
The Outrider

APRIL 2004

The View From Above The Close

(Flying Pigs And The Resurrection)

*"The time has come," the Walrus said,
"To talk of many things:
of shoes and ships and sealing wax,
of cabbages and kings;
of why the sea is boiling hot,
and whether pigs have wings."*

—Lewis Carroll

The invitation of Lewis Carroll in his poem "The Walrus and the Carpenter" is clear and obvious—"imagine the unimaginable while staying focused and rooted in the ordinary."

Shoes and ships and sealing wax, for Carroll's time, represented the day-to-day concerns of people who lived in his 19th century England. They represent, for us, *what to wear, how to travel and how to communicate*. A 21st century rendition of that might be something like, "tee-shirts, SUV's and E-mail". Not nearly as alliterative as the original, I grant you, but that is a reasonable translation into what we understand.

"*Cabbages and Kings*" might show up for us as "Pizzas and Presidents"—the mundane and the exalted grouped together—something to eat and someone to blame for the ills of society.

Then things get crazy and logic flies out the window with the winged pigs. The sea is certainly not "boiling hot" and, as we all know, the source of pork products walk and grunt and eat prodigiously, but certainly don't have wings. Just as we were settling into the normal and the ordinary, Lewis Carroll jumps the boundaries of reason and logic: a boiling sea, indeed! Flying pigs, what nonsense!

When our daughter, Mimi, applied to Bennington College, the information they sent her included a wondrous drawing—to scale and, no doubt, scientifically accurate—of a pig with wings. What the brochure successfully communicated was that at Bennington College, at any rate, the "impossible" would be "possible". Good marketing for a college. Great paradigm for life.

Easter is about flying pigs and boiling hot oceans. Easter is about the "impossible" becoming, not just plausible, but Real, True, Actual.

Easter is about dead things not staying dead. Easter is about Life—in spite of all the evidence to the contrary—being stronger than Death. Easter is about Light obscuring Darkness, Hope defeating Despair, Joy overwhelming Depression. And flying pigs....

That impossibility most of all....Because of Easter, pigs and ponies and porcupines and porpoises and...yes, even *people* like you and me can have wings....We can fly....We can soar....Alleluia! He is risen!

Fly....Fly....

Shalom,

Jim

HOLY WEEK AT ST. JOHN'S

Sunday, April 4—Palm Sunday

8:00 am, 10:15 a.m., Palms, the Passion and Holy Eucharist
12 noon: Misa en Español

Monday, April 5—Holy Monday

12 noon—Noonday Prayers 7:30 p.m.—Holy Eucharist & Homily

Tuesday, April 6—Holy Tuesday

12 noon—Noonday Prayers 7:30 p.m.—Holy Eucharist & Homily

Wednesday, April 7—Holy Wednesday

12 noon—Holy Eucharist and Healing
7:30 pm—Holy Eucharist & Homily

Thursday, April 8—Maundy Thursday

12 noon—Noonday Prayers
6:30 p.m.—Pot Luck
7:30 p.m.—Holy Eucharist and Stripping of the Altar

Thursday, April 8th 9 p.m.—Friday, April 9th -11:30 a.m.

The Vigil at the Altar of Repose (sign up to spend an hour or two at the Altar of Repose, keeping watch with Christ)

Friday, April 9—Good Friday

12 noon-3 p.m.—The Good Friday Liturgy
7:30 p.m.—Visual Presentation of "Way of the Cross"

Saturday, April 10 - 7:30 pm The Easter Vigil & Feasting

Sunday, April 11-The Feast of the Resurrection

8 a.m.—Holy Eucharist (Rite I)
10:15 a.m.—Holy Eucharist (Rite II)
12:00 del día—Misa en Español



EASTER VIGIL VOLUNTEERS

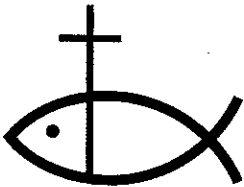
We're looking for a couple of volunteers to serve as security at the Vigil from Maundy Thursday evening through 7:30 a.m. Good Friday. Duties would be opening the door to those coming to pray and escorting people leaving to their cars. Call the church office to volunteer or sign up on the hall table.



