Trinity Episcopal Church 200 South Second

Street Pottsville, PA 17901

Phone: 570-622-8720

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Deadline for March/April Topics is February 14, 2014

Birthdays

January Birthdays

- 1- Christine Lawson
- 2 Harry Ebling, Jean Bedford
- 3 Mary Louise Heller
- 4 Carla Kauffman
- 7 Courtney Rauco, Margaret Keyworth, Wanda Dodds
- 8 Herbert Harris, Jr.
- 9 Tish Malarkey, Elizabeth Circelli
- 11 Tara Hess
- 15 Pat Moody
- 16- Daniel Hopkins
- 18 Raven Eckert
- 21 David Hess
- 22 Joanne Kraft, Timothy Bortner, Melissa Schreppel
- 23- Jeff Bruce, Hank Beaver
- 26 Karen Portland
- 27 Ann Bacon
- 28 Martha Kline
- 30 Al Portland, Daniel Albertini
- 31 Carol Greiner

February Birthdays

- 1- Phyllis Moehrle
- 4 Kathryn Polcrack
- 8 Norman Kauffman
- 10 Shelby Hostetter
- 15 Walter Howells
- 16 Brent Burns
- 18- Holly Haddad
- 20 Walter Bohnenblust
- 23 Patricia Brennan
- 25- John Fehr, Laura Clauser
- 26 David Demcher
- 29 Cassie Kauffman Holm

TRINITY TOPICS



The Newsletter of Trinity Episcopal Church POTTSVILLE, PENNSYLVANIA

Phone: (570)- 622-8720

Web: www.trinityepiscopalpottsvillepa.org Email: trinitypottsville@verizon.net

January/February 2014

A Pastoral Letter to the People of the Diocese of Bethlehem

Dear Sisters and Brothers of the Diocese of Bethlehem, Grace to you and peace from God our Father and Our Lord Jesus Christ.

On the Feast of the Holy Name, January 1st, we, the Standing Committee, became the Ecclesiastical Authority of the diocese. While we had been functioning in that role since August 1st, Bishop Paul remained our Bishop and what we did was delegated to us by him. Our role has now changed and the executive functions of the bishop under the Constitution and Canons of the Episcopal Church and the Diocese have passed to the Standing Committee until a bishop is in place. There are of course some things reserved for only a bishop and we will secure such Episcopal ministry as needed.

As stated at our Diocesan Convention in October and as has been communicated in the *DioLight*, we now enter into an intentional period of reflection, prayer, healing, and reconciliation as we work together to develop a hopeful vision for our future. In consultation with the Presiding Bishop's Suffragan for Pastoral Affairs, Bishop Clay Matthews, and after prayerful thought, we believe that the most effective way to do this is to elect a Bishop Provisional for the diocese. A Bishop Provisional will have the full authority of a Diocesan Bishop and would provide the pastoral, mission and administrative leadership required for a healthy and productive interim period. The Bishop Provisional would be a half to three-quarter time position and the person would be in residence in the diocese and serve until our new diocesan bishop is elected and consecrated. Toward that end, we plan in late January to announce our nomination for Bishop Provisional to the diocese and at that time call for a Special Diocesan Convention under the terms of Episcopal Church Canon III.13:1, 3 to be held in early March for the purpose of electing the Bishop Provisional.

In the meantime, the ministry of the diocese continues as we continue to work alongside your diocesan staff, Diocesan Council, the Incorporated Trustees and all the committees and commissions of the Diocese to carry on our mission in service to Christ. We ask your prayers and support as we begin this season of faithful change. We also invite your comments, concerns and ideas as we enter this new era of our common life.

Faithfully yours,

The Standing Committee of the Diocese of Bethlehem



Mark Your Calendars!

Overview of Noted Events in **January/February 2014** at Trinity

Please continue reading this newsletter for details on these events and more!

NOTICE OF ANNUAL MEETING

In accordance with the Laws of the Commonwealth of Pennsylvania governing non-profit and religious organizations and the canons of the Protestant Episcopal Church, USA, I hereby announce the Annual Meeting of Trinity Episcopal Church, Pottsville, Pennsylvania. Said meeting will take place at Trinity Episcopal Church on Sunday, January 19th, 2014 beginning at 9:30 am. The purpose of said meeting will be to elect three(3) vestry members each serving a three (3) year term, one vestry member (1) to serve a one (1) year term, and to conduct other business that is duly and rightly brought before said meeting.

