

ST. JUDE JOURNAL

MARCH 2025

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...and more!

MARCH CALENDAR

* * *

Parish Office

516-221-2505

Mon.–Thu.

9:30am–1:30pm

* * *

HEALING SERVICE 2nd WED

11:00 A.M.

SUNDAY WORSHIP

8:00 A.M. HE

10:15 A.M. HE



FROM THE RECTOR

Dear Parish,

Lent is about creating space to hear Jesus in our lives by setting time aside for spiritual reflection. Making time to look back at how we're doing, what might need to change, and what might need shoring up, and what is going well in our lives.

But that is not all, the other side of spiritual reflection is looking at our relationship with God and how is our relationship with God giving us strength and courage to meet the world's needs with our gifts – how are we giving back?

Our Small Group Prayer Groups are a part of exploring these types of questions. We currently have two Small Group Prayers Groups, and I would be delighted to form more groups during Lent. If you're not sure this would be for you, talk to any of the folks in one of the two groups already formed and regularly meeting.

[And if you're not ready for Small Group Prayers groups, I offer you to consider praying through Lent with Anglican Prayer Beads as your Lenten Practice. (See page 7 for guidance).

How are these 40 days meant to be used to shape our hearts and our awareness of God in our lives?

Blessings,
Mo. Jimmie Sue

VESTRY VIEWS By Laura Loud

Being a Vestry Member is an important role in our church. We share leadership responsibilities with Mother Jimmie Sue. I take this responsibility very seriously. We all do. Each monthly meeting has a specific agenda related to finances, property or other action items needed to be discussed and voted on for the benefit of our parish and diocese.

And vestry service is a whole lot more. As I think of our church, I am also reminded of all the wonderful people that make up our congregation. The interaction I have is truly special. I attend the 8am service. We have a smaller group that comes together to worship and interact with each other. It is nice to have that personal connection.

I find myself staying after service to socialize. Many times I come back for coffee hour and hospitality. It is the people with the energy and excitement that make our parish truly special. Engaging with our church family brings a sense of unity and belonging. These personal connections deepen our faith and inspire us to strengthen and support each other and help others.

We strive to help where help is needed reflecting the love and kindness that defines our church family.



VESTRY HIGHLIGHTS

Treasurer's Report: Brian presents updated Treasurer's Report.

- Motion to accept Treasurer's Report. **Unanimous approval.**

Business:

- Mo. Jimmie Sue shared about HVAC updates.

Action Item:

- Approved Safer Churches Resolution. **Unanimous approval.**
- Approved Sexual Harassment Resolution. **Unanimous approval.**
- Approved the 2024 Parochial Report. **Unanimous approval.**

Rector's Report:

- I made pastoral care visits and calls.
- Small Group Prayer Groups are going very well 😊
- Thank you to Adrienne for leading Pop-Up card event! Everyone had a great time 😊
- I attended a Province II Meeting and a CAP Meeting.



TREASURER'S REPORT By Brian Quinn

- January figures:
 - January Net Operating Income a surplus of \$177.57
 - January Net Income a surplus of \$222.57
 - Last year January 2024 Net Operating Income was \$5,195
- This year much lower as 3 payrolls in January and December
- We have 2 restricted funds at this time:
 - VBS grant remaining \$2,574
 - LGBTQAI+ \$11,021.74
- Financial data sent to office for 2024 Parochial Report
- Faith Moves Mountains Campaign 2025 kicked off Sunday, February 16, 2025
- Balance Sheet:
 - Assets – Liabilities \$136,694
- Pledge baseline will be utilizing \$251,349 as target
 - Last count we had 62 pledges for \$222,404



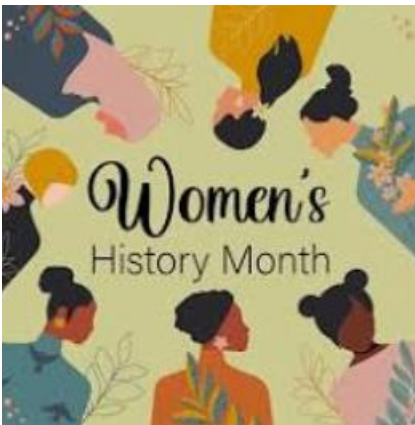
THANK YOU'S



- Thank you to Adrienne for hosting the Pop-Up Card event 😊
- Thank you to Christopher O. for hosting the Vision Board event 😊
- Thank you to everyone who contributed to Souper Bowl of Caring!
- Thank you to everyone who has made a contribution to our Faith

Moves Mountains Fundraiser!

