



CHURCH OF THE HOLY SPIRIT NEWSLETTER

FEBRUARY 2012

West Haven, Connecticut

CALLED BY THE SPIRIT, we celebrate the joy of salvation in Christ.
Caring for others, we connect our congregation to the larger community.

HELD BY THE SPIRIT, we rejoice in the healing power of Christ in our lives.
Honoring the call to love our neighbors, we believe that all persons are beloved by God.

SENT BY THE SPIRIT, we serve as the hands and feet of Christ.
Seeking to join in God's mission of reconciliation, we promote peace, justice and love for all.

CHANGING THE FEEL OF WORSHIP FOR THE SEASON OF LENT

Lent begins with Ash Wednesday on February 22. We spent the four weeks of Advent searching for that sense of the Emmanuel, God-with-us, *feel* that comes with Christ's birth at Christmas. Now we spend six weeks of Lent reflecting on ways in which that *feel* is inhibited in our lives as we prepare for the awesome truth of the resurrection at Easter. Lent is not just a dreary time for repentance, ashes, giving up something or fasting. Those disciplines are just some of the means by which we enter the deep mystery of God's incredible love for us. As an additional aid, we also will experience some very intentional changes in the *feel* of our worship time together. Sometimes, a change is just what we need to hear, *feel* and understand differently.

Our regular Wednesday service (6 pm) will return to the Recovery Eucharist format, begun this time last year. Using concepts of 12-Step healing as our model for fasting from those things that draw us away from knowing Christ's presence, we hope to discover that we *all* have addictions of some kind or another; we all have priorities other than God-first-in-our-lives. Lent is a time to support one another in overcoming those obstacles and leaning more deeply into the abundant life God offers.

In the meantime, our three weekend services (Saturdays at 5 pm and Sundays at 8 and 10 am) will move to a Rite I liturgy for the next six weeks. The difference between Rite I and Rite II is not just a matter of variation in language. Yes, the most obvious distinction is the use, in Rite I, of Elizabethan English, a language that is wonderfully poetic and adds a sense of mystery that can enhance and deepen the experience of worshipping our awe-inspiring, transcendent God. Rite II uses more contemporary language that helps us understand just what we are saying about the closeness of our God who walks every moment with us. Both are aspects of our relationship with God. Neither, by themselves, can adequately express both the intimacy of the God who enters into the world, and the infinite, inexplicable mystery of the God who created it.

The significant difference between Rite I and Rite II, however, is reflected in their differing theology (that just means "words we use to talk about God"). The emphasis of Rite I leans more heavily on the (Late Middle Ages') understanding of human sin and God's judgment. Rite II attempts to restore the emphasis (of the Early Church) on human thankfulness for God's love and coming among us. Here, again, both are aspects of our relationship with God, and neither can stand alone. A response of deep and heart-felt thanks comes when we begin to really grasp all that God is and does for us. We do not seek out those places in our lives where we fall short (i.e., are more human than need be) out of guilt and condemnation. We seek out of hope in being healed and loved to wholeness.

The use of Rite I versus Rite II was never intended to be an "either/or" proposition. Both are valid worship services found in our Book of Common Prayer and both are wonderful expressions of God's love for us and move us to a heart-felt response. During Lent, our "mood" is intended to help us experience an intentional self-reflection about our relationship with God and with each other. We will all experience the

(SEASON OF LENT-(CONTINUED))

Rite I language, theology and stance that brings us before our transcendent, awe-some God with reverence and penitence. We will return to Rite II during the season of Easter, and perhaps hear anew the *feel* of our worship that brings us the hope of the Resurrection and our call to carry on Christ’s mission in the world.

THE SEASON OF LENT IS UPON US!!



Shrove Tuesday Pancake Supper THIS COMING Tuesday 6 pm

Shrove Tuesday is the day before Ash Wednesday (the first official day of Lent.) “Shrove” comes from the word “shriving” which means “to confess or repent and seek absolution.” Making pancakes has become a tradition of many Christian faith communities as a good way to use up all the fat, cream and eggs in the house before Lent fasting begins. This old tradition inspired the term Fat Tuesday (or Mardi Gras in French). Advance tickets are \$3 per person or \$10 for a family of 4 or more (adults and children). Tickets will be available at the door for \$4 per person and \$12 for a family pack. The menu will be pancakes - plain, blueberry and chocolate chip, sausage, fruit, coffee, tea, juice and chocolate milk. Please see Kathryn Gregory, Kati Guthrie, Bonnie Mahmood or Theresa Stark for tickets. Please join us and help us begin Lent as a parish family!

Ash Wednesday THIS WEDNESDAY Services at noon and 7 pm Rite I Eucharist and Imposition of Ashes

Create in me a clean and contrite heart, O Lord. And sustain me with your Holy Spirit.



These words are part of our Lenten beginnings. Come join us for worship as we move into the church season that is meant to help open our hearts to the incredible promises of God, through fasting, spiritual discipline, and prayer. What keeps you

from feeling the presence of God in your life? Isn’t it about time you did something about that??

RECOVERY EUCHARIST RESUMES on Wednesdays (6 pm) during Lent

One of the options for a spiritual discipline during Lent is to add scripture reading and/or an additional time of worship to your weekly routine. Consider joining our regular Wednesday worship as we return to a format begun last year that incorporates 12-Step recovery principles into a contemporary Eucharist. Healing prayers are also available. **Warning:** homilies are group conversations and run the risk of becoming quite lively! Who says Lent has to be filled with chest-beating guilt and gloom??

