

THE COMBINED
NEWSLETTER OF
ST. MARK LUTHERAN
CHURCH AND
CHRIST EPISCOPAL
CHURCH

Narthex News

Working as One to Serve All!

March 2018 Newsletter



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Can Collection and Cereal Contributions for St. Vincent de Paul Place



MARCH SUNDAY WORSHIP SCHEDULE AT StM

8:00 am - Spoken Holy Eucharist Service
8:45 am - Coffee Hour
9:30 am - Sung Holy Eucharist Service
10:45 am - Coffee Hour

Hugh's Thoughts



To Contact Hugh:

E-mail:
hughjames56@gmail.com

Pastoral Emergencies:
860-859-9709



To Contact Ann:

E-mail:
amp@larcompress.com

Pastoral Emergencies:
978-578-6844

If you would like to make an appointment with Hugh or Ann, please call either church office at
860-887-6826
(St. Mark) or
860-887-4249
(Christ Episcopal)

Dear Friends,

In everything we do as a combined congregation of Lutherans and Episcopalians, we are trying to achieve a balance between two different **Christian traditions. It's not just a balance between Lutheran and Episcopal** but also between St Mark and Christ Church, which is a subtle but important distinction. When we started out worshipping together we decided to alternate between Lutheran and Episcopal liturgies. At first we used Lutheran liturgies at 78 Washington Street and Episcopal ones at 248 Broadway. **That was fine while we were alternating month by month, but wasn't feasible** when we moved for a 3 month extended period at each church. Then we **started alternating liturgies week by week. (incidentally, I'm always trying to** use phrases such as alternate Sundays, rather than twice a month, since about 4 times a year there are 5 Sundays in the month.) We also made a **decision to use the same "ritual structure" for the liturgy each time. By that I** mean that we kept the hymns in the same place and adopted the same ritual movements and service music, which ever liturgy we followed. We thought that would be less confusing for people, and I still think it was the right decision at that time.

Now, however, we have become much more familiar with each other's liturgies and it's time to review the way we've been doing liturgy. At the worship committee recently we talked about the comments we've received from people from both traditions about things they are missing from the past. Some Episcopalians miss the confession being before the peace and would like to see that restored. Some Lutherans miss the hymn of the day **following the sermon, and we've had many comments about the choices of** hymns and service music.

So we decided to make some changes and introduce them after Easter. Basically we will celebrate the Lutheran Liturgies in a way more similar to that which used before we started worshipping together, and similarly with the Episcopal Liturgies. In practice that means an Episcopal liturgy will start with a processional hymn, the collect for purity, Gloria and the ministry of the word, including a full gospel procession and, in normal time, have the confession following the prayers of the people. Whereas the Lutheran liturgy will start with confession and forgiveness, followed by a gathering hymn and a hymn of the day will come between the sermon and the creed.

We also looked at the way we choose hymns and to make that easier and, hopefully, more satisfactory, we will adopt the following procedure. Jesse will prepare a shortlist of hymns for the "Episcopal" liturgies as he always has done in the past; and for the "Lutheran" liturgies St Mark members of the committee will produce a shortlist of hymns. The committee then look at **those lists and together make a final choice. I'm hoping that that will lead to** a better feeling about the choices we make. It may take some time to work smoothly, but we should introduce that by the Sunday after Easter.

With all best wishes,
Hugh

Ecumenical Worship in Lent

On Wednesday evenings during Lent there will be a series of services with other churches in the Norwich area.

Each of the first five services will be at a different church each week, starting at 7:00 p.m. and the theme will be "Life Together". The venues for the different services will be as follows:



March 14	Park Congregational, 283 Broadway
March 21	Christ-St Mark, 248 Broadway

Each church normally provides a reception of finger foods after the service. More details about this later.

On the final Wednesday, March 21, we will have a different kind of evening, which will be held at 248 Broadway as we have the largest fellowship hall. It will involve a pot-luck supper and a hymn sing during which the clergy of the different churches will be explaining why a particular hymn is important to them.

Holy Week at Christ-St. Mark



Sunday of the Passion/Palm Sunday, March 25
At 248 Broadway, 8:00 and 9:30 a.m.
(with blessing of palms on front steps)

Maundy Thursday, Supper Meal,
Foot Washing and Eucharist, March 29
at 78 Washington Street, 6:00 p.m.

