
The Preacher's Corner:

The Lord is full of compassion and mercy, slow to anger and of great kindness (Psalm 103:8)

Merriam-Webster's dictionary defines **compassion** as a deep awareness of and sympathy for another's suffering, the humane quality of understanding the suffering of others and wanting to do something about it. Ranked a great virtue in numerous philosophies, compassion is considered in all the major religious traditions as among the greatest of virtues.

The word **mercy**, derived from the Latin word *merces*, meaning price or wages paid, is understood as forbearance shown especially to an offender or to one subject to one's power; refraining from the enforcement of something such as a debt, right, or obligation that is due.

The psalmist makes us aware of the connection that exists between God and man. God is very much aware of our situation and our needs and has full sympathy for our sufferings. God's compassion connects us with God and His refraining from punishing us for our sins and offenses demonstrates His mercy. Jeremiah, in the book of Lamentations tells us that *"Through the LORD's mercies we are not consumed, because His compassions fail not, they are new every morning."* We can depend on God's compassion and mercy.

The history of the nation of Israel shows God's compassion and mercy towards the people as they traverse through time and move from Egypt to fill the Promised Land. We can perceive and we have even have experienced God's compassion and mercy for St. Mark's Church through its history.

The prophet Micah told the people of Samaria and Jerusalem, *"God has shown you, O man, what is good; And what does the LORD require of you But to do justly, To love mercy, And to walk humbly with your God"* In this New testament times Peter tells to those living outside Jerusalem, to be to one another what God is for us, full of compassion and mercy; *"all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing."*

The Lord is full of compassion and mercy to you and to me! So that we may rejoice even in our penitence!

Vicente+

St. Mark's Episcopal Church

335 Locust Street
Johnstown, PA 15901
814-535-6797

Email: stmarks@atlanticbbnb.net

Web site

www.stmarksjohnstownpa.org

Our Staff:

Rector: Rev. Vicente C. Santiago

Bell Choir: Annis Rogers

Treasurer: Larry Shaffer

Secretary: Joanne McKinley

Sexton: Nikki Forsythe

The Vestry:

Senior Warden: Pam Hysong

Junior Warden: Pam Mayer

2010

Pam Mayer

John Rogers

Pam Hysong

Richard Burkert

2011

Amy Whitlow

Larry Shaffer

Dolly Lopresti

Kitty Batrus

2012

Greg Lilly

Todd Wagner

Lucie Whittle

Lorraine Zitnay

Please remember

St. Mark's Church in your will.

The Preacher's Wife Three Cheers for the Lenten Luncheons!

YUM! Lenten Luncheons! Each Wednesday from 11:00 to 1:00, many of our members at St. Mark's can be found in our parish hall cooking for and serving our entire community. "What a great time for fellowship with one another! Time to talk to each other that we don't have after church;" said Alice Bragdon.

People come from all around the area to enjoy the yearly repast. "These luncheons are a great way to connect with the community and build fellowship within the parish;" said Annis Rogers. Her husband, John, on vestry, was washing dishes in the kitchen with Don Hysong and Larry Shaffer, treasurer. Don's wife, Liz, our former treasurer, was taking the money at the door with our finance committee member, Connie Thompson.

The average community attendance is about 150 to 200 each week. "I love the camaraderie and bonding!" Said Hazel Gunnlaugson, who brought a neighbor from another church, who loves to help too. "It's all about feeding and fellowship!"

At St. Mark's, we are known for good cooking. "Just good old fashioned comfort food;" said Julie Follansbec, our ECW prez, ECW are the sponsors and staffers of the luncheons. In the kitchen, I found ECW members Kitty Beltrus, also on vestry, Angie Herbein, Joy Brehm, Corrine Goetz and many other helping hands. Anything and everything served at the luncheons is cooked from scratch. No cans. No frozen. All is fresh. Absolutely no shortcuts!

"The luncheons are unique;" said Lois Bender, as she cut cake with Joanne Faint. Their husbands, Don and Paul, our ushers, were serving beverages. "We are the only area church serving on Wednesday. We call this a Lenten Luncheon but really the food has nothing to do with the Lent style of cooking. We serve a complete meal of beverage, salad, meat, and dessert."

The Luncheon tradition at St. Mark's began before living memory. "My grandmother told me she learned from the grandmothers of the church that our luncheons started after the 1889 flood. They were started to help people... many whose homes were swept away by many waters and they had nothing;" said Blanche Brant, now a great grandmother, a survivor of two out of three of the Johnstown floods, and a life long member of our church. Blanche will proudly show off her baptismal certificate, too.

