kamron 2. Some people would remember when a little boy holding his brother's hand would go down to the Sunday school. I would later hear that many parishioners would place bets to see how long before you would hear footsteps of this little boy on the stairs coming back to sit on my lap, that was Kamron. Now eight years later Kamron is now ten years old and Christopher 12. Both now go to Sunday school every Sunday and stay, and they even periodically read in church on the first Sundays. My, where has all that time gone.

We came to Saint Joe's, as guests of Norman and Patricia Reid. We stayed because of the long time parishioner George Wilbur, who has since

passed on (May God rest his soul). It has been an interesting ride, hopefully for many more years to come. St. Joe's has become our second family; both Chris and I are active participants in the church, he: Junior Warden, Assistant Treasurer and usher. Me; Altar Guild Chair and occasional Coffee Hour Host.

St. Joe's is a place which draws you in, there is no resisting. Once you put your feet through those red doors you are caught up in a warm and friendly atmosphere. The people exude charm which grabs a hold, this makes you want to come back over and over again. The fact that it is a small church makes it even more intimate, you get to know each other and you genuinely care about each other. If Sun-

day morning comes and some people are missing from church, they are indeed missed. Each and every Sunday you leave the church with a feeling of euphoria, knowing you are armed with many blessings, totally covered for the week ahead.

Coffee hour is never for an hour, we are so caught up in each other that we have to consciously set a time to leave. There is usually a whole lot of socializing going on. In the winter time when the fire is lit, it is especially hard pressed to leave. In the summer time it usually takes some activity with the boys to pull us away, and all this begins all over again the next Sunday we meet.

St. Joe's will always hold a special place in my heart; it has left its indelible mark on me and that of my family.

Wish List:

- Do you have a set of end tables we could use in the Rector's office? The TV tray's are just not working well enough.
- Do you have a sofa slip cover in a solid cover? It is a sleeper sofa that seats three. A brown, green or gold would be wonderful.
- Do you have a floor lamp you are not using? Perhaps a table lamp or two? We need a little more light in a parish members apartment.

The Sparrow at Starbucks, cont.

(Continued from page 3)

right chords that night, because our basket was almost overflowing.

It was fun, low pressure gig – I was playing key board and singing back up for my friend who also added rhythm with an arsenal of percussion instruments.

We mostly did pop songs from the '40's to the '90's with a few original tunes thrown in. During our emotional rendition of the classic, "If You Don't Know Me By Now," I noticed a lady sitting in one of the lounge chairs across from me. She was swaying to the beat and singing along. After the tune was over, she approached me. "I apologize for singing along on that song. Did it bother you?" she asked. "No" I replied. "We love it when the audience joins in. Would you like to sing up front on the next selection?" To my delight, she accepted my invitation. "You choose," I said. "What are you in the mood to sing?" "Well...do you know any hymns?"

Hymns? This women didn't know who she was dealing with. I cut my teeth on hymns. Before I was even born, I was going to church. I gave our guest singer a knowing look. "Name one." "Oh, I don't know. There are so many good ones. You pick one."

"Okay" I replied. "How about 'His Eye is on the Sparrow'?"

My new friend was silent, her eyes averted. Then she fixed her eyes on mine again and said, "Yeah. Let's do that one." She slowly nodded her head, put down her purse, straightened her jacket and faced the center of the shop. With my two bar set up she began to sing.

Why should I be discouraged? Why should the shadows come?

The audience of coffee drinkers was transfixed. Even the gurgling noises of the cappuccino machine ceased as the employees stopped what they

were doing to listen. The song rose to its conclusion.

I sing because I'm happy; I sing because I'm free. For His eye is on the sparrow and I know He watches me.

When the last note was sung, the applause crescendoed to a deafening roar that would have rivaled a sold out crowd at Carnegie Hall. Embarrassed, the woman tried to shout over the din, "Oh y'all go back to your coffee! I didn't come in here to do a concert! I just came in here to get somethin' to drink, just like you!" But the ovation continued. I embraced my new friend. "You my dear, have made my whole year! That was beautiful!"

"Well, its funny that you picked that particular hymn." She said. "Why is that?" "Well..."she hesitated again, "that was my daughter's favorite song." "Really?!" I

Culinary Corner

This month's Culinary Corner was brought to you by "Nutrition News for Seniors" from Westchestergov.com provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services.

Part II

Boost your antioxidant intake by following the tips on the Super 7 Spices and Herbs listed below:

Quick Tip 1: Keep a shaker of **Ground Cinnamon** handy to sprinkle over everything from hot cocoa to oatmeal and fruit salad.

Quick Tip 2: Add a hint of ginger to hot or iced tea. Sweeten 1 cup of tea with $\frac{3}{4}$ teaspoon sugar mixed with $\frac{1}{4}$ teaspoon **Ground Ginger**.

Quick Tip 3: For a twist on the typical grilled cheese, prepare sandwich with sliced mozzarella cheese, sliced tomato and $\frac{1}{4}$ teaspoon **Oregano Leaves**.

Quick Tip 4: Add a kick to store bought or homemade hummus or guacamole by stirring in $\frac{1}{4}$ teaspoon **Ground Red Pepper** or **Crushed Red Pepper**. Or, try sprinkling in a little **Paprika**.

