

# THE ROCK

St. Peter's Episcopal Church – Est. 1954

April 2010

## Pastor's Desk

As I sit writing this article for The Rock there are signs of Spring everywhere. Little green shoots are poking up out of their winter beds to greet the sunlight with yellow-ruffled smiles. My son-in-law and I (the gardeners in the family) are talking about what to plant this year in anticipation of a bountiful harvest of fresh, organic food.

It's a resurrection moment.

Resurrection literally means "to bring back to life" or "to bring back from the dead." It's what happens in our gardens every Spring, thanks to Divine Providence through the gift of nature. Yet, as I write this, it is Wednesday of Holy Week and I still have to finish my sermon for Good Friday, so the ideas and thoughts in my mind are swirling from death to life and back again.

I want to live a 'resurrected' life. I want to live in the promise of eternal glory, detached from my own ego, able to love and serve others without thought of self, in the full realization that God loves me always and that eternal life is mine. I want to live each moment of every day filled with joy, peace, hope, and love, serene in the promise of the resurrection to new and everlasting life. On some days I have more success than on others.

Sometimes, I find myself returning to Good Friday mode and perverting the meaning of 'resurrection.' Instead of living in 'new life' I am tempted to 'bring back from the dead' all the old wounds and hurts I have suffered. I am

tempted to 'give new life' to old conversations, endlessly replaying them to insert what I would have *liked* to have said in response. I resurrect the past in my own mind and critique myself and others for each less-than-ideal choice. "If only" replays itself over and over like a broken record (sorry, that dates me – perhaps I should say a scratch on the CD). I can get stuck in Good Friday mode – death on the cross of what might have been, what should have happened, what I missed, how I failed. Do you notice a theme here? I – I – I.....

Resurrection living requires forgetting the big "I" that we put at the center of our lives. It requires saying "yes" with reckless abandon to the gift of the Spirit of Christ and to allowing that Spirit to be at the center of our lives. What does that look like? Love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control (Gal. 5:22).

The wisdom and example of the Saints teaches us that we must daily practice the little deaths of self in order to find new life. We often don't feel like doing this, but we can do it anyway – it just takes practice. Or, as a slogan from 12-Step spirituality suggests: "Fake it till you make it." Act with patience, kindness, generosity, faithfulness, gentleness, and self-control (regardless of how you feel), and before you know it, you will be experiencing love, joy, and peace.

That's resurrection living.

May you have a truly joyous Easter and a lifetime of living in the resurrection

*Pastor Barbara*



## Getting to Know You

Jane Cushman lived in central Texas for 35 years. She taught high school and is now a professor at Buffalo State College teaching Math to future Math teachers.

Jane first came to St. Peter's in January and was impressed with Pastor Barbara's vision of the church. She is one of our new lectors and chalice bearer.

A blood donor of 11 gallons, Jane has an unusual blood type O negative negative. She is a member of the National Organization of the Daughters of the King and participates in Cursillo. She believes in keeping her mind active and healthy with puzzles and board games along with many other activities.

She plays the flute and her music sends my hear soaring on each note. Her music is a prayer in itself.

Your roving  
reporter,

*Becky Peiffer*



## Check Us Out...

You can find the following information on our website ([stpetersamherst.net](http://stpetersamherst.net))...

Current and Past Rock issues

Monthly Calendar

Events Calendar and Prayers of the people

Lay Ministers Schedule



## Biggest Winner Program

Our group has accomplished so much in a short amount of time.

We've-

- learned about nutrition
- organized our food
- kept a diary
- shared ideas and concerns
- a personal trainer gave us exercise and wt training ideas
- had a class on affirmations and did a meditation-Thank you Carolyn Bongi
- took a yoga class-11 People attended
- kept our faith at the center of it all

Five more weeks to go and we've gaining on those goals we set.

Shalom,

*Lois Tripp crni*, Parish Nurse

## Book Discussion on April 16<sup>th</sup>

On Friday, April 16th, there will be an inter-generational book discussion on "**The Lion the Witch and the Wardrobe**". It will begin at 6 pm with a bring your own brown bag dinner. Drinks and desserts will be provided. In addition to discussing sections of the book, scenes from the movie will also be shown to enhance the discussion.

Save the date.  
See you there!