"There was a time a few years back when we debated whether we had the volunteer support to continue the luncheons; said Amy Whitlow; our pastoral care coordinator; "but today we are grateful to the older women of the church who insisted they continue." Amy's husband, Penn, an usher, was found at a table, eating. Across the aisle, new members, Luci Wagner, altar guild, was serving her husband, Todd, vestry member, also eating.

Today, these diverse weekly menus of mouthwatering meals continue to be savored by all. Ask Joanne, our secretary. Community residents call the church office months in advance, asking if the luncheon tradition will continue to titillate their taste buds once again this season.

Many hands make light work. Come join us! St. Mark's is a family. The women and men of the church arrive early on Tuesday at the parish hall and work all day in order to prep the food to be cooked at the wee hours of Wednesday for those that come to enjoy the delicious country cuisine. Often our Former Rector, Father Charles Martin, and his wife, Mary, join in.

"We couldn't do it with out the men." Said Lorraine Zitnay, vestry member, whose husband, George, Vice Chair of our District IV, helps to cook. As many men can be found in the kitchen and at the sinks as women.

Recipes for the weekly luncheon menus are found in the St. Mark's "*Taste and See That the Lord is Good*" cookbook, compiled from the best recipes of the ECW at St. Mark's. Both the ample Luncheon and cookbook are for sale for a modest donation.

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A must taste and see dining experience! The Lenten Luncheons at St. Mark's in Johnstown! Yum!! YUM!!!

Blessings,
Gwen

Lenten Meditation

I've never really done much for Lent. Growing up in the Church of the Brethren I never understood why the Catholic kids gave up something. To me Lent was just the time between Christmas & Easter. It meant helping my mother make chocolates and LOTS of them. Mom made chocolate bunnies, crosses, lambs, peanut butter eggs, coconut eggs, nut clusters, chocolate covered cherries, cherry cream eggs, fruit & nut (oh how I hated those eggs!), and caramels.

Mom sold the chocolates to all the mail men and women at the post office. The money she made from selling the chocolates went to make me a new Easter dress & my brother a new suit. Making chocolates was and continues to be a family tradition. My great grand-pap Frick and Tom O'Shea were cousins. Yep, that's the O'Shea's from the local candy company. My great uncle Ding learned the trade from Tom. Uncle Ding taught my mom and she taught me and now my girls continue the tradition.

My job from about 6 years old was to clean the solid silver candy molds. The only perk of the job was I got to eat the small bits of chocolate that stayed on the mold. Every nook & cranny of the molds had to be spotless. The smallest fingerprint on the inside of the mold would cause the chocolate to stick. So I cleaned the molds until you could almost see your reflection and then placed the molds together with the clips so mom could fill it with chocolate. The smell of melted chocolate would fill the house for months. On average, mom made between 30 and 50 pounds of chocolate candies a season. The kitchen table would be replaced with a giant slab of marble and the dining room would be covered with towels and chocolates in the molds and ready to be placed in cellophane wrappers. The closet in the living room would hold all the delicious bounty. That small room was the coldest in the house, so it was the best for storing chocolate. Even years later, that closet still smelled like chocolate!!

At times I truly hated chocolate, especially when all the food you ate had the faint aroma of chocolate, chocolate spaghetti, chocolate sloppy joe's and of course chocolate potatoes & eggs, YUM....

But I learned to tell the difference between good chocolate and bad waxy chocolate. The subtle differences in taste and texture, the way chocolate would melt in your fingers and of course how it felt when you were tempering it before putting it in the molds or enveloping fondant eggs in the luscious heavenly texture. I learned why chocolate would look gray or tie-died when it came out of the molds. The chocolate was too warm and then cooled too quickly or it was too cold when put in the molds. The best part, I got to lick all the chocolate off my fingers, a touch of heaven on earth.

I wish you could still buy the brand of chocolate my mom used to use instead of those 'chocolate wafers'. I realize they help make chocolate idiot proof but I still can't get used to microwaving chocolate, it's just plain wrong! So what does this have to do with Lent?

I recently came to realize how much my mom gave up to make Easter better for so many. Her dedication, and devotion to each and every lamb, cross and bunny was unbelievable. My mom

would work late into the night up to her elbows in chocolate. I can remember her crying when molds wouldn't release or the chocolate got grainy. But the pride was undeniable. She would comment that each cross was a symbol for Jesus. Each lamb stood for the little children who came to know Jesus, and the bunnies were for Spring.