The Rev. James A. Rinehart 19th Rector of Trinity Episcopal Church

February 9, 2014 after the 10:00am service

Join our Sunday School Party to Celebrate

Valentine's Day

** Please donate small toys, puzzle books, socks, chap stick, etc. to be taken to the hospital pediatric unit for our annual Valentine's Day outreach project. **

THE MUSIC CORNER by Cora A. Gamelin-Osenbach

In the darkest days of winter, we celebrate the season of light since our Lord and Savior has been born to redeem us. Many thanks to the choir for a magnificent Lessons and Carols service and the many hours they put in preparing for that and our splendid Christmas Eve Eucharist. They are truly a blessing to this parish.

Rehearsals continue for Epiphany music and looking ahead to the Lenten season which begins on Wednesday, March 5. Anyone interested in joining the choir is welcome to come to the lounge on Wednesdays at 7:30 pm for great music and warm fellowship.

As we look forward to spring, please mark your calendars for Sunday, March 30, 2014 when organist Stephen Williams will perform in our concert series. More information will be forthcoming in the next TOPICS. Stephen played previously with flutist Nora Suggs and we are excited to have this gifted organist as a soloist in his own right.

I also want to extend thanks to our Trinity artists for sharing their gifts at the November concert – what a visual treat it was! We will most likely change the time of year for next season, so you will have plenty of time to create and be inspired before the spring of 2015!

March 30, 2014 Stephen Williams, organist

Mr. Williams is the Director of Music at St. John's Evangelical Lutheran Church in Allentown and the organ instructor at Muhlenburg College. We are thrilled for this solo concert showcasing his skills on the Austin organ.

Please Remember in your Prayers

Those serving in the armed forces: especially

Michael Steinruck, Tom Austerberry, Joseph Nangle, Erik Ryland, Larry Reedy II, J. Bohanick, Ethan Garrity, Eric Walls, Cory Maurer, Robert Petlansky, Travis Miller

Those sick or in need of healing: especially

Fred Bacon, George Barlow, M. Jean Bedford, Henry Bigg, Ron Boris Jr., Gary Bradley, Ivana Bradley, Maureen Cole, Claire & Gene Connelly, Bishop Jack, Mike Dillman, George & Carol Dupree, Linda Feno, Jerry Field, Ron Frederick, Holly Hedstrom, Joanne Kraft, Kelly Lambert, Kitty Murray, Celie Muench, Courtney Rauco, Mark Rauco, Bill & Katherine Reese, Betty Russell, Chris Sells, Randy Stewart, George R. Stone Jr., Wendy Stone, Jackie Villinski, Sherry, and Deb

News from our Sunday Schools

CHURCH SCHOOL NEWS

A big "THANK YOU" to all families for participating in our Christmas Eve family service. The kids did great jobs serving as readers, ushers, acolyte and singers. Thank you also to Miss Lea for her continued expertise directing the children's music program for the holiday service.

In January we will continue to follow the Old Testament and the history of the Jesse Tree. There will be **NO SUNDAY SCHOOL** on January 19, due to the annual Parish Meeting.

In February we will again host the annual **Movie Night** at the *Pine Grove Theater*. The date has not yet been confirmed so watch the weekly bulletin or our website for dates and sign ups.

We will again be collecting small toys, puzzle books, socks, chap stick, etc. to take to the local hospital pediatric unit for our annual **Valentine's Day outreach project**. Please consider donating some items to brighten a sick child's day.

There will be a **Valentine's Day Party** on **February 9th** *following the 10:00 am service*. Please contact Dawn Burns if you are willing to provide finger foods or drinks.

JUNIORS

The holiday season was extremely busy for all of the parish youth. They served on outreach projects, hosted the Veteran's brunch, prepared the calendars for the shut ins and served as acolytes in addition to helping the younger classes with the Jesse Tree.