Good Friday, March 30
at 248 Broadway, 12 noon worship
Evening Community Way of the Cross Walk, 6:00 p.m., begins on Chelsea Parade
(to be held at St. Patrick Cathedral if inclement weather)

Easter Vigil, Saturday evening, March 31
at 248 Broadway, 7:00 p.m.

Easter Sunday, The Resurrection of our Lord, April 1
at 248 Broadway, 8:00 and 9:30 a.m.

The Watch

On Maundy Thursday the Chapel at Christ Church will be used for a watch of prayer following the Last Supper service. The idea of this is that we respond to Jesus' words to his disciples on the first Maundy Thursday, "Could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial." (Matthew 26:40). So we are asking people to commit to spending an hour (or less) praying up until midnight. There is a sign up sheet in Memorial Hall for this.

Hugh

Informal Congregational Meetings after each Service

Sunday	Topic	Responsibility
Mar 11	Recommendation of Vestry & Council about choice of building	CEC Senior Warden StM Council President
Mar 18	Details of voting procedures	Building Committee
April 15	Separate vote of each congregation to accept or reject the recommendations of Council and Vestry respectively	Vestry and Council

WORSHIP SERVICES AT 248 BROADWAY

January 7 - April 1

8:00 a.m. Spoken Eucharist
Coffee & Tea

9:30 a.m. Sung Eucharist
Coffee & Tea

Godly Play (Sunday School)

If anyone is interested in Godly Play (Sunday School) please speak to Ann Perrott or call the church office.

Easter Music

The music at our 9:30 Easter Day service will be enhanced by extra brass instrumentalists. One individual has already offered to pay for this, but if any others would like to contribute to the cost please contact Jim Baltzell about this or make a check payable to Christ Episcopal Church and mark it For Easter Music.



Daily Devotions



Lenten Devotional Guides

*are available for you to pick up in Memorial Hall.
Pick one up and use regularly through this season of prayer,
reflection and renewal as we prepare for the Easter festival!*



Thursday Bible Study

Thursday Bible Study meets every Thursday, at 6:00 pm in the Pine Room at 78 Washington Street. Readings for the following Sunday will be discussed. Everyone is welcome to join us. The meetings are normally led by Hugh James and last about 45-50 minutes, allowing people plenty of time to attend both the Bible Study and the Choir Practice which begins at 7:00 p.m.



Stewardship News

Please remember to fill out your Estimate of Giving cards and put them into the offering plate or mail them to the church office. Thank you for prayerfully making your pledge and sharing your gifts to God and the ministries of St. Mark Church and Christ Episcopal Church.

Your Stewardship Teams

Calendar of Events - March

SERVICES AT ST. MARK using Evangelical Lutheran Worship & The Book of Common Prayer

CEC = Christ Episcopal Church/StM = St. Mark Luth. Church

* Each Sunday there is coffee hour after each service,

Choir practice at 9:00 am

Thursday, March 1

6:00 p.m. Bible Study (CEC Pine Room)

7:00 p.m. Choir (CEC)

Friday, March 2

8:00 p.m. AA Meeting (StM)

Saturday, March 3

8:00 a.m. Cornerstone (StM)

Sunday, March 4*, Lent 3

8:00 a.m. Spoken Eucharist Service

9:30 a.m. Sung Eucharist Service

11:00 a.m. Cornerstone (StM)

Monday, March 5

7:00 p.m. Barbershoppers (StM)

Tuesday, March 6

9:00 a.m. Morning Prayer (CEC)

6:30 p.m. Cornerstone (StM)

7:00 p.m. Worship Committee

Wednesday, March 7

6:00 p.m. TOPS (CEC)

6:30 p.m. Cornerstone (StM)

7:00 p.m. Ecumenical Lenten Service (Lee Memorial, 294

Washington Street)

Thursday, March 8

6:00 p.m. Bible Study (CEC Pine Room)

7:00 p.m. Choir Rehearsal (CEC)

Friday, March 9

11:00 a.m. Food Pantry (CEC)

8:00 p.m. AA Meeting (StM)

Saturday, March 10

8:00 a.m. Cornerstone (StM)

