

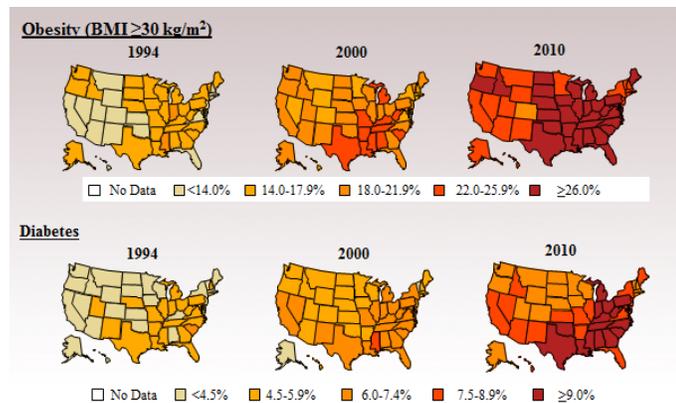


Coffee Hour Challenge

Submitted by Michelle Scarpulla

In November, my family and I hosted coffee hour after the 10:15 service. Because of my education and experience working in public health (I have a Masters degree in Public Health and am an Assistant Professor in the College of Public Health at Temple University), I have always strived to offer a balance of healthy foods any time I am offering food to others. That morning, in addition to the pumpkin bread, coffee cake and donuts that I served, I also put out apple slices, watermelon, pineapple and cheese and crackers. Father Don mentioned to me that it was the fruit and the cheese that was gone first—not the cakes, which shows that if you offer it, people will eat healthy foods.

Below, I have included a series of maps. The top row shows the rates of obesity in our country from 1994-2010. The darker the colors, the higher the rates. The bottom row of maps shows the prevalence of type 2 diabetes during the same years. As you can see, as the obesity in our country has risen, so have the rates of diabetes. In fact, more than 80% of people with type 2 diabetes are overweight or obese.



Obesity is also linked to heart disease, hypertension, and many other chronic diseases. There are many factors to blame for this rise in obesity: larger portion sizes, more frequent eating, more eating on-the-go, more sedentary lifestyles. Many of us struggle to find the time to shop for and prepare healthy meals and squeeze in 30 minutes of exercise each day.

As Christians, we are responsible to care for each other, physically and emotionally. Let's start by helping each other be a little healthier on Sunday mornings, and offer healthy choices during coffee hour. I want to challenge all of us who host coffee hour to add in healthy food choices to our table—fruits, and vegetables, hummus and cheese, yogurt and pretzels—and cut back on the muffins, donuts and cakes. I'm not saying we cannot offer any of that, but just offer a balance.

To learn more about healthy eating, start by checking out this website: www.choosemyplate.gov



January Calendar Highlights

PLEASE VISIT OUR WEBSITE FOR UPDATES

WWW.STPETERSMEDFORD.ORG

- Jan. 1 The Holy Name, Holy Eucharist 10 a.m.
- Jan. 4 Epiphany party after 10:15 service
- Jan. 11 St. Paul's Breakfast Program, 7:45 a.m.;
Teacher meeting after 10:15 service
- Jan. 14 Vestry Meeting, 7:30 p.m.
- Jan. 25 Finance Meeting, Williams Hall, 9:00 a.m.
- Jan. 26 Caps & Laps, 1:00 p.m.

FROM PULPIT TO PEW

by The Reverend Canon Donald J. Muller

On December 14, I celebrated 34 years as a priest of the One Holy Catholic and Apostolic Church. It was a Sunday morning, and the Bishop of New York, The Right Reverend Paul Moore was coming to the Parish of Christ the Redeemer in Pelham, New York to Confirm our Confirmation Class. It was decided to have an Ordination and Confirmation Celebration. What a day. My best friends were there: Al Grey, Tom Winslow, Russ Griffin, Bob Wagonseil; plus my Rector David Hoag, a diaconal classmate Sandye Wilson; my parents, brothers and their wives, etc. A great day, but only the beginning of a priestly ministry.