LENTEN GUIDED LABYRINTH WALK AND QUIET DAY NEXT Saturday February 25

10 am – 1 pm

Sign-up required/ See easel by Cloister Hall Door

What is a Labyrinth? Where does it come from? Why does it look the way it does? Why would we want to walk one? Labyrinths are often confused with mazes. Just the word, labyrinth, brings to mind a puzzle to be deciphered with dead ends and no exit. But the sacred labyrinth of Chartres Cathedral being walked by many today holds no tricks; the only decisions needed are 1) what question in your heart do you have for God, and 2) when to enter your walk. Once begun, the path takes you to the center and back out again. If you listen, you may find your heart warmed.



This workshop will begin with an educational offering about labyrinths and how to walk them. The remainder of the day will be open to walking the labyrinth

(3 or 4 at a time), sitting quietly in the Church, and/or journaling/engaging in creative artwork. Appointments for Spiritual Direction or Confession with Rev. Lisa also will be available.

Light lunch provided. This workshop is free and open to friends. Free will donations will be accepted for rental of the Diocesan canvas rug.

CONFESSION WITH YOUR PRIEST IS NOT JUST A “CATHOLIC THING”

Every time we gather for worship, we include a general confession where we *confess our sins against God and our neighbor*. Still, have you ever felt like needing more? The Episcopal Church *does* provide for individual confession. (Book of Common Prayer page 447, Reconciliation of a Penitent). All confessions are held under the “confidentiality of the stole” (unless your confession includes something that may be physically harmful to you or another). If you have something on your chest that is keeping you from feeling God’s full grace and love, consider scheduling an appointment with Rev. Lisa.

RECTOR’S RUMINATIONS

The Gospels are quite clear. There is only one way to be changed and transformed into the



likeness of Christ. And that is to die. (*Keep reading. I am not talking about physical death!*) Jesus tells us to take up our cross and follow him, to die daily to self (our self-indulgent fears, concerns and desires)

and allow Jesus to raise us to new life in him. Why should we even want to engage in such an endeavor? Well, in doing so, we change lives, we make a difference, we find our purpose and we live in fullness of life! Providing a support system to guide all of us on this path is what a faith community is meant to do.

The season of Lent is all about transformation. What Lent offers is a time of self-reflection, a time to identify those parts of our lives that lead us *away* from the life God offers us through Christ. If we choose to do so, and yes, God

gives us the choice, we can work toward allowing those unhealthy parts of our life die. Only then can we become open enough to find new life and new hope in the Resurrection of Christ on Easter morning.

If you want to know what this looks like, just take a look at the life that is happening at the Church of the Holy Spirit. More and more members are coming together to offer their time, talent, and treasures to follow opening paths by using their gifts for our common life together. Think about the work of the Outreach Committee that has listened carefully and brought us the joys of working more intentionally with our Covenant-to-Care social worker, Tanisha, and the children she serves. The excitement around Abraham’s Tent and the opportunity to walk with 12 homeless men for a week in March also rose out of someone listening and responding. The Greeters’ Ministry began with one voice echoing the command to welcome the stranger and has blossomed into a full-blown action. New life, new hope, new meaning – all for the love of God and God’s mission for us.

Further in this newsletter, you can read articles about two new possible ventures. Both of these arose from parishioners who identified a passion (a.k.a. God’s voice speaking to them) and then chose to respond. Newly-elected Assistant Treasurer, Joan Matts, speaks about a financial program that she and her husband Phil, entered. Choosing to allow the fear of debt to die, they have discovered one way to live anew: gaining control over their finances, rather than let their finances control them. She is offering to bring this educational opportunity to us in the hopes that others can share the joy they have found. Newcomer and newly-elected Vestry member, Patrick Moore, is hungry to share his passion as a holistic medical expert. Beginning a new featured newsletter article about health issues, he offers us an opportunity to die from our harmful physical behaviors and rise anew with health and vigor. If you think personal finances and physical well-being are not part of a parish conversation, let’s consider the option to allow “the way we have always done church” to die, as we seek to become a stronger faith community that meets the needs of our 21st century community.

(RECTOR'S RUMINATION-CONTINUED)

Being one who tries always to practice what I preach, I am also using the season of Lent to explore what God is calling me to hear and see and do. Years ago, I became aware of a spark of passion for interfaith dialogue. This interest arose from several trips to Israel, and countless conversations with Israeli Jews and Palestinian Christians as well as Palestinian Muslims. What a mess this battle for God is – has always been! While some might shy away from this politically heated and theologically inflamed arena, I am drawn to know more. I have no idea how God might be able to use me, to use us, in this search for a peaceable kingdom. So I am working to die from the fear of the unknown, the fear of conflict, the fear of the other. Each step opens another door. During two weeks in March, I will be traveling to Turkey with other Christian, Jewish and Muslim clergy to explore this conversation further. Somehow I promise to bring back something to share with you. And know that I will continue to nudge you to follow God's call to die from whatever holds you back. Then - bring whatever you discover back into the life of your parish family.

Rev. Lisa

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word.

A SUCCESSFUL ANNUAL MEETING

from
Bill Stark, Senior Warden

The convening of an Annual Meeting should be an opportunity to do much more than conduct necessary business. I have heard that Annual Meetings can be rather boring, unless they get cantankerous. Thankfully, neither was the case with our 2012 Annual Meeting. While we did get around to the true business of the meeting - presenting the budget, voting on Vestry and officers, this year's adoption of revised By-Laws and 2012 Goals and more, at least half of our time was spent in fruitful fellowship.

