

The New Hope



The Newsletter of IONA-HOPE EPISCOPAL CHURCH March 2019

March 2019

WORSHIP SERVICES:

Saturday 5:00 p.m.
Relaxed worship service with an emphasis on Healing including Holy Eucharist

Sunday 8:00 a.m.
Traditional Book of Common Prayer Holy Eucharist Rite I

Sunday 9:30 a.m.
Celebrate God's grace, goodness and gifts.
Our principal Sunday service is offered with joyful music.

(childcare, church school, healing)

Tuesdays—9:30 a.m.
Morning Prayer in Spanish

Wednesdays 9:30 a.m.
Holy Eucharist and Healing

From the Rector



What are you giving up for Lent?

I don't hear this much anymore. There was a time when even in my conservative protestant upbringing, we would ask each other what we were giving up. No, it wasn't mentioned in church, but we talked about it in our daily conversations. Plus, even in our rural schools where there were few, if any, Roman Catholics, we had fish on Fridays.

So, what are you giving up?

For years I minimized fasting and giving up things for Lent. I justified my lack of observance by saying that it really didn't matter. Then I began to hang out with people of other faiths. While with Muslims, I observed their deep devotion and fasting during Ramadan and began to wonder about my own devotion and discipline. From my observations of them, I reevaluated and began to add fasting and other disciplines into my spiritual practices. In so doing, I have been reminded of my own humanity and my need for discipline in my life. It is not easy, but this is the point of it all. Through it I am reminded that whereas God loves me regardless, spiritual disciplines open me to experience God in deeper ways. And, I plan to continue and focus on my spiritual disciplines during Lent.

What are you giving up for Lent? Peace, *Ray+*

Thrift Store Grant Applications

We are now accepting applications for our 2019 Thrift Store grants. If you know a charity worthy of a grant, please tell them about our grant process. You can download a request form from the forms and resources page on our website at www.ionahope.org. The link to this page is found to the bottom right of our homepage under the quick links.

You can also contact the church office and they can email you the form or you can pick one up.





Volunteers Needed!

We are looking for someone to pick up kitchen supplies once every week or two from Costco, GFS or Bj's. Our current volunteers Ken and Donna Owens are retiring from this position after 12 years of ministry. Ken will train and advise on what is included in this position. Please contact the church office if you are interested. (239) 454 4778.

Caregivers Connect

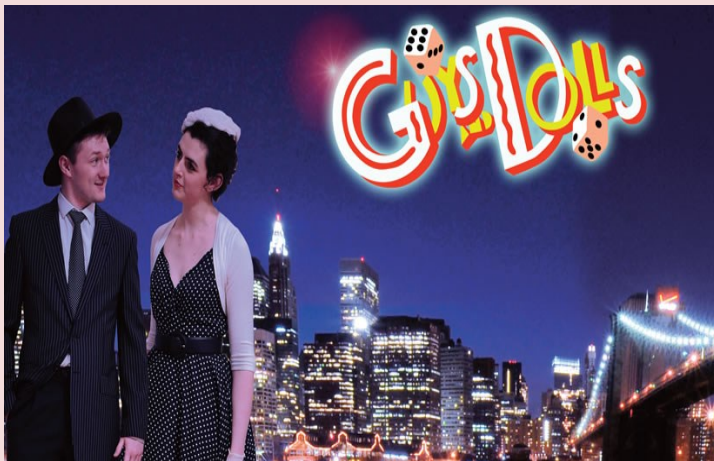
Caregiving for a family member either short or long term brings both challenges and rewards. Join with us as we explore how to support one another on this journey. *Caregivers Connect* will meet again on Thursday, March 7th from 9:30-11:00am and the **first Thursday of the month thereafter.** We look forward to this being an upbeat and supportive group for all. Group meets in the multi-purpose room.



Thursday, March 21st
11a.m.— 1:00 p.m.

**"5 Wishes—
Advance Directives"**

**Please sign up in the
Adler Gathering Place**



**BROADWAY PALM DINNER
THEATER**

Guys and Dolls

Thursday March 14th @ 5:30 p.m.