The Juniors will resume their studies of Paul and the Apostles and get together to assist with Emergency Preparedness and recreational activities in January and February.

OUR CLASS SCHEDULE IS NOT THE SAME AS SUNDAY SCHOOL

January 5, NO Class February 1, NO Class 9 Class - Valentine's Day Party 19 NO Class 26 Class 23 Class

YOUTH GROUP

The Youth Group will visit Providence Place in January after the residents are healthy and free from the virus that postponed our Christmas Visit. The date will be announced soon so watch your email, church bulletin or check the website for this information. After our visit to Providence Place, our youth group will enjoy a pizza party. Events are in the planning stages for the winter months may include Movie Night - Bowling - A trip to a Hockey Game. Any questions about the upcoming events contact Barb Tokarz at bptg@verizon.net.

Trinity Episcopal Church Concert Series



Calendar of Upcoming Events for the 2013-2014 Series

September 22, 2013



Ron is a Schuylkill County native who will dazzle the audience with his virtuosity, playing both the classics of the Masters and demonstrating his improvisational skills.

Ronald Stabinsky, pianist

November 24, 2013



This return performance is much anticipated their playing is top quality and their repartee with the audience is completely engaging with an eclectic choice of music.

Messiah College Faculty Brass Quintet

March 30, 2014



Mr. Williams is the Director of Music at St. John's Evangelical Lutheran Church in Allentown and the organ instructor at Muhlenburg College.

We are thrilled for this solo concert showcasing his skills on the Austin organ.

Stephen Williams, organist

December 8, 2013

Choir Director Franklin Osenbach will once again lead the Trinity choir in this service of scripture and choral music celebrating the season of Advent and its preparation for the birth of Jesus Christ.



Advent Lessons and Carols

May 18, 2014

These members of the Delaware Symphony Orchestra have enjoyed this collaborative form of chamber music since forming in 2003. With far-ranging experience in performance



and teaching, the quartet is excited to be a part of our series.

Copeland String Quartet

Sunday Afternoons at 4:00

No Admission Fee - Free Will Offering Taken

Handicapped Accessible

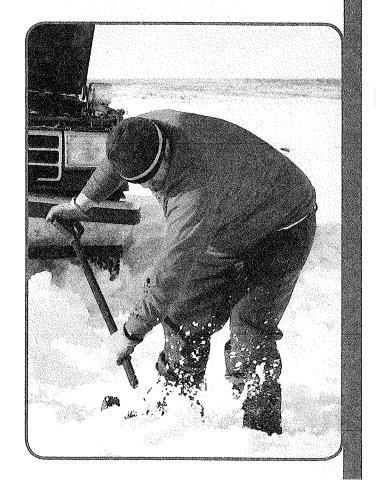
Reception following the concerts to meet the Artists

For more information, please contact Trinity Episcopal Church 200 S. Second Street, Pottsville, PA 570-622-8720 email: trinitypottsville@verizon.net web: trinityepiscopalpottsvillepa.org

The snowstorm on Saturday, December 14th, is a yearly reminder that not only should we be prepared for emergencies at home and at church but also while we are driving. Please check the list below and make sure you have these items in your car, especially if you are taking a trip of any length during the winter.

From the Trinity Emergency Preparedness Committee.

Vehicle Emergency Kit Checklist Flashlight and batteries Battery-operated radio Jumper cables Extra cell phone batteries and charger ☐ Snow shove! Matches and candles ☐ First aid supplies ☐ Blanket, extra warm clothing, gloves and boots Ice scraper ☐ Sand ☐ Bottled water and foods that won't spoil ☐ Anything else you may need for others in the vehicle (special medication, baby supplies, pet food, etc.)