10:00 a.m. CEC Congregational Meeting (CEC)

Sunday, March 11*, Lent 4

2:00 a.m. Daylight Saving Time begins

8:00 a.m. Spoken Eucharist Service

9:00 a.m. Cong. Meeting to present recommendations

9:30 a.m. Sung Eucharist Service

10:30 a.m. Cong. Meeting to present recommendations

11:00 a.m. Cornerstone (StM)

Monday, March 12

7:00 p.m. Barbershoppers (StM)

Tuesday, March 13

9:00 a.m. Morning Prayer (CEC)

6:00 p.m. Lions Club (CEC)

6:30 p.m. Cornerstone (StM)

Wednesday, March 14

6:00 p.m. TOPS (CEC)

6:30 p.m. Cornerstone (StM)

7:00 p.m. Ecumenical Lenten Service (Park Congregational, 283

Broadway)

Thursday, March 15

6:00 p.m. Bible Study (CEC Pine Room)

7:00 p.m. Choir (CEC)

Friday, March 16

11:00 a.m. Food Pantry (CEC)

8:00 p.m. AA Meeting (St. Mark)

Saturday, March 17

8:00 a.m. Cornerstone (StM)

7:00 p.m. Downtown Mic (CEC)

Sunday, March 18* Lent 5

8:00 a.m. Spoken Eucharist Service

8:45 a.m. Cong. Meeting w/Building Committee

9:30 a.m. Sung Eucharist Service

10:30 a.m. Cong. Meeting w/Building Committee

11:00 a.m. Cornerstone (StM)

Monday, March 19

7:00 p.m. Barbershoppers (StM)

Tuesday, March 20

9:00 a.m. Morning Prayer (CEC)

6:30 p.m. Cornerstone (StM)

6:30 p.m. Combined Council/Vestry Meeting (StM)

Wednesday, March 21

6:00 p.m. TOPS (CEC)

6:30 p.m. Cornerstone (StM)

7:00 p.m. Ecumenical Lenten Service (StM)

Thursday, March 22

6:00 p.m. Bible Study (CEC Pine Room)

7:00 p.m. Choir (CEC)

Friday, March 23

11:00 a.m. Food Pantry (CEC)

8:00 p.m. AA Meeting (StM)

Saturday, March 24

8:00 a.m. Cornerstone (StM)

Sunday, March 25* Palm Sunday

8:00 a.m. Spoken Eucharist Service

9:30 a.m. Sung Eucharist Service

11:00 a.m. Cornerstone (StM)

Monday, March 26

7:00 p.m. Barbershoppers (StM)

Tuesday, March 27

9:00 a.m. Morning Prayer (CEC)

6:00 p.m. Lions Club (CEC)

6:30 p.m. Cornerstone (StM)

Wednesday, March 28

6:00 p.m. TOPS (CEC)

6:30 p.m. Cornerstone (StM)

Thursday, March 29, Maundy Thursday

6:00 p.m. Maundy Thursday Last Supper (CEC)

Friday, March 30, Good Friday

11:00 a.m. Food Pantry (CEC)

12:00 p.m. Good Friday Worship (StM)

6:00 p.m. Way of the Cross (Chelsea Parade)

8:00 p.m. AA Meeting (StM)

Saturday, March 31, Easter Vigil

8:00 a.m. Cornerstone (StM)

7:00 p.m. Easter Vigil (StM)

Sunday, April 1*, Easter Sunday

8:00 a.m. Spoken Eucharist Service with hymns

9:30 a.m. Sung Eucharist Service

11:00 a.m. Cornerstone (StM)

Birthdays and Anniversaries



March Birthdays:

- 3 - Louise Lillpopp
- Lynn Norris
- 4 - Robert Babcock
- 5 - Dale Eichholz
- 7 - Ruth Sanders
- 11 - Tom Seidel
- Gwen Kay
- Jean Carnaghan
- 13 - Lisa Garstka
- 15 - Lyndsay Aromin
- 16 - Virginia Maloney
- 18 - Sabrina Tolppi
- 20 - Bruce Babcock
- 21 - Alita DuPont
- 23 - Dorothy Lathrop
- 26 - Lars Rafeldt
- 27 - Cal Edgar
- 29 - Tara Armstrong
- 30 - Joe Churney

Don't Miss the
DEADLINE!