(WAITING LIST ONLY)

The story of the unlikely romance between Miss Sarah Brown, a pure-at-heart urban missionary, and a slick Broadway gambler, Sky Masterson. The show's second romantic storyline involves Nathan Detroit, the consummate gambling man and the operator of "The World's Largest Floating Crap Game", and Miss Adelaide, the main attraction at the Hot Box nightclub, who have been engaged for fourteen years. Frank Loesser's score features classic songs such as Luck Be a Lady, I've Never Been in Love Before, Sue Me, A Bushel and a Peck and the wonderful title song Guys and Dolls.

To sign up for this performance please contact the church office during normal business hours (239) 454 4778, or by email at office@ionahope.org. Tickets are \$50.00 per person and payment is due when you call.

BPD'T — UPCOMING SHOWS

Guys and Dolls

March 14th

The story of the unlikely romance between Miss Sarah Brown, a pure-at-heart urban missionary, and a slick Broadway gambler, Sky Masterson. The show's second romantic storyline involves Nathan Detroit, the consummate gambling man and the operator of "The World's Largest Floating Crap Game", and Miss Adelaide, the main attraction at the Hot Box nightclub, who have been engaged for fourteen years. Frank Loesser's score features classic songs such as Luck Be a Lady, I've Never Been in Love Before, Sue Me, A Bushel and a Peck and the wonderful title song Guys and Dolls.

Second Chances

April 25th

A funny, yet inspirational, musical comedy about the quirky characters that run The Second Chances Thrift Shop. You'll meet the hilarious lead clerk who always brings sunshine to the day with humor, the couple who work in the collection area who discover that you can find love later in life, the young mother and new shop manager trying to start over, and more! When the thrift shop is threatened to be sold by the greedy landlord, the team won't stand for it. Spend a year with the loveable, yet quirky, group and see how they band together to save the shop and in the process, discover it's not just old treasures that are getting Second Chances!

Little Shop of Horrors

May 23rd

One of the longest running Off-Broadway shows is a deviously delicious Broadway and Hollywood sci-fi, smash-hit musical that has devoured the hearts of theatre goers for decades! Meek floral assistant Seymour stumbles across a new breed of plant that he names "Audrey II" - after his coworker (and crush!). This sassy, R&B-singing plant promises everlasting fame and fortune, as long as Seymour keeps feeding it its special diet. Between bites, Audrey II brings down the house with music composed by Alan Menken in the style 1960s rock and roll, doo-wop and Motown including the well-known Suddenly, Seymour.

Beauty and the Beast

July 11th

"Be Our Guest" as we step into the enchanted world of Disney's Beauty and the Beast! The classic "tale as old as time" tells of Belle, a young woman in a small town, and a Beast, who is really a young prince under a spell. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. Time is running out and if the Beast doesn't learn his lesson soon, he and his household will be doomed forever. The spirited, headstrong Belle enters the Beast's castle after he imprisons her father and with the help of his enchanted servants, Belle begins to draw the cold-hearted Beast out of his isolation.

transforming generosity

“A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.” Buddha

We are called to be generous, but it involves more than a single act. It is a way of life, a direction for us to follow and it is not always easy or simple. Have my words or actions today moved me closer towards the path of renewing humanity? Or have they limited my growth?

Transforming generosity does indeed transform us and those whom we influence. We need to be mindful that we are not alone, isolated from others. What we say and do in our daily lives has an impact upon those around us. Some influences are direct and others are subtler, growing in either a positive or negative manner. What have our interactions with others been like this past week? Did they promote compassion, kindness or generosity? Or were they bland, not having much influence at all? Do we protect ourselves and others from becoming close and open?

We can transform ourselves and through that, we can transform others. It does sound simple, but it takes time and attention. As an exercise this month, note your interactions with others and assess if they were positive influencers. Work on making your interactions filled with compassion and kindness. Let’s find out how we can change the world together. Peace. Patrick Hunt - Stewardship



Iona Hope Justice Ministry News

The Iona Hope Justice Ministry continues its partnership with Lee Interfaith for Empowerment (LIFE) to improve the lives of the under privileged/under served in our county. LIFE’s focus this year is on affordable housing. Folks are working two, sometimes three low wage jobs to afford housing. Please join with the other congregations at this year’s Nehemiah Action where ask we urge our public officials to step up to use the power we have entrusted in them to solve this problem. Talk to your Justice Ministry Team Leaders: Gail Hamlett; Alison Kinch, Deb Prather, Connie Walsh or Steve Walsh for more information on participation.

