

# St . Michael 's Messenger

**November, 2007**



**OUR PURPOSE:** To bring the light, love and joy of Jesus Christ into this world - by living the written Word, sharing the living Word, and loving without exception.

## St. Michael & All Angels

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Monday, Wednesday, and Friday 8 am – Noon

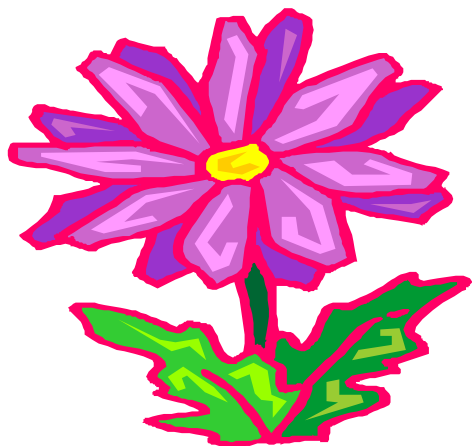
### Vestry:

Ed Gorczyca, Sr. Warden; Carol Weekley, Jr. Warden;

Addie Broome  
John Neubert  
Jack Bidell

Sharon Schlossin  
Dave Noonan  
Mike Ham

Sarah DiLiberto, Clerk



## November Birthdays

- 3<sup>rd</sup> Patti Moghabghab
- 4<sup>th</sup> Meghan Eckle
- 13<sup>th</sup> Olive Beutler
- 13<sup>th</sup> Chuck Gardinier
- 14<sup>th</sup> Addie Broome
- 18<sup>th</sup> Brian Webster
- 25<sup>th</sup> Elizabeth Walker

## RECTOR'S REFLECTIONS

Sunday (the 21<sup>st</sup>) was a very special day at St. Michael's. We were blessed with the presence of several visitors. The Deddes returned to us from Newfoundland. We had the opportunity to honor Norma Fox who served as Altar Guild directress for more than 50 years. Many thanks to Norma for her good work.

The work of the Altar Guild is indispensable in the life of our church. Each Sunday we come to church and admire a beautifully set altar, when I arrive every Sunday, I know that the altar will be set properly. Thanks to all who work at this ministry week after week, year after year.

During this coming weekend (October 26th and 27th) our delegates and clergy will be attending Diocesan convention on Grand Island. Thanks to our delegates for giving of their time to represent St. Michael's.

We are planning Thanksgiving and Christmas services as well as Advent activities. Our Worship committee will meet to help me make these plans. On Thanksgiving eve, we will join with several other churches for a community service. Please plan to join us.

Finally, I am pleased to announce that Sharon Schlossin has agreed to reorganize our Sunday coffee hour. A sign up sheet will be posted for those willing to host a Sunday. By the way, we have a new "cake lady" Norma Miranda served as our cake lady for years. Upon her departure for Colorado, I asked Terrie Wheeler to be Norma's successor.

May the blessings of God be yours in Christ Jesus our Lord bring you peace and true joy.

Faithfully  
Fr. Wheeler

## You Are So Blessed!

If you woke up this morning  
with more health than illness,  
you are more blessed than the  
million who won't survive the week.

If you have never experienced  
the danger of battle,  
the loneliness of imprisonment,  
the agony of torture or  
the pangs of starvation,  
you are ahead of 20 million people  
around the world.

If you attend a church meeting  
without fear of harassment,  
arrest, torture, or death,  
you are more blessed than almost  
three billion people in the world.

If you have food in your refrigerator,  
clothes on your back, a roof over  
your head and a place to sleep  
you are richer than 75% of this world.

## HOW TO HOME-BAKE CANNED BEANS

Norma Bagley, St. James

1 large can beans  
½ cup brown sugar  
Bacon

Pepper to taste  
Small onion  
Ketchup to make juicy

Mix all ingredients and place in casserole. Put onion in center. Spread bacon – 2 slices – across top. Bake 1 hour at 375 degrees.

## STUFFED CELERY STICKS

Mrs. S Sherbo, St. Clements

½ cup cooked ham  
½ tsp onion juice  
Celery stalks

1 tsp mustard  
1 tsp butter  
paprika

Scrape large outside celery stalks, place in ice water. Put ham through food chopper, using fine blade. With a fork, rub ham, onion juice, mustard and butter to a smooth paste. Wipe celery stalks dry and fill with the mixture, sprinkle with paprika. Serve on lettuce and garnish with pepper rings.

## Nutrition Notes

Q: What fruits besides oranges are high in vitamin C?

A: Some of the fruits most concentrated in vitamin C include: cantaloupe, grapefruit, guava, honeydew melon, kiwi, mangoes, papayas, raspberries, star fruit, strawberries and tangerines. Each serving supplies at least 25 % recommended amounts of vitamin C.

