

THE GOOD NEWS

**Holy Faith Episcopal Church
6990 South Federal Highway
Port St Lucie Florida 34952**

**A congregation of many
nationalities worshipping
together in joy.**

MARCH 2012. Vol. 13 No. 3



**This GOOD NEWS is
especially for**

You

Rev. William H. Smith – Priest – in - Charge

HOLY FAITH EPISCOPAL CHURCH

Office Telephone 772-464-4570

Email holyfaithpsl@aol.com

Website: www.holyfaithpsl.org

Clergy

Priest in Charge - The Rev. William H. Smith 337-4887

Assistant Priest –The Rev. Jose P. Fernandez (Spanish) 340-4910

Associate Priest – The Rev. Burnet Cherisol (Haitian) 672-1310

Organist – Susan Adams 873-9493

Email eyequilt@bellsouth.net

Services

Sunday

8 am. Rite I with music

10 am Rite II with Choir

Noon Rite II Spanish

Sunday School at 10am and noon

Wednesday

10am. Holy Communion and Healing Service.

6:30pm – Bible Study

THE GOOD NEWS is published monthly by Holy Faith Episcopal Church,

6990 S. Federal Hwy, Port St. Lucie, FL 34952

Leadership
Vestry

Senior Warden: Wayne Griffin (2014)
Junior Warden: George Cleary (2014)
Bonnie Claren (2015)
Elias Jansen (2015)
Aquinda Toppin (2015)

Olga Chavez (2013)
Janet Clarke (2013)
Juan Gomez (2013)
Carmen Mendoza (2014)

Treasurer: George Adams
Assist. Treasurer: Fay Edwards Taylor

Recording Secretary: Susan Adams
Parish Coordinator:

Committee Chairs

Acolytes: Ginny Williams
Aurora Mata
Activities: Aquinda Toppin
Adult/youth Ed: Terri Mullins
Carmen Mendosa
Altar Guild: May Thomas
Jocelyn Newport
Buildings & Grounds: George Cleary
Coffee Hour: Aquinda Toppin
Daughters of the King: Ethlyn Moody
Florists: Paula Smith
Finance: Wayne Griffin -
Lectors: Linda Crossett & Aurora Mata
LEM: Linda Crossett & Maria Publito Barrios
Mens Group: Trevor Sangster -

Music/Choir Director, Spanish: Miguel Pena
Newsletter: Editor-in-Chief - **464-4570**
Editor - Arlene Mighty
Organist/ Choir Director: Susan Adams
Outreach: Jennifer Gardner
Pastoral Care: Shirley Heath
Publicist: Allan Anter
Search: Terri Mullins
Stewardship: TBA
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Leo McCalla
Vision: TBA
Web Mistress: Carole Gooden
Youth Group: Bonnie Claren
Cecilia Escorbore

Episcopal Church Women/ St. Margaret's Guild/Happy Talk : Janet Clarke

HAPPY BIRTHDAY

3/2 Adassa Creary
Ryan Malcolm
3/4 John Clark
3/5 Rev. Jamie Turner
Norma Yorkirons
3/6 Bruce McLeod
3/7 Rev. Daniel Moore
3/9 Olga Fernandez
3/10 Richard Sangster
3/13 David Turner
Maria Hernandez
3/16 Orielle Malcolm
3/18 Marcel Simeon
Nohelia Zubieta



3/19 Cherette Smith
Jose Torres
3/20 Shirley Heath
Grace Browne
3/25 Pauline Bradley
Wayne Griffin
3/26 Elias Jansen
3/27 Genesis Leon
3/28 Kevin Avellaneda
3/29 Aquinda Toppin
Michael Quintana
Michelle Quintana
3/30 Felipe Silva

HAPPY ANNIVERSARY

3/3 Trevor & Melrose Sangster
3/8 Daniel & Evelyn Chartier



3/8 George & Yvonne Cleary
3/25 Leo & Ulit McCalla

MARCH

Some thoughts from Father Bill

It used to be said in more northern climes that if March came in like a lion, it would go out like a lamb. Presumably this was some sort of a weather forecast, which was a fairly safe bet since March 1 is still winter in some places, and March 31 is early spring. I have heard other suggestions. It was once explained to me that the word, "lion" was really meant to be something else, a term in animal livestock farming, and that by the end of March the lambs had been born. Of course either explanation only works in the Northern Hemisphere and even then not in the tropical or subtropical areas.