Save the Dates Rally: Tuesday, March 26th at 7:00 PM at FMC UCC

Nehemiah Action: Tuesday, April 9th at 7:00 PM at (location TBD)

.Executive Summary Vestry Meeting February 12, 2019

Present: Fr. Ray, Joe, Ray Z., Margo, Craig, Bob, Evelyn, Steve, Debbie, Ken & Donna Owens, Patty, John Gamble, Various Members of the Congregation

Fr. Ray appointed Joe Mulino as Sr. Warden.

Vestry listened to comments from members of the congregation regarding Phase I of New Facilities.

Vestry discussed Phase I of New Facilities, voted and approved motion to move forward with construction as has been presented.

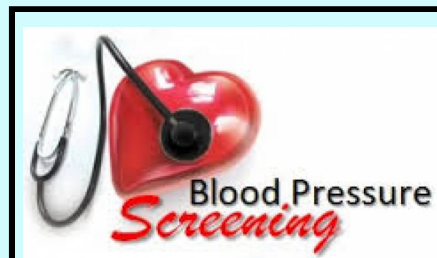
Debbie motioned, vestry voted and unanimously approved, for Vestry to engage in strategic planning this calendar year, to be completed by next February.

Vestry received Sr. Warden Report from Joe. Mardi Gras sales great, sponsorships lagging, asked members to reach out.

Vestry received financial report from Debbie. Vestry voted and approved authorization for Dees & Dees to conduct 2018 audit. Vestry voted and approved Treasurer and Assistant to the Treasurer investigating and investing \$119,000 from the Capital Campaign Account in a money market account.

Vestry voted and unanimously approved acceptance of Air Quality Report and recommendations from Serve Pro and to consider Serve Pro as one of the contractors, money to come from Maintenance Fund.

Vestry voted and unanimously approved 2018 Parochial Report.



Blood Pressure screening, first and third Sundays (in the Multi-Purpose Room after both Sunday services.)



Caregivers Connect

Caregiving for a family member either short or long term brings both challenges and rewards. Join with us as we explore how to support one another on this journey. *Caregivers Connect* will meet again on Thursday, March 7th from 9:30-11:00am and the first Thursday of the month thereafter. We look forward to this being an upbeat and supportive group for all. Group meets in the multi-purpose room.

GIFTS TO HONOR

A very meaningful way to thank or recognize a colleague or loved one is by permanently naming a chair in the sanctuary for them. For a cost of \$125.00 which benefits Iona Hope's ongoing facilities and other needs, you can give the gift of a chair, in memory, in celebration, in thanksgiving or to the Glory of God. In acknowledgement for your gift, a card will be sent to the appropriate person(s). For additional information, or if you have any questions, please contact the church office at 454-4778.

How we converse with one another...

Confidentiality ▲ Discuss issues, not people ▲ Equal time (this includes listening, not debating) ▲ Freedom not to participate in conversation ▲ Speak for yourself using "I" statements ▲ One person will talk at a time/No side conversations ▲ We will begin and end on time ▲ No personal attacks/ Respect for each other ▲ Amnesty/No reprisal/ Forgiveness ▲ No one will dominate ▲ Okay to disagree but not be disagreeable ▲ Take care of your own creature comforts ▲ Name tags will be worn at all gatherings.

Altar Flowers

Please support our method of stewardship in our congregation through the Altar Flower Program. The suggested cost for sponsoring weekend flowers is \$50.00. We now utilize beautiful silk arrangements at the altar and your cash gift is now used 100% to help the hungry.

We have many vacancies.

Please pick a weekend!

Please use the flower sign up sheet in The Adler Gathering Place.



