

The Fellowship Times



Come join us to watch
"The Five People You Meet in Heaven"
Wednesday, May 13th and 20th at 6PM
In the Parish House

Volunteer's Needed

We are looking for individuals interested in organizing Bingo Nights and Spaghetti Dinners to get together and discuss plans and ideas.

If you are interested please contact Liz Manning or Fr. Rick.

Sunday Services are at 10:00 AM with Coffee Hour in the Parish House directly after.

Church Office Hours:
Monday– Thursday: 9:30 AM– 2PM
Closed on Friday

Follow us on our Website, Facebook and Instagram! Watch us on You Tube!



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Special points of interest

- **Choir Practice after church service– contact Karen Gomer for more information**
- **Grief Support Group meets every other Tuesday at 10-11AM in the Church Office conference room . Contact the Church Office or Helene Daigneault for more Information.**

A Note From Fr. Rick



death and resurrection. Ephesians 2:1-6 tells us that we have to think differently and learn to believe " And you He has made Alive (a new Spirit Reality) who were dead in sin...made you Alive Together with Christ and raised (spiritually resurrected) and raised us up TOGETHER in Christ".

Living the Life...Resurrected Life!

Galatians 2:20. " I have been crucified with Christ and I (my separate, sinful & independent self) no longer exist, but now Christ lives inwardly connected to me."

Something that St. Paul calls the "old man or old self" has been put to "Spiritual Death" though not "physical death". That was you that was a branch in the cursed Tree of Sin and Death. Now the spiritual reality of Sin and Death has been brought to an end because Jesus INCLUDED you in the death to Sin. But Death is not enough...there is not Life in that spiritual Death. So that is where RESURRECTION factors in to bring us "out of death and into Life" 1 John 3:14. Into Christ now sharing Himself and His same divine Life!!!

This is a sacred Mystery of God...this

Easter introduces us to these mind-boggling new realities and begins to unpack HOW these WORK in healing our hearts and personalities of stress, traumatic experiences, self attitudes. The HEAVENLY MEDICINE when daily applied is the only Cure....not only does it bring forgiveness but this Heavenly Medicine heals hidden hurts, darkness and TRANSFORMS our personality With Christ and into Christ-likeness!



April Bunko Night Fun

We had a good group show up to play Bunko for our April game night. Bunko is great fun and just a little bit of friendly competition might be involved. Everyone brought snacks to share and when I say snacks, I mean some great food. Remember, we have Bunko Night on the first Saturday of every month. Come join us for a great night of fun and fellowship. Below are some picture from our most recent Bunko Night.



Food Pantry

Our Food Pantry is a ministry that is very near and dear to our heart. We have a great group of volunteers who come together to package food on Wednesday and give it out to people in the Polk County community every 1st and 3rd Friday of the month. We serve approximately 400 families a month.





May

The following people are celebrating either a birthday or anniversary this month. If you see them, please remember to tell them to have a great day.

Karen Gomer– Birthday, May 3rd

Baptism and New Members Class

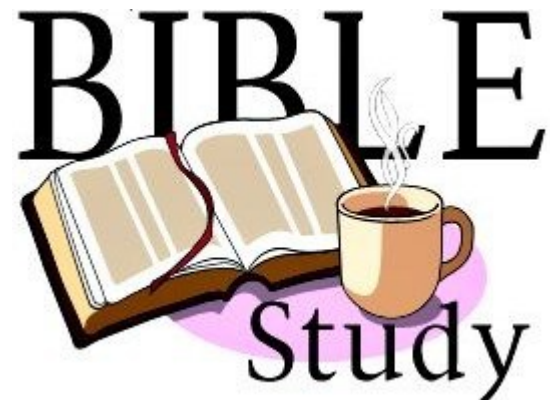
Fr. Rick will be teaching a Baptism and New Members Class starting in August on Wednesday nights. The exact time and dates have not been decided, but we will be sure and announce them through the weekly Church Bulletin, website, and newsletter.

If you are interested in attending these classes, please contact Fr. Rick or the church office so we can get your name on the list.

Fr. Rick's Weekly Bible Study will continue to meet every Wednesday in his office through May 27th.