ROAD TRIP JUNE 12TH

Michael Spencer, who has been our intern this year, will be ordained to the transitional diaconate on June 12 at Christ Church Cathedral in Hartford. After his ordination, Michael will become a part-time member of St. John's clergy staff while continuing his position as Chaplain to the Taft School in Watertown.

We'll be chartering a bus to go to the festivities. Call the church office to save yourself a seat. Come celebrate Michael's ordination and his ministry to St. John's.



YOU ARE INVITED TO THE JOURNEY AND THE JOY

The annual Waterbury Deanery Confirmation service will be held at St. John's on Saturday, May 22 at 4 p.m. Anyone wishing to be either Confirmed or Received or to Reaffirm their baptismal vows with the Bishop needs to complete the Inquiry class that begins on Palm Sunday—April 4—at 9 a.m.

Inquiry is an opportunity for all folks to ask those questions that have been weighing on their minds and hearts and to participate in a basic course on being an Episcopalian Christian. Let the Rector know if you're interested. All—even those long ago confirmed or received—are welcomed. The schedule of gatherings is given below. Clear your calendars and prepare for a fun ride....

Full Schedule:

- April 4 - Labyrinth Walk
- April 18
- April 24 (Saturday 9 am - 2 pm)
- April 25
- May 2
- May 9
- May 16



OPEN BOOK READING CLUB

The next meeting of the Open Book Reading Club will be on Wednesday, April 7th at 1:00 p.m. in the Library. We will be discussing Oryx and Crake, by Margaret Atwood. Bring a bagged lunch and join us for interesting discussion and fellowship!



CREATIVE CHURCH SCHOOL NEWS

The Creative Church School meets each Sunday on the third floor from 9-10:00 a.m. New students are always welcome. In April we will focus on Palm Sunday, Easter Sunday, and Earth Sunday.

April 4 - Palm Sunday Event for children - instead of a Sunday School lesson, we will share the story through learning centers. The children will visit each center, create something that is a symbol of Holy Week and learn The Way. We will be decorating Paschal candles, baking Easter bread, and dyeing eggs. We will also make palm branches and join the Processional with our families.

April 11 - No Church School. The children are invited to join the Procession into church with butterflies they have decorated on March 28th and April 4th during Sunday School or coffee hour. We will have our second annual Easter Egg Hunt in the Close following the 10:15 service. You're welcome to bring your own basket or bags will be provided.

April 18 - We will focus on John's Gospel 20:1-9. Jesus appears to James and the disciples. He shares his peace with them even in the face of their doubts. It's okay to struggle with the questions. It's okay not to have all of the answers or to be absolutely certain about some things.

April 25 - Earth Sunday - Church School will focus on the Gospel of John 21:1-19. It's the ordinary thing and the people we share our lives with every day that we discover Jesus. Talk as family about how you discover Jesus with you when you are with other people. We will also celebrate Earth Sunday with the congregation.



MARDI GRAS WRAP UP

In the spirit of New Orleans' famous son, Emeril, we kicked Mardi Gras "up a notch" and them some this year!

We lost count at 150, but at least that many and more showed up on February 21st for a blow-out evening of feasting and fun. Check out the wonderful pictures in the library and you'll see young, old and in-betweens alike "letting their hair down"...in some cases quite literally. (Oh, why be coy? You've got to see Vestry member, Don Pomeroy, and Junior Warden, Bill Garretson, sporting very becoming long, brown tresses!)

Many, many folks helped pull off the event. Thanks to everyone who brought appetizers, salad and dessert, and thanks also to all the teens who helped serve and clean up during the party. In addition, extra special (can't-say-enough) thanks to Barbara Curry, Susan Conover, and Donna Deitch who worked overtime in the kitchen preparing the delicious meal; Claire and Kirk Rundhaug for the truly fabulous décor; Donna Ploski and George Zucca for their very generous donations of wine and table linens, respectively; and Bill and Elaine Garretson and John Svehlak for going "above and beyond" with the special challenge of this year's set up and clean up. Finally, we're especially grateful to GWIM's amazing Barbara Dublin (and crew) for helping clear out the auditorium for our use. Thank you all!