April Narthex News Articles

Please send your articles for the *April Narthex News* to st.marklutheran248@gmail.com by *Monday, March 19th*. Thank you.

Coffee Hour Volunteers Needed



Please consider helping out with coffee hour. Volunteers are needed. Please call St. Mark church office at 860-887-6826 or email to:



2018 Flower Chart

It is located in Memorial Hall on the wall by the parking lot. The cost is \$30.00 per Sunday for 1 vase

Daylight Saving Time

Don't forget! Put your clocks ahead one hour before you go to sleep Saturday night, March 10th. Daylight Saving Time begins at 2:00 a.m. on Sunday, March 11th.



Thrivent Action Team Program



Thrivent Financial is a fraternal company that does more than help you manage your finances. They help you make wise financial choices throughout your life by Living Generously.

One of the programs they offer is called Thrivent Action Teams, where individual Thrivent members can turn their faith into action. Simply identify a need in your area or a cause that you care about, organize a team of volunteers apply for a startup grant and get going. If your application is approved you will receive a grant of \$250 to be used to support your effort.

How have we done this at St. Mark? Here are some examples. We have applied for a grant for Thanksgiving Baskets and then asked parishioners to donate food items also. We've applied for grants to purchase items for local food pantries (St. Vicent de Paul Place, Central Baptist Church Food Locker, and Christ Episcopal Church food pantry) and also asked parishioners to donate food items and/or coupons to the effort. We've also received a grant for Martin House to purchase products to fill toiletry gift bags for their clients. A parishioner sewed the bags and others donated items, coupons, packed the gift bags and delivered them. Another grant was used to purchase bath towel sets for Reliance House. Parishioners supported this effort by donating laundry detergent and household cleaning supplies.

The Thames River Family Program benefited from 2 efforts. The first grant was used to purchase disposable diapers. Parishioners were encouraged to donate baby wipes, baby shampoo, baby wash and diaper coupons. One of our youth sewed baby bibs to add to the packages we delivered. The other grant was used to purchase healthy snacks for kids to bring to school. Again parishioners supplemented what was purchased thru donations, packed the snack "bags" and delivered them. Our garden has also benefited from this program.

These are just some examples of how this Thrivent program has helped St. Mark members expand our ministries into the community around us. A Thrivent member needs to apply for the grant, but membership in Thrivent is not necessary to be part of an Action Team. If you want more information about the Community Action Team program contact Joe Churney.

Downtown Mic

Downtown Mic is opportunity for local musicians and spoken word artist to share thier talents and hone their craft. A free will offering of either cash or items for the food pantry are welcome. The kitchen crew serves up hot dogs, hamburgers, and the occasional soup.

The schedule for the spring is
 March 17th. 7pm-9pm
 April 21st 7-9pm
 June 16th 7-9pm



Come on out for a night of live local talent and support for the food pantry.

If you have any questions contact Will Schramm at Wschramm@snet.net or [860-887-2918](tel:860-887-2918)

Our Community Garden Ministry Needs a Coordinator:



We are looking for someone to coordinate the garden ministry this summer. It doesn't need to be a member of our church community. It can be a individual, a team of people, or even a community organization. Please get the word out amongst your network of friends and groups you may belong to. If anyone shows an interest please ask them to contact me at jchurney@snet.net. Thank you.

Joe Churney



Easter Lilies



If you would like to buy an Easter Lily in honor or memory of someone, or simply for yourself, the sign up sheet will be in the Gathering Room on the flower desk or fill out the form below and mail it or bring it to church. The price is \$16.00 each. The deadline to sign up is Sunday, March 25.

Name: _____

In Memory/Honor of: _____

Plants ordering: _____



March Volunteer Schedule

Normally we email these assignments to people.

Date:	March 4	March 11	March 18	March 25
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8:00 a.m.

Acolyte:	Irene Landis	Kayla Mills	Ron Crouch	Dave Anderson
Reader:	Linda Snarski	Joan Good	Sue Underhill	Ron Crouch
Chalice Bearer:	Chuck K. Norris	Ron Crouch	Chuck K. Norris	Peter Sepowitz
Coffee Hour:	Irene Landis and Kayla Mills	Dale Eichholz	Rose and Dave Anderson	Carol and Peter Sepowitz

9:30 a.m.