- Thank you to our Sunday School Teachers!



10 Surprising Facts about Women's History Month

<https://time.com/6837254/womens-history-month-surprising-facts/>

Women's History Month 2024

<https://www.womenshistorymonth.gov/>

Episcopal Church & United Nations

<https://www.episcopalchurch.org/episcopalun/uncsw-2025/>

January 2024 Financial Summary



	Yearly	Jan Actuals
Operating Income	288,404	30,985
Altar Donations	2,850	0
Special Offerings	2,890	95
Miscellaneous Contributions	17,335	125
Building Use	2,000	100
Outreach & Mission Income	4,567	318
Total Income	317,994	31,623
Expense		
Worship	4,495	517
Formation	1,430	0
Outreach & Mission	29,391	2,360
Stewardship	2,504	0
Hospitality	945	0
Building Maintenance	46,010	2,132
Rectory Maintenance	8,660	994
Loans and Bank Fees	20,488	1,699
Office & Office Supplies	13,145	2,088
Insurance	36,700	3,358
Miscellaneous Expenses	3,150	0
Personnel	209,565	18,298
Total Expense	367,483	31,446
Surplus/(Deficit)	(53,169)	177



HEALING SERVICES

11:00 am to 11:30 am Healing Service will be on Wednesday, March 12th in the Chapel with Ken Norian and Chris Vanenburg.

SHROVE TUESDAY ON SUNDAY, MARCH 2nd



After the 10:15am service please join us for fun and fellowship as we feast to prepare for the upcoming Lenten journey. If you wish to donate an item or money for the Pancake supper, please reach out to Barbara Arnold or Charlie Garbowski or Chris Vanenberg. We will be looking for old Palms to burn and turn into ash. You can drop them off in the Church office or leave them on the table in the Office's hallway. This event will be open to all, please invite friends and family. This event will be hosted by the Sunday School and Confirmants.



Ash Wednesday Services - March 5th

12:00 p.m.

Imposition of Ashes and Holy Eucharist

7:00 p.m.

Imposition of Ashes and Holy Eucharist



REMINDER: MARCH 9th DAYLIGHT SAVINGS BEGINS



STEWARDSHIP UPDATE

FAITH MOVES MOUNTAINS

Our building needs your help again. We need to create a fund for the times she's in need of tender care. This is more than just a building she's our spiritual home.

We're asking that everyone contribute towards her continued care and maintenance.

It's a big ask, but we hope that everyone can contribute toward her continued care and maintenance.

WE NEED TO RAISE
\$ 1 5 , 0 0 0

Every contribution will make a difference!

Please make a contribution today.

Thank you in advance for your contribution!

Contributions can be made to "Church of St. Jude"
and on the Memo Line: "Faith Moves Mountains"

Praying with Anglican Prayer Beads

A Lenten Practice Opportunity

To pray is to listen to the One who calls you “my beloved daughter,” “my beloved son,” “my beloved child.” To pray is to let that voice speak to the center of your being, to your guts, and let that voice resound in your whole being. ~Henri Nouwen

One of the most difficult aspects of prayer and meditation is focus. So much that occurs in the daily round of life distracts us during the time of prayer...We easily fault contemporary life and technology for what the Buddhists call “monkey mind.” ...Yet, it is part of being human and it is a glorious part of being human. It is what makes dreaming, imagining, and creating possible...The real issue is with timing. There are times when we want to be free of our bouncing thoughts in order to become inwardly still...An external aid can often help us find the peace and focus we seek.

