

THE SPIRE

VOLUME 65 NUMBER 7 MARCH 2019
St. Paul's On The Hill Episcopal Church
40 Ganung Drive, Ossining, New York 10562



Jesus' Path of Love, Freedom, & Abundant Life

This Lent, our Presiding Bishop is offering us a glimpse at the spiritual lessons he has learned in life. Through the Forward Movement, we have received a path to follow in this season of Lent which is informed by Bishop Curry's wisdom. Over two Saturdays we will consider Jesus' question "What do you seek?" (John 1:38)

Our Presiding Bishop says we seek four things:

LOVE: to know God's love, to love and be loved by others, and to love ourselves.

FREEDOM: from the forces of sin, fear oppression, and division.

ABUNDANT LIFE: which is enough for all and provides love, joy, peace, and delight.

JESUS: the way of love Who has power to change lives and the world.

As we seek these things, he says, our Christian heritage gives us milestones to touch along the way. For Bishop Curry they are: turning, learning, worshiping, blessing, going, and resting. During our time together on our two quiet (half) days we will hear scripture, consider, and discuss each of these Christian practices. Our purpose? To learn how we can introduce them into our daily lives.

You know, every person has a "rule of life," that is, certain routines which shape daily life. This Lent, we will seek to add a small number of Christian practices that will focus us on love, freedom, abundant life, and Jesus.

Please join me for this meaningful time together. Parts one and two of the quiet day will take place one at each church. These days do not cover the same material. We will explore different spiritual principles each Saturday.

Part One will be in the Trinity Office from 10:30 am to 1:00 pm on Saturday, March 30th.

Part Two will be in St. Paul's Family Room from 10:30 am to 1:00 pm on Saturday April 6th.

You are welcome to either as the Spirit leads but I hope you can make space for both gatherings as part of your own Lenten journey. A light breakfast will be provided. Wear comfortable clothes. Plan to share in the Spirit with your friends.

A sign-up sheet will be circulated on Sundays.

As Bishop Curry says "By entering into reflection, discernment, and commitment around the practices of Turn- Learn- Pray- Worship- Bless- Go- Rest, I pray we will grow as communities following the loving, liberating, life giving way of Jesus [that has the power to] change our lives and the world."

Faithfully, Cooper+



"When you part from your friend, you grieve not;

For that which you love most in him may be clearer in his
absence, as

the mountain to the climber is clearer from the plain."

- Khalil Gibran, The Prophet

We spend a lot of our lives looking forward...forward to a vacation, a milestone, or even just the weekend. It is from loss that we realize that looking beside us is where we find the real joy. Our friends and loved ones are the people with whom we share our daily lives and with whom we build the most lasting memories. It is our shared morning coffee, a quick phone call or email, or watching a favorite tv show together that really defines the simple, yet most impactful joys of life. While the sadness of loss is startling, take it as an opportunity to look and see what is beside you now. Treasure those people and those mundane moments, for they are what really matter most.

7 Surprising Health Benefits of Gratitude

By JAMIE DUCHARME

Now is the season to think about what makes you most thankful, but research supports making it a year-round habit. Many studies have found there are benefits of gratitude — both mental and physical — and all it takes to enjoy them is a little bit of introspection.

Here are seven surprising benefits of practicing gratitude.

Gratitude can make you more patient

Research from Northeastern University has found that people who felt grateful for little, everyday things were more patient and better able to make sensible decisions, compared to those who didn't feel very gracious on a day-to-day basis. When 105 undergraduate students were asked to choose between receiving a small amount of money immediately or a larger sum at some point in the future, for example, the students who had shown more gratitude in earlier experiments were able to hold out for more cash.

Gratitude can help ease depression

Thompson, the cognitive scientist, says experiments have shown that people who partake in the “three good things” exercise — which, as the name suggests, prompts people to think of three good moments or things that happened that day — see considerable improvements in depression and overall happiness, sometimes in as little as a couple weeks. “If there were a drug that did that, whoever patented that drug would be rich,” Thompson says. “Gratitude is very powerful.”