January 2014

Wed

Thurs

Fri

Sat

Sun

Mon

Tues

			1 New Year's Day Office Closed	2 6:30pm Schuylkill Youth Chorus	3	4 2:00pm Ross/Karkanica Marriage
5 Christmas II 8am Holy Eucharist 9:00 am Juniors Group 9:45am Church School 10am Holy Eucharist	6 Feast of Epiphany 2:00pm Rector @ Standing Committee 7:30pm AA Meeting	7 2:00pm Clergy Bible Study @ Sinking Spr. 6:00pm Zumba Gold 7:00pm Hula Hooping 7:00pm CBCPT Mtg.	8 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	6:30pm Schuylkill Youth Chorus 7:00pm HALOS	7:00pm Ballroom Dance	11
12 Baptism of our Lord 8am Holy Eucharist 9:00 am Juniors Group 9:45am Church School 10am Holy Eucharist	13 "Milk Day' Office Closed 7:30pm AA Meeting	14 6:00pm Zumba Gold 7:00pm Hula Hooping	15 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	16 6:30pm Schuylkill Youth Chorus	7:00pm Ballroom Dance	18
19 Epiphany II 9:30 AM Holy Eucharist & Annual Meeting 11:30am Vestry Mtg.	20 :00pm Rector @ Standing Committee 4:30pm Soup Kitchen 7:30pm AA Meeting	6:00pm Zumba Gold 7:00pm Hula Hooping	22 Rector Out of Town 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	6:30pm Schuylkill Youth Chorus 7:00pm HALOS	7:00pm Ballroom Dance	25
26 Epiphany III 8am Holy Eucharist 9:00 am Juniors Group 9:45am Church School 10am Holy Eucharist	27	6:00pm Zumba Gold 7:00pm Hula Hooping 7:00pm MPT Meeting	29 Rector Out of Town 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	6:30pm Schuylkill Youth Chorus	7:00pm Ballroom Dance	

January 2014

Lay Liturgical Ministers Schedule

Lectors	Chalice/Acolyte	<u>Ushers</u>	Counters	Eucharistic Visitor	<u>Flowers</u>
N. Buehler (OT) J. Giansello (NT) P. Bortner	G. Moyer P. Bortner Acolyte	T. Malarkey J. Mansell	B. Bednar N. Buehler	K. Kovalovich to W. Bohnenblust	Currently no flower memorials for January.
(POP) T. Malarkey	Jacquelyn Curtis				
C. Field	B. Rutecky		N. Buehler A. Portland	C. Field to C. Griener	
(OT) K. Portland (NT) A. Portland (POP) F. Osenbach	A. Portland Acolyte T. Bortner	E. Barnwell B. Bacon			
"ANNUAL MEETIN	G" - ONE SERVICE				
(OT) K. Kovalovich (NT) J. Bednar (POP) N. Buehler	G. Moyer <u>Acolyte</u> John Curtis	J. Mansell T. Malarkey	B .Bacon A. Portland	P . Bortner to B. Reese	
N. Buehler	B. Rutecky		B. Bednar	A. Portland to	
(OT) C. Osenbach (NT) J. Giansello (POP) P. Bortner	E. Barnwell Acolyte C. Demcher	E. Barnwell B. Bacon	D. Daton	3. Demoit	
	N. Buehler (OT) J. Giansello (NT) P. Bortner (POP) T. Malarkey C. Field (OT) K. Portland (NT) A. Portland (POP) F. Osenbach "ANNUAL MEETIN" (OT) K. Kovalovich (NT) J. Bednar (POP) N. Buehler N. Buehler (OT) C. Osenbach (NT) J. Giansello	N. Buehler (OT) J. Giansello (NT) P. Bortner (POP) T. Malarkey C. Field B. Rutecky (OT) K. Portland (NT) A. Portland (NT) A. Portland (POP) F. Osenbach "ANNUAL MEETING" - ONE SERVICE (OT) K. Kovalovich (NT) J. Bednar (POP) N. Buehler N. Buehler B. Rutecky Acolyte John Curtis	N. Buehler G. Moyer (OT) J. Giansello P. Bortner T. Malarkey (NT) P. Bortner Acolyte J. Mansell C. Field B. Rutecky (OT) K. Portland A. Portland (NT) A. Portland Acolyte B. Bacon (POP) F. Osenbach T. Bortner "ANNUAL MEETING" - ONE SERVICE (OT) K. Kovalovich G. Moyer J. Mansell (NT) J. Bednar Acolyte T. Malarkey (POP) N. Buehler John Curtis N. Buehler B. Rutecky (OT) C. Osenbach E. Barnwell E. Barnwell (NT) J. Giansello Acolyte B. Bacon	N. Buehler G. Moyer T. Malarkey (NT) P. Bortner (POP) T. Malarkey Jacquelyn Curtis C. Field B. Rutecky N. Buehler A. Portland (NT) A. Portland (NT) A. Portland (POP) F. Osenbach (NT) J. Bednar (POP) N. Buehler A. Portland J. Mansell B. Bacon N. Buehler A. Portland E. Barnwell B. Bacon T. Malarkey J. Mansell B. Bacon T. Malarkey B. Bacon T. Malarkey A. Portland B. Bacon N. Buehler A. Portland E. Barnwell B. Bacon T. Malarkey B. Bacon N. Buehler B. Bacon OT) C. Osenbach (NT) J. Giansello E. Barnwell B. Bacon E. Barnwell B. Bacon	N. Buehler G. Moyer T. Malarkey (OT) J. Giansello (NT) P. Bortner (POP) T. Malarkey J. Mansell C. Field B. Rutecky N. Buehler N. Buehler N. Buehler C. Field to A. Portland (NT) A. Portland (POP) F. Osenbach (POP) F. Osenbach (NT) J. Bednar (NT) J. Bednar (POP) N. Buehler A. Portland (NT) J. Bednar (POP) N. Buehler A. Portland (NT) J. Bednar (POP) N. Buehler B. Rutecky B. Bacon P. Bortner to B. Reese N. Buehler A. Portland B. Reese N. Buehler A. Portland B. Reese B. Bednar B. Bacon J. Bedford A. Portland to J. Bedford A. Portland to J. Bedford OT) C. Osenbach (NT) J. Giansello Acolyte B. Bacon

