

The E-pistle

Bringing you news of St. Paul's, Morris Plains

• Friday, January 5, 2018 •

To submit announcements and news for the February 2 edition, simply send your copy no later than January 31 to Rosemary Halstead in the Parish Office at stpaulsmp@optonline.net. For periodic updates between these monthly newsletters, visit our parish website www.stpaulsmp.org or check out and "like" our new Facebook page at <https://www.facebook.com/St-Pauls-Church-in-Morris-Plains-295565470823334/>



First Friday Feast

tonight at St. Paul's

Christmas comes to an end as we celebrate the Feast of the Epiphany with a simple Evening Prayer service at 5:30 pm followed by a Twelfth Night Party dinner with

salad and soups in the Undercroft. And yes, there will be king cakes! You'll also have an opportunity to learn more about the story of the wise men (or Magi or three Kings – take your pick), and everyone will receive a traditional "chalking" kit to provide an Epiphany blessing for your home. Don't miss this final experiment with first Friday feasts.

Upcoming Christian Education for Adults

Paul's Letter to the Romans on Wednesday mornings

We're back to basic in 2018 with study of a single book of the bible. The Letter to the Romans has some challenging ideas to explore, so this should be a good read and a lively discussion. The group gathers in the Lounge on Wednesdays from 10-11:30 am and will meet on 1/10, 1/17, 1/24, 1/31 and 2/7. A flier with readings assignments for each session is available on the Hillview Avenue bulletin board. All are welcome. Simply bring your favorite bible.

The Pilgrim Series: Part 6 on the Eucharist

On Tuesday evenings in the Christian Education Room (downstairs) from 7-8:30 pm a small group gathers to pray, read and reflect on scripture and discuss the evening's topic. Future sessions are on 1/9, 1/23, 1/30 and 2/6. We'd love to have a few more join the three stalwarts who've been regularly meeting since last year. If you plan to attend, simply make arrangements to purchase the booklet *Pilgrim: A Course for the Christian Journey, Part 6: The Eucharist* through Church Publishing. Orders may be placed online through their website www.churchpublishing.org



De-Greening of the Church This Sunday we'll say farewell to Christmas and take down all of the seasonal decorations to be stored for next year. Folks are encouraged to stay following the 10 am service to lend a hand. Any poinsettias may also be adopted, so do feel free to take one home.

96th Annual Parish Meeting on January 21

Once a year we gather to do the business of church. Reviewing our ministries and hearing about our financial well-being, electing new lay leadership and looking ahead to the new year are the basics that we'll gather to consider. All parishioners are encouraged to attend, and child care will be provided for the duration of the meeting to make it easier for families with kids to consider staying. We'll also say farewell to our Organist and Choir Director, Daniel Adamczyk on his final day with us.

At its December meeting, the Vestry spent its time discussing financial matters. We anticipate ending the 2017 fiscal year with a small deficit, and lower projected income for 2018 has warranted some soul searching on our part to consider budget reductions to make a balanced budget possible in 2018. While some basic principles for budget cuts were established at that meeting, final action on an operating budget was deferred. We scrutinized every aspect of our expenditures - from staffing, to program budgets for things like building maintenance, worship, children and youth ministries and fellowship.

The Vestry will adopt a final, more austere budget at its January 16 meeting which will be presented to the congregation at the meeting. At this time, it's likely that the budget will maintain most staffing levels (with a possible savings coming from the Organist/Choir Director search and reducing by half our paid child care coverage on Sundays), reduce some of our hoped for building maintenance contracts and reduce expenditures in most ministry areas to reflect our smaller size. In addition to the elections and budget reviews, we also hope to spend some time on the anticipated Capital Campaign and have some discussion on our ministries for 2018.

On this day, we'll hold one service only at 10 am, followed by a delicious brunch in the Undercroft and the meeting itself. Volunteers are needed to help set-up and serve, as well as provide food and drink for this. If you can help, check out the sign-up sheet on the Hillview Avenue bulletin board or get in touch with Jeanette DiGiacomo with an email to abzmom56@gmail.com or a text to her cell at 973-727-5989 for more details.