Gratitude gives you happiness that lasts

Lots of things, from a compliment to a sugary treat, can bring little bursts of happiness. But instant gratification also goes away quickly, Seppälä explains, which leaves you craving more. “Gratitude is something that leads to much more sustainable forms of happiness, because it's not based in that immediate gratification; it's a frame of mind,” she says. If you regularly take time to express gratitude and thankfulness, you're likely to see results.

Gratitude can help you sleep

“Count blessings, not sheep,” Seppälä says. Research in the *Journal of Psychosomatic Research* has found that feeling grateful helps people sleep better and longer. That's likely because “you have more positive thoughts before you go to sleep,” says Seppälä (who wasn't involved in the study), which may soothe the nervous system. If you're going to make a daily gratitude list, Seppälä recommends writing it before bed.

Gratitude may stop you from overeating

“Gratitude replenishes willpower,” says Susan Peirce Thompson, a cognitive scientist who specializes in the psychology of eating. The concept is similar to the Northeastern research that found a connection between gratitude and patience: Thompson says cultivating feelings of gratitude can boost your impulse control, helping you slow down and make better decisions. If you find yourself taking slice after slice of pumpkin pie, for example, Thompson recommends excusing yourself from the table to jot down a quick list of things you're grateful for, which can help you clear your mind and reset.