As I now reflect on those 34 years and earlier, I am grateful to God for putting in my life, lay people and clergy who have helped form who I am as a priest. Honestly, I can't believe it's been 34 years. I still remember being the young guy going to Diocesan Conventions and Clergy Conferences, knowing that I had much to learn, and believe it or not, listening instead of talking. At our clergy conference this Fall, I remarked to Fr. Russ Griffin "Remember when we first started coming to clergy conferences, all those old priests, now we are them."

I have gone places I never would have imagined, accomplished things (like earning a Doctor of Ministry degree and being honored as a Canon in the Diocese of Bethlehem) that weren't even on the horizon so long ago. Yet I am the same person, continually reformed by the "Potter" and those he has sent to be with me.

The life of the church has changed quite a bit over these years - computers, cell phones, sound systems, and more. New denominations have arisen and our people are drawn every Sunday and perhaps every day away from Church and the worship of Almighty God, and the life and ministry of Jesus Christ. I believe the Church is failing, not because we haven't been relevant (God knows we have tried), but because we have not followed the Great Commission "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always to the end of the age." (Matthew 28:19-20) We need to form disciples of Jesus Christ, instead of just getting church members. Disciples know the Holy Scriptures, worship regularly, give for the building of the Kingdom, share the love of God and serve the world in Jesus' name, and proclaim the Good News in Jesus Christ.

Sometimes I think the Church has ADD (Attention Deficit Disorder). We can't stay focused on one thing, even it is the main thing. We had a Decade of Evangelism in the 90's, but never really stayed at it for the whole decade. Then we had the 2020 movement of doubling the size of the Church by the year 2020. With five years to go, we haven't heard about it in years, and the web site designed to help us get there hasn't been updated since 2004. We go from one issue to another, not that they haven't been important, but that we haven't returned to the basics. I propose that the Church, specifically the Episcopal Church needs to return, refocus on the basics of the faith: Evangelism (adopted by its 1973 General Convention: "The presentation of Jesus Christ, in the power of the Holy Spirit, in such ways that persons may be led to believe in him as Savior and follow him as Lord, within the fellowship of his Church."); Christian Formation (not education, but the forming of Christian disciples); and Stewardship (recognizing that everything we have and are, are God's, therefore, everything we say and do after we say we believe).

I apologize if these are the ramblings of an old priest, but I hope one who has some wisdom based upon God's grace, 34 years of experience as a priest, and 61 years as a disciple of Jesus Christ lived out in the Episcopal Church.

In Christ,

Fr. Don

KIDS' CORNER

By Sue Legnani, Director of Christian Formation

Sitting in church with children can be a challenge. I did it for years with my own children. There were weeks when I felt like I had been through a wrestling match, and I couldn't have told you what the sermon was about. So why did I do it? Because my own parents had done this for me as child, and I knew that it pays off in the end. I had learned what worshiping in church with other people was all about, and my spiritual life had its beginning around it. That community of faith supported me through my life, even to this day.

So let me share a few pointers for any adult who has the privilege of worshiping with a child:

- Stimulate a sense of wonder and mystery about what we are doing in church.
- Help your child ready themselves before you come into church. If they need a little time to calm down before coming into church then take that time so they are ready to hear and see what is going to happen during the service.
- Engage in conversation about God. Be open to your child's questions and don't worry if you don't know the answer. No one knows all the answers and you can work together to find out what you need to know. You can start with Fr. Don or me. We also have a parish library with many good books you can check out. And there is always the internet.
- Attend church regularly with your child(ren) and take the time to show them where we are in the bulletin, Prayer Book and Hymnals. There are children's bulletins in the Narthex that include the Gospel story and other activities that are related to that scripture. If your child is restless encourage him/her to draw something they like in the church.
- Show joy whenever possible when you attend church. Sing out and yes, dancing is allowed in the pews when the spirit moves us.

Allow your child to have their own dignity by having their own personal relationship with God.

It's a New Year and while you're making some new resolutions use this time to set some spiritual goals for yourself and your family. All it really takes is your willingness to show your children that worship is important to you. God will do the rest.

Dates to remember:

January 4: Epiphany Party during 10:15 service Coffee Hour. Let's celebrate the coming of the Wise Men and wind down from the Christmas season. Bring your leftover cookies to share too.