*Sue Gunn*



## My Thoughts



My father, Charlie was a plant superintendent for Linde Air. The plant was rather large, requiring him to walk long distances to cover the whole area. He developed arthritis in both knees in his 50's, and all the walking was painful for him. Medications to treat arthritis 20 years ago were harsh on the stomach plus he had an ulcer. He saw a specialist who wanted to replace his knee but he turned it down. As a result, my father decided to take his pension and retire around the time he turned 62. Within a year he had his one and only heart attack while cutting his grass and died just short of his 63<sup>rd</sup> birthday. Except for the walking, his life was fairly sedentary.

Guess what I have inherited from my father? His knees! Mine are arthritic also, but as a result of my life style. As a pharmacist, I work long hours on my feet. Now I have a stool in the pharmacy and sit as much as I can behind the computer. For close to 20 years I was a runner. I estimate that in my running days I ran the equivalent of Buffalo to San Francisco back to Chicago before pain in my knees forced me to give up running and took up Spinning.

Spinning or indoor cycling is less stressful for anyone's knees than running. I quickly got good at the sport, got certified and teach classes at the BAC and Jewish Community Center, not bad for a person my age. In fact, recently I achieved Spin Star 3 status, which is the highest certification in the program, or as I tell my classes, it is the Black Belt of Spin. Because I teach my classes by example, I am always working at the highest level to drive the members in my class to their highest level.

The arthritis in my knees has gotten much worse over the last year, to the point that I have to be selective about how many classes I teach and especially take. At one point I was teaching or taking 8 Spin classes per week. This week I am teaching three and will take one or two more from other instructors.

A month ago I saw my knee specialist, Dr. Keith Stubbe who took X-rays of my knees. He brought the picture of my knee into the examination room and said "Your knees are really bad" and showed me that I have no cartilage remaining in the lateral compartments of both knees, with the right being far worse than the left. It was so obvious even I could see it in the X-ray picture. Drug options were a triamcinolone (cortisone) shot (which did not hurt at all) and continue with my naproxen twice daily. Another drug, Synvisc might have helped had I seen him sooner, but now it would be useless.

He advised me to see him again in 3 months and consider a total knee replacement. So I have become my father, except I am seriously thinking about getting the knee done in the fall. One of my gym directors said to me "Why be in pain for ten years, get it done now, and if it wears out in ten more years, replace it again" She may be onto something. I subbed a really high intensity Spin class recently and by the end of the 55 minute class I was feeling some pain in the right knee. Normally the endorphins kick in when I teach a class and I feel no pain till I get off the bike.

So I have some serious thinking to do about this. Any surgery is serious. My legs are strong and I am in the best shape of my life so I should recover quickly. I don't have a pension I could live off right now so I have to work for a few more years. Tops provides me with Long Term Disability which might cover me for 100% of my salary. Actually I don't want to be out of work, but may have no choice. Over the next months I have a lot of investigating to do, and my name might appear on the prayer list in the fall.

*Paul Schwartzmyer*





## Soles for Souls

The next St. Peter's project for mission will be directed towards helping the Haitian people affected by the devastating earthquake a few months back.

An organization titled "Soles 4 Souls" collects donated footwear from all across the U.S., and ships them to global victims of natural disasters (ie. - the tsunami victims of the Pacific Rim). They have now turned their efforts towards Haiti in a sub-campaign called "**Barefoot 4 Haiti**".

Imagine the hundreds of thousands of native people, walking amidst the dangerous rubble that still exists or the tropical rains yet to come-without footwear they lost in the survivor rush. There are also parasitic diseases lying in wait on the ground, for those who can't put on a barrier to them.

So how can WE help? Rummage around your house and find a pair of GENTLY-USED sneakers , shoes, or sandals, bundle them with a sturdy rubber band, and deposit them in the clearly marked box that will be set up in the narthex. It is simple, and not too much to ask. And, we can act globally once again. The final date for shoe collections will be **Sunday, May 16**.

This is a joint venture amongst churches from the Eggertsville-Snyder community, but St. Peter's has taken the lead on the project.

As usual, if you have any questions, please ask me in church, or call 839-5868.

Peace and Blessings

Deacon Tom Tripp



## Health Care Ministry Bulletin Board



Do you ever look at the Health care ministry's bulletin board? There is a new topic every month! March's topic was Brain injury. Our bulletin board is located near the women's bathroom.

There are 3 types of brain injuries that are outlined this month-concussion, Shaken Baby Syndrome and brain injury related to war. Please review the information posted.