Crucifer:	Aiden McVicker	Will Schramm	Sabrina Tolppi	Stu Cosby
Acolyte:	Stephen Kimball	Owen McVicker	Rozanne Sobieski	Aiden McVicker
Chalice Bearers:	Mary Elizabeth Lang Virginia Maloney Rick Neuendorf	Sandy Quarto Will Schramm Tom Seidel	Sandy Vanase Marilyn Williams Stu Cosby	Dawn Erardy Alice Harding Judy Huntley
Reader:	Stu Cosby Linda Andrews	Megan Armstrong Janet Koch	Mary Elizabeth Lang Sandy Neuendorf	Robin Slane David Norman
Intercessor:	Eileen Akers	Judy Huntley	Janet Koch	Sandy Neuendorf
Ushers:	Christine Murtha Richard Russ	Herb Zickwolf David Norman	Lisa Carr Mary E. Lang	Rozanne Sobieski Richard Russ
Altar Guild:	Debbie Kimball Dawn Erardy Alvina Williams Virginia Maloney	Bill Small Sandy Neuendorf	Pam Jaxheimer Judy Huntley Ursula Chartier	Janet Koch Sandy Neuendorf
CEC Counters:	Cal Edgar Dawn Erardy(DI)	Bruce Jaxheimer Judy Huntley (DI)	Stephen Kimball Jay Deming (DI)	Bill Small Dawn Erardy (DI)
Eucharistic Visitor:	-----	Sandy & Rick Neuendorf	Virginia Maloney	-----
Coffee Hour:	<i>Need a CEC volunteer</i> Herb Zickwolf	<i>Need a CEC volunteer</i> Virginia Maloney	Janet Koch Linda Mandel	Debbie Kimball Sandy & Rick Neuendorf

If you are unable to serve on your assigned dates,
please let Linda Mandel at the Broadway church office
know who your replacement will be.

st.marklutheran248@gmail.com or 860-887-6826 Thank you!

April Volunteer Schedule

Normally we email these assignments to people.



Date:	April 1	April 8	April 15	April 22	April 29
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8:00 a.m.

Acolyte:	Rose Anderson	Irene Landis	Kayla Mills	Ron Crouch	Dave Anderson
Reader:	Joan Good	Christine Kuzmenko	Linda Snarski	Sue Underhill	Ron Crouch
Chalice Bearer:	Ron Crouch	Chuck K. Norris	Peter Sepowitz	Ron Crouch	Chuck K. Norris
Coffee Hour:	Irene Landis Kayla Mills	Carol and Peter Sepowitz	Rose Anderson Dave Anderson	Dale Eichholz	Ron Crouch

9:30 a.m.

Crucifer:	Stephen Kimball	Owen McVicker	Bill Small	Sabrina Tolppi	Stephen Kimball
Acolyte:	Aiden McVicker	Will Schramm	Rozanne Sobieski	Stu Cosby	Aiden McVicker
Chalice Bearers:	Mary E. Lang Rick Neuendorf Sandy Quarto	Stephen Kimball Tom Seidel Sandy Vanase	Marilyn Williams Stu Cosby Dawn Erardy	Alice Harding Judy Huntley Stephen Kimball	Mary E. Lang Rick Neuendorf Sandy Quarto
Reader:	Patty Russell Ruth Stanley	Robert Tolppi Sabrina Tolppi	Tom Tolppi Eileen Akers	Linda Andrews Megan Armstrong	Stu Cosby Janet Koch
Intercessor:	Eileen Akers	Judy Huntley	Janet Koch	Sandy Neuendorf	Eileen Akers
Ushers:	Joan Seidel Herb Zickwolf	Judy Huntley Mary E. Lang	Christine Murtha David Norman	Richard Russ Joan Seidel	Herb Zickwolf Lisa Carr
Altar Guild:	ALL MEMBERS	Debbie Kimball Dawn Erardy Alvina Williams Virginia Maloney	Bill Small Sandy Neuendorf	Pam Jaxheimer Judy Huntley Ursula Chartier	Janet Koch Debbie Kimball
CEC Counters:	Rozanne Sobieski D. Erardy (DI)	Debbie Baltzell Judy Huntley (DI)	Cal Edgar Jay Deming (DI)	Bruce Jaxheimer D. Erardy (DI)	Stephen Kimball Judy Huntley (DI)
Eucharistic Visitor:	-----	Sandy & Rick Neuendorf	Virginia Maloney	-----	-----
Coffee Hour:	Janet Koch <i>Need a StM volunteer</i>	Janet Koch Slane/Tolppi Family	Debbie Kimball <i>Need a StM volunteer</i>	Janet Koch <i>Need a StM volunteer</i>	Dawn Erardy Sandy Quarto