February 2014

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2 Epiphany IV 8am Holy Eucharist 9:00 am Juniors Group 9:45am Church School 10am Holy Eucharist	7:30pm AA Meeting	4 2:00pm Clergy Bible Study @ Sinking Spr. 6:00pm Zumba Gold 7:00pm Hula Hooping	5 Rector Out of Town 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	6 	7:00pm Ballroom Dance	8
9 Epiphany V 8am Holy Eucharist 9:00 am Juniors Group 9:45am Church School 10am Holy Eucharist	10 7:30pm AA Meeting	6:00pm Zumba Gold 7:00pm Hula Hooping	12 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	13 6:30pm Schuylkill Youth Chorus 7:00pm HALOS	7:00pm Ballroom Dance	15
16 Epiphany VI 8am Holy Eucharist 9:00 am Juniors Group 9:45am Church School 10am Holy Eucharist 11:30am Vestry Mtg.	17 "Presidents' Day" Office Closed 2:00pm Rector @ Standing Committee 4:30pm Soup Kitchen 7:30pm AA Meeting	18 6:00pm Zumba Gold 7:00pm Hula Hooping	19 Rector Out of Town 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	6:30pm Schuylkill Youth Chorus	7:00pm Ballroom Dance	22
23 Epiphany Vii 8am Holy Eucharist 9:00 am Juniors Group 9:45am Church School 10am Holy Eucharist	7:30pm AA Meeting	25 6:00pm Zumba Gold 7:00pm Hula Hooping	26 Rector Out of Town 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	27 6:30pm Schuylkill Youth Chorus 7:00pm HALOS	7:00pm Ballroom Dance	

February 2014

Lay Liturgical Ministers Schedule

<u>Date</u>	Lectors	Chalice/Acolyte	<u>Ushers</u>	Counters	Eucharistic Visitor	<u>Flowers</u>
February 2 8:00am	C. Field	G. Moyer		N. Buehler B. Bednar	K. Kovalovich to M. Mortimer	Currently no flower memorials for February.
10:00am	(OT) T. Malarkey	J. Bednar	T. Malarkey			
	(NT) K. Portland	Acolyte	J. Mansell			
	(POP) A. Portland	Jacquelyn Curtis				
February 9						
8:00am	K. Kovalovich	B. Rutecky		N. Buehler	C. Field to	
				B. Bacon	N. Williams	
10:00am	(OT) F. Osenbach	P. Bortner	E. Barnwell			
	(NT) J. Bednar	Acolyte	B. Bacon			
	(POP) C. Osenbach	T. Bortner				
February 16						
8:00am	N. Buehler	G. Moyer		B. Bednar	P. Bortner to	
				A. Portland	W. Howells	
10:00am	(OT) P. Bortner	A. Portland	T. Malarkey			
	(NT) A. Portland	Acolyte	J. Mansell			
	(POP) J. Bednar	John Curtis				
February 23						
8:00am	C. Field	B. Rutecky		B. Bacon	A. Portland to	
		·		A. Portland	B. Uranko	
10:00am	(OT) K. Portland	J. Mansell	E. Barnwell			
	(NT) J. Giansello	Acolyte	B. Bacon			
	(POP) T. Malarkey	C. Demcher				