We indulged our appetites with a truly excellent offering of food while we also engaged in our delightful 'table talks.' This year's conversation theme focused on our ministries: *What are we doing? What needs to be adjusted and addressed?*

Tables were divided to reflect some of our primary ministries and folks were asked to chose a table that might be different from their current interests. Table facilitators and recorders were assigned to each table. Following our one-on-one conversations based on questions devised to reflect the table topic, each table addressed issues pertaining to their ministry. Many positive suggestions and areas that need attention were identified in these discussions. The Strategic Planning Committee will digest this information and present findings to the Vestry.

Some of the themes that emerged are as follows:

- * The need to develop a Newcomers Committee.
- * Being inviting rather than welcoming.
- * Better signage throughout our buildings.
- * More opportunity for fellowship.
- * More ways to invite our community to experience our offerings.
- * Insuring our commitment to Abraham's Tent.
- * Providing for more quiet time, meditation.
- * Providing more opportunities for adult formation (education).
- * New ways to develop income.
- * **More importantly, most tables reported the desire to have more time to discuss these issues.**

This is the true benefit of our Annual Meeting. Once again, we had an overwhelmingly positive response to the technique of one-on-one discussions and table talks. We are getting to know each other better. We are all taking a part in discerning Our Mission. More and more folks are stepping up to new leadership positions in our ministries. All in all, the "State of Our Parish" is one of health and growth.

MEET YOUR NEWEST VESTRY MEMBERS

Four new members were elected to the Vestry at our recent Annual Meeting. We also added a new Assistant Treasurer to help us keep an eye on our financial resources. Former Assistant Treasurer, Bev Draper, has assumed the position of Finance Secretary (overseeing the Sunday offering counters). These wonderful additions now join Wardens Bill Stark and Keith Bailey, Treasurer Bob Meagher, Clerk Viv McKay and veteran Vestry members Harry Arsenault, Ann Bartiss, Sue Carlson, Rich Mahmood and Nancy Staniewicz. In case you missed their bios in the Annual Report, take a look. What wonderful leadership we have!

Joan Matts - Assistant Treasurer

Joan lives in West Haven with her pug and Phil, her husband for 10 years. She works at Bristol-Meyers Squibb in Wallingford. She enjoys cooking and looking at new recipes for inspiration. Joan is also a member of Altar Guild, the Fair Committee and the Finance Committee.

Evelyn Bezruczyk

Jerry and I were married at Christ Church 31 years ago. We were both Roman Catholic and were looking for a church we could call home and be active in. We attended services and were welcomed warmly. Jerry was Sexton for a while. I have been on Altar Guild many years and on Vestry twice before. I still work part-time. I serve as a chalice bearer and a Lay Eucharistic Minister. I enjoy the beach, bike riding, bus trips, games shows, and when I can do nothing!

Charles Lansana Kaman

Charles was born and raised in Sierra Leone, West Africa. His father and mother were both Muslims who originally came from Guinea to live in Sierra Leone. Charles grew up in a Muslim family until the age of 16 when he converted to Christianity, and was baptized in the Roman Catholic Church in 1988. After his graduation from high school in 1990, he decided to go to Seminary to become a priest from 1992-2001. He was ordained as a Roman Catholic priest on October 7, 2001. That same year, he began working as a parish priest under the Archdiocese of Conakry in Guinea. From 2001-2006, he led two French-language congregations in Conakry. He also worked to organize the refugee community in Conakry, uniting refugees from Sierra Leone and other surrounding countries in an English-language parish, which he led from 2002-2006. He also held other leadership positions in the Diocese, working

with its youth groups and the Diocese's Media Commission. He supervised the broadcasting and editing of religious programs for the Radio and Television. This is how he became interested in communications and developed the desire to study the media in Rome from 2006-2009. In May 2010, he moved to the US after deciding to make the transition to becoming an Episcopal priest in the Diocese of Connecticut. He has been attending the Church of the Holy Spirit since September 2010, where he assists as a lay reader. In addition to that, he assists the Haitian French-speaking Episcopal congregation at St. John's Bridgeport offering both sermons and Bible studies in their native tongue. Charles is currently doing Clinical Pastoral Education (CPE) at Yale New Haven Hospital as one of the requirements for the Episcopal ordination.

Patrick Moore

Patrick Moore is a health and education advisor with a Doctorate in Traditional Naturopathy and a Master's Degree in Human Nutrition. He has been conducting holistic nutrition seminars for the nurses at Yale-New Haven Hospital for the last ten years, teaching them how to take better care of themselves. Further, he has formulated and created anti-aging skin care products and therapeutic aromatherapy mists produced by his company, Nutritional Science Associates. Previously, he had a marketing and management career with the IBM Corporation; worked as a Deputy Campaign Manager for a successful Presidential candidate; spent six years as a free-lance journalist in Asia, Africa, and the Middle East with journalistic credits with the Canadian Broadcasting Company; and served as a member of an international relief organization (AMURT) providing assistance in Bangladesh and Iraq. Patrick's wife, Maria, a former Art Director for a New York City Advertising Company, works at Yale-New Haven Hospital's Smilow Cancer Center as a Volunteer coordinator. She is creating holistic programs to enhance patient wellness including an innovative plan to bring music therapy to all departments of the hospital. Patrick is new to West Haven and began attending the Church of the Holy Spirit in April, 2011. A lifetime member of the Catholic Church, he states he is spiritually uplifted to have found a home in the Church of The Holy Spirit. He has two children - Carlina, 4 years old, and step-son, Liam, 12. Both attend a Magnet School in New Haven. The family enjoys all outdoor activities and the arts and all are serious practitioners of the Korean Martial Art of Taekwondo. They also are excited about being participants of the new church band under music director Jeff's leadership.