For centuries, in all religions, beads and prayer ropes have been such an aid. While the most familiar use of prayer beads is as a counter for the number of prayers said, its use extends far beyond. Prayer beads are used to help channel the mind's energy to a single point with each bead representing a mantra or a prayer. As the user moves their fingers along the beads they are connecting mind and body in such a way that the soul is able to break free to be still in the presence of God. The fingering of the beads keeps the mind and body engaged so that the soul can enter depths of divine love.

- Excerpt from “Strength for the Journey” by Renee Miller

Here are two prayers that you might find moving when praying with prayer beads

A Celtic Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit. Amen.

The Invitatory

O God make speed to save me (us),

O Lord make haste to help me (us),

Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning, is now, and will be forever. Amen.

Julian of Norwich Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit. Amen.

The Invitatory

O God make speed to save me (us),
O Lord make haste to help me (us),
Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be forever. Amen.

The Cruciforms

God of your goodness, give me yourself,
For you are enough to me.
And I can ask for nothing less that is to your glory.
And if I ask for anything less, I shall still be in want, for only in you have I all.

The Weeks

All shall be well, and all shall be well,
And all manner of things shall be well.



CLOTHING COLLECTION BIN



We will begin collecting used clothing and shoes in our Collection Bin. **St. Jude's will receive ten cents per pound** of any items donated and receive a check on a weekly basis.

The goods are sold to third world nations who financially cannot afford to purchase new clothing for their family. They will now receive good, clean, usable garments at extremely low prices. None of the donations are made into rags.

Please share with your family and friends about our Clothing Collection Bin – every pound counts 😊😊





MISSION CENTER By Patty Doll

The Mission Center gave out backpacks with school supplies before school started. The families were very thankful and appreciative.

The Mission Center will begin operations at St. Jude's on **March 2nd and March 16th**. Volunteer sign-up sheets are in the Parish Hallway



SURPRISE! Help US Collect Eggs to Celebrate Easter with Cascarones!

Mo. Jimmie Sue and I met in San Antonio and that is where we started our family. Every year San Antonio has a celebration called "Fiesta" which began in 1891 as a commemoration of the heroes of the Alamo. Fiesta takes place during April each year. Cascarones are a big part of the Fiesta celebration. They are also a big part of Easter celebrations! So in San Antonio, cascarones abound every spring! For the purposes of Easter, they symbolize rebirth and Jesus' resurrection. Tradition has it that a person hit with a cascaron and sprinkled with the confetti inside is brought good luck for the year. And goodness!, good luck abounds this time of year! The tradition of making cascarones and, of course, "doing" cascarones traveled with our family no matter how far we moved from San Antonio. It is something that the children (and us) look forward to each year!

Here's what we need to do to make cascarones:



Collect empty egg shells throughout Lent. To do this, crack your eggs so that there is a small opening in the top. Small enough so that there is still lots of shell left behind but big enough to get confetti into. Shake or pour out the egg. Wash your egg shell out with a bit of soap and water. Let dry. You can store your empty egg shells in egg cartons, that's the best way to keep them safe until the cascarones are cracked on someone's head!

Bring the egg shells into church by April 6th. I plan to make the cascarones with the youth and young at heart on April 6th and April 13th at coffee hour.

Once we have empty egg shells, the next step is to dye them. You can decorate them just how you decorate Easter eggs. Once the dyed eggs are dry then we fill them with paper confetti and cover the opening by gluing tissue paper over the hole.



Here are some pictures of empty shells, dyed shells, and completed cascarones so you can see what I'm talking about! I am also more than willing to answer any questions and even do egg cracking demonstrations if needed. :)

I love this tradition and so does Mother Jimmie Sue! We look forward to sharing it with our St. Jude's family! If you have any questions, feel free to call, text, fb message, email or catch me in person :)



SUNDAY SCHOOL By Barbara Arnold

Confirmation Class Notes



- Confirmation candidate Bobby Smith is collecting used glasses for his service project. 100 years ago this June, Hellen Keller challenged the Lions Club to become "knights of the blind in the crusade against darkness" and the glasses collected will be donated to the Lions Club in support of this goal. Used glasses can be deposited in the Polar Bear collection box in the narthex.
- Shrove Tuesday (on Sunday) will be hosted by the confirmation class and 6,

7, 8

Sunday school classes on Sunday, March 2. Donations of select posted items are requested to help make the event successful. A sign-up sheet is available in the bulletin board outside the Parish Hall.