Many of our children play sports and have had concussions. Take them seriously. A concussion is a brain injury that is caused by a bump or a blow to the head. You don't need to be knocked out. Symptoms of concussion are headache, nausea or vomiting, dizziness, bothered by light or noise, memory deficits, confusion, and tired or groggy. Get a medical check-up and give yourself time to get better.

Shaken Baby Syndrome-25 % of the victims die of their injuries. 80% of the babies that survive will suffer permanent brain damage. The resulting cerebral palsy, mental retardation, behavioral disorders, and impaired motor and cognitive survivors require constant medical or personal attention. **Never shake a baby, there is help. Step away and call a family member or friend. For information or help call 1-801-627-3399.**

TBI or Traumatic Brain injury is a "signature injury" of the conflicts in Iraq and Afghanistan. This is the result of land mines, explosions, rocket propelled grenades and IED's. Our troops return with a range of physical, emotional, cognitive and behavioral symptoms. There is a government organization called DVBIC-Defense and Veterans Brain injury Center to assist the veterans and families. For help 1-800-870-9244.

DVBIC Headquarters  
Defense and Veterans Brain Injury Center  
Building 1, Room B209  
Walter Reed Army Medical Center  
6900 Georgia Avenue, NW  
Washington, DC 20307-5001  
More information is located on the bulletin board and information table below. Questions

or for more information call 716-839-5868, cell 716-870-2807. My confidential e-mail is ljt203@yahoo.com.

The bulletin board for April will be on Autism. Missie Lopat will provide the information.

Shalom,  
Lous Tripp



## What Do YOU Think?

If you have been wondering lately, like a lot of us, how did our nation get to this point- I have a suggestion. Lois and I just viewed the latest (and I think the best) Michael Moore documentary, **Capitalism-A Love Story**, and would recommend it to answer that question. Just watch it, and discern for yourself.

Pastor Barbara and I have spoken quite frequently on the overabundance of greed that has seemingly infested our society, and this film goes to the root sources and escalation of such greed. There is also a humorous "**What Would Jesus Do**" moment, as if The Lord was a health insurance executive today. I urge you to remember the tenets of Christianity as you view this piece, and how they could be applied to solve the ills depicted.

And for those who view Michael Moore as a lying, crackpot, gadfly- consider this. In this litigious and tort-filled society, Moore has NEVER been sued by the powerful and wealthy that he continually exposes the truth on. 'Nuff said.

Always for peace and justice,

Deacon Tom



## Easter/Passover Connection

The first night of Passover was Monday and Easter is Sunday, April 4h, for both Eastern and Western branches of Christianity.

Easter is the only Christian holiday whose date is fixed by the lunar calendar (like all Jewish and Muslim holidays) and it therefore always falls near Passover. The name for Easter in Greek, paska, literally means Passover.

Since the Council of Nicea in AD325, Easter has been calculated as the first Sunday after the first full moon, following the vernal equinox, which is the first day of spring. The Passover ritual of dipping greens into salt water is also about springtime. Easter lilies and even the non-religious but still beloved Easter Bunny, as well as the liturgical connection of the Last Supper to the Passover seder, are also about Easter's connection to springtime.

We sometimes forget that our religious holidays are not only meant to connect us to events in history – like the Exodus from Egypt in Passover and the Crucifixion and Christ's resurrection in Easter – but also to connect us to events in nature. Both Judaism and Christianity reject nature worship. However, we are creatures of nature.

There is something miraculous about the rebirth of nature in spring. The birds and the flowers are nature's proof that life will be renewed.



Taken from The God Squad-Buffalo News  
2010

**St Peter's Episcopal Church  
Directory Changes  
As of March 28, 2010**



**Directory Changes**

If there is incorrect information in your directory listing, you change your address or your email address or want a different picture, contact Bill Bates. It is your responsibility to keep him informed of any directory changes.

**Jack R. Baker**

514 Windermere Blvd.  
Egbertsville, NY 14226-2863  
H 834-6818  
jrbaker@att.net

1

**Betty B. Carleton**

Union Square Senior Apts.  
2341 Union Road #115  
West Seneca, NY 14224-1469  
H 668-1217  
No e-mail