Quick Tip 5: Dress up ready to bake rolls. Just before baking frozen dinner rolls or ready to bake rolls, brush tops with olive oil and sprinkle with crushed **Rosemary Leaves** and Sea Salt before baking.

Quick Tip 6: Wake up taste buds with Herbed Scrambled Eggs. Beat $\frac{1}{8}$ teaspoon **Thyme Leaves** into 2 eggs before scrambling.

Quick Tip 7: Create a spiced Curried Pilaf by adding $\frac{1}{2}$ teaspoon **Yellow Curry** to 2 cups hot cooked rice. Add flavor and texture with a handful of shredded carrots, peas, raisins or toasted sliced almonds.

I hope you've found this article Part I & II helpful, insightful and easy to use. Thank you again to Eunice Riblinger for sharing the information with me. I've already tried a few of the Quick Tips with items I already had in my cupboard! Hope you have too!

Elevator Answer

| | | |
|----------------------|----------------------|---------------------|
| Answer to Question | pass inspection | which comes twice a |
| About Elevator Cost: | every 6 months and | year to test the |
| | receive a new permit | elevator and make |
| If you guessed C – | by the Town of | any adjustments. So |
| about \$400, you | Greenburgh. We | if stairs are a |
| were correct! | contract with Omni | challenge for you, |
| Elevators have to | Elevator Company | please use the |
| | | elevator! |

The Sparrow at Starbucks, cont.

exclaimed. "Yes," she said, and then grabbed my hands. By this time the applause had subsided and it was business as usual. "She was 16. She died of a brain tumor last week."

I said the first thing that found its way through my stunned silence. "Are you going to be okay?" She smiled through tear filled eyes and squeezed my hands. "I'm gonna be okay. I've just got to keep trusting the Lord and singing His songs,

and everything's gonna be just fine." She picked up her bag, gave me her card and then she was gone.

Was it just a coincidence that we happened to be singing in that particular coffee shop on that particular November night? Coincidence that this wonderful lady just happened to walk into that particular shop? Coincidence that of all the hymns to choose from, I just happened to pick the very hymn that was

the favorite of her daughter, who had died just the week before? I refused to believe it.

God has been arranging encounters in human history since the beginning of time, and its no stretch for me to imagine that He could reach into a coffee shop in midtown Manhattan and turn an ordinary gig into a revival. It was a great reminder that if we keep trusting Him and singing His songs, everything's gonna be okay.

Save the Dates!

- | | | |
|------|----|----------------------------------------------------------------------------------------------|
| July | 4 | Come celebrate the 4 th of July at St. Joe's with a BarBQ! |
| | 10 | Vestry Retreat at St. Barnabas in Irvington 9am-4pm Bring a Pot Luck Breakfast and Lunch! |
| | 21 | Sandwich Brigade 9:30am |
| | 28 | Sandwich Brigade 9:30am |
| Aug | 9 | Vestry Meeting 7:15pm |
| | 18 | Sandwich Brigade 9:30am |
| | 25 | Sandwich Brigade 9:30am |

Altar Flowers

- | | | |
|------|----|----------------------------------------------------------------------------|
| July | 4 | by Mary & Obi Clifford |
| | 11 | by Dorothy J. Olson in loving memory of her husband Theodore L. Olson |
| | 19 | by Virginia Cutler in loving memory of her parents Henry & Virginia Barone |
| Aug | 22 | by Joan M. Lord in memory of Bill Lord |
| | 29 | by Jan Farfalla in loving memory of Anthony & Luise Farfalla |

ST. JOSEPH OF ARIMATHEA

2172 Saw Mill River Road
White Plains, New York 10607

(July/August 2010)

Always do right - this will
gratify some and astonish
the rest.

~Mark Twain

The Rev. Horace Choate, Rector

Rick Ewen, Sr. Warden Chris Larrow, Junior Warden

Vestry: Ben Alexander, Suzette Atkins, Clive Brown, Catherine Gmoser, Jennifer Haus,
Donna Rosengren, Katie Saliba, Althea Serrant,
Donna Rosengren, Treasurer * Patty Young, Clerk

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Catherine Gmoser, Layout Grady Jensen, Historian

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Glad Tidings!

Happy Birthday to:

| | | | |
|-------|----------------------|-------|------------------------|
| 07/01 | Allison Carrasquillo | 08/11 | Rev. Addie Clark |
| 07/03 | Barbara Widmayer | | Anne Paige Harmon |
| 07/08 | Marion Hellthaler | 08/18 | Takashi Motohashi |
| 07/09 | Nk Udogwu | | Theodore Widmayer |
| 07/10 | Ethan Alexander | 08/25 | Donald "Obie" Clifford |
| | Norma Pentz | 08/26 | Joseph Prisco |
| 07/12 | David Forbert | | Katie Saliba |
| | Thomas Jalicki | | |
| 07/13 | Emeka Udogwe | | |
| 07/14 | Robert Ewen | | |
| 07/16 | Matilda Scheib | | |
| 07/17 | Robin Chalmers | | |
| 07/21 | Ugo Udogwu | | |
| 07/25 | George Watts | | |
| 07/28 | Denise Jalicki | | |
| 07/31 | Mary Clifford | | |