I rather think that the expression had nothing to do with either meteorology or animal husbandry, but that, like so other folk sayings, it had more to do with the life of the Church and the local Christian congregation. And I do think that the nouns were "lion" and "lamb".

March 1 often, although not always, falls in the early days of Lent, the season when the Church recalls the Temptations of Christ. He was faced in the wilderness by the Tempter, our adversary still. In his first epistle, Saint Peter uses these words: Be sober, be vigilant, for your adversary the Devil prowls around like a roaring lion, seeking someone to devour (I Peter 5: 8). Satan had been unsuccessful in his confrontation with Jesus, but he is more than ready to try to do his worst with the followers of Jesus, and he will especially seek to do so when the Christian is seeking to regenerate, reactivate or renew his or her faith and devotion.

March 31 sometimes, but not by any means always, falls in Holy Week or Easter Week, especially if Ash Wednesday has fallen in mid-February. On the Friday of Holy Week we recall the sacrifice of the Agnus Dei, the Lamb of God, who, as Saint John reminds us in his first epistle, died for our sins, and not for ours alone, but for the sins of the whole World (I John 2: 2).

If this understanding is correct, then the old adage has it that March is a reminder that though the Devil may shout at us with a loud voice to do things his way, that there is another voice, somewhat gentler, urging us to accept the power of the Holy Spirit that

we received in baptism, just as did the one who is Agnus Dei in his baptism, to withstand the ranting and raving of the evil one. For the Agnus Dei was sacrificed on our behalf, and was raised from the dead on our behalf, so that we no longer live as children of the Devil but, like the Agnus Dei, children of God.

Yet perhaps there is another explanation that we may draw out of the Bible. The Revelation of John has, to put it mildly, been something of an enigma. Scholars have sought to explain it, and there have always been those who have scoured its pages to discover when everything will come to an end. This month I would ask that we focus on just one passage, chapter 5, verses 5 to 14. Go ahead and read them right now, and then return to what I am writing here. Have you done that? Have you really done that? Very well, then, let's go on.

Did you notice (you will have if you have actually read the passage!) that it is the Lion from the Tribe of Judah, the Scion of David, who has won the right to open the scroll and break its seven seals? That comes in verse 5. But then what happens in verses 6 and 7? The animal that receives the scroll and breaks the seven seals is described in these verses, and is praised and glorified throughout the remaining verses of this passage, as a Lamb with the marks of slaughter upon him. Does the Lamb usurp the role of the Lion of Judah? Or are the Lion and the Lamb one and the same? I should like to think that, in the context of Revelation 5, they are indeed one and the same.

If this understanding is correct, or is also correct, then the old adage about March has it that no matter what befalls, we have the Lion of Judah who is also the Agnus Dei who will be our support through hard times and good, and we can know this is so as and when we consciously let his Spirit lead us through from the beginning of the day to its end, from the beginning of the week to its end, from the beginning of the month – be it March or any month – to its end, from the beginning of the year to its end, from the beginning of our spiritual journey to its end.

PASTORAL CARE MINISTRY

Lenten Reflection - 2012

ESTHER: Her name may derive from “Ishtar,” the Babylonian Goddess of love, or from the Persian word for “Star.”

Her Character: An orphan in a foreign land, she displayed great courage in the midst of a crisis. Prior to risking her life for her people, she humbled herself by fasting, and then put her beauty, social grace, and wisdom in the service of God’s plan.

Her Sorrow: To learn that her husband, the king, had unwittingly placed her life and the life of her people in jeopardy.

Her Joy: To watch mourning turn to celebration. - Esther 1 – 10.

