

THE SPIRE

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St. Paul's On the Hill Episcopal Church

49 Ganung Drive, Ossining, New York 10562



Do Not Let Your Hearts Be Troubled

One of the last things that Jesus said to his disciples was “Do not let your hearts be troubled.” And yet, we seem to specialize in troubled hearts! And actually that state makes sense in this uncertain world. We can worry over the environment, political divisions, day-to-day finances, health concerns, the welfare of friends and family members... our concerns are real and certainly capable of creating troubled hearts. So then, when he made this admonition, was Jesus oblivious? Did he not understand life’s pressures? Was he a blind optimist? No, no, and no.

In fact Jesus tells his disciples not to be troubled as he stands at the edge of his own passion and death. Judas has just betrayed him and Jesus knows his death is near. This is not a time for idle conversation. His message is urgent, in the imperative: “Do not let your hearts be troubled.” Then he tells them why. God is trustworthy and so is he.

As we enter Lent, I think about our human ways of being. Sometimes we are self-absorbed, sometimes self-conscious, sometimes even self-aware. But there is a fourth state open to people...that is simple awareness. And at the end of his life, Jesus invited us to this. He invited us to put our burdens down and trust in God who holds a place open for each of us to rest in our simple awareness of the divine.

This Lent, as we travel together through the story of Jesus’ last days, I pray that our trust in God will grow and that each of us may rest in simple awareness and find peace for our troubled hearts.

Faithfully,

Cooper+



Laissez Les Bons Temps Rouler!

Shrove Tuesday...Mardi Gras Dinner

Where: St. Paul's On-the-Hill, Ossining, NY

When: Tuesday, February 13, 2018, 6 PM

What: Gumbo for God, Jambalaya for Jesus and
...Pancakes for all!

Why: St. Paul's and Trinity's Mission Outreach

Donation (suggested):

\$15/adult; \$10/seniors and children (6-11)
Children 5 and under FREE

Sign-Up: 914-941-6627 (St. Paul's Church Office)



The beauty of the walk way at night photo by Jo Mc Grath

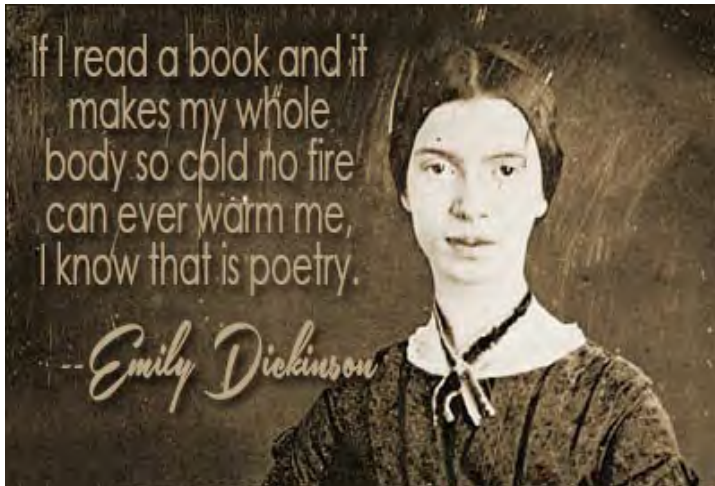
You can run, but you can't hide.
God doesn't give up on you. If you
give God enough reason, you may
find yourself on the receiving end of
God's attention getters... like Jonah.

What has God done to try and get
through to you? Were you wide
awake, or asleep in the hold? What
might you miss of God's activity in
the world if your eyes are closed?
Are there others in your surrounding
community who need you to stay
awake and pay attention? Who
needs your help to lighten the load
they bear?

There are times when we fail to
consider the effect our selfish
decisions have on those around us. It
is in these moments that God has a
way of making God's presence
known, if only we can stay
spiritually awake enough to notice.

Neil Myer





The January Poetry Session

Our January poetry session at St. Paul's on-the-hill will focus on the wondrous poems of Emily Dickinson, with special attention to the influence of hymnal form on the meter and structure of many of her poems. We shall explore, as well, the wit, whimsy, and spiritual wisdom of this extraordinary poet. Photocopies of the poems will be provided.

Alfred Clemente, Ph.D.

