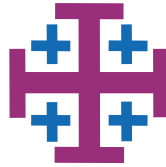


The Messenger - February 2011

St Andrew's Church Episcopal
50 Sacandaga Rd
Scotia, New York 12302
Rector - The Rev'd Michael Neufeld



Office - 374-8391
Rectory - 372-2255
standrewscotia@yahoo.com
www.saintandrewscotia.org

GOOD NEWS FROM FR MIKE

As reformed Christians, the Bible is of incredible importance to us. We are called to study the Bible and to pray the Bible. However, our familiarity with the Bible begins with reading it. Reading the Bible is not easy.

Often we begin at the beginning, Genesis, committed to getting to Revelation, only to find ourselves disheartened in Leviticus. Sometimes we open the Bible randomly and read where our eyes come down on the page. However when we do so, we miss the real sweep of salvation history. We all have Bibles. The Bible still is the number one best seller, not just for all time but for today. Often we find ourselves either unmotivated or frightened to begin our journey through the Bible.

In an attempt to make the Bible more accessible and more fun, we are going to be participating in the E100 published by Scripture Union. This program will begin two Sundays before Lent, February 27, and will proceed straight through to the Sunday before Pentecost, June 5. During this period, we will read the 100 essential moments in the Bible. It is hoped this will open up the power, the comfort, the drama, and the personal nature of the Scriptures to all of us. Each day for 100 days, we will be asked to read from a few verses to a few chapters of a book of the Bible. The sections selected are intended to be easy to read and to understand and to give a great deal of the "meat" – the message of the Scriptures. During this time, you will encounter some of the great themes of the Scriptures – the fall, salvation, the cross, discipleship – to name a few. Also we will discover some of the great people of the Bible – Joseph, Moses, David, Jesus, Paul. This E100, as it is set up, tells a story of our salvation in a truly fun and engaging manner. It is meant to jump start more serious study.

In order to help this process along, Wednesday evening and Sunday morning Bible Studies will take a time out from their present structure to focus on these weekly readings. There are also plans on Sunday mornings to have a 15-minute period where one or more of these readings will be read and meditated on. The preaching during this time, by all the clergy, will focus on one or more of the readings of the upcoming week. This will help to give a better understanding of the passages.

This E100 could be the start of something wonderful at St Andrew's, but only if we all commit to doing it. This will not demand a great deal of time but will bear fruit in all aspects our lives, if we engage it. I invite you to this exciting adventure, even as I look forward myself to beginning it in earnest with you.

Christian Education schedule is on the Address page this month

ECW - ST. ELIZABETH'S GUILD UNITED

We are hoping for better weather in Feb. so that we can have our regular **LUNCHEON on FEB. 9th at noon** in the lounge where we are also hoping all heating issues have been resolved. This has been a real NY winter! Our apologies for having to cancel the Jan. get-together but you can't mess around with Mother Nature!

Officers for 2010 all agreed to remain in position for 2011. Thank you.

The final total profit for the Advent Table Sales was \$407.50. Again thank you to all who helped in any way.

Blessings to all, Joan Acker, Co-Pres.

Annual Meeting Report for January 23, 2100 of St. Andrew's Church, Scotia, NY

Twenty five (25) members of the parish, eligible to vote, signed the attendance sheets.

Election results:

Warden (2 year term): Chris Crouse

Vestry: Three Vestry persons for three-year terms - Callie Allard, Christine Bissonette, Simone Rockwell. One Vestry person for 2 years to finish Chris Crouse's term – Debbie Battista. One vestry person for one year to finish a vacant term – Rhonda Krutz

Thank you to Steve George and Dale Sorensen for serving on the Vestry!!

Deputies to Diocesan Convention: Betsy Baxter, Jerry Carroll, and Marjorie Edgar are the deputies; with Chris Crouse, Carol Kiddle, and Callie Allard as alternates.

Metropolitan Deanery: a geographic portion of the Diocese that meets occasionally. Christine Bissonette was elected as the delegate

Columbarium Committee Treasurer: Guy Harding was elected as Columbarium treasurer.

Reports from the Parish:

Annual Meeting packet - Included are the following reports for the calendar year 2010: Rector's Report from Fr Mike; Warden's Report from Betsy Baxter and Steve George; General Accounts balances; Treasurer's Report; Attendance/Revenue Report; Budget for 2011; Memorials Accounts Report; Parish Reports – Men's Bible Study & Fellowship Ministry, Daughters of the King, Church School classes, ECW (Episcopal Church Women)/St Elizabeth's Guild United, Evangelism Committee, Fundraising Committee, Caring Cooks, Stewardship Committee, Columbarium Finance Report; and ECW (Episcopal Church Women) Finance Report.

