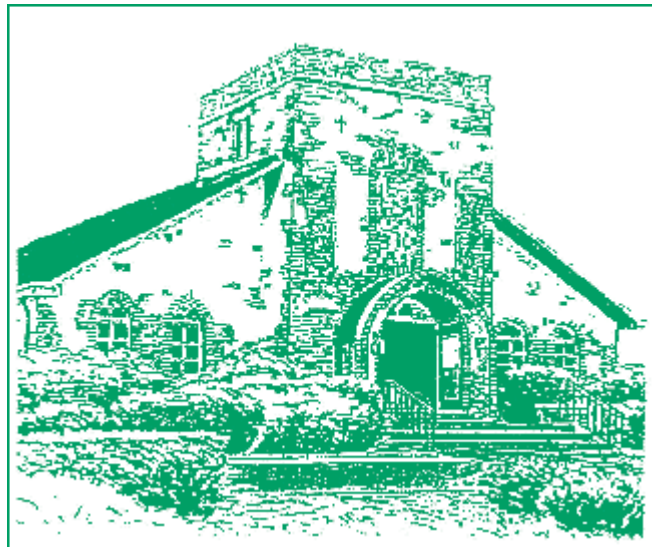


WELCOME TO THE PARISH FAMILY OF ST. MARY'S EPISCOPAL CHURCH

315 Lake Shore Road, Lake Ronkonkoma, NY 11779,
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Visit our web: www.stmaryonthelake.org



Fr. John R. Shirley, Rector

631-588-1888 ext. 12

stmarysrector@optimum.net

House Blessing or Confession:

can be scheduled with the priest upon request.

Thomas Herbst, Warden 631-374-7121

John Meyer, Warden 631-428-6763

CHURCH STAFF

Debra Annunziato.....Parish Administrator Ext. 10

Kim DwyerBookkeeper Ext. 11

Chris Kovarik, PhD.....Choir Director/Organist

Kurt Herrmann..... Sexton

OFFICE HRS:.....Monday - Friday

9:00 am to 2:00 pm

In case of an emergency after hours contact

Fr. John (570) 854-9320

PLAYTIME PRESCHOOL STAFF..... Mon. - Fri.

LisaAnn Herrmann, Director631-737-5183 Ext.18

Jeanne Herbst.....Administrative Director

631-737-5183 Ext.15

NEARLY-NEW SHOP.....631-588-1888 Ext. 21

Open Mon., Weds., Fri. 11:00am - 3:00pm

Sat. 10:00am - 2:00pm

CLOTHING PICK-UP631-234-0000 Ext. 115

FOOD PANTRY -Open Fri-10:00am-12:00pm Ext 20

SUNDAY MASS SCHEDULE

8:00 am No Choir

10:15 am With Choir

SUNDAY SCHOOL 9:00 to 10:00 am

WEDNESDAY MASS

12:00 pm No Choir

BAPTISMS: Baptisms are celebrated during Sunday worship services, except during Lent. Parents & godparents will be instructed concerning the meaning of baptism and the responsibilities of the parents & the godparents. Appointments must be made with the Rector.

MARRIAGES: Arrangements are to be made with the Rector at least six (6) months before the wedding. If the Rector agrees to solemnize the marriage, then marriage preparation sessions will be scheduled. As directed by the Canons of The Episcopal Church, at least one (1) of the party is to be baptized.

ST. MARY'S VESTRY

Wardens: Thomas Herbst and John Meyer

Treasurer: Donna Claire **Clerk:** Peter Kane

Vestry: Laurie Best, Peter Kane, Jim McArthur, Amanda Meyer, John Meyer, Adam Mosher, Kathe Murray, Joan Purrington, Cathy Somma and Fred White

Youth Rep: Megan Kidby and Brandon Bowe

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**Sixth Sunday After Epiphany
February 16, 2020**

Please be silent before the liturgy begins and silence phones.

The Word of God

Processional Hymnal 542
Salutation BCP 355
Gloria.....Hymnal S280
Collect BCP 216

1st. Reading..... Ecclesiastics 15:15-20
Psalm 119:1-8 BCP 763

Responsively, breaking at the asterisk

2nd Reading 1 Corinthians 3:1-9
Gradual.....Hymnal 674
The Gospel..... St. Matthew 5:21-37
Sermon..... Fr. John R. Shirley
Nicene Creed BCP 358
Prayers of the People (Form IV) BCP 388
Confession and Absolution..... BCP 352 & 353
The Peace

The Holy Communion

Offertory
Choir Anthem.....

Please stand as you are able.

The Doxology.....
Eucharistic Prayer B BCP 367
Sanctus.....S130

Please kneel as you are able.