NEWS FROM THE MARION C. PRICE TRUST FUND

Winter Wednesdays - Bleak winter days getting you down? We can help brighten up at least one of those days with *Winter Wednesdays*. Wednesdays, January 15 & February 12, 2014. Weather Permitting. Come to Trinity for the noon Healing Service, bring a bag lunch and stay for some fun, fellowship and games in the lounge. Coffee and tea will be provided. Call Kathy Burda at 621-3220 for more information.

Operation We Care – Thanks to you we just mailed out 130 pounds to our local servicemen and women stationed in Iraq & Afghanistan. That is 340 boxes and 3777 pounds since June, 2007 from this little corner of Schuylkill County. *Thank you all for your generosity!*

High Cholesterol – Cholesterol is a type of fat in your blood. Your cells need cholesterol and your body makes all it needs. But you also get cholesterol from food you eat. If you have too much cholesterol, it starts to build up in your arteries. This is called hardening of the arteries, or atherosclerosis. It usually is a slow process that gets worse as you get older. This reduces the amount of blood that gets to your body tissues, including your heart. This can lead to serious problems, including heart attack and stroke.

Cholesterol is considered high, 240 and above. It is best if your cholesterol is less than 200.

High cholesterol doesn't make you sick. By the time you find out you have it, it may already be clogging your arteries. So it is very important to start treatment even though you may feel fine.

Many things can cause high cholesterol, including:

- The foods you eat. Eating too much saturated fat, trans fat and cholesterol can raise your cholesterol. Saturated fat and cholesterol are in foods that come from animals (such as meats, whole milk, egg yolks, butter and cheese). Trans fats are in many packaged and snack foods, such as cookies, crackers and chips.
- Being overweight.
- Being inactive.
- Age. Cholesterol starts to rise after age 20.
- Family history.
- Overall health. Diseases such as hypothyroidism can raise cholesterol.

If you have high cholesterol, you need treatment to lower your risk of heart attack and stroke. The two main treatments are lifestyle changes and medicine.

Some lifestyle changes are important for everyone with high cholesterol. Your doctor will probably suggest you:

- Eat a heart-healthy diet that includes plenty of fish, fruits, vegetables, beans, high-fiber grains and breads, and healthy oils like olive oil.
- Lose weight, if you need to. Losing just 5-10 lbs. can lower your cholesterol.
- Get regular exercise on most, if not all, days of the week. Walking is great exercise that most people can do. A good goal is 30 minutes or more a day.
- Don't smoke.

Changing old habits may not be easy, but it is very important to help you live a healthier and longer life. Having a plan can help. Start with small steps. For example, commit to adding one fruit or one vegetable a day for a week.

Instead of having dessert, take a short walk. Information found on www.webmd.com

Fire Safety Cooking-Cooking fires are the number one cause of home fires in America. Many older adults also experience burn-related injuries during cooking. Prevent fires and burns by being watchful and alert when you cook.

- Don't cook if you are sleepy, have consumed alcohol or have taken medicine or drugs that make you drowsy.
- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting or boiling food, check it regularly. Remain in the home while food is cooking and use a timer to remind you that you are cooking.
- Turn pot handles away from the stoves edge.
- Keep cooking surfaces clean and free from anything that can catch fire.
- Never lean over a lit burner.
- Wear short, close-fitting or tightly rolled sleeves while cooking. Loose clothing can catch fire if it touches a gas flame or an electric burner.
- Check the kitchen after you finish cooking. Make sure the oven, burners and other appliances are off.
- If a fire starts, stay calm and get out. Once out call 911 from a cell phone or a neighbor's phone. Have an outside meeting place a safe distance in front of your house where first responders can see you.