LOOKING AHEAD - If you'd like to help plan and produce other parish social events like the church picnic or Septemberfest, or if you feel inspired to create something altogether new, please let Jim or Malinda know.



GOOD STEWARDSHIP

STEWARDSHIP NOTES

"Stewardship is what we do with what we have...."

St. John's Stewardship Group has been working through the winter doing Bible Study and discussing how to open the limitless possibilities of stewardship to the congregation. "Stewardship" has too long been a code word for "fund raising" or "pledging money"—and while both of those ways of giving are a part of 'stewardship', the full meaning is much larger...global, in fact.

With the working definition of Stewardship being: "what we do with what we have", you can see that all of us practice stewardship every minute of the day. How we use our time; how we use our skills and gifts and talents; how we spend our money and what we do with our resources—all that is the domain of what we at St. John's define as "stewardship".

Imagine this, if you will: ALL YOU HAVE...EVERYTHING...IS A GIFT FROM GOD. The breath you just took...your ability to read these words and think about them...what you do next Tuesday afternoon...how you relate to your family and friends and co-workers and total strangers...the register in your check book and your credit card bill...the joys and challenges of your life—what if we all truly realized God is involved in all of that? How would that shift our lives?

For one thing, we would realize that our thoughts and actions *truly matter*, not only to ourselves but to the world around us and the God who created us all. That may seem like a silly thing to have to say—but think about it for a moment...do you realize at the depth of your being that every moment of life is precious and a gift? Most of us, I believe, think there are parts of our lives that are too mundane or meaningless to "matter." Much of the world lives out lives of what the poet called "quiet desperation." But there is an option to that—there is another choice we can make.

We can choose to see God's giftedness in ALL of life. And if we make that choice, then everything we do and say matters ultimately. You and I truly matter in the universe!

What shifts in your life if you allow yourself to imagine that every moment of your life "matters" in a profound way? I invite you to reflect on that and to begin to see what a remarkably transforming concept "total stewardship" really is.

Jim Bradley



EARTH SUNDAY-APRIL 25, 2004

WIND ENERGY

Be praised, my Lord
through Brothers Wind and Air.
Through cloud, clear skies and all other weather
by which you give your creatures sustenance.

Canticle of the Sun: St. Francis of Assisi

St. John's celebrates Earth Sunday to remind us of our sacred relationship to all that God has created. As people of faith our actions and life style choices are rooted in the Biblical call to be good stewards of the environment by using resources wisely and having reverence for all life.

This year's focus is on **Wind Energy**. America's dependence on fossil fuels for power is increasing. "The answer, my friend, is blowing in the wind." Note, the current average mix of energy sources supplying the US includes Coal (52%), Nuclear (18%), Oil (2%), Natural Gas (8%), Large Hydroelectric (10%), Other Fossil (8%), and Renewables (2%). (from USEPA E-GRID)

Operating on the same principles as the old-fashioned windmills that powered America's farms for years, today's sophisticated wind turbines generate electricity by harnessing the power of air moving over the Earth's surface. Grouped together in "wind farms", these turbines can produce enough energy to light up a whole city. Wind is a clean, renewable technology and is becoming commercially viable. According to the U.S. Department of Energy's office of Energy Efficiency and Renewable Energy, the cost of energy from wind has dropped 85 percent in the last 20 years.

Each year, one 215 foot tall windmill:

- Prevents release of 5 million pounds of pollutants.
- Provides carbon dioxide benefits equivalent to planting 643 acres of trees or taking 337 cars of the road each year.

One 1.5 MW (megawatts) wind turbine produces 4,000,000 kWh (kilowatt hours) a year.. The average home uses about 600 kWh from the grid each month. It takes about 550 households purchasing 100% wind to bring a new 1.5 MW windmill on line.

Wind power has captured the public's imagination with its simplicity and elegance. It is the fastest growing energy resource in the world. Germany, Denmark and Great Britain are leaders in wind power projects. Turbines do present aesthetic challenges. At some site locations, birds especially raptors, have been killed by flying into the spinning turbines. (Note, more birds are killed each year in collisions with vehicles and glass windows.)