Her Legacy of Prayer: “For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father’s family will perish. And who knows but that you have come to royal position for such a time as this?” - Esther 4:14.

Reflect On: Esther 5 – 8.

Praise God: That he turns the wisdom and the power of the world on its head, often using the most surprising tactics to accomplish his plan.

Offer thanks: That God has an important purpose for your life.

Ask God: For the grace to act courageously and wisely.

Lord, without your presence, protection, wisdom, your gift of faith, I would be lost. Use me in the church and the world around me to accomplish your purposes.

Add your prayer.

Shirley Heath.

Pray for Your Pastor
'Pray...that...words may be given me...'

Ephesians 6:19 NIV

Paul wrote to the believers in Ephesus: 'Pray...that whenever I open my mouth, words may be given me...that I will fearlessly make known...the Gospel.' Do you pray for your pastor? You should! After Wilbur Chapman's first sermon at Bethany Presbyterian Church in Philadelphia, a man said, 'You're pretty young to be pastor of this great church. We've always had older men. I'm afraid you won't succeed but, since you preach the Gospel, I'm going to help you all I can.' Chapman thought, 'What a crank.' But the man continued, 'I'm going to pray for you, and a few others have covenanted to join me.' Later, Chapman wrote, 'I didn't feel so bad when I learned that they were going to pray for me. Soon the three became fifty, and the fifty became two hundred who met before every service to pray for me. In another room eighteen elders knelt so closely around me that I could put out my hand and touch them. I always went into my pulpit confident that I would have God's anointing in answer to the prayers of those people. It was easy to preach, a real joy. And what was the result? Eleven hundred people were saved and joined the church in the next three years, and six hundreds of them were men. It was the fruit of the Holy Spirit in answer to prayer. Church members have much more to do than go to church as curious, idle spectators to be amused and entertained. It is their business to pray mightily that the Holy Spirit will clothe the preacher with power and make his words like dynamite.'

Bob Gass- The Word for Today

Submitted by Carolline Campbell

Jesus did not call us to agree with each other
Jesus called us to love each other .. as He Loves us.

From the Search Committee

After receiving the Parish Profile the Diocese sent a questionnaire to the Search Committee which was completed and returned to the Diocese. The Search Committee was then informed that based on the minimum salary requirements of the Diocese the offer of salary made by Holy Faith was not sufficient for a full-time Rector. We still have 6 (six) options available to us as follows:

1. Proceed with a search for a full-time Rector. Compensation must meet diocesan guidelines, this is not negotiable until minimum guidelines are met.*

2. We are assigned another interim Priest. Less cost to the church. Retired clergy are limited to a maximum compensation package (salary, housing allowance and self employment tax reimbursement).

In 2011, it was \$34,000.

3. Apply to become a mission.

As a mission the congregation elects Vestry members but they cannot take office until the Bishop appoints them as well as that priest. As a mission you have 2 lay delegates to the Convention - not 3.

4. Go to aided church status. Relief most often granted as an aided parish would be to be excused from paying 10% of plate and pledge to the Diocese. There could be a short term grant (usually no more than one year) by doing this.

In both the aided parish status and the mission status we would automatically be requesting the Congregational Development Commission to work with us.

5. We can call a Priest-In-Charge for whatever we can afford and whatever the demands. It would not be full-time, but we could grow from part-time to full-time with the same person if it is written into the agreement that way.

6. Stay as we are with Father Bill.

A joint meeting between the Vestry and the Search Committee will be held on Wed. Feb. 29 at 6:30pm to make a decision.

*Minimum salary requirements for full-time clergy in the Diocese of Central Florida are:

Employee only (single priest) - \$82,268.00

Employee plus one - \$90,200.00

Family - \$100,076.00

This is the reality! There are ways in which we can increase our income. We can increase our pledges and we can hold fund raisers involving all the parishioners and inviting the community, our family members and friends to support us.