If you are unable to serve on your assigned dates,
please let Linda Mandel at the Broadway church office
know who your replacement will be.

st.marklutheran248@gmail.com or 860-887-6826 Thank you!

If you or a Loved One Go to the Hospital

- * Call the church office as soon as you know you will be admitted.
- * When asked if you are part of a local faith community answer YES, and tell them where you are a member. *If not asked tell them.*
- * When asked if you want your name released to representatives of **your church say YES. If you say no, or if you do not give our church's name the hospital will not be able to release your name to us.**

Note: L & M Hospital is the only hospital that notifies us when our parishioners are hospitalized.

Eucharistic Visitors



The very vital ministry of bringing Communion to homebound members and friends of St. Mark Church will continue in the months ahead. If you would like to join this team of people, please speak to Hugh James.

Prayer List

We include in our prayers.. Homebound Parishioners: Elaine Andrews, Pat Bromley, Mary Browning, Evelyn Fletcher, Jeanette Maplesden, Lucy Salva, Ruth Sanders and Linda James.

Clergy: For Justin, Archbishop of Canterbury, The Rt. Rev. Michael Curry, Presiding Bishop; Ian, our Bishop, Laura our Bishop, Suffragan; John, Bishop of the New England Synod in the Evangelical Lutheran Church; Michael, Bishop of the Roman Catholic Diocese of Norwich; Rachel Thomas, our Regional Missionary; Hugh our Rector & Pastor of St. Mark Lutheran Church; and Ann, our Priest. Young Adult Service Corps: Jourdan Johnson during her year of missionary service in Brazil. We pray for the sick especially for: Christine Kuzmenko, Peter Avery, Mary Brancato, Matt Zawacki, Bob Cox (heart surgery), Marilyn Stronski (stomach surgery), Mikel Middleton, Peter, John, Doris Ramsay, Joan Cantwell, Donna Hamilton, Arolyn Scott (breast cancer & diabetes), Tom Aromin, Tom Belden, Betty Heubner, Brother Rob, Sarah Sullivan, Mary Simcik, Don Weseman, Fran Archambeault, Marsha Charest, Eben Smith, Matthew Maloney, Molly Garcia, Michael Schmidt, Parker Churney, John Federkiewicz, Bruce Ashline, Jennifer Bedell, Caroline, Cherie Schanandoah, Charles Peters, Lina McCann, Hope McCann, Andy Foster, Christina McCann, Kristin Zawacki, Marge Jabs, Jennifer Stark, Susan Keller, Janet Hatch. Also, those with addictions, their families & friends.

For the hungry: for all children being sexually abused and the adults healing from it, homeless, all persons living with HIV/AIDS, their families, and those who care for them; for those who are out of work or looking for work. For those who defend our liberties on land, sea, and in the air: David Carl Krug, Azi Idehenre, Chad McCord, Josh Leone, John Sepowitz, Christopher Wright, and for the innocent victims of warfare.

In Thanksgiving for: Our Food Pantry available for those in need

For all those in need of guidance: Dolan family, Miranda & family

Tuesday Morning Prayer—Join Us!

Those of us that support the Morning Prayer program at Christ Episcopal Church on Tuesday fulfill an important part of our Church's life.

In the process of conducting the service we prepare to pray for the needs of the congregation. Beyond the list of church leaders and churches both near and far we pray for members of our congregation and those they care for. There is no great secret in doing this and being effective but our numbers are few and so we are inviting anyone to join us and add to our voices. There is ample evidence that prayer works and by increasing the voices there is a greater chance that we will be heard.