I grew up knowing my mom's family was filled with ministers. I just never realized my mom was one too.

May you all have that dedication this Lent.

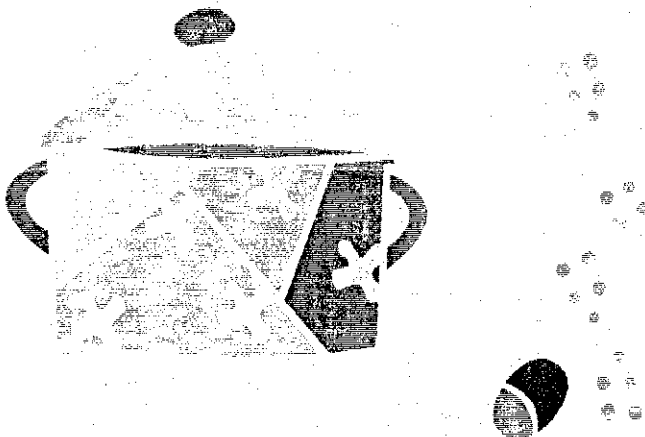
In Peace

Cindy Leap February 21, 2010

Soup & Study

During these winter months we are meeting at **McCullough House** on **Wednesdays at 6 pm**. We share a simple meal, and discuss a topic from *The Meaning of Jesus, Two Visions* by Marcus J. Borg and N.T. Wright.

Contact Annis Rogers 539 – 2295



VESTRY MEMBERS NEEDED

In September we will have vacancies on the Vestry. If you are interested in being considered as a Vestry Candidate, please contact our Junior Warden, Pam Mayer at 536-12144 or 724-238-3023.

SPONSORS NEEDED

FOR OUR WEEKLY RELIGIOUS SERVICE ARTICLE IN THE TRIBUNE DEMOCRAT

The weekly advertisement is \$46.56.

We are billed by the month, so if you are interested, you can drop your check off in the collection plate on Sunday, or mail it into the office, payable to St. Mark's

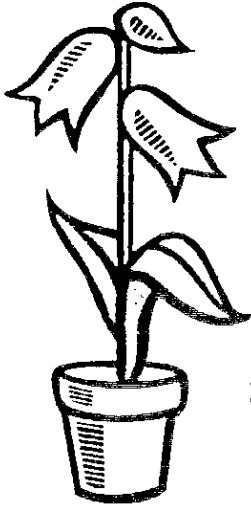


COFFEE HOUR SUPPLY CABINET

During the Lenten Lunch, the ECW Ladies did a "spring cleaning" in the supply cabinet. Shelves were labeled, bins were assigned for the forks, knives, and spoons as were the sugars, napkins, cups and plates.

They also made an additional space in the Church Hall Cabinets for the "Coffee Hour" Supplies.. All the items you need for coffee hour can be found there with the exception of the coffee creamers (frig) and coffee (cabinet by coffee maker). Should you run out of any item, you may check the main supply room.

2010



**EASTER FLOWERS
Honorary/Memorial
LISTING REQUEST FORM**

Listing deadline is Sunday, March 28th
Payment deadline is April 1st. Cost is
\$10.00 for every two names or \$25.00 for five
or more names.

Please drop this in the collection plate for the ushers to forward to the Parish Office. Or you may mail it to the Parish Office. Please see Doris Horner with any questions or call Joanne in the office at 535-6797.

Please carefully P-R-I-N-T the following information:

Donor
Name(s): _____

(Please specify "in honor of" or "in memory of".)

In honor _____ in memory _____

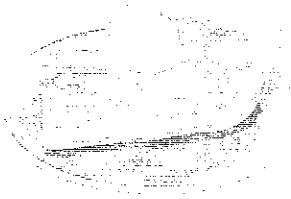
Payment Enclosed: Yes No

For Office Use—Date payment received _____

LENTEN LUNCH MENU

11:00 am to 1:00 pm

Price \$7.00



March 3, 2010

Chicken and biscuits, mashed potatoes, beverage, salad, and dessert

March 10, 2010

Meatloaf, parsley potatoes, beverage, salad, and dessert

March 17, 2010

Beef Stroganoff, egg noodles, beverage, salad, and dessert

March 24, 2010

Ham Loaf, scalloped potatoes, beverage, salad, and dessert





LENTEN LUNCHES

Are in full swing

**March 3rd
March 10th
March 17th
March 24th**

We could sure use your help!