2

**Cathlyn Haggerty**

**Emily, Quinn**

97 Greenfield St  
Buffalo, NY 14214-1941  
C 481-1250

**Paul Hewitt**

182 Auburn Ave. Ephphatha Church  
Buffalo, NY 14213-1518

**Robert Kapchan &**

**Kirsten Reitan**

110 N. Drive  
Amherst, NY 14226-4118  
H 835-0573

5

**Wendy & Greg Palmer**

**Nick, Andy & Ruth Anne**

133 Grandview Ave.  
Kenmore, NY 14223-3011  
H 833-1574  
C 536-4834

momnar123@yahoo.com  
wendy.palmer@ingrammicro.com

6

**Linda Pike**

1350 Pierce Ave  
N. Tonawanda, NY 14120-3052  
H 693-5033

**Kirsten Reitan &**

**Robert Kapchan**

110 N. Drive  
Amherst, NY 14226-4118  
H 835-0573

8

**Joanne Usatch**

5861 Goodrich Rd. (April – Sept)  
Clarence Center, NY 14032-9771  
H 741-8206

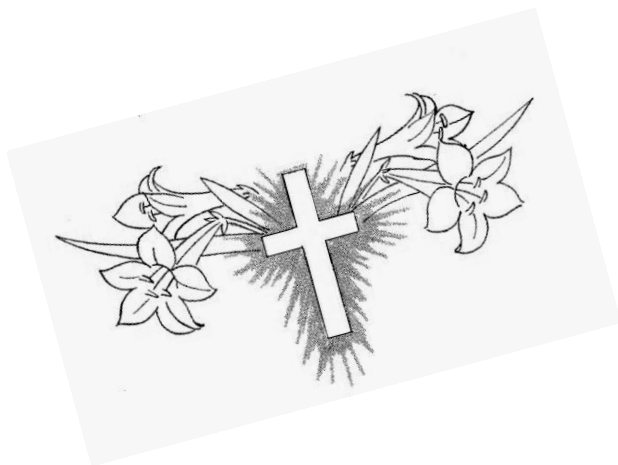
24440 Amberleaf Ct. (Oct – March)

Leesburg, FL 34748-2105

H 352- 323-8134

C 225-1160

No e-mail



**St. Peter's Episcopal Church  
As of March 31, 2010**

*Operating Account*

<b>RECEIPTS YTD</b>	<b>Actual</b>
Plate & Pledge	19,472.02
Liturgical & Outreach & Special	7,226.71
Memorials	360.00
Other	525.78
<b>TOTAL RECEIPTS</b>	<b><u>\$27,584.51</u></b>

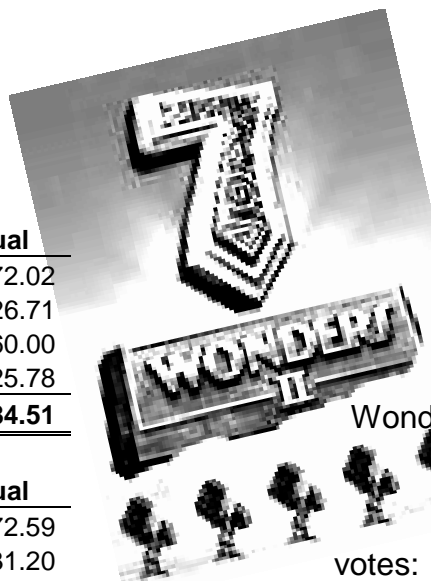
<b>DISBURSEMENTS YTD</b>	<b>Actual</b>
Building & Grounds	\$1,972.59
Clergy	13,631.20
Memorial Expense	114.15
Operations	3,808.23
Outreach	3,648.41
Personnel/Payroll tax/Payroll	
Service	2,292.67
Utilities	2,595.57
<b>TOTAL DISBURSEMENTS</b>	<b><u>\$28,062.82</u></b>

**St Peter's Account Balances  
3/31/10**

<b>First Niagara - Checking</b>	<b>\$70.93</b>
<b>Capital Funds YTD</b>	<b>\$4,372.68</b>
<b>Lillian Shandraw Educational Fund</b>	<b>\$401.50</b>
<b>Money Market - Savings</b>	<b>\$20,454.45</b>
Interest & Deposit	\$8,560.44
<b>Total 3/31/10</b>	<b><u>\$29,014.89</u></b>

500.00	Continuing Ed.
1,275.17	Meath Memorial
251.05	Walgate Memorial
59.15	Wellness Ministry
18,515.13	Renovation Fund
107.00	Summer Camp
92.00	Theological Ed.
136.47	Parish Nurse
16.00	Music Fund
20.00	UTO
1,335.00	Memorial Garden
6,707.92	Insurance Settlement