Jacqueline Joseph

Jacqueline was born in Jamaica, West Indies and is a cradle Episcopalian. She has lived in West Haven since 1979. She is married to Lesly Joseph and has two grown sons, Charlesly and Jacqueniel. In addition to assisting her husband with the SCRIP gift card church fund-raiser, she serves as an adult Acolyte and a church ministry member of the Altar Guild and Prayer Shawl Ministry. (Jacqueline is also among the Rector’s husband’s favorites – especially when it comes to her macaroni and cheese!)

REQUESTING HOLY COMMUNION BROUGHT TO YOUR HOME

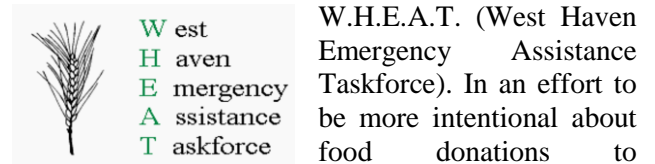
Whether through temporary or more long-term illness, we know we have many parishioners who are part of our family but who are unable to be with us. Last December, we trained eight parishioners who have now been licensed by the Bishop to bring Communion to parishioners who are unable to get to church due to illness or other physical limitations. If you would like to receive a visit and/or Holy Communion from one of our Lay Eucharistic Visitors, please call Brooke at the Church Office (203/934-3437). Of course, Rev. Lisa very much wants to connect with all homebound parishioners as well. All you need to do is ask!

YALE NEW HAVEN HOSPITAL (BEEBE) BED FUND

Did you know that, thanks to the long-ago generosity of the Beebe family, the Church of the Holy Spirit has a Bed Fund at YNHH? Bed Funds were started decades ago by many churches, to provide funds for any parishioner in need of “a bed” in the hospital. These funds are managed by the hospital and are not part of CHS’s restricted endowments. However, Rev. Lisa has the authority to nominate anyone tied to CHS (or in the West Haven community) for assistance. If you incur medical costs from a hospital stay at YNHH that are not covered by insurance, and are struggling to pay hospital bills, please contact Rev. Lisa for help. (These funds are only available for hospital costs and do not apply to medical center or rehab bills.)

OUTREACH COMMITTEE ONGOING PROJECTS

W.H.E.A.T. One of the outreach programs that Holy Spirit supports is the emergency food bank at



WHEAT, the Outreach Committee is monitoring their immediate food needs. Current needs are for:

- Tuna fish
- Peanut butter
- Jelly
- Canned fruit

If possible, when bringing in your donation, concentrate on these items and drop them in the W.H.E.A.T. wagons at the front door of the church. These wagons are part of our weekly offertory procession.

Easter Baskets Once again, the Outreach Committee will put together Easter baskets for the children served by our Covenant to Care social worker, Tanisha. We plan to fill 50 baskets this year. The Committee will purchase sand pails as in previous years. In an effort to focus on more healthy alternatives, we will put only one chocolate bunny in each pail and ask the congregation to provide those in addition to items such as stuffed animals, books, coloring books, crayons, pencils, chalk, sidewalk chalk and school supplies.



Karin Jacobs will check on our supply of bags to cover the pails. The start date for providing items is March 11; baskets will be put together on Palm Sunday, April 1.

Breakfasts at Columbus House On April 15, June 10, August 12, October 14, November 11, and Dec. 9, Bonnie Mahmood will coordinate Sunday breakfasts served at Columbus House and the volunteers who will prepare the food and serve. These volunteers are needed on the Sunday morning of the breakfasts to cook and serve and the Saturday morning before each date for food prep. Funds received from *Walmart* grants cover the cost of the food for the most part.



ABRAHAM'S TENT UPDATE
Week of March 12 - 19, 2012
FOUR WEEKS AND COUNTING!

Thanks to the good people of Church of the Holy Spirit and our partners at the Turkish Cultural Center and Temple Beth El Kesser Israel, we have accomplished a great deal in our efforts to make participation in Abraham's Tent successful. We are listing here several areas where we still need help to provide a safe and comfortable week for our guests from Columbus House. If you can help in any of these areas, please contact the name listed or consult the bulletin board in the hallway near the library which will become *AT CENTRAL*. Joanne DeVoe or Marilyn Beattie will also be glad to help you.

1. **VOLUNTEERS** are still needed for staffing the overnight hours - approximately 10 pm to 7 am. We would like to form teams of 3 people - at least one must be a man over the age of 25. Someone must be awake at all times. We will get some help from our partners at the Turkish Cultural Center and Temple Beth El Kesser Israel to be teamed with someone from our parish.

Contact Keith Bailey (rodetec@snet.net), Tom Bartiss (bartannii@yahoo.com) or Harry Arsenault (bsnkfg@gmail.com).

2. **SCRIP CARDS** (in \$10 denominations) will be given to each guest each day, so they can have a hot lunch in a warm place at either Dunkin' Donuts or Subway. A cash donation toward these cards can be made by contacting Lesly Joseph (leslyjoseph4926@gmail.com). Ultimately we will need 84 cards!

3. **COMFORT ITEMS** will provide our guests with a few extras for their personal use. Sample sized toiletries such as shampoo, deodorant, toothpaste, toothbrushes, mouthwash and hand lotion would be appreciated. The men's storage space for such items is limited, so small sizes work best. Socks and underwear in assorted sizes are also welcome. Donated items will be made available to our guests while they are here and any items left at the end of the week will go to Columbus House.

Contact Jackie Joseph (elainejj1903@gmail.com).