January 11: Teacher's meeting after 10:15 service.

January 30: The 56th Annual Bishop's Ball, Trinity Cathedral, Trenton, NJ.

All youth and adults are invited to attend.

Cost \$20.00 per person. **Proceeds go to the Bishop Van Duzer Scholarship Fund. (This fund is to assist high school seniors preparing to enter college and post-secondary education programs. Youth must be active members of their parish. More information can be found on the Diocese of NJ youth page (see below) Applications are due March 1, 2015.)**

Registration for the Bishop's Ball can be found at www.newjerseyyouth.org.

Body and Soul

By Edith Green, RN

When you read this, Christmas in all its glory will be over or almost over. The presents will have been unwrapped and worn, played with or put away to 're-gift.' The tree will have been un-ornamented and the other decorations put away until next year.

Every year I wonder if it's worth putting up a tree to decorate, drag out the other decorations only to have to put it all away again in a few weeks. But, each year I do it. I put up the tree (artificial now that the kids have long grown and it's only me), bring in the plastic tote which holds the decorations when they're not being used and make the effort to put it all together for the coming Christmas.

It feels as if last Christmas was just over and here it is again. I know spring, summer and autumn came and went but time is so elusive, it still seems as if last Christmas just happened.

So, maybe that's a good thing. They say (whoever THEY are) that if don't like something, change your attitude about it and you will feel better. So, this year I changed my attitude: I rejoiced in the Christmas season even if it only lasted a few weeks. I enjoyed the lighted tree in my living room paying attention to where I had gotten each ornament. I actually paid attention to the nativity set I've had for thirty or more years and wondered how that little family did with almost nothing to prepare them for parenthood. I looked at the group of carolers sitting on my table; men, women and two children singing with smiles on their faces. I wondered if carolers go around to neighbor's houses anymore to sing and maybe enjoy a cup of hot chocolate for their efforts.

So, my attitude changed and I really didn't mind the extra work of decorating and tree trimming and I'm even thinking about leaving the tree, nativity scene and carolers up a little longer than I have before.

I hope you all had a great Christmas Holiday and that the New Year brings you joy and peace. Hopefully, the joy of the season will stay with you because it will hardly be any time before it arrives again!!!

Thank yous

.Thank you....to **Stephen Haines** and his family and all the volunteers for Greening the Church for Christmas.



Many thanks to **Brady Moore, Joey Moore, Grace Castiglia and Tim Montgomery** of the Youth Group for beautifying the front landscape of the Church. Thanks to foremen **Jeff Moore, Joe Moore and Rich Montgomery** for keeping us on task and working hard too. Thanks to Jeff Moore for donating the mulch and providing a hired hand Joe from his company to help. The crew took four hours to enjoy a job well done.

And finally, a big thank you to

John Colaianni,

whose term on Vestry has ended. Thank you for all you have done for our parish during your time as our Warden!



DEACON'S BENCH

Dear Friends,

By the time you receive this newsletter, many of you may have taken down your Christmas tree, packed away the ornaments, and hit the day-after-Christmas sales. I invite you to revel in the fact that the Christmas season is actually twelve days long, ending on the Day of the Epiphany, January 6. Also known as the 12th Day of Christmas, The Day of the Epiphany celebrates the visit of the three kings or wise men to the Christ Child and signifies the extension of the gift of salvation to the Gentiles.

So, it is still fitting to consider Howard Thurman's well-known poem, "The Work of Christmas," which echoes words of the Prophet Isaiah that Jesus would later use to describe his own ministry to and in the world (Isaiah 61:1, 58:6, 61:2; Luke 4:16-21). As Christ's hands and feet, we are the ones through whom Christ continues to work in the world today. May we do this work joyfully, not only during the Christmas season, but every day.

A blessed Christmas and Epiphany season to you all,

Deacon Helen

The Work of Christmas

*When the song of the angels is stilled,
when the star in the sky is gone,
when the kings and princes are home,
when the shepherds are back with their flocks,
the work of Christmas begins:
to find the lost,
to heal the broken,
to feed the hungry,
to release the prisoner,
to rebuild the nations,
to bring peace among the people,
to make music in the heart.*

Howard Thurman, 1899-1981
Preacher, teacher, poet, theologian, and civil rights leader.