Electric power companies are now required to use 1% of their profits for renewable energy. Each CT ratepayer pays $\frac{3}{4}$ of a cent per kilowatt hour of usage to the CT Clean Energy Fund. Last year, St. John's used approximately 91 thousand, kilowatt hours (9.1 megawatts) for their indoor and outdoor electric use: \$68.00 of the total bill went to this fund. The Clean Energy Fund has many projects: developing fuel cell and solar technology, educational teacher workshops and traveling exhibits. It is now in the process of developing a wind farm of 20 turbines in Northwest Mass. The site has been located, permits are in process and construction due in 2005. The company ENXCO, selected to build these turbines, has for 20 years built and maintained over 4000 wind farms in the U.S.

"Bless the Lord, all winds that blow". Be sure to join the celebration! There will be a mighty whirlwind of processional flags, kites, and pinwheels.

Earth Ministry

The Waterbury Chorale

Spring concert

Rossini's *Petite Messe Solennelle*
For chorus, soloists, piano, and organ

April 17, 2004 at 8:00 p.m., here at St. John's

Gioacchino Rossini (1792 – 1868) is known primarily as an opera composer – operas sparkling with melody and wit. He was a leading composer of the 'bel canto' style – a term which means 'beautiful singing.' And there is beautiful singing in this mass composed at the end of his life. Rossini's choral writing in this piece is glorious and some of the solo arias sound operatic. He composed the work for piano, with organ accompaniment so that the voices would have the stage. Come and see why Rossini called this work "the sin of my old age."

For tickets in advance (\$18) contact Sandra Jellinghaus (860-274-0577) or Dorothy Ferguson (860-274-1880)

Tickets are also available at the door for \$20



APRIL

- 4/1 Bern Bradley
- 4/1 James Russo
- 4/1 Christian Santa Maria
- 4/3 Josephine Bozzuto
- 4/4 St. Claire Benjamin
- 4/5 Emily Skipp
- 4/6 Dorothy Leavenworth
- 4/7 Melissa Clark
- 4/7 Benjamin Tapley
- 4/9 Emma Sherman
- 4/10 Olivia McDonald
- 4/11 Anne Shove
- 4/12 Aidan Spencer
- 4/16 Carrina Echeandia
- 4/17 Jim Bradley
- 4/17 Ann Townsend
- 4/17 Evanson Dover, Jr.
- 4/19 Josh Feliciano
- 4/22 Lisa Blaszczyk
- 4/22 Keisha Punter
- 4/22 Zachary Savoy
- 4/27 Paul Foti
- 4/27 Robert Havery
- 4/28 Kathy Parlatore
- 4/30 Makayla Beaudoin



APRIL

- 4/6 Richard and Lisa Collins
- 4/7 Nelson and Barbara Tchakirides
- 4/14 Ted and Pat Bojarski
- 4/14 David and Tina Tellerday
- 4/15 Kenneth and Gloria Kerns
- 4/15 Brian and Lucylle Ladden
- 4/15 Robert and Margaret Worden
- 4/18 Michael and Elizabeth Misurelli
- 4/20 Rick and Linda Blais
- 4/29 William Knapp and Christine Jewell

APRIL PARISH PRAYER CYCLE

April 4: Evelyn Bodor, Ted & Pat Bojarski, Christine Boroch, Susan Boucher & Family, Angela & Christopher Bowman, The Bradley Family, Edna & Christopher Bragg, The Brown Family, and Lillian & Louis Brown.

April 11: The Budhram Family, Stephanie & Cortland Budin, Melvin Bullock & Nicole Pearsall, Verdell Bush & Frank Daddona, Robert & Diane Caggiano, Robert & Maureen Caggiano, Robert Cajetano Buel & Juan Rojas, Mark and Donna Cambigue & Family, and William and Norman Cambigue.

April 18: Ambler Cantey, The Capobianco/Umbro Family, Cathy Caraballo & Kim Hunter, Michele Carrano, William & Sara Carrillo, Michael & Marian Carroll, Lorene Castle, and Patrick & Phyllis Catuccio.

April 25: Ron & Ruth Cebik, John & Elsie Champagne, The Chernesky/Banisaied Family, Pinki Chillemi & George Zucca, Shirley Chouinard, Sandra Cinquegrana & Richard Knapp, Kathleen Clark & Family, and Michael & Jennifer Clarkson.