What a wonderful evening this, our first poetry session, was, spent with Alfred and Priscilla Clemente and the poetry of Emily Dickinson. There were 15 of us present and we all learned so much about this wonderful, reclusive poet who only published a few of her poems in her lifetime. Hundreds more were found after her death. Dr. Clemente's son Vance, professional actor and his family were also a part of the group as he and I took one of Miss Dickinson's poems and sang it to the tune of "Amazing Grace." Also in attendance from St. Paul's were Art Hightower, Barbara Bethea, Elaine Blair, Julie Gross, Mo. Cooper Conway, Nils Blatz and Carolyn Black. Mo. Cooper presented Dr. Clemente with a copy of The Book of Common Prayer. He was thrilled with the leather copy. We do hope to have more of these types of presentations at St. Paul's. Do stay tuned.

---Carolyn Black Hightower

Stories - From The Youth Music Program

During the Spring Session of the 2017 year, the drumming teacher noticed one of his new, young drummers was very fidgety and continued to wiggle and move throughout the lesson. (He was also the younger brother of the young student who, when he started in the program, ran to drumming so quickly, he was nicknamed the 'blur.'

He also stuttered but was allowed to speak his mind and ask questions without a push from anyone to 'hurry up' or have anyone put words into his mouth.) The younger brother tried very hard to emulate the techniques his brother had learned, which his older brother found so annoying. At seven (7), he had a hard time focusing and sitting still long enough to hear what was being said. The challenge became obvious to the instructor who gave him exercises that were shorter, had him work on his upper body strength, and got him to focus without moving about. The teacher gave the brothers exercises to play together including time to work out their own rhythms to play in performance. This forced the younger brother to focus without movement and gave the older brother the chance to really help in a 'teaching' position. Their performance was magical.



The Fall Session had only three young singers in vocal production. One was 4 and the other two were 8. These same young singers were in the Spring Session also, but there were 18 young people in the group then, ranging in age from 11 to 3. During the spring, there were three young boys who sang, but by the fall, they had decided that drumming was their forte. The one boy who stayed with singing developed into a wonderful soprano, totally interested in singing all kinds of music. He even learned how to harmonize “You Are My Sunshine” and sang it with the other two girls (4, and 8) in the class. He even helped them stay on pitch so he could harmonize above them. He is so looking forward to the upcoming Spring Session. Parents who came to the performance were amazed at this young male voice...so strong and full of smiles.

One family in the Youth Music Program has had 8 children participate in the program. Since entering our program (5 years ago,) one of the older boys worked with adult guitar teachers and took on the role of teacher for two years, and he worked with one of his brothers to become the guitar teacher as he went off to college. The next older brother (16) became extremely efficient on drum set with Art Hightower; participating in the spring concert with the Youth Wind Ensemble, a group of young musicians from around the county of Westchester. Art Hightower attended the concert and was blown away by the beauty of the sound. He also noted the percussion section was almost entirely filled by his students (except one). This young drummer is now assistant to our drum instructor. Another college drummer of our instructor (a member of our group since he was 10) comes to assist with another group of young drummers we instruct at the Ossining Children’s Center (funded by ConEd) and arranged his college schedule so that he could do this. When he demonstrated some rhythms on his first day at the facility, all the kids whistled, or their mouths flew open, or said “Wow, he’s really good!”



Spire – February 2018

Thank you from the Mighty M's!



We joined 550 dedicated and enthusiastic Team-in-Training Members for an unforgettable experience in Orlando FL and Walt Disney World, raising over \$1.2 million for the Leukemia & Lymphoma Society, which will fund research, education, and patient support.

Thanks again for your support.

Half-Marathon (13.1 miles) Results:

- Tyler was our medalist, finishing in 2:15:13
- Darryl broke 3 hours (barely) finishing in 2:59:42
- Brandon in 3:05:01
- Cha beat the 3:30 time limit, easily finishing in 3:14:08 and ready to "do-it-again"

For additional information on LLS or TNT, please ask or go to:

- <http://www.lls.org/>
- <http://www.teamintraining.org/>

Go Team!



Joyce Lannert wearing the shirt and scarf bought in the Lantern Shop for her trip to Iran in 2017



The Lantern Gift Shop

The "shop ladies" are back to work after a nice holiday break! We opened up for our January Clearance sale on January 6th, despite the extremely cold weather. The day brought in \$307.84 thanks to a few loyal customers who braved the cold. (This was even \$50 more than last year's sale, which was also a very cold day!)

We are now looking forward to our annual Valentine Sale and Bake Sale which will take place on Saturday, February 3rd, 10-3. We have held over all Christmas Clearance merchandise and more for one "last chance". The Fabulous Valentine Bake Sale will be held in the Parish Hall with a place to sit and relax and enjoy a free cup of coffee or tea. We hope you will come and bring friends.