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EASTER EGG HUNT will be held on Sunday, April 20th after the 10:15 service. Please donate plastic eggs and wrapped candy to the hunt. **EASTER CANDY & PLASTIC EASTER EGGS** are needed for our annual Easter Egg Hunt. Please donate wrapped small candies that would fit in a plastic easter egg. Your donations can be left in classroom 4. Thank you!

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SUNDAY SCHOOL CHARITY – FINAL SALUTE



Thank you to everyone who has supported the Sunday School charity "Finale Salute." All the monies collected during Advent Boutique and the Christmas Card service goes towards the charity. Thank you to everyone who keeps filling the donation cans located outside of classroom 4. The charity collection continues till mid-May 😊 Thank you!

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SPRING/EASTER SALE will be held on Sundays of March 31 and April 6 and 13 in the Parish Hall.

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HOSPITALITY REPORT By Kathy Hecht



As always, thanks to all Coffee Hour hosts, past, present and future. The Coffee Hour volunteer sheet is posted for March through June 2025 on the bulletin board outside the Parish Hall. Please sign up for a slot to host a Sunday. Solo, or in a team, your volunteer effort is an important contribution to fellowship at St. Jude.

In St. Jude's kitchen, we try to be environmentally conscious. We recycle plastics in a bin outside the kitchen. During picnics and celebrations, special trash cans are marked for deposit-return cans and bottles. We only use paper plates and cups that are compostable. At some point in the future we will investigate compostable cutlery and other ways to recycle and reduce waste. Thank you for your cooperation with this program to help care for our planet.



ST. JUDE'S LGBTQAI+ GROUP

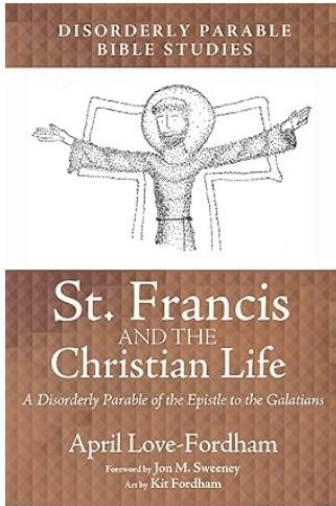
What our group is about



We get together regularly for discussions and events celebrating, discussing, and helping each other complete the connection between God and the LGBTQAI+ community in the Church.

Remember ALL are welcome, the A stands for Ally! You are already a member of our group if you are a member of St. Jude's welcoming community of faith!

ST. FRANCIS AND THE CHRISTIAN LIFE



Join Mo. Jimmie Sue for 4 Wednesdays every two weeks starting on April 30th at 7pm via Zoom. We'll be using the book called *St. Francis and the Christian Life* for our discussions.

What's the book about:

How do we live the Christian life? April Love-Fordham and her husband contemplated this as they retraced the footsteps of Saint Francis across the Italian wilderness. Did they need to renounce materialism and live more simply? Did they need to do more work serving those in need? Was more Bible study or a stronger prayer life needed? What made their commitment to Christ different than those committed to other faiths? How could their lives make a difference?

Love-Fordham was planning a lecture series on Galatians, written by the Apostle Paul, when she and her husband began their pilgrimage. As they journeyed into the life and legends of Saint Francis, a playful old-school Franciscan monk befriended them. Together, the three named the parallels and divergences in the lives of St. Francis and Paul. In doing so, they discovered an entirely new - but ancient - way of following Jesus.

This book teaches Galatians the way Jesus taught: through parables. In this case, the parables are about St. Francis. Each section ends with a spiritual practice designed to help readers discover their own unique way of living the Christian life.