And starting January 7, absentee election ballots for those who cannot attend the meeting will be available through the Parish Office. These ballots must be returned no later than 5 pm on January 14 to be included in the election tally.

Help feed a neighbor

Here's the updated list of critical needs are our neighborhood food pantry. Check out their website at www.mcifp.org to learn more about their work, and maybe even consider volunteering some of your time in their efforts to feed the hungry in Morris County.



Interfaith Food Pantry
Serving Morris County

Please note: Items underlined in red are most needed as of December 5

FRUITS & VEGETABLES – Look for fruit canned in its own juice or with “no sugar added”. Look for vegetables with “low sodium” or “no salt added”

- Canned Fruit
- 100% Fruit Juice – 32 oz. preferred
- Canned Vegetables (Corn)

- Spaghetti / Pasta Sauce, Tomato Products (sauce, crushed, whole, diced, paste, puree, etc.)
- FRESH PRODUCE from your garden (uncooked)

GRAINS – Donate whole grains as often as you can

- Cereal – low sugar, high fiber

- Oatmeal
- **Pasta** / Whole Wheat Pasta
- White Rice / Brown Rice – 1 or 2 lb. sizes preferred

DAIRY – Donate shelf-stable low-fat (1%) or non-fat dairy products

- **Parmalat** (shelf stable 32 oz size)
- **Dry Milk** (1-qt. package)
- **Evaporated milk**
- **Calcium-fortified Milk alternatives such as soy, rice or almond milks**

PROTEIN – Look for “no salt added”, “low-sodium” and canned in water

- **Canned Beans** – pork and beans, pinto, red or white kidney; NOT green beans
- Dried Beans
- **Tuna Fish**, Salmon and other canned fish
- **Peanut Butter** – 18 oz preferred
- **Canned Meats and Meals** – ravioli, spaghetti & meatballs, hash, stew, canned chicken

SIDE DISHES

- Rice-A-Roni, Pasta-Roni, etc.
- Hamburger Helper, Tuna Helper, etc.
- Instant/Dried Potatoes
- Stuffing

SOUPS

- **condensed varieties**
- **hearty varieties**
- **low-sodium – condensed and hearty varieties**

BABY ITEMS

- Enfamil Infant Formula
- Baby Food (Fruits, Vegetables, Meats & Meals) – Stage 1 (**Meats & Meals, Vegetables, Fruits**), Stage 2 (**Meats & Meals**), Stage 3 (**Meats & Meals, Vegetables**)
- **Baby Cereal** – Oatmeal
- Diapers – Size N, Size 1, Size 2, Size 3, Size 4, Size 5, Size 6
- Pull ups – Size 2T-3T, Size 3T-4T & Size 4T-5T
- Baby Wipes

SPECIALTY ITEMS

- Gluten Free products
- **Boost or Ensure, regular**
- **Boost Glucose Control or Glucerna**
- Adult Depends
- Tea (100 count boxes)
- Resealable (i.e. Ziploc) sandwich bags and quart sized plastic bags
- Empty Copy Paper Boxes (8.5" x 11") – we use these to sort and store the food donations in our warehouse

January Celebrations in the Parish



Birthdays

- 1/2 Kyle Davis
- 1/4 Tom Simansky
- 1/8 Beverly Diering
- 1/9 Carol Mowder
- 1/10 Mark Friedman
- 1/11 Carol Whitestone
- 1/12 Joi Squillace
- 1/15 Paul Schuenzel
- 1/17 Bill Campbell

- 1/22 Kelly Lee
- 1/23 Patricia Gibney
- 1/26 Jayvon Hill, Nate Varughese
- 1/29 Betty Wall, Patty Yeakel, Jessica Robinson
- 1/30 Georgia Schait

Wedding anniversaries

- 1/8 Charles & Erica Park



Here endeth the L-pistle