We need volunteers for the following

**Servers
Coffee Makers
Clean up
Greeters**

We need volunteers for the following

**Baking cakes,
making salads
jello**

If everyone pitches in one Wednesday, it will make a big difference!

New faces are always welcome

February
 S M T W T F S
 1 2 3 4 5 6
 7 8 9 10 11 12 13
 14 15 16 17 18 19 20
 21 22 23 24 25 26 27
 28

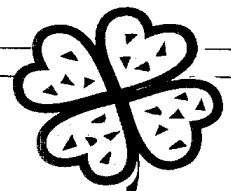
March 2010

April
 S M T W T F S
 1 2 3
 4 5 6 7 8 9 10
 11 12 13 14 15 16 17
 18 19 20 21 22 23 24
 25 26 27 28 29 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 11-1:00 Lenten Lunch 12:00 pm Holy Eucharist 6:00 pm Soup & Study	4 6:30 pm Choir Practice	5	6
7 7:30 am Holy Eucharist 9:30 am Sunday School 10:00 am Holy Eucharist 2:00 pm District 4 Meeting	8 7:15 pm Boy Scouts	9	10 11-1:00 Lenten Lunch 12:00 pm Holy Eucharist 6:00 pm Soup & Study	11 6:30 pm Choir Practice	12	13
14 7:30 am Holy Eucharist 9:30 am Sunday School 10:00 am Holy Eucharist	15 7:15 pm Boy Scouts	16 5:00 pm Finance Meeting	17 11:00 - 1:00 Lenten Lunch 12:00 pm Holy Eucharist 6:00 pm Soup & Study	18 6:30 pm Choir Practice	19	20
21 7:30 am Holy Eucharist 9:30 am Sunday School 10:00 am Holy Eucharist Vestry Meeting	22 7:15 pm Boy Scouts	23	24 11:00 - 1:00 Lenten Lunch 12:00 pm Holy Eucharist 6:00 pm Soup & Study	25 6:30 pm Choir Practice	26	27
28 PALM SUNDAY 7:30 am Holy Eucharist 9:30 am Holy Eucharist 10:00 am Holy Eucharist	29 7:15 pm Boy Scouts	30	31 12:15 pm Holy Eucharist 6:00 pm Soup & Study			

March

March 7, 2010	Time	Lay Ministers	Acolytes	Altar Guild	Ushers	Coffee Hour
	7:30	L. Loncella		Herbeins	Women	
	10:00	G. Zitnay (L) J. Rogers (P) (Ch) Jul. Follansbee (Ch)	Trevor Buchan Sierra Buchan	Amy Whitlow	Burkert Zitnay Follansbee	Prayer Circle
March 14, 2010						
	7:30	J. Green		Herbeins		
	10:00	S. Kelly (L) T. Wagner (P) (Ch) P. Mayer (Ch)	Daniel Wolfe Lida Thompson	Carol Adams Pam Mayer	Whitlow Lilly Buchan	Prayer Circle
March 21, 2010						
	7:30	P. Mayer		Herbeins		
	10:00	Children (L) C. Greig (P) (Ch) B. Howarth (Ch)	Sam Whitlow Penn Whitlow	Amy Whitlow Cathy Lilly	Whittle Faint Wagner Greig	Prayer Circle
March 28, 2010						
	7:30	L. Loncella		Herbeins		
	10:00	P. Hysong (L) A. Rogers (P) (Ch) A. Whitlow (Ch)	Rachelmae Pulliam Meredith Pulliam	Julie Follansbee	Burkert Zitnay Follansbee	Prayer Circle





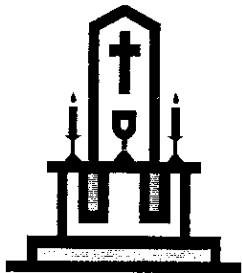
2009 Weekly Altar Flowers & Monthly Altar Candles



Donation price is \$30 a Sunday for flowers and \$8 a month for candles. Please contact Joanne in the Parish Office or Doris Horner with your requests.