4. **KITCHEN SUPPLIES** are also needed. The parish is supplying beverages for all meals. We will need regular coffee (lots!) and decaf coffee, assorted canned sodas, water bottles, juice boxes, sugar, milk, half and half, orange juice, eggs, butter, bread, snacks, candy and popcorn. Look for the sign-up sheet on the bulletin board outside the Library.

GOALS WE HAVE MET!

1. **ALL** dinners have been arranged. Thanks to Bonnie Mahmood for this schedule:

Monday 12th - Holy Spirit Hospitality Committee - a cook-out

Tuesday 13th - Youth Group Social Action Committee - Beth El Kesser Israel

Wednesday 14th - Turkish Cultural Center - pizza

Thursday 15th - Beth El Kesser Israel Salman

Friday 16th - The Mari Family - Hearty soups

Saturday 17th - Bill Stark and Tom Bartiss Chicken Stew and Beef Stew

Sunday 18th - Turkish Cultural Center

2. Sue Dangle will be the Greeter each evening when our guests arrive at around 6 PM. This provides consistency for our guests.

3. Lisa Gray is arranging for entertainment materials such as movies, games, puzzles, magazines and newspapers to be available in the evenings.

4. We have had exceptional response from our partners at the Turkish Cultural Center and Temple Beth El Kesser Israel. Each will supply 2 dinners and overnight volunteers.

5. The Knitting Ministry will supply hats and scarves for our guests.

6. One parishioner and one partner have each donated one days' worth of Scrip cards for lunches. We still need cards for 5 other days (for 12 people each day), but this is a great start!

7. We will offer companionship training to any small group as necessary. The Youth Group especially would like to know how best to interact with our guests.

8. Many of our overnight volunteers have offered to cook breakfast the following day, details on some are still pending. Please do not feel you HAVE to cook breakfast if you volunteer for an overnight; we have others who would be happy to do the cooking.

9. The young people in the Church School will be making special name tags for each of our guests. We have been told by our contact from Columbus House that this is just the sort of thing that these guys love - a personal touch. The same 12 men have been together from the beginning of this year's Abraham's Tent and have created a 'family' of sorts. They care and watch out for each other - a message we can all take away!

Thank you in advance for your support of this project. It is our first year, and while we are still working out some of the details, we feel we are well on our way to providing a pleasant week for our guests, as well as an opportunity to get to know our partners and ourselves better.



TURKISH CULTURAL CENTER CONNECTICUT



CHURCH OF THE HOLY SPIRIT

Episcopal Ministry in West Haven Since 1723

This was written by an 8-year-old named Danny Dutton, who lives in Chula Vista, CA, for his third grade homework assignment, to 'explain God.' I wonder if any of us could have done as well?

EXPLANATION OF GOD

'One of God's main jobs is making people. He makes them to replace the ones that die, so there will be enough people to take care of things on earth. He doesn't make grownups, just babies. I think because they are smaller and easier to make. That way he doesn't have to take up his valuable time teaching them to talk and walk. He can just leave that to mothers and fathers. God's second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray at times beside bedtime. God doesn't have time to listen to the radio or TV because of this. Because he hears everything, there must be a terrible lot of noise in his ears, unless he has thought of a way to turn it off.

God sees everything and hears everything and is everywhere which keeps Him pretty busy. So you shouldn't go wasting his time by going over your mom and dad's head asking for something they said you couldn't have.

Atheists are people who don't believe in God. I don't think there are any in Chula Vista. At least there aren't any who come to our church. Jesus is God's Son. He used to do all the hard work, like walking on water and performing miracles and trying to teach the people who didn't want to learn about God. They finally got tired of him preaching to them and they crucified him. But he was good and kind, like his father, and he told his father that they didn't know what they were doing and to forgive them and God said O.K.

His dad (God) appreciated everything that he had done and all his hard work on earth so he told him he didn't have to go out on the road anymore. He could stay in Heaven. So he did. And now he helps his dad out by listening to prayers and seeing things which are important for God to take care of and which ones he can take care of himself without having to bother

God. Like a secretary, only more important. You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time. You should always go to church on Sunday because it makes God happy, and if there's anybody you want to make happy, it's God! Don't skip church to do something you think will be more fun like going to the beach. This is wrong. And besides the sun doesn't come out at the beach until noon anyway.

If you don't believe in God, besides being an atheist, you will be very lonely, because your parents can't go everywhere with you, like to camp, but God can. It is good to know He's around you when you're scared, in the dark or when you can't swim and you get thrown into real deep water by big kids.

But...you shouldn't just always think of what God can do for you. I figure God put me here and he can take me back anytime he pleases. And...that's why I believe in God.'

(sent to us from a church in Louisiana - jsd)

FINANCIAL FREEDOM

by Joan Matts

In April, I learned about Financial Peace University, a thirteen week course to teach all of Dave Ramsey's principles. I found a class starting on Mon, Apr 25, for which Phil and I signed up.

We weren't behind on bills, but we weren't getting anywhere with them either. I'd pay all the bills with one pay check and then have no money for groceries; with the following check I'd buy groceries and other "stuff" and that check would be gone.

We were tired of always living paycheck to paycheck and knew we needed to do something differently, but we didn't know what "that" was. I had tried *Quicken* and various spreadsheets I created, but that was always to address where the money went, not planning for where it needed to go.

So, on April 25th we walked into Trinity Lutheran Church in New Haven, a little nervous, not knowing what to expect, but ready to learn how to change what we had been doing. In the following weeks, we learned about creating a

budget, the importance of saving, learning to talk TO EACH OTHER about our goals, plans and values. Saving \$1,000 was hard, as it started the process of thinking ahead. Just a few weeks after saving that money we needed to get tires, but something amazing happened, we had the money available and were able to get the tires, pay the bill and move on (by replenishing the emergency fund). What previously would have been a very stressful situation turned into a blip on the radar.