Bible Study will resume in the Fall with the dates to be announced later in the summer.

If you haven't been able to make a Wednesday meeting, plan to this Fall.



Upcoming Events

May 2- Game Night– 6:00 PM in the Parish House, come join in the fun!!

May 11– Women’s Luncheon at Lavender n’ Lace, time TBA, if you are interested in going contact Lois

May 13– Movie Night– 6:00 PM in the Parish House, “The Five People You Meet in Heaven”, we will be watching Part I.

May 20– Movie Night– 6:00 PM in the Parish House, “The Five People You Meet in Heaven”, we will be watching Part II.

Recipe of the Month

Pasta Primavera

Ingredients

- 10 oz bowtie pasta uncooked
- 1/4 cup olive oil
- 1 large carrot peeled and sliced into matchsticks
- 1 medium red bell pepper sliced into matchsticks
- 1 medium yellow bell pepper sliced into matchsticks
- 2 medium zucchini sliced and cut into quarters
- 1 medium yellow squash sliced and cut into quarters
- 1 cup grape tomatoes heaping cup and cut in half length wise
- 1 tablespoon minced garlic
- 1 tablespoon Italian seasoning
- garlic salt (with parsley flakes)
- Pepper
- 1/4 cup pasta water
- 2 tablespoons lemon juice fresh
- 1/2 cup Parmesan Cheese shredded and divided
- balsamic glaze optional
- 2 tablespoons fresh parsley chopped



Instructions

Cook pasta according to package instructions. Drain, but be sure to reserve 1/4 cup of the pasta water before draining.

While the pasta is cooking, heat the olive oil in a large skillet over medium heat. Sauté the carrots for a few minutes. Add the peppers and sauté for an additional few minutes. Add the squash and zucchini and sauté for 2 more minutes.

Add the tomatoes, minced garlic, Italian seasoning, garlic salt, and pepper, and sauté for another 2 minutes. (Note: if adding meat, then add it at this point. Be sure that it has been precooked and cut)

Toss in the bowtie pasta, 1/4 cup reserve pasta water, lemon juice, and any salt and pepper as needed.

Top with Parmesan Cheese, parsley, and balsamic glaze if desired.

News from the Vestry Senior Warden



The vestry met on Sunday, March 29 and Sunday, April 26 after each service. Operational Matters: Our April meeting (held at the end of March) mostly entailed discussion of the visit we received from Canon Dan Smith. He talked about the issues with raising funds in today's world, we all talked about ways to do something about these issues and he toured our campus. The meeting helped to raise hope despite our loss in funds. Our May meeting (held at the end of April) talked about some of the follow-through that has already taken place. Fr. Rick has contacted two realtors regarding the lease of the Hope Building. We have applied for a grant to support the Food Pantry; that has since been rejected but we continue to explore other options. Fr. Rick has also spoken with the Diocesan CFO to find out more regarding the fund that was put in trust with them. We also discussed the 2026 budget and the work that still needs to be done to complete it.

Other Business: Fr. Rick shared the plan to have volunteers trained through the "Safe Church, Safe Communities" program. He also shared his plan for a capital campaign to raise funds for restoring the western wall stained glass window. We are still finalizing bids to complete the job, but once we have a target figure, it is on!

Takeaways: There are a few projects and irons in the fire right now. There is the rental of the Hope Building, securing funding for the Food Pantry, fundraising projects, fixing the east transept window, the pursuit of historic status and what that means and getting people trained in the diocesan sexual and harassment training required by our church insurance and diocese.

Whatever you can do to help in these matters: pick a project! Your help and support are always welcome.



Vestry Members, Staff and Ministry Leaders

Vestry Members

Liz Manning- Senior Warden & Finance
Pat Masters- Junior Warden
Donna McWhorter- Secretary & Communications
Christy Gardner- Worship
Chrissy Quinn- Adult Education

Office Staff

Mike Reilly- Parish Administrator
Andrea Concha- Receptionist

Ministry Leaders

Altar Guild- Pam Merashoff
Choir- Karen Gomer
Food Pantry- Bill Silvey/Danny Poveda/Taquira Studimire

Fellowship

Coffee Hour- Lois Hamann/Pam Merashoff