News from Redemption School, Gonaives, Haiti

I'm sharing some news with you. The episcopal school La Redemption in Gonaives is one of the 200+ schools of the episcopal diocese of Haiti. We welcome boys and girls from age 3-20 years(from K1- terminal secondary). The number of students increase this year because we work with the parents letting them know what a good education can help do in the context of globalization. We're managing the radio station for the episcopal northern region, that helps us to participate in the continuing education of the listeners. We had our first time of exams and the results expected are really good. But we ask our teacher staff to provide more, we're looking for the excellence. We also meet the parents and talk together about our will to have the best students and they have to support at home the work that the school is doing. For the Christmas season we already have on the radio station a broadcast show where the students are in competition to win:1. \$500 offered by a Bus company in Gonaives2. \$200 offered by a restaurant in Gonaives3. 5000 HTG (Haitian Gourdes, the national currency) offered by one of the episcopal school in the northern region. All of that increases the visibility of the school and the church in the city. December 23 we will be together with the winners and will be able to send some pictures.

Father Jean Fils Chery+

Finance Meeting

Annual Finance Meeting

9 a.m.

January 25

This official meeting is being held in order to inform parishioners of our current financial status and proposed 2015 budget. Watch your bulletins for further information and plan to attend this important meeting.



PARISH REGISTER

BAPTISMS

Sarah Marie Gilbert, daughter of Gary and Susan Gilbert, November 29, 2014.

WEDDINGS

None

MEMORIAL SERVICES

None

Coffee Hour Hosts

Please consider signing up to host coffee hour one Sunday. It is a wonderful way to meet people in the parish and it does not take too much time. Thank you to Laurel, Dave and Jamie Smith for coordinating it all and for covering when no one else has signed up.

Date	7:45	10:15
1/4/15		Cullen Family
1/11/15		Krug Family
1/18/15		Sunlitis Family
1/25/15		Myers Family
2/1/15		Lisa Minerd
2/8/15		
2/15/15		Lusk Family
2/22/15		
3/1/15		
3/8/15		
3/15/15		Santangelo Family



PARISH PHOTO ALBUM



St. Nicholas paid a visit to St. Peter's on December 7th and even left them a gift in their shoes!

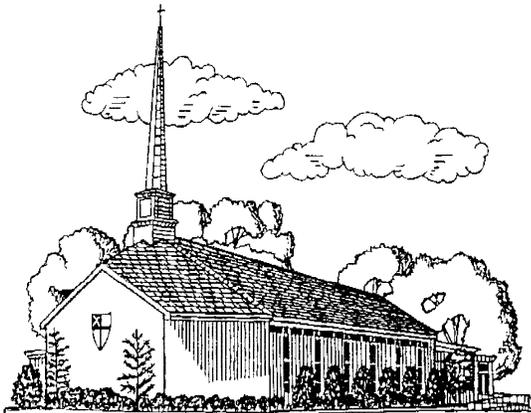


St. Peter's Episcopal Church

One Hartford Road, Medford, NJ 08055
The Rev. Donald J. Muller, D. Min., Rector
The Rev. Canon Ronald Albury, Associate Priest
The Rev. Helen M. Orlando, Deacon

Lisa Miner, Parish Administrator Eleanor Meyer, Director of Music Sue Legnani, Director of Christian Formation
Tel: 609-654-2963 Fax: 609-654-0401 <http://www.stpetersmedford.org>
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Saint Peter's Church is a blessed community of faith, grounded in the power of God's transforming love, where Jesus Christ welcomes all to abundant life. Empowered by the Holy Spirit, we follow Him in prayer and praise, study and service.



Service Schedule

Saturday Eucharist.....5 p.m.
Sunday Traditional Eucharist.....7:45 a.m.
Family Eucharist.....10:15 a.m.
Weekdays
Wednesday, Healing Eucharist.....10 a.m.
Morning Prayer (Monday-Friday).....9 a.m.

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