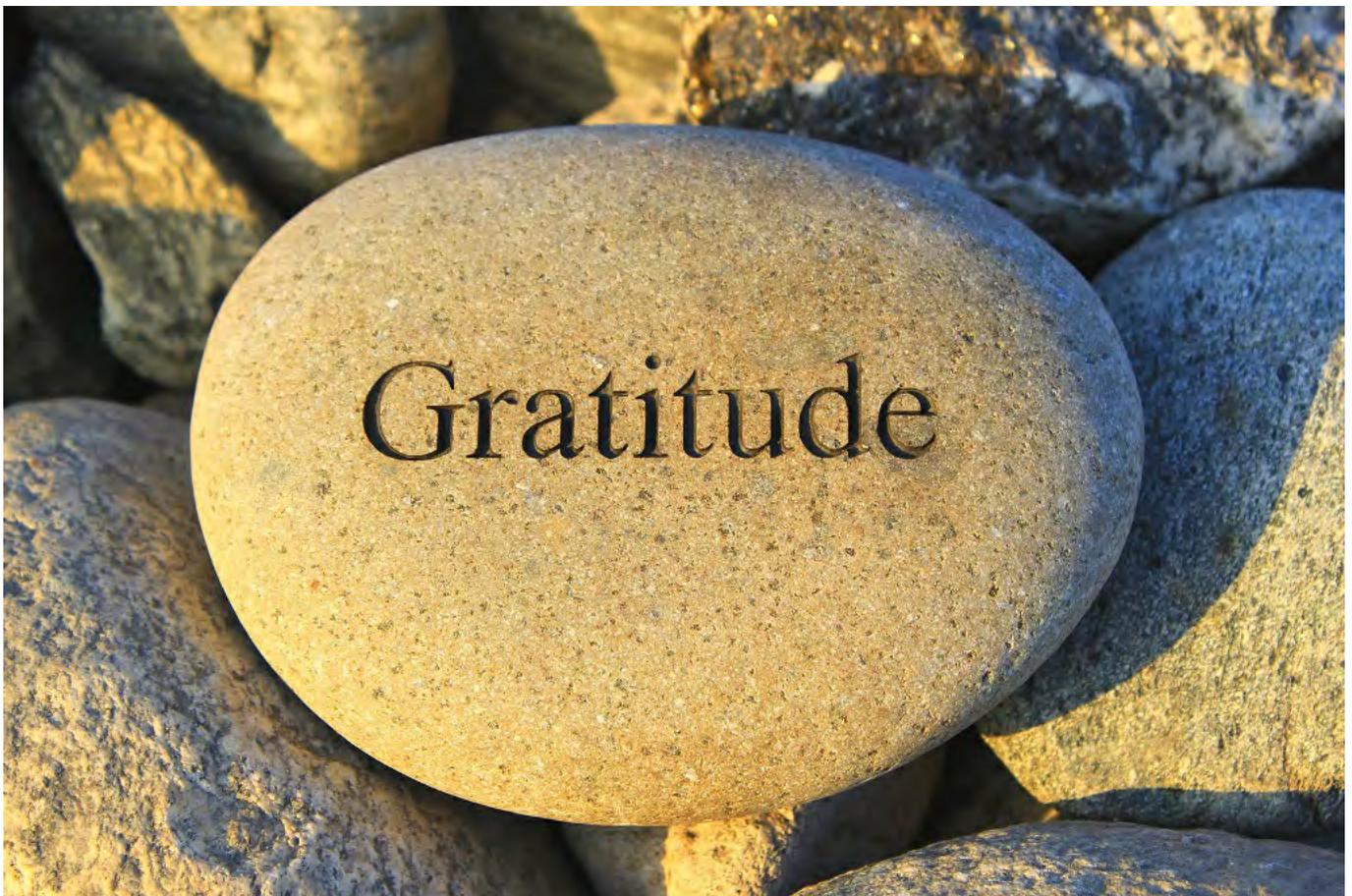


Gratitude improves self-care

In a study published in the journal *Personality and Individual Differences*, researchers asked people to rate their levels of gratitude, physical health and psychological health, as well as how likely they were to do wellbeing-boosting behaviors like exercise, healthy eating and going to the doctor. They found positive correlations between gratitude and each of these behaviors, suggesting that giving thanks helps people appreciate and care for their bodies.

Gratitude might improve your relationship

According to a study in the *Journal of Theoretical Social Psychology*, feeling grateful toward your partner — and vice versa — can improve numerous aspects of your relationship, including feelings of connectedness and overall satisfaction as a couple. “Having a partner that’s grateful for you or you being grateful for the other” can both help your love life, says Emma Seppälä, a happiness researcher at Stanford and Yale Universities and author of *The Happiness Track*. (Seppälä wasn’t involved with the research.)



Church Services for March, 2019

This Sunday, March 3rd: Morning Prayer.
Celebrant & Preacher: Deacon Dorothée followed
by coffee hour.

Sunday, March 10th: Eucharist. Celebrant &
Preacher: Mother Cooper followed by Coffee hour
and Bible study in the parish hall (during coffee
hour).

Sunday, March 17th: Morning Prayer. Celebrant
& Preacher: Graham Gulian followed by coffee
hour.

Sunday, March 24th: Eucharist. Celebrant &
Preacher: Mother Cooper followed by coffee hour
and Bible Study.

Sunday, March 31st: 10:00am Joint Eucharist,
Confirmation, Bishop Glasspool's visit at Trinity.
No service at St. Paul's.





The Lantern Gift Shop

February 2nd we held our special event Valentine Sale and Bake Sale. It was a cold day, but nothing like 2018. Our total for the shop was \$837.18 and the Saturday/Sunday total for the Bake Sale came to \$568.50. We are happy - 2019 is off to a good start!!

On the day of the sale, shortly after 10:30a.m., there was a gas leak near the bottom of Ganung Drive and Con Ed closed the road. (It was closed for the duration of our sale.) We learned that day that for many of our customers, Ganung Drive was the only way they knew how to get to the shop. Many used their GPS to find us and others simply gave up. A few have come on Saturdays since the sale. They told us they did not know the Cooper Drive route, so we will be sure to send directions to our e-mail customer list.

Right now we are getting ready for our annual Easter Sale and Bake Sale. Mark your calendars now - the date is Saturday, April 6th (snow date: April 13). It's nice to have more time between sales this year. Last year, Easter was early and we had to plan our Easter Sale for March 17th! We have already put away the reds of Christmas and Valentine's Day and brought out the Spring yellows! New merchandise is also starting to arrive. Bunnies and chicks and Easter and Spring decorations are starting to be put in place. Spending time in the shop reminds us that Spring is coming...we hope you will stop by!