For a few weeks, there will be extra Annual Meeting packets available in the office for anyone who did not get one on January 23.

Vestry Directory for 2011

Wardens: Betsy Baxter (399-5948) ehb51@yahoo.com
Chris Crouse (877-8334) ccrouns1@nycap.rr.com

Vestry:

Callie Allard	(346-6306)	callielucretia@yahoo.com
Christine Bissonette	(374-1552)	cbissonette@hotmail.com
Simone Rockwell	(370-3412)	srockwe2@nycap.rr.com
Debbie Battista	(370-4928)	dbattista1@nycap.rr.com
Marji Edgar	(370-1725)	medgar2@aol.com
Wes Lavery	(372-3791)	wcsautorepair@hotmail.com
Rhonda Krutz	(347-1747)	banker@nycap.rr.com
Vicki Ramotar	(399-1043)	vramotar@aol.com
Don Reid	(399-3864)	dreid17@nycap.rr.com

Clerk of the Vestry:

Jennevieve Mitchell (952-7398) jennevieve.mitchell@gmail.com

This report of the Annual Meeting is in lieu of the Warden's Report for this month.

For monthly Vestry minutes and Finance reports, see copies posted on the bulletin board outside the office. As a member of the Parish, you are always welcome to visit Vestry Meetings.

Next meeting – February 10 at 6:45PM in the lounge.

Notes from your Parish Nurse

Happy Valentines Day! How's your heart?

A healthy heart means you can live life to the fullest.

Controlling your weight, being fit and active and eating a varied and balanced diet will help to keep your heart in good condition.

Adopt a balanced and varied diet comprising whole grain products, fruit and vegetables, lean meat and fish.

Fats

Get Fat Savvy!

Reduce your intake of saturated fats

Fiber

Increase your consumption of fiber rich foods.

Most fiber rich foods are low in fat and packed with vitamins and minerals.

Studies show that Soluble Fiber may be partly responsible for lower blood cholesterol

Fruit & Vegetables

Eat fruit and vegetables every day to keep your heart healthy and protect against disease. The vitamins, minerals, folic acid and fiber content are essential for a healthy heart.

Salt and sugar

Reduce your intake of both sugar and salt in your diet.

Water

Drink your 6-8 glasses of water each day to keep your heart hydrated and strong.

Alcohol

Make sure you are counting your alcoholic units per week.

Smoking

You know the risks! Make a date to stop smoking now!

Regular exercise

Moderate physical activity can help to keep your heart strong and working in top condition.

Plan to keep yourself active and busy throughout each day.

Attempt 30 minutes of exercise at least 3 times a week.

Feel free to contact me with any questions at parish.nurse@live.com or at 528-1715

Christina Allen, MSN, RN, FNP-C

Take Note - Calendar Reminders

**Tuesdays in February & March – Living Water by Brother Yun book study
with Deacon MaryCarol – all welcome to join!!**

**Saturday, February 12 – 3rd Annual Chocolate Fest – 1PM to 4PM
see signup sheet and info on lounge door**

Thursday, February 24 – 5:30PM Healing Service

**Saturday, March 5 – Chili Cook-Off and Take Out Sale – 2PM to 6PM
see signup sheet and info on lounge door**

Sunday, March 6 – Bring a Friend to Church Sunday

Tuesday, March 8 – Shrove Tuesday Pancake Supper – 6:00PM

Wednesday, March 9 – Ash Wednesday – Eucharist Services at 7:00AM. 11:00AM & 7:00PM

Fridays in Lent beginning March 11 – 5:30 PM Stations of the Cross

Watch the Sunday bulletins for added services and events

Christian Education offerings for all –

Church School – Sundays at 11:00AM

Adult Bible Studies:

Sunday morning Bible Study – 11:00AM – study of the Sunday readings (beginning Feb 27 – E100)

Sunday evening Men's Study group – 7:00PM – variety of different approaches to studying the Bible

Tuesdays in February and March - 6:30PM – Living Water by Brother Yun
book study led by Deacon MaryCarol

Wednesday morning Bible Study – 9:30AM – The Letter of James

Wednesday evening Bible Study – 6:45PM – Gospel of Mark (beginning Mar 1 – E100)

February 2011

St Andrew's Church

Episcopal Diocese of Albany

50 Sacandaga Rd

Scotia, NY 12302



Disciples Making Disciples