We attended the 13 week course and graduated on August 8. We were asked at that class if we would like to lead the next session; we jumped at the chance. The Pastor who led our course was amazed at the change in me from the beginning of the class and he was right. I felt lighter and had hope restored.

Because we know where our money was going and were putting it to work for us, we were able to almost quadruple our offering to Church of the Holy Spirit in 2011.

On Oct 24th, we started leading five families through Financial Peace University. On Feb 6, those families are graduating from the course and we are so blessed to have been able to lead them through this process.

We are exploring the opportunity to bring this course to Church of the Holy Spirit. Watch the bulletins for more details if you would like to learn how to save, get out of debt, build wealth and give.

Working towards Financial Freedom,

Joan and Phil Matts

Prayers of healing for Parishioners: Nick Palermo, Michael Carpinelli, Jimmy Ballard, Sean Potter and Bill Efrid.

Prayers for family and friends: Edward, relative of June Granger; James son-in-law of Bezrucyzks; George Rich, father-in-law of Charlesly Joseph; Joe DiNunno, Father of Rev. Lisa, Scott DiNunno, brother of Rev. Lisa; Ruth, cousin of Toots Palermo; Judy-friend of Melissa San Souci; Holly, friend of Melissa San Souci; A.J. Rogers-cousin of Jeff Hutchins; Philip Prince-former organist of Christ Church; Stacy-sister of Vicki Shand, Bob Forcier-in-law of Vicki Shand; Charkea-friend of Diana Workiewicz; Susan Nunnery-cousin of Bonnie Mahmood; Michael Meloche-brother of Bob Meloche; Bob Elles friend of Jane & Mick Dexter; Chuck Stocker-brother of Sue Carlson; Judy Thibeault-sister of Joanne Halstead; Anne-friend of Erin Carpinelli; Tony Moreno-son of Marion Moreno; Connie-friend of Marilyn Buonocore; Edward-nephew of the Bezrucyzks.

Prayers for the departed: John-friend of Vicki Shand; George Noyes, Larry Solomon, Dr. Gene Hancock, Theresa Castelveto Defillio

BIRTHDAYS



January Birthdays

- 5- Bob Meloche
- 6- Michael Carpinelli
- 7- Tara Wendt
Berneida Conlan
- 8- Charlesly Joseph
- 10- Sue Dangle
- 12- Caroline Griffin
Shaina Williams
- 14- Julia Leitermann
- 16- Joan Sallies
- 18- Kevin Matts
- 19- Loren Stanislawski
- 20- Kathryn Gregory
Jeff Donaldson
- 25- Melanie Smith
- 26- Nora & Sam Leitermann
- 29- Charles Kamano
- 30- Stephany Avren

February Birthdays

- 1- Ann Bartiss
- 2- Marena Mulrain
- 3- Christian Mullins
- 7- Jon Palermo
- 8- Florence Palermo
- 9- Kendra Homburg
- 12- Richard Cobb
Nellie Greenfield
- 13- Gloria Staley
Jacqueline Joseph
- 14- Amanda Donaldson
- 15- Rene Vinci
- 16- Cesare Tamburrino
- 17- Susan Dupee
- 18- Karin Jacobs
- 20- Ashley Bailey
- 23- Harold Sellner
- 24- Antonia Rivera
- 26- Gary Dangle
- 28- Morgan Hill
Sue Carlson

March Birthdays

- 3- Sharon Sellner
Glenn Roth
- 4- Judy Finnegan
- 7- Sandy Stacoffe
- 9- Wendy Fennelly Conlan
- 10- Bev Draper
Sarah Guterman
- 12- Christopher Workiewicz
- 13- Diane Stanislawski
- 14- Elizabeth Ying
- 17- Curtis Williams Sr.
- 20- Walter Gregory
- 21- Gary Stacoffe
- 22- Merritt Dexter
Jean Randall-Mullins
- 25- Diane Kosarko
Kofi Edjah
- 28- Curtis Williams Jr.
- 29- Charles Shackford
- 30- Marion Daly
- 31- Elizabeth Matts

ANNIVERSARIES

January Anniversaries

- 20- Roland & Sylvia Sorsor

February Anniversaries

- 14- Rev's Lisa & Geoff Hahneman
- 18- Bill & Theresa Stark
- 23- Kent & Cora Peckham
Chris & Diana Workiewicz

March Anniversaries

- 4- Priscilla & Arthur Egan



Get all the latest happenings at Holy Spirit on Facebook. Become a friend of Church of the Holy Spirit, West Haven

NEVER TOO EARLY TO START PLANNING FOR OUR WOMEN'S RETREAT!

November 2-4, 2012

The next Women's Retreat is scheduled for the first weekend in November (Friday through Sunday). Once again, we will gather at the Incarnation Center in Ivoryton, CT for some "us time." The cost remains at \$170 which includes a double room and five meals. (The laughter, tears, hugs and long walks are free!) As discussed at the last retreat, we are encouraging all interested women to begin setting aside funds now. Just \$5 a week or \$20 a month will get you to that magic number in time for the retreat. Envelopes are available in the Common Room for those who need a monthly reminder.

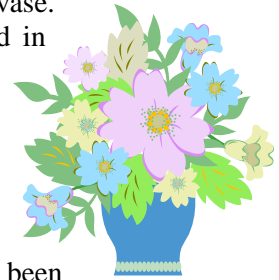
CHANGES IN CHURCH FLOWER PRICES

Memorial and special flowers for beautifying our church have increased in price:

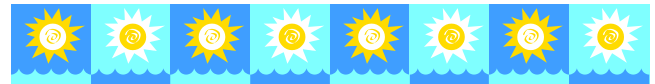
- *Altar flowers (both vases) - \$50
- Lectern arrangements \$30
- Pulpit arrangements \$30

*If two people wish to share the altar flowers, the cost would be \$25. for each vase.

If anyone may be interested in arranging for flowers during the coming year, there are dates available. However, there will be no floral displays during Lent except for Mothering Sunday, which has already been



booked. To order flowers for other dates, call Marina at 203-934-0277.



Honey Baked Ham Fundraiser

We would like to thank everyone who supported the fundraiser with *Honey Baked Ham*. The church received a check for \$325!





VITAMIN D - THE SUNSHINE HORMONE PATHWAY TO HEAVENLY HEALTH

*(A new Health column offering by parishioner
Patrick Moore)*

Have you ever wondered why we have an influenza season in the winter and not the summer? Did you know that people experience more heart attacks, strokes, high blood pressure, depression, suicides, body aches and weight gain in the winter? And that if you are diagnosed with cancer in the winter your chances of survival may be less than if you are diagnosed in the summer? For decades, health experts have theorized over why this is so. Now, medical research and scientific discoveries are providing definitive clues as to why a preponderance of illness may have a seasonal component. And it's not complex but quite simple. We're missing the sun! We're missing and we're deficient in the most important, health-enhancing nutrient ever discovered, Vitamin **D**. And for D to be naturally produced our body requires natural skin exposure to the sun's ultra-violet B rays.

Due to the angle of the sun in northern latitudes like Connecticut, B rays disappear in the Fall not to return till the late Spring. And, for many of us, we limit our exposure to the sun year-round. It's a major reason why research shows over **70%** of us are deficient or insufficient in D and even if we are supplementing. We're just not getting enough of this key nutrient which controls over **2,000** of our genes and is largely responsible for controlling our immune system.

Not enough D and we become more susceptible to infections and infectious diseases and a multitude of cancers. Not enough D and our immune system can overreact and promote autoimmune diseases. Not enough D and our muscles and bones weaken affecting our strength, balance, stamina, skeletal integrity. Studies show that people with the lowest levels are **three** times more likely to have musculoskeletal pain. And a report in the November 7, 2011 American Journal of Cardiology found that adults with the lowest levels of vitamin D were more than **twice** as likely to have diabetes, **40%** more likely to have high blood pressure and about **30%** more apt to suffer from cardiomyopathy - a diseased heart muscle - as people without D deficiency. And, those who were deficient in D had a **three-fold**

higher likelihood of **dying** from **ANY CAUSE** than those who were not deficient.

There seems to be virtually no limit to D's influence on countless health conditions too numerous to list but as varied as fertility, weight control, kidney disease, to maternal and fetal health during pregnancy to a child's susceptibility to food allergies, dental caries, asthma, and potentially autism. It might be just to look at D as our internal solar panel of health. When deficient, those panels flicker and dim. When optimal levels of D circulate in our bloodstream, our health panels glow brightly.

Since most people are either deficient or have insufficient levels of D in their bloodstream, what steps can each of us take to ensure we are achieving optimal levels of D to fully enhance our health. First, have your vitamin D levels checked. It's a simple blood test. Normal range is 30 - 100 (ng/ml). I recommend you strive to keep your levels in the 50-85 range. This will require a daily supplementation intake of approximately 4000-6000iu of vitamin D for the average adult. Some will need more, some less. Up to 10,000iu/day is generally regarded as safe by D scientists. For kids, 1-2,000 units would be necessary. Only small amounts are available in food and natural D production from sun exposure diminishes come late Fall. In my family, none of my children take D supplements from late spring to early fall. I let natural sun exposure do its job with the judicious understanding to "never burn."

Finally, let's understand that the sun is our friend. It's a powerful medicine for health enhancement if understood and used wisely. The sun is God's gift to our planet earth. And, after all, what day of the week did God set aside to honor his almighty presence in our lives: "SUN"-DAY.

To learn more about vitamin D and search for information on specific health issues, go to vitaminDcouncil.org. Any questions regarding D may also be addressed to my e-mail: Samoapat@aol.com or by phone - 203-745-5137) *Patrick Moore, N.D., M.S. is a traditional naturopathic doctor, nutritionist, and health advisor. He is a recently elected member of the Vestry.*

VISIT OUR RE-DESIGNED WEBSITE -AND
GIVE A BIG THANK YOU TO KEITH BAILEY
FOR ALL HIS HARD WORK

www.holyspiritwh.org

IDLE THOUGHTS OF A WANDERING MIND:

I planted some bird seed. A bird came up. Now I don't know what to feed it.

I had amnesia once---or twice.

I went to San Francisco. I found someone's heart. Now what?

Protons have mass? I didn't even know they were Catholic.

All I ask is a chance to prove that money can't make me happy.

What is a "free" gift? Aren't all gifts free?

They told me I was gullible and I believed them.

Teach a child to be polite and courteous in the home and, when he grows up, he'll never be able to merge his car onto the freeway.

Experience is the thing you have left when everything else is gone.

One nice thing about egotists: they don't talk about other people.

I used to be indecisive. Now I'm not sure.

How can there be self-help "groups"?

If swimming is so good for your figure, how do you explain whales?

Show me a man with both feet firmly on the ground, and I'll show you a man who can't get his shoes off.

Is it me --or do buffalo wings taste like chicken?
(Sent from a church bulletin in Tucson, AZ - jsd)

HOSPITALITY CORNER



MARK YOUR CALENDARS

MAY 5 @ 6PM- Join us and celebrate **CINCO DE MAYO**. Tacos, burritos, quesadillas and much more. Chicken nuggets and hot dogs available for the kids. Purchase tickets in advance and save- \$5 per person or \$17 per family of four or more in advance, at the door \$6 person or \$22 per family of four or more. Tickets will be available in April at each service (Kathryn Gregory at Saturday service; Bonnie Mahmood at Sunday 8am service, or Kati Guthrie or Theresa Stark at the 10am service) or email at cohshospitality@gmail.com.



Dates to be determined-watch for more information in upcoming bulletins!

Celebrate the planting of Abraham's Garden with a gathering with our friends from the Turkish Cultural Center (TCC). Late May.

Ice Cream Social - August.

Craft Classes-

Pat Dymarcik will teach us how to do eggery (decorating cut eggs);

Sue Dangle will teach us how to make jewelry
Suzanne Coleman will complete a craft project (to be determined) with us.

Classes will run between \$10 to \$20 (for the cost of supplies) and babysitting will be available if needed.

REASON # 79

We eat, drink, and are merry, for we live in the Kingdom of our Lord Christ.

Ken Guthrie
Diocese of Alabama

From: 101 Reason to be Episcopalian
Compiled by Louie Crew



NEW YORK BOTANICAL GARDENS, THE CLOISTERS AND ARTHUR AVENUE BUS TRIP, JUNE 2, 2012



Join us for a bus tour that includes the following: **Tour Guide.**

Admission to the NYC Botanical Gardens - *The Tram* is not just a great way to get around the Garden's 250 acres—it is also a narrated tour that offers an overview of the Garden, its history and programs. Hop off and explore at any of the four stops. On view at the Garden will be a special exhibit, *Monet's Garden*. The exhibit pays tribute to Monet and his inspiration through his flowers. See spectacular seasonal exhibitions inside a landmark glasshouse that also features a tropical rain forest and cactus-filled desert with plants that can be seen nowhere else in New York. Explore 50-diverse gardens and plant collections across 250 acres of year-round beauty. Enjoy exciting hands-on activities for the entire family in two gardens designed especially for children that connects plants and people. Discover the 50-acre Native Forest, Rock Garden, Home Gardening Center and so much more during daily tours and programs

A visit to the Cloisters: The medieval outpost of the Metropolitan Museum of Art overlooks the Hudson River; it is a deeply relaxing and spiritual place. The Cloisters is devoted to the art and architecture of medieval Europe. We will have a docent led tour here.

Leisure time for shopping on Arthur Avenue: Little Italy dates back to a time when thousands of immigrants came through Ellis Island. Nearly 100 years later, the passion for good food continues with the wonderful neighborhood food shops and restaurants.

The cost of the trip is \$90. This trip is run by a tour company and will not be just “church folks & friends” unless we can fill the bus. Family and friends are welcome to join us; let's try to fill the bus!

This also means that the trip will not be cancelled for lack of people signing up. **Sign up as soon as possible as the bus company will also be selling space for this trip; payment-in-full is due by April 15.** A \$20 deposit will be required.

There is a sign-up sheet on the table/easel near the cloister - or contact Kathryn Gregory (203) 933-0599, Bonnie Mahmood at (203) 932-6639 or email hospitality at cohshospitality@gmail.com to sign up or for more information.



As Rev. Lisa said at the beginning of this newsletter:

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word.

Have a blessed and fruitful Lent. We hope that our articles will encourage you and that you may perhaps choose to fast, to look for spiritual discipline and let your prayer and church life lead you to the grace and love of God.

Your editors...

Jane and Bonnie

CHURCH OF THE HOLY

March 2012

February 21-Pancake Supper 6pm
 Vestry Meeting 7pm
 February 22- Ash Wednesday Services
 Noon and 7pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Eucharist 5pm
4 2 nd Sunday of Lent	5 Office Closed	6	7 Recovery Eucharist 6pm	8	9	10 Eucharist 5pm
11 3 rd Sunday of Lent	12 Abraham's Tent begins Office Closed	13 Abraham's Tent Deanery 7pm	14 Abraham's Tent Recovery Eucharist 6pm	15 Abraham's Tent	16 Abraham's Tent	17 Abraham's Tent Eucharist 5pm
4 th Sunday of Lent	Office Closed	Vestry 7pm	Recovery Eucharist 6pm			Eucharist 5pm
25 5 th Sunday of Lent	26 Office Closed	27	28 Recovery Eucharist 6pm	29	30	31 Eucharist 5pm

Office hours Tuesday through Friday 9am through 1pm. Rector's day off: Monday; Appointments available Tuesday through Saturday.

CHURCH OF THE HOLY

April 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Palm Sunday	2 Office Closed	3	4 Recovery Eucharist 6pm	5 Maundy Thursday	6 Good Friday	7 Great Easter Vigil
8 Easter Sunday	9 Office Closed	10 Deanery 7pm	11 Recovery Eucharist 6pm	12	13	14 Eucharist 5pm Prepare food for Columbus House
15 serve breakfast at Columbus House 2 nd Sunday of Easter Final payment due for bus trip	16 Office Closed	17 Vestry 7pm	18 Recovery Eucharist 6pm	19	20	21 Eucharist 5pm
22 3 rd Sunday of Easter	23 Office Closed	24	25 Recovery Eucharist 6pm	26	27	28 Eucharist 5pm
29 4 th Sunday of Easter	30 Office Closed					

Office hours Tuesday through Friday 9am through 1pm. Rector's day off: Monday; Appointments available Tuesday through Saturday.