The Lantern Shop Committee

St. Paul's on-the-Hill
40 Ganung Drive
Ossining, NY 10566

Roof Reserve Fund Update

March 9, 2019

Dear Fellow St. Paul's Parishioners,

To recap, in 2010, under the advisement of Diocesan roof advisor, Russell Watsky, St. Paul's tended to the immediate repair of damaged portions of our church's roof. The cost of the project was \$11,800 of which the Diocese assisted with a grant of \$3,540.00, the balance paid by your generous contributions.

Additionally, Russell Watsky and the Diocese thought it prudent for us to begin planning for eventual roof replacement.

Eight years ago, St. Paul's entered into a matching gift agreement with the New York Diocese that would, after ten years of faithful contribution, net our church \$84,000.00 earmarked for roof replacement. Since that time, through your generous and consistent giving, I am pleased to report, St. Paul's has met every yearly obligation of \$4,200.00 toward this commitment. The accrued monies collected so far are earning modest interest in a Roof Reserve Fund managed by the Diocese and will be available to us after the ten years of participation.

With only 2 years to go, let us again remind ourselves of the importance of contributing to this fund. The \$4,200.00 yearly commitment breaks down to \$350.00/month. The Roof Reserve Fund is a powerful dollar-for-dollar matching tool, without which St. Paul's would struggle to meet its goal of roof replacement so please, let us continue to take advantage of the donation envelopes conveniently located in St. Paul's pews.

Thank you all for your past and continued support.

Roger Rowe
Buildings & Grounds



April 2019 Warden's Report

Spring is here! Easter is not far away! Time to clean up and get organized. We're getting to the half-way point of the liturgical year, but it is not too late to get going. In fact, we've gotten ourselves fat with gumbo, pancakes, and more, oh my. The Altar Guild has reminded us that we are in a more solemn season of the year now that greens, bows, and shiny brass has been put away in favor of wrought iron.

What are we righting and writing in the background? The Vestry has begun creating an Owners' Manual for church operations. Please note that the apostrophe of Owners' is after the s, which means we are all owners of St. Paul's. The intent is to review and state how things get done on the hill. What are the steps and rules when renting the Parish Hall? What about baptisms, weddings, and funerals, how do those happen? Is there a cost? If I want to give a memorial gift of money how do I do that? Can I give a tree instead? How does money get in the bank?

Of course, we want you to ask, ask, ask anyone on the vestry or our organization leaders, but having it in print will help the Vestry review operations as well as help individuals who are less involved with St. Paul's. We can be proactive when someone is away or otherwise unavailable. I hope that this manual will also help the Strategic Visioning committee which will soon be asking for our input.

If you have an area of church operations that mystifies you, please let us know. We are here to

Beth Pollack & Sue Monroe

MARCH BIRTHDAYS

3-01 Alexander Pollack
-04 Sara Brewster
-11 Salvatore James Triano
-13 Robert Brocchi
-15 Margaret Morse
-17 Sean Docker
-21 John Joseph Dias, IV
-22 Brenda Dias
-30 David Kamp
-30 Max Gulian

MARCH ANNIVERSARIES

3-28 Lisa & Robert Rosenbloom

MARCH BAPTISMS

3-18 Robert Docker
-27 Madison Madera
 Jaden Prince
 Christopher Schuler
(Joan & George Holsten's grandchildren)

MARCH DEATHS

3-15 Mary Hamshire
-17 Ralph McGibbon
-22 Shirley Decker
 Matt McLeod
I va Barnes
3-30 Jean Budnick





HAPPY
St. Patrick's
DAY

Carolyn and Art invite you to another Poetry Session on Saturday, March 30th 2:30-4:30 pm in St. Paul's parish hall with Alfred Clemente, Ph.D. This year's session will be a two-hour study of fabulous poems from a variety of authors, of the power of their images, voices, and forms, and of poetry's varied responses to life's joys and quandaries. Photocopies of the poems will be provided. Please reply to this email so we can have a head count to plan refreshments.

Thank you. Hope to see you there!



I can do
ALL THINGS
through
CHRIST
Who
STRENGTHENS
ME Phil 4:13

Join us the next service is at Trinity.