This simple said service starts in the Pine Room promptly at 9:00 and lasts about 20 minutes. About once a month a Holy Eucharist will be included to honor men and women that have served the faith since its earliest years.

Following the service we have coffee and tea in the Pine Room and we try to bring ourselves up to date on those we pray for or those we may visit.

Jourdan Johnson - Brazil Update

A Slow South American Romance

Since I have arrived, Brasil has been slowly beguiling me, little by little, spoon feeding me tastes of honey and later dousing my tongue with vinegar. Some of this has to do with the usual challenges of adjusting and adapting to a new culture. Some of it was because I was expecting something different. For example, I found little written material about the southern culture of Brasil and was more familiar with more tropical cultures. And some has revolved around personal struggles and lessons.

But, I've been working, chipping away that the shell of a pecan, glimpsing the sweet meat inside as I get to better know the people here and their culture. Those glances inside have helped me to maintain my determination to chip and crack my way through and taste the true flavors of southern Brazil. My close friends can attest to the roller coaster that I've been riding since my arrival; the growing pains I've endured. And then several months ago, on a day of no particular note or festivity, I unexpectedly ran into a friend on the street. We greeted each other, made a few jokes, wished each other a good rest of the day and went our separate ways. As I walked away, an inexplicable joy, peace and happiness surged up from pit of my stomach and through out my body. It was a soft electricity reminiscent of butterflies in the stomach but with a definite positive spin. I said to myself, "Brazil has won me over. I belong here. It feels normal. Natural. I am happy." It was then that I

knew I wanted to extend my stay.

The program in which I am participating is supposed to be only a year long, but all the participants knew that there was the possibility of staying on longer and this idea has been tumbling around in my head like a building blocks in a car trunk since I've arrived. There have been times when I've wanted to teleport home and other times when I've been so happy I couldn't even think about the future. Its been a year that has not just knocked me on the ground, but picked me up, swung me around and catapulted me on to the ground. But each time, I've learned new ways to stand up, different tricks on how to crawl to my knees and discovered how to stand up already dancing. Maybe it doesn't come as much as a surprise, but Brasil has convinced me to stay. No, not forever, but I have received enough chocolate and flowers with a pinch of adventure that I am happy to call Rio Grande do Sul my home for six additional months.

First and foremost I ask for prayers, good vibes and emotional support. Secondly, as part of the program I am asked to fund-raise part of the cost of living. The church provides the greater portion. So far I have 0% towards my new goal raised. If you feel inclined, donations can be made online or sent by check. Online donations can be made at my home parish website: <http://cecnorwichct.org/donate-to-cec.html>. In the "notes" section, just type: Jourdan Johnson, Volunteers in Mission. Checks should be made out to "The Episcopal Church" and on the memo line written "Jourdan Johnson/Volunteers in

Yanick Fourcand
Mission Personnel Office
The Episcopal Church Center
815 Second Ave.
New York, NY 10017

Donations are tax deductible and I have a form that can be filled out for that reason. If you wish to donate in another way, please feel free to contact me at: mydnyte8@yahoo.com.



Did You Know that you can make a gift to support St. Mark Lutheran Church or Christ Episcopal Church with a tax free distribution from your IRA?

For those aged 70½ or older, it is once again possible to make tax-favored charitable gifts from traditional and Roth IRA accounts.

On December 18, 2015, President Obama signed into law legislation that retroactively extends the charitable IRA rollover for 2015 and makes this provision permanent for future years. A total of up to \$100,000 can be transferred directly from traditional or Roth IRAs to St. Mark Lutheran Church or Christ Episcopal Church free from federal income tax each year. Amounts given in this way count toward required IRA minimum withdrawal amounts for the year of the gift.

To make such gift, it is important to not withdraw funds prior to a gift, but have the gift amount distributed directly from an IRA to St. Mark Lutheran Church or Christ Episcopal Church. Donors must complete this gift by December 31, 2018.

To take advantage of the IRA charitable rollover to make your gift to support St. Mark Lutheran Church or Christ Episcopal Church, please review the following helpful tips on how to handle your charitable gift correctly:

*Contact your IRA custodian or representative before making a gift to arrange for the proper transfer of funds from your IRA directly to St. Mark Lutheran Church or Christ Episcopal Church. The check issued from the IRA must be made payable to St. Mark or Christ Episcopal.