The Lord's Prayer.....
The Breaking of the Bread.....BCP 364
Agnus Dei.....Hymnal S164
Communion Hymn.....Hymnal 304
Post-Communion Prayer.....BCP 365/6
Blessing.....BCP 366
Announcements.....
Recessional.....Hymnal 607
Dismissal..... BCP 366

OUR WORSHIP IS DONE. LET OUR SERVICE BEGIN!

CELEBRANT

Fr. John R. Shirley

MINISTERS

USHERS

8:00 Ken Wardwell
10:15 Fran Bennett

ACOLYTES

8:00 TBD
10:15 TBD

LECTORS

8:00 Kristi Gianninoto
10:15 James McArthur

EUCHARISTIC MINISTERS

8:00 TBD
10:15 TBD

ALTAR GUILD

Marge Stidham

TELLERS

Peter Kane, Joan Purrington & Ken Wardwell

PRAY FOR THE SICK

David Bennett, Cheryl Bonaro, Lisa Bonilla, Kathleen Craddock, Paulie DiAferio, Robert Hauck, Daniel Herbst, Jeanne Herbst, Doreen James, Toni Kalata, Peter Kane, Jr., Al Kelly, Louis Khlal, Betsy Kidby, Richard Kliphon, Ken Lakeman, Kim Lakeman, Cora Liao, Dawn McAllister, Madison Milio, Karen Murphy, Meaghan Murray, James Oomen, Daniel Pierce, Joan Purrington, Linette Eady, Alyssa Somma, Connie Staffa, Ed Stumpf, Michael Tirelli, Michaela Valkavich, Joseph Walsh, Kathleen Zamias, Wayne, Joseph, Kevin, Steven, Christin, Mark & Jonathan

Happy Birthday

Feb. 16James Watson
Feb. 17 Bruce Simnett
Feb. 19John Cecere
Feb. 21 Kim Knatz, Marvin Thorne

Credit Card Offering for February 2, 2020

Pledges.....1,720.00
 Routine Maintenance or Repairs8.00
Total: \$1,728.00

Offering for February 9, 2020

Pledges.....2,187.00
 Plate267.00
 Disaster Relief Fund3.15
 Routine Maintenance or Repairs8.00
Total: \$2,465.15

Attendance for February 9, 2020

8:0020
 10:15101

Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7

St. Mary's Prayer Chain:

Call Jeanne Herbst at 631-588-1888 ext. 15

Let us pray for one another.

Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.
 Matthew 25:40

*Please help feed those in need by donating very much needed **canned vegetables (excluding green beans) & Macaroni (no spaghetti)**. Also needed are **peanut butter & jelly, tuna fish, canned ravioli, pancake mix, rice, and cereal**. Thank you!*

Upcoming Events

- Feb 25th Shrove Tuesday Pancake Supper**
6:30 pm
- Feb 26th Ash Wednesday Masses**
12:00 noon and 7:30 pm
- Feb 28th Stations of the Cross - 7:30 pm**
Game Night following Mass
- Mar 7th Basket Auction**
Doors open 5:00 pm
Drawings begin at 7:00 pm

WHAT'S HAPPENING THIS WEEK

- Sun. Feb. 16** **Mass: 8:00 am & 10:15 am**
Choir Practice 8:30 am
No Sunday School
No Coffee Hour
- Mon. Feb. 17** President's Day - Office Closed
Scout Leader Meeting 7:30 pm
Nearly New 11:00 am - 3:00 pm
Rebos (AA) 7:30 pm – 8:45 pm
- Tue. Feb. 18** Boy Scouts 7:00 pm - 9:00 pm
VESTRY 7:30 pm
- Wed. Feb. 19** **Mass: 12:00 Noon**
Nearly New 11:00 am -3:00 pm
Adult Ed. Sacramento Class 7:00 pm
Rebos (AA) 7:30 pm – 8:45 pm
- Thu. Feb. 20** Food Pantry 10:00 am - 12:00 pm
- Fri. Feb. 21** Nearly New 11:00 am - 3:00 pm
It's All About Change (NA) 7:30 pm
- Sat. Feb. 22** Nearly New 10:00 am - 2:00 pm
Steps to the Lake (NA) 10:00 – 11:30 am

Health & Safety Tips:

Building A Healthy Parish One Tip at a Time

GET A BOOST FROM POWER FOODS

Doctors often recommend healthy lifestyle changes whether you're fighting fatigue, searching for ways to boost your immune system, or recovering from an illness. The foods you eat can often significantly help prevent and manage symptoms. It is always better to get nutrients directly from food, rather than take supplements.