In Memory Of...

- April 18: Charles & Helen Monzani.
- April 25: Richard M. Lewis, Harriett Chamberlain, The Klein Family, and Evelyn Conda.



LIBRARY DONATION

A new book has been given to the library by Doris Hollenstein, entitled: *Ears to Hear: Recognizing and Responding to God's Call*. The author, Episcopal Bishop Edward S. Little, has composed a collection of biblical figures who have received the call to serve, witness and respond to God's call, to salvation, to holiness, to ministry and to community. The stories "are a lesson to us in reading, marking, learning, and inwardly digesting the Scriptures, then faithfully interpreting them so they speak to each of us in today's rough-and-tumble world." (Richard Kew) Each chapter concludes with a set of discussion questions, to help us to recognize and respond to our own unique calls. The book is shelved in the Spirituality Section and may be borrowed. Please sign your name and date in the logbook on the library wagon, located near the piano.

Marcia Holroyd, Librarian



WISH LIST HIGHLIGHTS FOR THE CHAPMAN HOUSE

The Chapman House would greatly appreciate donations of the following: gently used school uniforms, CD gift certificates, art sketchbooks, and dining room chairs. Donations can be left in the Church Office after the 8:00 or 10:15 a.m. services, or during the work week. Please mark donations "Chapman House".

ALTAR FLOWER MINISTRY

*"He who shares the joy
in what he's grown
spreads joy abroad and
doubles his own."*

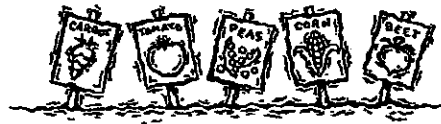
Anonymous



Altar Flowers

Many of you have noticed that the altar flower arrangements have taken on a different appearance, perhaps more aptly described as a homegrown look. While the florist was on vacation, a few parishioners crated various bouquets to fill the gap. A small group then met to discuss continuing to have members share their time and talent to initiate a flower ministry...St. John's would be among many other churches who currently boast this ministry. Our offering of nature's bounty is an act of worship that enhances the liturgical seasons, provides beauty to God's altar and expresses our love of God's creation in all seasons. As we begin this new ministry, we are hoping that others will join us in creating arrangements or by contributing flowers from your garden for Sunday worship. Please be assured that you need not be an expert in floral design - simply the desire to participate in another aspect of worship. If you would like to know more about this new and exciting ministry that will begin the Sunday after Easter, please call Pinki Chillemi.

SHARON HOUSE GARDEN PROJECT
Supporting persons in the City of Waterbury, CT



Looking for an individual that would care for and maintain the garden:

This would be a paid position for a motivated person with skills in organic gardening. He/She would be supported by a team of volunteers throughout the growing season. Hours could be flexible as long as the person is consistent during the peak during growing times. This individual would need to have experience using a roto-tiller and weed wacker. Work starts slow in April and finishes in September with the major amount of work in late June, July and August. (All machinery, tools and equipment are provided by the project.)

Responsibilities include:

Starting vegetables from seeds

Planting grown vegetables

Caring for vegetables and plants

Weeding, pruning, staking and laying down plastic as needed

Roto-tilling

Keeping coordinator informed

Stipend: 10 hours a week for 16 weeks @ \$15 per hour. (\$2,400.00)

Contact Dan or Mary Gates at 860-672-6773

2004 SHARON HOUSE GARDEN PROJECT CALENDAR

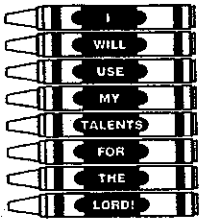
April, 3, 10, 17	Start making boxes for raised beds
April 17, 24	Prepare garden, roto-till, lay plastic, etc.
April/May	Early planting of cabbage, onion sets, broccoli, lettuce
May 22, 29	Summer planting
June 19	Work Day
July 17	Work Day
August 29	Start winter rye, roto-till
September 4, 25	Winter rye, roto-till, put garden to rest



RENEW YOUR PRAYER LIFE THROUGH CENTERING PRAYER

The Risen Christ is alive within all of us! Centering Prayer is an opportunity to "consent to God's presence and action within" (Father Thomas Keating). We do not have to do anything...except be still and quiet, and invite this Presence into our lives. Centering Prayer is an ancient form of Christian meditation that has been rediscovered and brought up-to-date by Thomas Keating and Basil Pennington. Won't you join us for an experience of Centering Prayer at St. John's? We are a small group that meets in the Chapel at St. John's on Thursday evenings at 7:30 for an hour.