*If you have elected to have income tax withheld from your normal IRA distributions, advise your IRA administrator not to withhold taxes from distributions to charity.

*Consult your tax advisor for the tax reporting of the special election described above.

*While this topic is fresh on your mind, ask your attorney and financial advisor how to make St. Mark Lutheran Church or Christ Episcopal Church a beneficiary of your will or trust or IRA.

Q: Can I give my RMD to charity now, or do I have to wait until December?

A: You can give your RMD to charity anytime during the year.

This is information only about the change in the IRA tax law and should not be considered as legal, tax or financial advice. You should consult with your legal, tax and financial advisors to implement the benefits of the IRA charitable rollover law and related matters.

Future Q&A

Q: How much can I transfer from my IRA to charity? Can I transfer more than my RMD?

A: Yes, if you are 70½ or older, you can transfer up to \$100,000 to charity tax-free each year~ even if that's more than your required RMD. The money counts as **your required minimum distribution but isn't included** in your adjusted gross income.

Q: I'll be 70½ in a few months. Can I give my RMD to charity now?

A: Even though you can take your RMD any time during the year you turn 70½ (or until April 1 of the year after you turn 70½), you have to wait until you actually turn 70½ to make the tax-free transfer to charity.

Q: Can I give my 401K RMD to charity?

A: No. You can only make the tax-free transfer from an IRA.

Q: Can I withdraw the money from my IRA and then write a check to charity, or do I need to transfer the money directly?

A: You need to transfer the money directly from the IRA to the charity for it to count as a tax-free transfer. Ask your IRA administrator and the charity about making a direct transfer, or you can have the IRA administrator send a check from your account to the charity. If you have check writing for your IRA, you can write a check to the charity. Give the charity a heads up so it knows the contribution came from you and can send you an acknowledgment.

Food Bank Necessities and Schedule

Christ Episcopal Church
Food Pantry
11:00 a.m. to 12:30pm
Schedule for

March	2	closed
March	9	open
March	16	open
March	23	open
March	30	open



The Food Pantry could always use:

- peanut butter, tuna in water, canned chicken, canned black beans and kidney beans, dried lentils
- plain white rice, brown rice, rice mixes, pasta, macaroni and cheese, potato side mixes
- canned diced tomatoes, plain tomato sauce (no salt added), canned carrots, peas, corn, and mixed vegetables
- canned chili, chunky-style soups with meat and vegetables
- canned green chilies (mild), pasta sauce, ketchup, mustard, small boxes of sugar or sweetener, salt and pepper, small jar of mayonnaise, coffee, tea bags, pancake syrup, grape jelly, strawberry jam
- canned peaches, fruit cocktail, pineapple chunks or slices, pears
- 100% juice boxes for kids (no large bottles), shelf-stable milk (such as Parmalat), shelf-stable almond milk (for lactose intolerant clients)

Cereal Ministry



Many Thanks to those of you who have brought and continue to bring in cereal for St Vincent De Paul Place. As you recall, St. Mark created a new Mission oriented ministry to "help feed those who hunger" by making a commitment to provide at least 25 boxes of cereal to the SVDPP food pantry each month. This commitment from St. Mark along with similar commitments from other churches and community groups helps SVDPP to better plan for meeting the needs of the community and is greatly appreciated by the patrons of their food pantry. This is a very easy ministry for most of us, requiring only a walk down the cereal aisle to buy cereal each month and put it into the collection bin in either the Narthex or the Pine Room marked cereal for St. Vincent de Paul. Please do your part. Thank you.

Event Cancellation / Snow Policy for Christ - St. Mark



Winter weather in New England can be unpredictable. Because of that, there may come a time when events at church may need to be cancelled out of concern for the safety of our members. The process for the cancellation of activities due to inclement weather or other emergencies is as follows: Cancellations will be listed in several different places: 1) On TV. Check WFSB, channel 3 for most of the Norwich Area. 2) On the church website and facebook pages. Christ Church School of the Arts follows the procedure laid down by Norwich schools. If they are closed CCSArts will also be closed for lessons.



THE COMBINED
NEWSLETTER OF
ST. MARK LUTHERAN
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CHRIST EPISCOPAL
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