Ronald McDonald House of Southwest Florida

collects pop tabs instead of the entire aluminum can because the tabs are pure, high quality aluminum and are easier to store. Pull tabs are a simple way to recycle and help the House. Some interesting facts about the program:

- We receive the going rate for aluminum, which changes as the demand changes - varying from rates of 23 to 52 cents per pound on any given period.
- We average about 450 pounds every 10 days, or approximately \$234.
- Every penny helps families stay at the House -- \$10 pays for one family for one night!
- Approximately one million pull tabs = 800 pounds
- Approximately 1,430 pull tabs = one pound
- Approximately 63,360 pull tabs = 1 mile

Please pass the word to friends, neighbors, business, etc. Please remember to drop the tabs in the designated receptacles in the church and Adler Gathering Place. For more information please call 239 437-0202 or stop by the House at 16100 Roserush Ct, Ft. Myers.

HAPPY BIRTHDAY

Mar 1	Robin Mills	Mar 18	Cyndi Farmer
Mar 6	Marcia Leidig	Mar 18	Cindy Sommers
Mar 6	Gordon McIntosh	Mar 19	Emily Young
Mar 7	Nick Carrara	Mar 19	Mary Birckhead
Mar 8	Janet Gilbert	Mar 20	Joan Basil
Mar 8	James Ingram	Mar 21	Larry Hanson
Mar 8	Chloe Michael	Mar 24	Janet Runkles
Mar 8	Catherine Ruth	Mar 25	Ed Paquette
Mar 10	Johnny McGaha	Mar 25	Chase Lawton
Mar 14	Joslynn Wright	Mar 26	Larry Kaddatz
Mar 15	Barb Moden	Mar 27	Marcia Sushko
Mar 17	Bridget Chaney	Mar 31	Len Rubens
Mar 17	Henry Hehir		
Mar 18	Pat Chamness		

HAPPY ANNIVERSARY

Mar 7 Mike & Kathleen Donlan

If we're missing your birthday or anniversary here, let us know!
Call the church office 239 454-4778 or e-mail office@ionahope.org





In March, Darlene Grossman from Hope Hospice will offer a workshop *Lunch and Learn* to walk us through the process of creating an advanced health care directive. She will have copies of the Five Wishes document for each participant. Advanced care directives are one of the most loving gifts we can offer our loved ones and ourselves when it comes to our desires for health care. Join us for lunch and conversation from 11:00am-12:30pm, Thursday, March 21st. Sign up in the Gathering Place.

From the Journal of American Medical Association:

What Are Advance Directives?

Advance directives are written instructions that you prepare to help guide your medical care. They apply in certain situations, such as if you are terminally ill or severely injured. Advance directives take effect when your doctor determines that you are no longer capable of making decisions about your own medical care.

One common directive is a **living will**. In a living will, you define what medical treatments you want and do not want for yourself. These treatments can include things like cardiopulmonary resuscitation (CPR), mechanical ventilation (a “breathing machine”), medications, feeding tubes, artificial nutrition, dialysis, and intravenous (IV) fluids.

Another common directive is naming a **medical power of attorney** (sometimes called a health care proxy or agent). This involves choosing someone you trust to make decisions about your medical care if you cannot make those decisions.

Advance Directives and the Law

Advance directives are not legally binding. A doctor or institution can refuse to honor your advance directives for moral or religious reasons or if the care you request is not medically appropriate. In many states, a doctor or facility that refuses to honor an advance directive must make an effort to transfer care to another doctor or facility. Talking with your doctor before you become seriously ill may help avoid these situations.

Who Should Have Advance Directives?

Advance directives are not just for elderly or very sick patients. Every adult should prepare advance directives. If you are a young or middle-aged adult and you suddenly become severely ill or injured, your family may have to make difficult decisions about your care. Advance directives can help make those decisions easier. Your loved ones will know that you are receiving the medical care you would want for yourself.

Cont



How Are Advance Directives Prepared?

Start by thinking about your health care goals and values. Consider what is important to you about your medical care if you become seriously ill. Talk with your family and your doctor. Some websites offer workbooks to help you get started with advance care planning.

The required forms for advance directives vary from state to state. Each state's forms are available for free online. You do not need a lawyer to complete advance directives. Most states require the signatures of at least 2 witnesses. Keep these documents in a safe place, but be sure your loved ones have access to them. You can also give copies to your doctor or hospital. There are websites and smartphone apps that let you create and store digital copies of advance directives, usually for a fee. You should review your advance directives regularly, and you can update them at any time. Even after you prepare advance directives, continue to talk with your loved ones and your doctor about your goals and wishes for your health care.