We have openings for the following:

3/7 (1), 3/21 (2), 4/11((2), 4/18 (1), 4/25(2)
5/2(1), 5/16(1), 5/23(2), 5/30(2), 6/6 (2), 6/13(1), 6/20(2),6/27(2)
7/4(1), 7/18(2), 7/25(1), 8/1(1), 8/8(2), 8/15(2), 8/22(1), 8/29 (2)
9/5 (1), 9/12(1), 9/19(1), 9/26(2), 10/3(1), 10/17(2),
10/24(2), 10/31(2), 11/7(1), 11/14(1(1), 11/28(2)
12/5(2). 12/12(2), 12/19(2), 12/26(1)



ALTAR GUILD NEWS

I will be away during the month of March, and once again, Amy Whitlow will graciously step in to take care of the Altar Guild during my absence.

Bill and I will be back in time for Holy Week.

I can count on all of you to help Amy in my absence.

*Thank you for all you do!
Doris Horner*

A Christian Seder
Maundy Thursday, April 1, 2010
6:00 pm
covered dish (meat provided)
followed by foot washing service and stripping of the altar

Following our tradition at St. Mark's, we will gather to participate in a Christian version of a Passover Seder on Maundy Thursday. We will begin with an abbreviated version of a Seder meal, which includes remembrances of God's liberation of his people from slavery under Pharaoh. Just as Jesus instituted the Lord's Supper at the conclusion of the Passover meal, we will continue with the Eucharist, which we will share with each other around the table. Our Seder will be followed by a "pot-luck covered dish". Roast beef will be provided. At the conclusion of our meal, we will enter the sanctuary where we will participate in a foot-washing service and the somber stripping of the altar.

Sign-up sheets will be in the parish hall. As we will be sitting around a common table, it is helpful to know how many places to set. So please sign up. If you have any questions please contact Annis Rogers, 539 – 2295 or shaman@atlanticbb.net .

1/20/10

Dear Folks,

(12/19/09)

Thank all of you so very, very much for preparing and serving Saturday's meal at the Family Kitchen. It is only thru the concern and generous efforts of people like you that this program has succeeded.

In appreciation, a candle is lit periodically in my home Parish, Christ the Savior, for all the beautiful people and Parishes who have so graciously and generously contributed. It has been my pleasure speaking and working with all of you. I have met so many wonderful people.

May God bless all of you abundantly.

With much fondness and appreciation

Joan Bost

Joan Bost
Saturday's Kitchen

Dear Friends

Thank all of you for supporting financially and serving another meal at the Family Kitchen. Thank you also for helping us make Christmas at the Family Kitchen and the many lovely people who helped us keep toilettries and Diapers.

I pray you & yours are blessed with a peaceful, healthy, & prosperous year. May God Bless you all dearly.

*Joan
Joan*

Remember Today In Your Prayers:

Jack Herbcin, Hal Trevenen, Wayne Fyock, Carole Caroff, Betty Payne.

Family and Friends Serving Our Country: Jason Medsger, Clint Cable, Bill Pulliam, David Fagan, Justin Erdley, Michael Lopresti, Trey Williamson, Chad McLaren, Michael Custer, Jeff Bright, Dan Kell, ~~Seth Martens~~, Valerie Hantke, and Gary Hogman.

Please Continue To Remember In Your Personal Prayers: Emily Just, Ed & Marjorie Ajay, Liz Hysong, Emily Williams, Gloria Coulson, Jack Lorence, Louis Hoffer, Eugene Davis, Larry Stiles, Lois Bender, Cindy Leap, Sue Kelly, Ethel Arthur, Hassell & Polly Sledd, Agnes Wright, Maggie Lesosky, Jim Hargreaves, Dorothy Teulle, Ruth Ripple, Bill & Joan Berresford, Marvin Ripple, Phyllis Miller, Helen Fry, Ethel Thomas, Gordon Gladden, Catherine Woods, Kevin Boyden, Joy Howard, Dave Maxwell, Linda Russell, Barb Gatto, Shirley Markley, Msgr. Orbanek, Tina Wagoner, Jeff Gates, Gavin Williamson, Chris Marlowe, Ted Thiele, Barbara Mileto, Cindy & Greg Hogman.



FINANCE MEETING

Tuesday March 16th
5:00 pm

VESTRY MEETING

Sunday March 21st
After the 10:00 am Service

Pastoral Care

All families of the church are encouraged to donate one dollar on the fourth Sunday of each month (March 28th) for our Pastoral Care. Please be sure to mark your donation separately for Pastoral Care.

Rwandan Orphan

All families of the church are encouraged to donate \$1.00 on the third Sunday of each month (March 21st) for our Rwandan orphan, Chantal. Please be sure to mark your donation separately for Chantal.