<b>Money Market - Checking</b>	<b>3/31/10</b>	<b>\$255.50</b>
<b>J2A Pilgrimage Fund</b>	<b>3/31/10</b>	<b>\$450.45</b>
<b>Mission &amp; Ministry</b>	<b>3/31/10</b>	<b>\$324.00</b>
<b>Columbarium Fund</b>	<b>3/31/10</b>	<b>\$3,538.50</b>
<b>Morningstar Ministries</b>	<b>3/31/10</b>	<b>\$6,224.68</b>



**Profound**

A group of students were asked to list what they thought were the present "Seven Wonders of the World. Though there were some disagreements, the following received the most

votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State building
6. St. Peter's Basilica
7. China's Great Wall

While gathering the votes the teacher noticed one student had not finished her paper yet. So she asked the girl if she was having trouble with her list. "Yes a little. I couldn't quite make up my mind because there were so many."

The Teacher said "Well, tell us what you have and maybe we can help." The girl hesitated, then read. "I think the Seven Wonders of the World are:

1. To see
2. To hear
3. To touch
4. To taste
5. To feel
6. To laugh
7. To love.

The room was so quiet you could hear a pin drop. The things we overlook as simple and ordinary and that we take for granted are truly wondrous! A gentle reminder – that the most precious things in life cannot be built or bought by man.



## Prayers of the People

**Service Men:** William, Jessie, Anthony, Bryan, Jack, AJ, Greg, Ray G, John, Dustin, Billy, Aaron, Danny, Dominic, Nathaniel & Christopher.

**Short term list:** Elysse & Elijah and family, Theresa (Terry)Laurie , Pat, Cheryl K., Carey, Marty, Jennifer, Jeremy P, Louise, Thomas, Kevin R, John M, Ann M, Ruth, Gary D, Daisy, Nancy, Dylan, Patty, Julie, Bob, Stephanie and Jake, Karen, Patty K, Kara, Sheila, & Rob P.

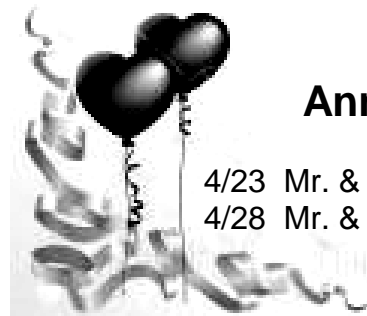
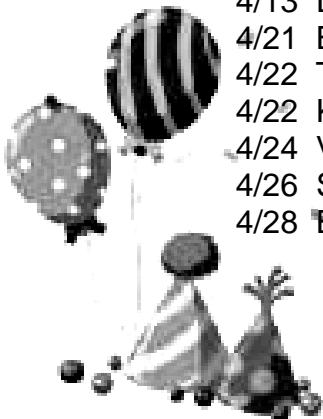
**Long Term list:** Fred H, Leigh, Kelly, Arlene L, Valerie, Sarah and family, Darlene, Jim, Dianne and Olin, Dennis, Jim & Mary , Ulyssa, Norman, Deborah, Nina B, Millie W, Eric, Lee Mc, Jody, Donnalyn, Patrick C, Brenda and family, RJ, Pam and Eric, Scott, Adel, Jean C, Lisa, Sue and family, Bill B, Douglas, Lauren, Brandon G, Mindy, Rick , Jim S, Ron S, Colleen, Megan, Judy M, Bea, Jean Z, Bea, Wilma, Harlan, & Stanley B.

We pray for victims of all ages of every country whose lives have been permanently changed by the emotional, spiritual and physical injuries of war,, including those at Walter Reed Army Hospital and other VA facilities and their caregivers. And we pray for all countries being torn apart by war and violence especially Iraq, Afghanistan, the Congo, Sudan, Thailand, India, Israel, and Gaza.

We pray for all whose needs are in the Prayer Box and for all those who suffer from MRSA, flu and other infectious diseases.

## Birthdays

4/01 Fred Hird  
4/11 Katie Duszynski  
4/12 James Morris  
4/12 Christina Passariella  
4/13 Donovan Gross  
4/21 Bernard Strick, Jr.  
4/22 Thomas Halterman  
4/22 Kirsten Reitan  
4/24 Vincent Guarino  
4/26 Sarah Peden  
4/28 Betty Peters



## Anniversaries

4/23 Mr. & Mrs. Adam Nagel  
4/28 Mr. & Mrs. Paul Schwartzmyer