Flashing Smoke Alarms – are available from Gentex. The photoelectric smoke alarms are designed to give reliable early warning of the presence of smoke where both audible and visual alarms are required. These smoke detectors provide a flashing strobe light when activated. Ideal for the deaf and hard of hearing. Meets ADA requirements.

Kathy Burda



Charles Baber Preservation Trust of Pottsville, PA

One Resolution Worth Keeping

As we end 2013, and march steadily onward into 2014, we think of the past year filled with its many memories, and we make resolutions to have a more productive, helpful, fun, healthy, and meaningful new year. We may consider that diet we want to start, or the friends or distant family members we want to call, or the elderly neighbor we want to visit, or the extra time with the family, or to be more open to other ideas and opinions, or to get away on a long needed vacation. By February, we have forgotten our well meaning intentions. We have gotten caught up in work, taking care of an elderly parent or the children, and juggling a busy schedule.

No matter when you made your resolutions or when your broke them, one resolution worth keeping is to take the time to be kind to yourself. And you can do that without spending money at a spa or on a vacation or by buying a new car. It's free and you can do it as often as you want. Stop by at the Charles Baber garden cemetery. Take a deep breath and enjoy fifteen minutes, or a half hour, or an hour of respite. No matter what season, the atmosphere of serenity and peace found walking the many grassy leaf laden, or snow filled paths among the beckoning trees and intriguing memorial markers quiets the troubled mind and resets our tightly wound clocks and stressed nerves. The breeze may be gently blowing across our face or the wind may be howling through the trees, or the sun's warm rays may be gracing our face, or the biting snow or rain may be pelting us, the fog may be swirling around us and distorting the path we walk, or the sky may be filled with pinks, yellows, and oranges of a sunrise or sunset. Perhaps the hawks are perched on a marker or in the tree watching us, or the birds are bathing in the little stream as the squirrels are skittering along. Somehow, in these cherished moments of oneness with nature, we get lost in time, as our eyes, ears, and very being find joy in our surroundings. Time stops or at least is not important at that moment. There is just something about the softness and gentleness of being among the trees that relaxes the soul, and yes, makes many of us think about God, and about life and death. We leave with a lighter step, with a calmness about ourselves, and even perhaps with more energy to forge ahead. There will always be obstacles to hurdle and important decisions to make; but, we can always refresh and restore ourselves by returning to nature's embrace at the Charles Baber garden cemetery.

POND RESTORATION PROJECT

Our last *Topic* issue contained information about putting in new curbing and drainage at the 16th St. entrance (\$10,540), repairing and replacing gutters and drain pipes (\$43,950), cleaning out and re-grading the pond with the construction of a concrete overflow spillway (\$15,500), re-grading the road and constructing a storm water infiltration\retention pond (\$5,300), and engineering costs (\$8,000) for a **budgeted project cost of \$88,000**.

At this time the engineering study regarding the water volume into the storm and water system is near completion. In January or February, it will be presented to the sewer authority. Once spring comes, work can be started on the pond project. Our hope is to complete the entire project within 2014. That hope can only be realized if we are able to raise the full \$88,000 to complete the pond restoration project. Our first two contributions received were from two of our retired priests (Fr. Carr and Fr. Morris). We have also received a donation from our co-chair to pay the engineering work to date. Thank you! We are deeply appreciative of the donations and truly in need of more contributions. Can you help us by making a donation to this worthy project? If you have questions or want more information regarding the pond restoration project, call Carol Field at 570-617-6704.

	Caron Ficha at 370-017-0704.				
	Charles Baber Cemetery Preservation Trust - Pond Restoration Project				
ame: Phone:					
Address					
Oonation Amount \$	Payment method: Lump sum Monthly Weekly Quarterly Other				
Please make checks pa	yable to the Charles Baber Cemetery Preservation Trust. Mark memo line for "pond".				
Th	e Charles Raher Cemetery Preservation Trust is a non-profit organization				