Terri Mullins

FROM THE PUBLICIST

PHOTOGRAPHS NEEDED

If you have digital photos of past church events, or photos of the church decorated for the upcoming holidays, please email them to Allan Anter. Photos are the best way to get attention when sending press releases to local newspapers. Allan sends out press releases in advance of church events and special services.

When sending photos, please use jpeg format and place this statement in the body of the email:

I give permission for this photo to be published.

-(Your name)

Newspapers require permission from the photographer in order to publish pictures. The permission must be given by the photographer.

Send your photos several weeks in advance of the events so it can be used for the press release. Press releases are sent by Allan several weeks prior to a church activity, special service or event.

Send email to:

churchphotos@gmx.com

Allan Anter



SOUPER BOWL OF CARING

Many thanks to all who contributed to our recent "Souper Bowl of Caring" held on Super Bowl Sunday, February 5, 2012. Holy Faith was one of 7,224 organizations nationwide that participated in this event. The total collection to date is \$7,651,310. Yes, over seven million dollars were contributed this year in the national fight to address the problem of hunger. We were able to raise \$650, as well as a bumper supply of non-perishable foodstuffs. Our entire collection was donated to Mustard Seed Ministries. Again, on behalf of some of our county's neediest residents, I would like to say a very sincere and heartfelt thank you for your generosity.

Carole Gooden

FROM THE WEB MISTRESS

DAILY BIBLE READINGS FOR LENT

Jesus spent much of his time here on earth teaching people about himself, about his Father, about themselves, and about the plan of salvation that was about to come to completion in him through his suffering, death and resurrection. Take a moment each day of Lent and Holy Week to learn something from our Savior, as recorded in Scripture, which serves as the textbook of our faith. Please check the calendar on the web site every day during Lent and find a Bible Reading for that day. You will find the teachings of Jesus on Mercy, Suffering, Loving Others, Prayer, Sacrifice, Humility, Following Through, and The Life to Come. <http://holyfaithpsl.org>

Carole Gooden

HAPPENINGS AT HOLY FAITH

Stations of the Cross will be held on Fridays from 5 to 5:30pm during Lent. Starting March 2, and continuing until March 30.

All are invited to participate.

Please try to attend and make this a part of your Lenten devotions.

Ginny Williams

PALM CROSSES

The Big Day for making Palm Crosses is March 31st at 10:30am.

All available hands will be appreciated.

Tools to bring include Scissors and Garden Shears.

Written instructions will be provided to jog your memory for old timers and to teach newcomers.

All are welcome!

Paula Smith

EASTER LILIES

Lent is upon us, but Easter will be here before you know it!

Our Sanctuary will be adorned, as usual with Easter Lilies. We depend on your generous contributions.

Envelopes will be provided in about two weeks.

Thank you,

Holy Faith Florists

THANK YOU

Dear Church Family,

Thank you for the many cards, phone calls and prayers I received during my illness.

God Bless,
Doris Huggins

LIVING HOLISTICALLY

Ginger Nutrition Information and Facts

Ginger is classified as a herb which have been widely used as traditional medicine or spice in many cultures throughout the world. Ginger is often referred to as a root, but it is actually an underground stem (called rhizome).

The rhizome is branched with small "limbs". It has brown skin that is thin if harvested when young, or becomes thick when harvested when it matures. The color of the flesh varies from pale yellow to white or pink, or even red, depending on the variety. Young ginger is fragrant, pungent, fleshy and juicy with a mild spicy taste. Whereas mature ginger is fibrous and almost dry and tends to be spicier than its young counterpart.

Ginger is available in many forms and is used differently in each culture, but here, I will focus on the use of its fresh young juice.

Nutritional Benefits

Ginger is known to have more than twelve types of anti-oxidants, making it useful for treatment of many disorders. Like other spices, it has aphrodisiac properties and is used widely for medicinal purposes.

This herb contains essential oils, protein, calcium, phosphorus, iron, vitamin C, choline, folic acid, inositol, manganese, panthotenic acid, silicon, and a small amount of vitamin B3.

Health Benefits

The medicinal uses of ginger is almost endless. If you can stomach the spiciness, it does wonders in treating many disorders.

Anticoagulant: Add ginger in most of your cooking or add a teaspoonful of fresh ginger juice in your beverages to enjoy the anticoagulant properties of ginger. It helps make blood platelets less sticky which in turn reduces your risk of atherosclerosis.

Aphrodisiac effect: A natural aphrodisiac, this might be the better substitute to viagra! Drink hot ginger tea (by mixing ginger juice, hot water and raw honey) after a not-too-heavy meal and see it work!

Cold: Cut up a small piece of ginger and boil it with a small cup of pure drinking water. Add some green tea leaves if you wish. Strain and drink when hot. Effective if you also have fever resulting from the cold. You may also drink this concoction if you feel a cold coming.

Cough: Drink ginger juice with raw honey three to four times a day for a bad throat. It is soothing and helps clear up phlegm.

Digestive disorder: Mix a teaspoonful of fresh ginger juice with one teaspoonful each of fresh lime juice and fresh mint juice with some honey to taste in a glass of water. Drink to relieve heartburn, indigestion, nausea and vomiting. Especially helpful after a big meaty meal.

Fatigue: Slice a piece of ginger into disks and boil it with a big glass of water. Add a piece of cinnamon bark, bring to boil and then cover it for about half an hour till it turns to golden color. Drink it to relieve fatigue when recovering from fever. It also relieves muscle pain and soreness.

Flatulence/wind: Pound a piece of fresh ginger and boil with a cup of water and add a little honey to taste. Drink it twice a day to let off the wind trapped in the intestinal tract.

Impotency: Believe it or not! Mix a teaspoonful of fresh ginger juice to a half-boiled egg and a teaspoonful of honey. Take this concoction on an empty stomach, every night for a month. It helps to counter impotency, premature ejaculation and increase sperm count. (Not proven but worth trying!)

Inflammations: The anti-inflammatory (gingerols) and anti-oxidant properties in ginger help relieve various inflammatory disorders like gout, osteoarthritis, and rheumatoid arthritis. It provides substantial relief in pain caused by inflammation and help decrease swelling and morning stiffness.

Menstruation disorders: Pound a piece of fresh ginger and boil with a cup of water and add a little honey to taste. Drink it hot two or three times a day for a month. The pain-relieving and anti-cramping compounds in ginger effectively help relieve painful menstruation cramps (dysmenorrhoea). In the absence of menstruation in women in the reproductive age (amenorrhoea), this concoction can also help induce menstruation.

Morning sickness: A teaspoonful of fresh ginger juice with some honey will also help alleviate morning sickness, sea or motion sickness, dizziness and even nausea caused by chemotherapy or anesthesia.

Pain killer: Ginger juice makes an excellent pain killer, even when applied externally. In headache, apply ginger juice to the forehead. With toothache, apply it to the external area either on the cheek or jaw area. CC.

PRAYERS

*O Lord, My Shepherd,
when I am thirsty, fill me with....*

*A cup of Quietness,
for You make me to lie down in
green pastures and lead me beside
still waters.*

*A cup of Encouragement
for You restore my soul*

*A Cup of Forgiveness
for You lead me in paths of
righteousness for Your Name's sake.*

*A cup of Trust
though I walk through the valley
of the shadow of death...
for I will fear no evil.*

*A Cup of Communion
for you are with me.*

*A Cup of Strength
for your rod and staff they comfort
me.*

*A Cup of Thanksgiving
for You prepare a table for me in
the presence of my enemies.*

*You anoint my head with oil,
my cup runs over.*

*A Cup of Service
for surely goodness and Mercy
shall follow me all the days of
my life.*

*Fill My Cup, Lord
for I will dwell in Your House
forever.*

Author unknown.

For the Election of a Rector

Almighty God giver of every good gift,
look graciously on your Church, and so guide the
minds of those who shall choose a Rector for this
Parish, that we may receive a faithful minister who
will care for your people and equip us for our
Ministries, through Jesus Christ our Lord. Amen

BCP p818

For the Parish

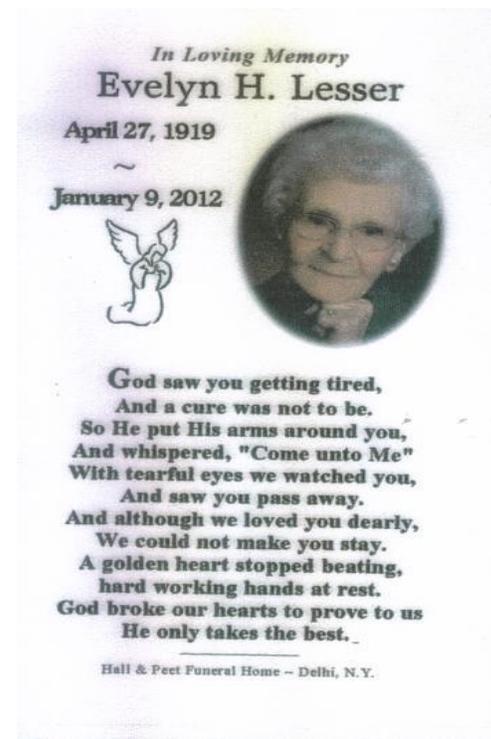
Almighty and everliving God, ruler of all things in
heaven and earth, hear our prayers for this parish
family. Strengthen the faithful, arouse the careless,
and restore the penitent.

Grant us all things necessary for our common life,
and bring us all to be of one heart and mind within
your holy Church; through Jesus Christ our Lord.
Amen

BCP p817

Almighty God, Father of mercies and giver of
comfort: Deal graciously, we pray, with all who
mourn; that, casting all their care on you, they may
know the consolation of your love; through Jesus
Christ our Lord. Amen

BCP p505



It is with regret that we also announce the deaths of
Muriel Bass; Loretta Salsano and Ruby Jessee.

SERVERS SCHEDULE MARCH 2012

<u>LAY EUCHARISTIC MINISTERS</u>	<u>LECTORS</u>	<u>USHERS/ GREETERS</u>	<u>FLORISTS</u>
<p>4. 8am - E. Francis 10am - G. Williams</p> <p>11. 8am L. Crossett 10am - B. Claren</p> <p>18. 8am - S. Heath 10am - L. McCalla</p> <p>25. 8am - P. Feder 10am - H. Walcott</p>	<p>4. 8am - E. Francis V. Alleyne</p> <p>10am - J. Stone D. Moehl</p> <p>11. 8am - L. Crossett M. Upright</p> <p>10am - I. Duncan C. Inniss</p> <p>18. 8am - S. Heath M. Wisniewski</p> <p>10am - D. Moehl G. Horne</p> <p>25. 8am - P. Feder G. Adams</p> <p>10am - J. Stone I. Duncan</p>	<p>4. 8am - W. Goddard M. Goddard</p> <p>10am - J. Guilleme</p> <p>11. 8am - W. Goddard M. Goddard</p> <p>10am - J. Clarke</p> <p>18.8am - W. Goddard M. Goddard</p> <p>10am - P. Stephenson J. Stephenson</p> <p>25. 8am - W. Goddard M. Goddard</p> <p>10am - TBA</p>	<p>2/26 to 3/25 Lent. No Altar Flowers</p> <p><u>COFFEE HOUR HOSTS</u></p> <p>4. Thrift Shop</p> <p>11. Greeters/Ushers</p> <p>18. Florists</p> <p>25. Outreach</p>
<p><u>ALTAR GUILD</u></p> <p>4. 8am - J. Stone 10am - J. Stone I. Vaceannie</p> <p>11. 8am - J. Stone 10am - J. Stone I. Vaceannie</p> <p>18. 8am J. Stone 10am - J. Stone I. Vaceannie</p> <p>25. 8am - J. Stone 10am - J. Stone I. Vaceannie</p>			

If you are unable to serve on your appointed day or time, please arrange for a substitute.