Regular Saturday shop hours of 10-1 will resume on Saturday, February 13 unless we have to use that date as a snow date. Fingers crossed for good weather on the 3rd! See you then!

The Lantern Shop Committee



It's February!!!! Sick of snow? Ice? Cold? Even Colder? Coldest?

I want to say "Can spring be far behind?" but I don't really feel that way.... Though I did hear a bird chirping today for the first time.... I always felt that this is a dreary month....

Anyway..... here is the good news....

As you read this:

- we will have had a very successful and productive annual meeting with stunning reports from our committee chairpersons highlighting all the wonderful accomplishments of 2017.
- We staged a most impressive Mardi Gras/Pancake Supper to party before Lent
- We had a beautiful Ash Wednesday service at noon on the hill or attended one of the two at Trinity.

As warden, I would like to thank those parishioners who have served on the vestry so capably over the past few years. Thank you to Mark Monroe who served two years as warden and then graciously signed on for one more year to help the new warden (Me!). I could not have gotten through the year without him. Many thanks to Ray Farrell who has put many miles on his car traveling back and forth from up north. Thank you to Julie Gross who stepped in to fill a year's vacancy as warden. She was an answer to my prayers and made this past year so much more enriching for me thanks to her wise spirituality.

Thank you Beth Pollack for stepping up to be Warden '18/'19 with me! Beth's energy and creativity should keep this place rockin' and I can't wait! Thanks also to John Houghtaling and Roger Rowe who both do so much around the church and have agreed to share their wisdom again as a member of the vestry. And of course, Darryl Moy who will fill a year's vacancy. See? begging works! These "newbies" (haha) join Elaine Blair, Margery Barnes and Bev Valliancourt who continue to serve their terms. We are blessed to have such a wise, capable and committed group to lead us into our future. Just wait to see all that is accomplished!!!

Thank you all Each of you..... for all you do and who you are. Each of you make this

I look forward to 2018 with great hope and faith that we can continue our journey together...

As always..... Find me buzzing around the church on Sundays.... And week days too....to stop to talk... Call me or text at [914-409-8544](tel:914-409-8544) /email... mcgrathinator@gmail.com.... To chat or share your thoughts...

Blessings All..... in God's Love.....jo

As outgoing member of the vestry, I want to thank each of you for your support this last year. It has been a privilege to work with Jo Ann and each member of the vestry. What have I taken away aside from appreciating the every day details that keep us a well functioning church? I will share with you my comments at the Annual Meeting...

“We are a loving caring community of support for each other and our neighbors. That’s how the God in each of us works. We connect with each other with respect and kindness. It is not always easy to accept help or help another. We reminded by Albert Schweitzer that, **“Sometimes our light goes out (we have had it!),** but it is blown again into instant flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light.” I thank you! For years I’ve benefited from the presence of so many of you. I have felt my energy rekindled through difficult times. Do you remember an experience where you have been held and supported by members of St. Paul’s? Think for a moment...

We extend our community of caring both within and beyond the walls of our church. Many of us help provide shelter and food for the homeless, participate in Repair, a group of rivertown Episcopal churches addressing racial injustice. Some till the soil of the Mustard Seed Garden donating the produce to The Food Pantry, along with coats and warm clothes in winter. We have the energized women of the Lantern Shop, and those who volunteer for coffee hour and at the altar. There is the choir and the youth music program, Sunday school, vestry members... and I could go on. Thank you everyone!!

As out going warden of the vestry, I dream and pray that we continue as a connected, caring community contributing our time and energy to the well being of St. Paul’s. WE are this church. We are more than this precious building. We are St. Paul’s-on-the-Hill... Thank you for all your help...”

THE
FORTY
DAYS
of LENT



RETURN
to the
LORD
YOUR
GOD



FEBRUARY BIRTHDAYS

2/02 Karen Pauline
2/09 Susan Holsten Madera
Robert Docker
Mo. Cooper Conway
2/12 Christina Cowan Richmond
2/13 Kathen Cowan Reynolds
2/14 Nicholas Kip
2/20 William Cowan
Doris Beresford
2/22 Stephanie Silicato
2/24 Evelyn Marie Steckmeister
2/25 Julie Gross
Ian Robertson
2/26 Audrey Del Bene
2/29 Jessica Bowen

FEBRUARY BAPTISMS

2/05 Stephanie Kip
2/21 Jeanne Rothrock

FEBRUARY DEATHS

2/1 Reggie Williamson
2/01 Roger Trommelen
Ann Potts
2/07 Mary Allen (Jayne) Jones
Richard Vaillancourt
2/12 John William Matherly
2/18 Edith Skidgell