Amy E. Thompson, MD, JAMA 2015

Peace, Julie Parish Nurse



Here is the list of the books we voted to read during 2019 and the discussion leaders:

(This is subject to change depending on discussion leader's schedules.)

March 15 - *Lilac Girls* by Martha Hall Kelly - 487 pgs. (historical fiction) - Joyce Thompson

April 19 - *Last Days of Night* by Graham Moore 371 pgs. (historical fiction) - John & Sherry

May 17 - *This House of Sky* by Ivan Doig - 314 pgs. (fiction) - Joe Harper

June 21 - *Florida* by Lauren Groff - 275 pgs. (short story fiction) - Trish Kyser

July 19 - *The Woman in the Window* by A. J. Finn - 449 pgs. (fiction)- John & Sherry Winters

August 16 - *Killers of the Flower Moon* by David Grann - 359 pgs. (nonfiction) - to be determined

September 20 - *The Whistling Season* by Ivan Doig - 345 pgs. (fiction) - Joe Harper

October 18 - *Unsheltered* by Barbara Kingsolver - 480 pgs. (fiction) - Trish Kyser

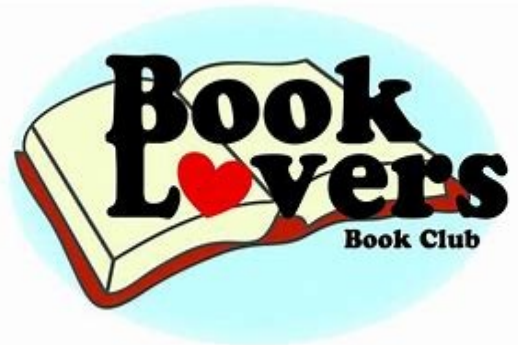
November 15 - Vote on books for the next year

December 20 - Holiday luncheon

I  **To Read**

Dear Bookies:

The next meeting of the **Iona-Hope Book Club** will be on **Friday, March 15, 2019, at 1:15 p.m.** at the church. Joyce Thompson will lead the discussion of ***Lilac Girls*** by Martha Hall Kelly (487 pgs – historical fiction).



Our May selection was to be led by Joe Harper, but he has a scheduling conflict and we are looking for a substitute to lead "This House of Sky" by Ivan Doig (314 pages - fiction). Please let me know if you can help us out. Thanks.

THE BOOK: *Lilac Girls* is a 2016 historical fiction novel by American author Martha Hall Kelly. Kelly's debut novel is inspired by a true story and centers around New York socialite Caroline Ferriday, who works at the city's French consulate and is falling in love. It is 1939, however, and Hitler's march across Europe toward France threatens to upend her near-perfect world. An ocean away, a Polish teenager named Kasia Kuzmerick finds herself drawn into the Polish resistance as a courier, a position where every move could put her life in danger. Meanwhile, ambitious German doctor Herta Oberheuser takes a government job, and soon finds herself drawn into the ruthless inner world of Nazi Germany. The lives of these three women are set on a brutal collision course as the conflict threatens to encompass and destroy their worlds. Exploring themes of sacrifice, moral compromises, and conflicts between what's safe versus what's right, *Lilac Girls* has been widely praised for its well-developed female characters and complex plot. It was named *USA Today's* "New and Noteworthy" book. The story behind the book is being adapted into a documentary film titled *Rabbits of Ravensbruck*.

THE AUTHOR: Martha Hall Kelly grew up in Massachusetts and now splits her time between Connecticut, New York City, and Martha's Vineyard. She worked as an advertising copywriter and raised 3 children while researching and writing *Lilac Girls*. Her prequel book, *Lost Roses*, will be published in April 2019.