Jail Szarytko



THE TREASURE BOX - COME AND SHARE!

St. John's Family Council (a group of Sunday School parents and teachers) has started a new sharing tradition - the treasure box! We will collect school and art supplies, toys, etc. to be given to Safe Haven for children in the emergency shelter.

During coffee hour on the second Sunday of each month, everyone is invited to help decorate a cardboard box into a treasure chest. The following Sunday, the third Sunday of the month, children and adults are invited to place their gifts in the box during the offering. Items particularly needed are:

Backpacks and lunchboxes (see related article elsewhere in this Outrider).

School supplies (notebooks, pens, pencils, sharpeners, erasers, stickers, rulers, etc.)

Art supplies (paper, crayons, paints, markers, colored pencils, glue, scissors, etc.)

Books, toys, stuffed animals.

Thank you in advance for your participation and generous support!

Molly F. Sherman

HIDDEN NEEDS OF SHELTER FAMILIES: SCHOOL SUPPLIES

During a recent phone conversation with Safe Haven staff, I was surprised to learn of a special need I would not have thought of at this time of year - backpacks and school uniforms. Perhaps like me you think of these things in September, not the middle of the school year.

Children come into the shelter all year long, often with nothing more than they can carry. Fleeing in fear for their lives, they may have clutched a favorite teddy bear, or nothing. These children have been betrayed by a parent, and their world is shattered. The adults around them are focused on providing safety, a warm bed, and food in their bellies. A school uniform seems such a low priority. Showing up at school out of uniform and without a backpack, these children may be ostracized by other students and chastised by the teachers who have no idea what is going on in the child's life. The child may opt to keep quiet and face punishment rather than explain the terrifying and humiliating abuse and upheaval.

What an enormous difference that backpack and school uniform can make! Ways to help:

1. Contribute a backpack, lunchbox, school supplies, or school uniform garment. Place your contribution in St. John's monthly "treasure box offering" on the third Sunday of each month, or drop it off at the church office, marked for Safe Haven.
2. Contribute the cost of these items in a tax deductible check to Safe Haven. This should be placed in the offering plate, dropped off in the church office, or mailed to the church. \$15 will provide a new backpack or part of a school uniform; \$10 will fill the backpack or provide a lunchbox; \$5 will buy a multi-subject notebook and pencils.
3. If you would like to contribute the actual items but don't have time to go shopping, I'd be delighted to do it for you! You provide the money, and I'll do the legwork. Contact me at 574-7939 or molly@ralphdsherman.com to work out the details.

Having moved in similar professional circles for years, I've long been an admirer of Peggy Panagrossi, Executive Director of Safe Haven. Her organization is exemplary, providing services directly to those in need and making an immediate difference. I'm proud to be a supporter. Thank you for your help!

Celebrations

By Lorene Castle, Senior Warden

Jim has invited me to write an article in the *OUTRIDER*. This is my first attempt. These days, I spend time thinking about what I will be doing when I retire. I want to spend more time with my children and grandchildren. I want to read more books and see more movies. I want to participate in some ministries at St. John's that I don't feel I have time for now. I certainly will plan to eat healthy and exercise daily. Currently, I don't eat healthy or exercise everyday but I certainly plan to do both when I retire.

Truthfully, I really don't know what I will be doing when that time comes. I do know that I've had some mentors in my life who have given me clues about what works. My mother was one of my clue givers. She was always interested in learning something new. She didn't feel sorry for herself when the family farm was lost during the 1980's. She didn't hide out from her friends when she had to alter her lifestyle because she had less financial resources. She had a circle of friends that cared for each other. Neither her friends nor she were terribly unhappy when they found themselves living alone because they had their continued interest in new experiences and they had each other. I am grateful to my mother for showing me ways to live my life that focus on what I have and not on what I don't have.