1. Kelp increases your iodine intake. Iodine is essential to the thyroid, the butterfly-shaped gland in the neck. Low iodine levels can cause sluggishness, weight gain, and moodiness. Kelp is rich in calcium, magnesium, potassium and is most important for low thyroid levels. But be aware that overconsumption of iodine can also create problems. The key is a moderate amount to raise energy levels and brain function. Other power greens include: kale, bok choy, spinach, parsley and green beans.
2. Ginger reduces nausea. You may recognize ginger as a cooking spice, but its centuries-old uses range from aiding digestion and calming upset stomach to treating arthritis. Ginger is now widely recognized for its ability to reduce nausea, particularly postoperative nausea and vomiting.
3. Mushrooms are hailed for their health-promoting properties. Common types include: white button, shiitake, portabella & cremini. Studies continue to examine how shiitake mushrooms may fight cancer by boosting the immune system through the compound lentinan, believed to slow tumor growth.
4. Good vs. bad fats-Calorie counting often leads to drastic reduction of fat from the diet. However, fat is essential for your risk of heart disease. Healthy sources for good fats include: fatty fish, avocado, olive oil and certain nuts, such as walnuts, almonds, and pecans.

For more information visit: https://www.healthline.com/health/foods-that-help-you-heal?slot_pos=article_1&utm_source=Sailthru%20E-mail&utm_medium=Email&utm_campaign=generalhealth&utm_content=2020-01-23&apid=25043865#fats

ANNOUNCEMENTS & REMINDERS

Thank You: A big "Thank You" to Ruth & Steve Purrington for the delicious pancake breakfast they prepared last Sunday.

Prayer Books: If you do not have a prayer book at home, please put your name on the sheet in the Narthex.

Youth Group Collection: The Youth Group is collecting travel size personal items and food items as well as cash for gift cards for the less fortunate and homeless. Please see the flyer in your bulletin. There are two boxes in the Narthex for your donations.

Pancake Supper: February 25th. 6:30pm

Tickets are \$10 per person. Children 12 and under are free. Please see Amanda Meyer or Joan Purrington for tickets.

Ash Wednesday: February 26th.

Masses at 12:00 and 7:30 pm

Game Night: Friday, February 28th.

St. Mary's Youth Group is sponsoring a game night following Stations of the Cross. Please bring a friend and your favorite game to play. Refreshments will be available for sale.

Adult Education: Sacrament Class:

Wednesdays at 7:00 pm. Please join Fr. John for this new and exciting class!

Donate Eyeglasses: We are now collecting used glasses to send to those in need in Honduras. There is a box in the Narthex of the church for your donations.

Choir Members Needed: We are in need of more voices in our choir. Please consider joining and speak with Chris Kovarik or Fr. John.

Wednesday's Noon Mass: Please join Fr. John each week for this mid-week mass.

Pre School Registration: Registration for the school year 2020-2021 is now going on now for 3-4 year olds. Please call Jeanne Herbst at 631-588-1888 ext. 15

Prayer Chain: Let us pray for one another. If you or someone you know is in need of prayer or if you would like to join the prayer chain, please call Jeanne Herbst at 631-588-1888 ext 15.

Adopt-a-Bill: St. Mary's relies on your help. If you would like to "Adopt-A-Bill" please **take a tab off the "Adopt-A-Bill" board**, make your check payable to *St. Mary's Episcopal Church* in the amount noted and place your check and the tab in an envelope for the offering plate or send to the Church office. Thank you.

Mass Cards: If you would like a mass card in memory of or for any other request, please see Joan Purrington or call the church office at 631-588-1888 ext. 10

Altar Flowers: If you would like flowers placed on the altar in memory of someone, or in thanksgiving for someone or something, please call the office with your request at least a week in advance. If you would like an announcement included in the bulletin, please provide two weeks advanced notice.

MEDITATION:

Psalm 89:1-2 *Your love, O Lord, for ever will I sing; from age to age my mouth will proclaim your faithfulness. For I am persuaded that your love is established for ever; you have set your faithfulness firmly in the heavens.*

**Ps 89:1-18*89:19-52 / Genesis 30:1-24
1 John 1:1-10 / John 9:1-17**

Faith is the vow we make to God when we seek to respond more deeply to God's love. Of course, God is the one with unwavering faith and love for us. When we lose faith in God or lose our love, God remains faithful and continues calling us.

Faith in God is an invitation to see life in the midst of death. When we embrace life in God, we can face tomorrow--even if today was horrible. As we build our life of faith, God helps us keep our baptismal promises. Nourishing our faith in God helps us in our work toward justice and seeing how the kingdom of God lives and moves between us. Faith in God calls us to rest in God and to give up our worries.

Faith in God is never abstract. Our faith calls us to pay attention to the life of Christ and to pray that we will be more like him in all things.

Forward Day by Day



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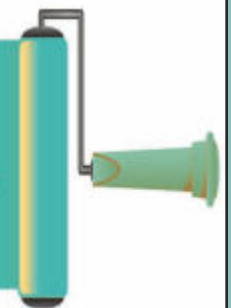
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