Prayer
Shawl Ministry



PRAYER SHAWLS IN NEED OF SHOULDERS

Our Prayer Shawl Ministry needs your ongoing help! We want to gift a beautiful and Blessed prayer shawl to ANYONE you know who is struggling, facing major surgery, grieving, suffering, lonely or dying. They do not need to worship with us or live nearby. Our only request is that the shawl be given by a member of our Iona Hope Church representing all of us. Please contact Mother Suzy, Father Ray, Connie Walsh, or any member of our Shawl Ministry or Pastoral Care Team. We'd love your help in selecting a shawl from our large and beautiful inventory. We also have Blessed lap robes and pocket prayer shawls available. Please share in our loving and confidential outreach. Thank you! Connie Walsh.

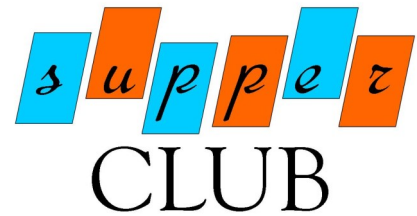
JOE MULINO & ROB RICCA WILL BE HOSTING SUPPER CLUB AT THEIR HOME IN FORT MYERS ON FRIDAY, MARCH 29, 2019 @ 6:30PM.

Attendees are asked to bring an appetizer and/or dessert of their choice and a beverage for you to drink.

Please email ONLY Ardis your reservation at ardisub@gmail.com The minimum donation to the Hunger Ministry is \$10.00 per person. Please inform me if you've signed up and can't attend, since we wait until everyone arrives before saying the prayer.

Joe and Rob have set a limit of 45 attendees, so please sign up asap.

DIRECTIONS WILL BE PROVIDED AS WE GET CLOSER TO THE DATE.



Women's Breakfast Group

We would love to have you join us at Perkins on Summerlin at San Carlos on Tuesday mornings at 8:30 A.M. We have such a wonderful time, good conversation and great fellowship. It's a great way to start the day. Please join us. Just come, no need for a reservation or any preparation. If you like, read the day's Forward Day by Day selection. We look forward to having you.

Men's Breakfast Club

Just a reminder: The Men's Breakfast Club is still meeting every single Thursday at 7:30 A.M.. at Perkins on Summerlin at San Carlos - solving the problems of the world and having a few laughs. We are eating breakfasts our wives and significant others won't allow us to have at home.

Bridge Club

**Our next meeting will be on
March 22nd at 12:30 p.m.
In the Adler Gathering Place**



Core Values

All are welcome

Openness to risk,
change and growth

Jesus is model

Strong, real, personal
relationship with

Jesus

Disciples making
disciples

Mission doing mission



KEEP US UPDATED

Please remember to
keep the church office
updated on any change
of address, phone number,
or e-mail
address.

Contact the church
office at 239-454-4778
or by e-mail at
office@ionahope.org

NAMI LCH Family Connection is a new program designed to provide peer-led education, support and system navigation guidance to families caring for a mentally ill loved one. Drawing extensively from the evidence-based curriculum of the NAMI Family-to-Family Education Course, this new program will delve more deeply into several of the topics covered in class and allow the time and flexibility for discussion, support and sharing of coping skills and lived experiences to help and guide others. It will be held at: Lee Memorial Hospital, 2776 Cleveland Avenue, in Medical Room 3, Fort Myers, FL 33901.

(must check in at front desk with valid ID and receive a visitors pass)

March 5 and 19, 2019 - Mental illness affects the whole family and a treatment plan should involve them too. Using concepts from Chapter 6 we will explore the challenges of HIPAA and how to work WITH health care providers to ensure your family member is being properly treated and supported in their recovery.

April 2 and 16, 2019 - Pulling from an array of information throughout the Family-to-Family manual. we will discover and discuss what you can realistically expect from your ill loved one during an episode and also during recovery.

May 7 and 21, 2019 - Caring for an ill loved one takes a toll on individuals, families, and marriages. Including material from Class 9: Relative Groups and Self-Care we will be discussing the importance of self-care and some different ways we can care for ourselves and our healthy family members while caring for our ill loved one.

The time is from 7-8:30 PM on the above dates. Since space is limited, call the office to register at 239-337-9024. Education of the family is often a predictor of recovery in mental illness so please try to get the word out.





Changes to Meeting Room Scheduling in March 2019.