**You will need to purchase the book;
and please read Chapters 1-3 ahead of our first meeting on April 30th.**

When: April 30; May 14; May 28; June 11

Time: 7pm – 8:30pm

Where: Zoom

Join Zoom Meeting

<https://us06web.zoom.us/j/89740568453?pwd=qwSmNKvRSmdR4i8igA26lZhTB1yOLL.1>

Meeting ID: 897 4056 8453

Passcode: 941519

ST. PATRICK'S "A BIT O' GREEN CAKE" from Laura Loud

- | | |
|---|----------------------------|
| 1 package white cake mix | 1 cup ginger ale |
| 1 small box instant pistachio pudding mix | 1 teaspoon vanilla |
| 3 eggs | 1/2 cup chopped almonds or |
| 1 cup vegetable oil | walnuts, if desired |

For Frosting:

- 1 small box instant pistachio pudding mix
- 1 1/4 cups milk
- 1 container of whipped topping or 1 1/2 cups whipped cream



CAKE INSTRUCTIONS: In a large mixing bowl combine cake mix, pudding, eggs, oil, ginger ale, vanilla and nuts, if desired. Beat at medium speed 2 minutes. Pour mix into a greased Bundt pan. Bake in 350-degree oven for about 50 minutes or until top springs back when touched with fingertip. Let cool in pan for 10 minutes. Invert it onto cake platter. Let cool completely.

FROSTING INSTRUCTIONS: To make the frosting, make the pudding as directed on the package but only use 1 1/4 cups of milk. Allow the pudding to thicken slightly and then fold in the whipped topping.



MARK YOUR CALENDARS

- Shrove Tuesday on Sunday – March 2nd
- Ash Wednesday Services (12pm & 7pm) – March 5th
- Healing Service in the Chapel – March 12th @ 11:00am
- Decorate and Fill Cascarones – April 6th & 13th
- Holy Week Services – April 18th - April 19th
- St. Francis and the Christian Life – Starts April 30th
- April Journal Deadline – March 25th



Speakers, Panel Discussions, Demonstrations, Activities and more! Breakfast and lunch will be provided!

SATURDAY, MAY 3, 2025 * 10:00AM – 3:00PM

Location: Mercer School of Theology, 65 4th Street, Garden City 11530.

HOLY WEEK **WORSHIP SCHEDULE**

Palm Sunday, April 13, 8:00 a.m. & 10:15 a.m.

Blessing of the Palms, Holy Eucharist

Maundy Thursday, April 17, 7:00 p.m.

Hand Washing, Holy Eucharist, Stripping of the Altar

Good Friday, April 18, 12:00 p.m. & 7:00 p.m.

12:00 p.m. & 7:00 p.m. - Veneration of the Cross;

Easter Vigil, April 19, 7:00 p.m.

Easter Sunday, April 20, 8:00 a.m. & 10:15 a.m.

8 a.m. - Holy Eucharist 10:15 a.m. - Holy Eucharist

Easter Egg Hunt & Cascarones



SHAMROCK CREAM CHEESE SUGAR COOKIES by Mo. Jimmie Sue



1 cup white sugar	1 large egg yolk
1 cup butter, softened	½ teaspoon salt
1 (3 ounce) package cream cheese, softened	½ teaspoon almond extract
2 ¼ cups all-purpose flour	½ teaspoon vanilla extract

1. Beat together sugar, butter, cream cheese, egg yolk, salt, almond extract, and vanilla extract in a large bowl with an electric mixer until smooth. **2.** Gradually mix in flour until dough comes together. **3.** Divide dough into thirds and form each piece into a disk. Wrap tightly with plastic wrap and refrigerate, 8 hours to overnight. **4.** When ready to bake, preheat the oven to 375 degrees. **5.** Working with one disk at a time, roll dough on a lightly floured surface to an 1/8-inch thickness; keep other disks refrigerated until ready to roll. **6.** Cut dough into shamrock shapes with lightly floured cookie cutters. Place cookies 1 inch apart onto ungreased baking sheets. **7.** Bake in the preheated oven until cookies are light golden brown, 7 to 10 minutes, switching racks halfway through. Remove from the oven and transfer cookies to wire racks. Cool cookies before frosting.