My mother has not been alive for many years. But, there are many people at St. John's who I learn from all the time. I think God had a hand in helping me find St. John's. As I said at the Annual Meeting, I want to thank all of you for being there for me to find. In this article, I want to celebrate the contributions of four men who been models for me about how to live my life. They haven't known they have played this role because I haven't told them yet. So, thank you to Dick Harris, Ted Bojarski, Henry Friez, and Bob Cook.

I'm sure you've seen the Columbarium that has been added to our sanctuary. These four amazing men actually built it. They took plans created by a "committee" and created an area in our Church that looks like it belongs. They made a few suggestions that improved on the committee's original design. There were many people involved with this project. Every one of them played an important role in the creation of the Columbarium. Please see the Annual Report for everyone who played a part. But for this article I want to celebrate the gifts of these four men.

Dick and Ted and Henry and Bob are all retired. They could do what I say I want to do and spend their time reading books and going to movies. Instead, they have all chosen to spend a significant amount of their time taking care of our sacred space. Bob Cook has painted almost every square inch of our church. I can't even imagine how many thousands of hours he has spent painting or how much we would have needed to pay to have this work done. This is an incredible gift, Bob. Thank you. Bob also painted the Columbarium Area.

Dick Harris was packing for his annual trip south when the niches arrived for the Columbarium about three weeks ahead of schedule. Now, in similar circumstances, I'm afraid that I would have said that it would be impossible for me to tackle this project since I was packing for vacation. Instead, Dick rounded up his buddy Henry Friez and they got to work. The materials for the Columbarium weighed many tons. Dick and Henry found a way to move the materials from one place to the other and get it secured to the wall in our sanctuary. I asked them how on earth the two of them did this. They told me they spent a lot of time talking about the project and thinking of ways to make it work. I think this might be translated: measure twice and cut once.

Their other partner joined them for the completion of the project. Ted Bojarski was recovering from a heart attack. He was down at the church to help as soon as his Doctor (or Pat) let him out of the house. Like Bob, Ted, Dick and Henry have spent thousands of hours on projects at St. John's.

I'm not sure about this because you can't tell it by looking at them, but I think there are a few things that Bob, Ted, Dick, and Henry can no longer do as easily as they could 20 years ago. But, through team work, talking it over, and planning, they found a way to do it all.

So, thank you Henry, Dick, Ted, and Bob for the love and care you have shown the historic building in which we worship. Even more importantly, thank you for showing me how to live. I feel sure that you see your own cups as full most days and half-full on the rest. Thank you for being a gift to St. John's Parish as well as a gift to me.



MEATLOAF MINISTRY

Each third Sunday of the month a 2 lb cooked frozen meatloaf or 2 lbs. raw hamburger are needed for Barbara Dublin's dining hall here at St. John's Parish. A \$5.00 donation to have a meatloaf made in your name is optional.

Sarah Haines, Delegate to GWIM



CASSEROLE MINISTRY

The First Sunday in May (May 2nd) is Casserole Sunday. Any size casserole - your choice. Please bring to the kitchen in a throw away container. Thank you.

Sarah Haines, Delegate to GWIM



FOOD PANTRY NEEDS

Staples needed for GWIM's pantry are hot/cold cereal, tuna fish, salmon, canned beans, peanut butter, soup and spaghetti sauce.

Sarah Haines, Delegate to GWIM



THE LATEST CRAZE

Eating low carb, counting calories. We know who we are, we can help each other. Send the Outrider a favorite low carb dish to share with your brothers and sisters.

Surprise South Beach Mashed Potato 4 Cups cauliflower florets, 1 ounce "I Can't Believe It's Not Butter!" spray, 1 ounce Land O' Lakes gourmet fat free half & half,

a pinch of salt and freshly ground black pepper.

Steam or microwave the cauliflower until soft. Puree in a food processor or blender adding the butter spray and the half & half to taste. Season with salt and pepper. Serves 4. 81 calories, 2 g protein, 5 g carbs, 6 g fat, 2 g saturated fats, 82 mg sodium, 4 mg cholesterol, and 3 g fiber.

Sarah Haines