With the holidays fast approaching, I thought it would be nice to include some recipes.

**GRAPE-NUT BREAD** Evelyn Parmley, St. Clements

½ cup Grape-Nuts	1/8 cup shortening
2 cups flour	1 cup sour milk
½ cup sugar	1 tsp soda
Salt	

Soak nuts in sour milk, 1 to 1 1/2 hours. Work the shortening into flour, add sugar, salt and soda. Add Grape-nuts. Bake in loaf tin 1 hour at 350 degrees.

**HAMBURG-NOODLE CASSEROLE** Marjorie Blarr, St. James

1 pkg medium noodles	1 can tomato soup
1 lb. ground beef	1 can mushroom soup
Few stalks of celery	Butter

Boil noodles. Soften celery in butter; add ground beef. Fry loose until cooked. Add to noodles. Mix in soups. Bake in medium oven, 20 minutes.

**DILL BREAD DIP** Nancy Von Hasseln, St Michael's

1 pt sour cream	1 pt Hellmans mayo
1 ½ tbsp dill weed	2 tbsp minced onion
2 tbsp parsley flakes	1 pkg Hidden Valley ranch Blue cheese dressing

Mix all ingredients. 1 loaf rye bread or pumpernickel (round) – cut out top and remove bread. Place mixture inside the shell. Break up the remaining bread and dip it.

If you have money in the bank,  
In your wallet, and spare change  
in a dish someplace, you are among  
the top 8% of the world's wealthy.

If your parents are still married and alive,  
you are very rare,  
especially in the United States.

If you hold up your head with a smile  
on your face and are truly thankful,  
you are blessed because the majority can,  
but most do not.

If you can hold someone's hand, hug them  
or even touch them on the shoulder,  
you are blessed because you can  
offer God's healing touch.

If you can read this message,  
you are more blessed than over  
two billion people in the world  
that cannot read anything at all.

You are so blessed in ways you may never even know.

Blessings to You!

## UPCOMING EVENTS

**Saturday, November 3<sup>rd</sup> at 9:30 am**

Coffee and donuts with Father

Topic: "Letting the Bible Speak to Us"

**Saturday, November 3<sup>rd</sup>**

**DON'T FORGET TO TURN YOUR CLOCK BACK!!!**

**Wednesday, November 7<sup>th</sup> 12:00 noon**

**Women's Guild Meeting**

Planning for Quiet Day

(Lunch provided: chicken and biscuits)

**Tuesday, November 13<sup>th</sup> – Vestry Meeting**

**Wednesday, November 21<sup>st</sup> 7:00 pm**

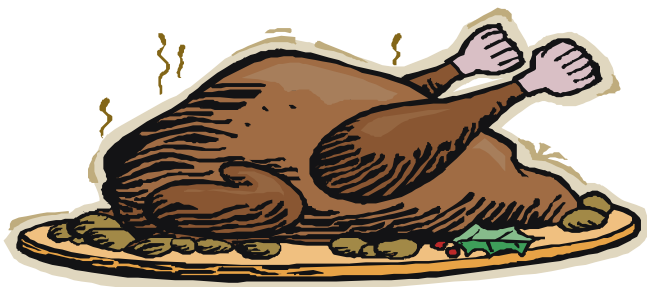
Community Thanksgiving Service

Cleveland Hill Lutheran Church

261 Cleveland Drive

**Thursday, November 22<sup>nd</sup>**

St. Michael's Thanksgiving Service 9:00 am



## MAKE YOUR HOME SENIOR-FRIENDLY

As we get older, getting around the house is no longer a given. Arthritis and other ailments can make getting around difficult. Has the time come to make the choice of risking a fall and injury or moving to more suitable housing? Moving may not be an option for many, so here are some things you can do (or have done) to make your home safer and more user friendly.

- Lighting: even if you feel that you know your home like the back of your hand, you should still install extra lighting. To avoid falls, make sure staircases are well lit. Use overhead lights and make sure the switches are in easy reach. You should have a switch at the top and bottom of the stairs. You can use battery-operated lights that would avoid the cost of an electrician.
- Telephones: It is good for seniors to have a cell phone that they can easily carry with them, additional land lines in key rooms is also a good idea. Even having a phone in the bathroom – where many falls happen – is a good idea. Have a phone in a reading room or family room or whatever room you spend most of your time. It is equally important to have a phone by your bedside. These extra phones can save you many unnecessary walks, so you can save your legs for more enjoyable things, like traveling or playing with your grandchildren.

(Courtesy of the Source, March 2007)