FIND ST. JUDE'S ON SOCIAL MEDIA

Instagram: search for @stjudeepiscopal

Facebook: <https://www.facebook.com/StJudeWantagh/>

YouTube: Search for @stjudeepiscopal

<https://www.youtube.com/@stjudeepiscopal>

A simple way to boost our online presence is to like and share all the wonderful events and pictures we post. Please consider giving us a “like” and a “follow”.



CHURCH OFFICE CORNER

2023 Sanctuary Lamps/ Altar Flowers (Live or silk)/ Altar Candles signup is online or call the office: <https://forms.gle/Q7DqqaCHm5LrvLFX6>

Please print the name of the individual(s) you wish to remember or honor. If looking for a whole month, please choose the month-long option; or for a specific date choose this instead. Please make a new form for each month (all December on one form) or choose a specific Sunday.

ARTICLES FOR THE JOURNAL

If you would like to write an article, please contact Mo. Jimmie Sue. If you know someone who would like a copy, please contact Sue Heilig.



THE BISHOP

The Rt. Rev. Lawrence Provenzano

THE RECTOR

The Rev. Jimmie Sue Deppe

WARDENS

Charles Garbowski (2026)	Alan Hecht (2027)/Clerk
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VESTRY

June Gerbracht (2027)	Adrienne Comito (2025)
Jon Mortagua (2027)	Marie Smith (2027)
Laura Anne Loud (2027)	Janine Scarlatos (2027)
Ken Norian (2025)	Rick Gomez-Nieto (2026)
Michael Nersesian (2028)	Brian Quinn, Treasurer

STAFF

Deacon: The Rev. Deacon Walter H. Fuller
Music Director: Shira Fishkin
Parish Administrator: Susan Heilig
Sunday School Coordinator: Barbara Arnold



2025 Easter Flowers



Please share in making the church beautiful for Easter. You may wish to offer a gift in memory of loved ones or in thanksgiving for a particular blessing in your life. Place your form with your check, payable to "Church of St. Jude", Memo: "Easter Flowers," mail it to the Parish Office or drop off at the Parish Office by **Monday, April 14th**. Please use **print** clearly with only one name per line; use additional sheets if necessary.

In memory of:	In thanksgiving for:

Donor: _____

Amount of Check: \$_____ Phone: _____

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 February 8am Worship 10:15am Worship	24 CAP P.H. 7pm	25 AA 7:30pm	26	27 AA 7:30pm	28 9:30am Mice Makers	1
2 8am Worship 10:15am Worship  Pancake Brunch!	3 CAP P.H. 7pm	4 AA 7:30pm	5 ASH WEDNESDAY 12pm Service & 7pm Service	6 AA 7:30pm	7 9:30am Mice Makers	8
9 8am Worship 10:15am Worship SCOUT SUNDAY DAYLIGHT SAVINGS	10 CAP P.H. 7pm	11 AA 7:30pm	12 11am Lay led Healing Service - Chapel	13 AA 7:30pm	14 9:30am Mice Makers	15
16 8am Worship 10:15am Worship	17 CAP P.H. 7pm 	18 AA 7:30pm 7:30pm Vestry Meeting	19	20 AA 7:30pm	21 9:30am Mice Makers	22
23 8am Worship 10:15am Worship	24 CAP P.H. 7pm	25 AA 7:30pm Journal Deadline	26	27 AA 7:30pm	28 9:30am Mice Makers	29
30 8am Worship 10:15am Worship	31					

SJ CALENDAR OF EVENTS:

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- April Journal Deadline – March 25th

The Church Office is open from 9 am to 1 pm, Monday through Thursday; at other times please call the office and leave a message - 516-221-2505. You can always email the office. at SJWantagh1@gmail.com.

CHURCH OF ST. JUDE (EPISCOPAL)

3606 Lufberry Avenue

Wantagh, NY 11793

O: 516-221-2505

RETURN SERVICE REQUESTED

TO: