

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.
APRIL 2012. Vol. 13 No. 4**



**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: Olga Chavez (2013)
Junior Warden: George Cleary (2014)
Bonnie Claren (2015)
Elias Jansen (2015)
Aquinda Toppin (2015)

Wayne Griffin (2014)
Janet Clarke (2013)
Juan Gomez (2013)
Carmen Mendoza (2014)

Treasurer: George Adams
Assist. Treasurer: Fay Edwards Taylor

Recording Secretary: Susan Adams
Parish Coordinator: N/A

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
Men's Group:

Music/Choir Director, Spanish: Miguel Pena
Newsletter: Editor-in-Chief - 464-5470
Editor - Arlene Mighty
Organist/ Choir Director: Susan Adams
Outreach: Jennifer Gardner
Pastoral Care: Shirley Heath
Publicist: Allan Anter
Search: Terri Mullins
Stewardship:
Thrift Shop: Ethlyn Moody
Ushers/Greeters: Martha Hovsepian
Leo McCalla
Vision: N/A
Web Mistress: Carole Gooden
Youth Group: Bonnie Claren
Cecilia Escorbore

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

HAPPY BIRTHDAY

4/01 Doris Schenandoah
4/02 Karl Hall
4/04 Viviana de la Hoz
4/05 Carmen Palcios
4/08 Rhona Malcolm
4/09 Lin Benevides
Thelma Spinney
Bertha Bustamante
4/11 Edgar Hernandez
4/14 Paula Smith
Ann Said
Alicia Gomez
4/16 Vanessa Fernandez

4/17 Luis Bustamate
Wayne Stephenson
Amalfi Abreu
Melissa Moore
4/18 Arthur Francis
Trevor Francis

4/19 Maria Barrios
Jose Zubieta
Lance Stephenson
4/20 Carolline Campbell
4/21 Bonnie Claren
4/22 Margaret Feder
Cleon Malcolm
4/25 Maritza Quintana
4/26 Leonardo Melendez
4/27 Sarah Turner
4/28 Gloria Abrahams
Diana Silva
Valentina Silva
Kayden Campbell



HAPPY ANNIVERSARY

4/01 Arthur & Elrene Francis
4/13 John & Marilyn Penyige



4/14 George & Susan Adams
4/19 Grafton & Ruvina Moore

ON THE SIGNIFICANCE OF THE RESURRECTION

Some thoughts of Father Bill

There has been much chatter on the Internet, created mostly by members of the clergy who probably spend too much time at their computers, concerning prayers for the dead. Now in all this nattering I admit to be something of a person who tries to use God's gift of rationality, and so I might have got it a bit wrong. But!

What is the Good News of Easter all about? Is it not about the Resurrection of our Lord Jesus Christ? Do we not believe, really believe that he rose from the dead? Do we not believe that in this resurrection we see the ultimate defeat of Death? Did not someone once write, "O Death, where is thy sting? O Death, where is thy victory?"? Is not the experience of death a mere passage from a limited experience of God here on Earth to a total experience of his glory and majesty in the fullness of life in Heaven? So, those who have experienced Death are surely now more fully alive than they ever were here on Earth.

When I recall my parents and family members and friends who no longer experience life in our frail, mortal bodies, it is not that they should be allowed to be freed from some mythological dwelling, some sort of purgatory or limbo, where they are being made purer before entry into the fuller presence of the Father and the Son and the Holy Spirit. For them Death has been swallowed up in Victory, the Victory achieved by Christ Jesus as demonstrated in his Resurrection. Surely prayers concerning them are not prayers for the dead, for they are truly Alive.

The question then is, Who are the dead? In baptism we are buried with Christ, yet if he is risen from the grave, then those who have been baptized into the Body of Christ have also been raised from Death and the grave, even though we still have to moult our mortal bodies in order to take on the immortal bodies that are ours by the Grace of God. We might liken the process through which we all go, different though it is for each of us, to this process of moulting. What that new body is like is not for us to say, but through the medium of the

new body we are known, just as Christ Jesus was recognized in his risen body.

Yet who are the dead? Clearly it does not include those who are alive in Christ through baptism. So it must be those who are not alive in Christ through baptism! And if you are not alive, then you are dead. So, when we are called upon to pray for the dead, our thoughts should be directed towards those who are not alive in Christ. Prayers for the dead then become a tool for evangelism and mission. Through these prayers we are seeking to have the Grace of God in Christ be poured out on all those, seemingly alive in this World, who do not yet experience the presence the Spirit of the living Christ within themselves.

In a sense, the Church recognizes all this in the Liturgy for Good Friday, and in particular in the prayer at the top of page 280 in the Book of Common Prayer.

Merciful God, Creator of all the peoples of the Earth and lover of souls:
Have compassion on all who do not know you as you are revealed in your Son Jesus Christ;
let your Gospel be preached with grace and power to those who have not heard it;
turn the hearts of those who resist it;
and bring home to your fold those who have gone astray;
that there may be one flock under one shepherd,
Jesus Christ our Lord.



Stop Waiting for Perfect Conditions (1)

'He who observes the wind will not sow.'

Ecclesiastes 11:4 NKJV

Too many of us stand on the dock waiting. We want the ship in place, the gangplank perfectly positioned, the weather right and an engraved invitation before we're willing to launch out. It will never happen! Dreams don't move toward us, we have to move toward them. It's time to quit waiting for the ideal circumstances, perfect timing and hundred percent guarantees. John Maxwell suggests that instead of saying, 'We've never done it before,' say, 'We have the opportunity to be first.' Instead of saying, 'We don't have the resources,' say, 'Necessity fuels invention.' Instead of saying, 'There's not enough time,' say, 'We'll change how we work.' Instead of saying, 'We've already tried that,' say, 'We learned from experience.' Instead of saying, 'We don't have the expertise,' say, 'Let's network with those who do.' Instead of saying, 'Our vendors and customers won't go for it,' say, 'Let's show them the opportunities.' Instead of saying, 'We don't have enough money,' say, 'Maybe there's something we can cut.' Instead of saying, 'We're understaffed,' say, 'We're a lean, hungry team.' Instead of saying, 'It'll never get any better,' say, 'We'll try one more time.' Instead of saying, 'Let somebody else deal with it,' say, 'I'm ready to learn something new.' Instead of saying, 'It's not my job,' say, 'I'll be glad to take the responsibility.' Instead of saying, 'I can't,' say, 'By God's grace I can!'

Bob Gass – The Word for Today

PASTORAL CARE MINISTRY

For the Diversity of Races and Cultures:

O God, who created all people in your image.

We thank you for the wonderful diversity of races and cultures in this world.

Enrich our lives by ever widening circles of fellowship, and show us your presence in those who differ from us, until our knowledge of your love is made perfect in our love for all your children; through Jesus Christ our Lord. Amen.

Barbara Windoloski

FROM THE SEARCH COMMITTEE

In our last newsletter, the search committee listed 6 options available to us in our search for a new Rector. A meeting was held between the Vestry and search committee to decide which option we would take. The option #5 was decided upon. This was the option to hire a part-time Priest and have written into the agreement that we would like to make this person full-time once they have grown the Church. We have asked the Diocese to accept applications, on our behalf, until the end of April, at which time we will begin looking at those applications and interviewing potential candidates.

Respectfully Submitted,
Terri A. Mullins
Search Committee Chair

EASTER WEEK

On Palm Sunday, there will be three Services. Palms, and Palm Crosses will be distributed.

On Holy Wednesday, the four Episcopal Parishes will come together at St Simons in Fort Pierce to celebrate a Service at 7pm. Fr. Ken Lewis from Nativity will give the Sermon and Fr. John Jacob will be the Celebrant.

There will be a light meal starting at 6pm.

On Holy Thursday there will be the customary Washing of the Feet, at 7pm. The priests from the Parish of Holy Faith will all be participating.

Good Friday will see a three hour service at 12 noon to three pm.

All are invited to participate in these events, commemorating the events that led up to the death on the cross by Jesus Christ our Saviour in atonement for our sins.

SPRING BARBEQUE



Holy Faith will be holding a Spring Barbeque on Saturday May 12, from 1pm to 5pm. There will be good food and good company, so lets join together for support of this fund raiser, and have a good time.

Tickets are available from George Cleary or you can call the church office at (772-464-4570). The cost for Adults is \$10, and for children under 12 \$5.

PICTORIAL DIRECTORY

Plans are in the works for the pictorial directory. Picture taking will commence sometime in the fall, and lots of help will be needed to make this a success.

Help will be enlisted. Please remember to say 'Im ready to learn something new', instead of 'let someone else deal with it'!

More information will be forthcoming.

BOOK SIGNING



You are cordially invited to attend a book signing hosted by Larson & Aquinda Toppin, for their daughter Loriann Toppin, on Saturday April 14th at 1pm.

Loriann, our own Holy Faith's budding author, has published a compilation of poems and thoughts.

'Poetic Simplicity: 16 degrees of Emotion'.

Please attend and show them your support. Books will be on sale and you can have you book autographed.

WHAT MONEY CAN BUY!



Money will Buy:

A bed.... But Not... sleep
Books.... ..But Not... brains
Food.... But Not... appetite
Finery... But Not... beauty
A house... But Not... a home
Medicine... But Not.... health
Luxuries..... But Not... culture
Amusement... But Not... happiness
A Crucifix... But Not... a Saviour
A church pew But Not..... Heaven

LIVING HOLISTICALLY

Irish Moss,

What it is:

Irish moss, or **carrageen moss** (Irish: *carraigín*, “little rock”), is a species of seaweed which grows abundantly along the rocky parts of the Atlantic coast of Europe and the Americas as well as parts in the Pacific. In its fresh condition the plant is soft and cartilaginous, varying in color from a greenish-yellow, through red, to a dark purple or purplish-brown. The principal constituent of Irish moss is a mucilaginous body, made of the polysaccharide *Carragenan* of which it contains about 55%; the plant also has nearly 10% of protein and about 15% minerals, specifically rich in iodine and sulfur. Because of the abundant cell wall polysaccharides it will form a jelly when boiled or processed with water expanding from 20 to 100 times of its weight.

Use in the food industry: Irish moss is used in bulk by the food industry to make jellies or aspic and as a smooth binder. This can go from ice creams, deserts, drinks, savory foods and flans.

Cosmetically used: Emulsifier in skin creams, gels, shampoos, and as a skin softener. And it nourishes and protects your skin from environmental elements. It is an anti-tissueive, and effective against halitosis, the formation varicose veins. Irish Moss, when mixed to body lotions, turns your dry, rough, patchy skin into smooth, silky, hydrated, glowing skin . It moisturizes and treats even the most unmanageable skin problems , including eczema, psoriasis, rashes and sunburns . It supports skin’s natural moisture barrier-keeps harmful, drying external elements out and beneficial moisture in. Helps support healthy skin appearance.

Health Benefits: Irish Moss contains A,B,C,D vitamins that nourishes the skin In addition to its functional benefits. **Raw** Irish Moss is an excellent source of minerals. This almost-tasteless seaweed is loaded with life-enhancing nutrients such as sulphur compounds, protein, iodine, bromine, beta-carotene, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, pectin, B-vitamins and vitamin C. Notably absent from a vegetarian diet, sulphur-containing amino acids, such as taurine, are abundant in Irish moss, more so than in any other type of seaweed! it has been used to treat peptic and duodenal ulcers when used as a gelatinous substance and to inhibit arteriosclerosis. Irish moss

is reported to be effective against, cancer and radiation poisoning (possibly because of the iodine content of Irish moss), it protects from obesity and cholesterol build up. Irish moss has a well documented anticoagulant effect on the blood, and clears up many bladder complaints. Irish Moss gives excellent sources of calcium, magnesium, sodium and iodine (essential to normal thyroid function). It is used to increase the metabolic rate and give strengthen connective tissues, including the hair, skin and nails.

RAW FOOD PREPARATION:

HOW TO SOAK IRISH MOSS:

Place a handful or all of your Irish Moss into a tall container. Rinse well 3 or 4 times and let soak up to 6 hours in the fridge. Change the water at least twice a day. Check on hidden sand, small stones or other impurities. Don’t worry about the “fragrance” when the sea moss is ready to use, it is practically odorless and tasteless.

If you do not have enough time you may soak the Irish Moss in lukewarm water for a few hours only. However, it will lessen a little of its gelatinous effect and you should use a little more in your recipe. The moss is ready when it has a creamy white color and nearly double size and weight than its dry original state.

HOW TO USE IRISH MOSS:

According to your recipe blend the Irish Moss and water together until it is well broken down and very creamy. Before adding other ingredients make sure that you blend all chunks of the moss which might kept sticking on the lid and the walls of the blender. Irish Moss will make any liquid fluffy and is a substitute for gelatin and other thickeners such as agar agar, pectin, soy lecithin, tapioca or corn starch.

HOW TO STORE IRISH MOSS:

Dry Irish Moss can stay up to a year in a cool dry place as the salt will preserve it. If you have soaked more Irish Moss than you need you may keep it in the fridge and change the water every day and it will keep fresh up to 3 weeks. You may also blend the Moss with little water until you get a thick creamy consistency and store it in a closed glass jar in the fridge for up to 3 weeks, this is a nice idea when you frequently use Irish Moss, and you have the paste ready. CC.

SERVERS SCHEDULE APRIL 2012

LAY EUCHARISTIC MINISTERS

1. 8am - L. Crossett
10am - G. Williams
8. 8am E. Francis
10am - L. McCalla
15. 8am - S. Heath
10am - H. Walcott
22. 8am - E. Francis
10am - G. Williams
29. 8am - L. Crossett
10am - B. Claren

ALTAR GUILD

1. 8am - J. Newport
10am - I. Vaceannie
8. 8am - M. Thomas
10am - I. Vaceannie
15. 8am - J. Newport
10am - I. Vaceannie
22. 8am - M. Thomas
10am - I. Vaceannie
29. 8am - J. Newport
10am - I. Vaceannie

LECTORS

1. 8am - L. Crossett
V. Alleyne
- 10am - C. Inniss
D. Moehl
4. 7pm - S. Heath
A. Mata
H. Walcott
8. 8am - E. Francis
M. Upright
- 10am - J. Stone
G. Horne
15. 8am - S. Heath
A. Anter
- 10am - B. Claren
C. Inniss
22. 8am - E. Francis
A. Anter
- 10am - H. Walcott
D. Moehl
29. 8am - L. Crossett
M. Wisniewski
- 10am - G. Horne
J. Stone

USHERS/ GREETERS

1. 8am - W. Goddard
M. Goddard
- 10am - L. McCalla
U. McCalla
8. 8am - W. Goddard
M. Goddard
- 10am - P. Stephenson
J. Stephenson
15. 8am - G. Adams
J. Newport
- 10am - J. Guillaume
22. 8am - G. Adams
J. Newport
- 10am - TBA
29. 8am - R. Newport
J. Newport
- 10am - TBA

FLORISTS

1. A Toppin
P. Smith
V. Stephenson
8. A. Creary
P. Smith
M. Stephenson
Arrange and water
Easter Lilies.
15. E. Hunt
D. Huggins
Water Easter Lilies
22. E. Francis
R. Malcolm
29. A. Toppin
G. Abrahams

COFFEE HOUR HOSTS

1. Pastoral Care
8. Ushers/Greeters
15. Men's Group
22. Vision Committee
29. Florists