Iona-Hope will be undergoing some facility work in the

entire Adler Gathering Place and church office building starting in March.

This means we will have to close certain meeting rooms on certain days. There will be no access to these rooms on these days. The schedule is as follows.

Small kitchen in Adler Gathering Place

Monday, March 4th—Friday March 8th. **THIS KITCHEN WILL NOT RE-OPEN**

Adler Gathering Place

Monday March 4th—Tuesday March 5th @ 4:00 p.m.

Library, Hallway, Mid restrooms and Mother Suzie old office

Monday March 12th—Thursday March 14th

Copy Room, Main office, Restrooms, and all other areas within the offices.

Friday March 15th.

Multi-Purpose Room

Monday March 18th—Tuesday March 19th.

The church office will be closed on Friday, March 15th.

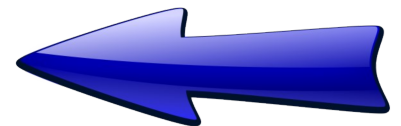
If you have meetings on any of these days, please see Marnie and she will instruct you where your meeting will be held. Thank you in advance for your co-operation and understanding.



IONA-HOPE WEBSITE www.ionahope.org



Screen capture of what the bottom right of our home page on our website looks like.



We would like to share with you what part of the home page on our website looks like. Above is a screen capture of all the information that can be found on our website by clicking on each individual link. We will continue using newsletter and weekly bulletins for all information but we are also making it available online.

This time of year mail can get lost in the shuffle, especially when people are travelling to and from summer and winter homes. All mailings that go out will be available on our website, including stewardship letters, pledge cards, volunteer forms. We encourage you to use our website for any information or you can contact the church office if you feel that something needs to be added to the website. You can also contact Marnie in the church office if you would like her to show you how to navigate around the website to make it easier on you.

Please be reminded all schedules, bulletins, newsletters and weekly readings are also available on the website.

Volunteers for

Heights Elementary School

At the last fact finding meeting regarding the After School Program it was decided there would not be a program next year. We decided to explore the possibilities of tutoring and mentoring at the children's school. I have met with the Assistant Principal, Karen Wood and she has agreed to coordinate our volunteers to assist the teachers during school hours. She stated there are many needs such as reading to lower level students and tutoring in math and reading comprehension. We now have volunteer applications for background checks which need to be completed before we proceed. There is a space for you to state what your interests are. The applications will be in the church office and online in on our website. When the application is completed please bring it to the school's front desk attention to Miss Wood. You will be contacted when a background check is complete. The time frame should be a week .

Heights Elementary is located near the church off Gladiolus Drive. Donna Kress



Have you always wanted to learn to knit or crochet? Come and we will teach you. We will supply the yarn and needles and patterns!

Everyone is welcome. We have members who are not members of our church, and members who can not attend the meetings, but send us their completed projects.

We meet every Friday from 10-12 (except Summer time) here at Iona Hope and we'd love to have you join us.

May God's grace be upon this shawl...

warming, comforting, enfolding and embracing.

May this mantle be a safe haven...

A sacred place of security and well-being...

sustaining and embracing in good times as well as difficult ones.

May the one who receives this shawl be cradled in hope, kept in joy, graced with peace, and wrapped in love.

Fats, Oils & Sweets

- Jelly and jam, Honey
- Sugar
- Mayonnaise
- Vegetable oil
- Syrup
- Salad dressing

Milk, Yogurt & Cheese

- Infant formula
- Powdered milk
- Instant breakfast drinks
- Canned and boxed pudding

Meat, Poultry, Fish, Dry Beans & Nuts

- Canned Tuna, Canned Chicken
- Canned Beef Stew
- Bean soups
- Canned or dried beans, Baked beans
- Canned Chili
- Peanut Butter
- Canned Nuts

Vegetables

- Canned Vegetables, Vegetable Soup
- Canned Tomato products
- Spaghetti Sauce
- Baby Food Vegetables
- V-8 Juice

Fruits

- Canned Fruit, Raisins, Applesauce
- Dried Fruits
- Baby Food Fruit
- Fruit Leather (100% fruit)
- Canned & Boxed 100% Juice

Bread, Cereal, Rice & Pasta

- Rice and rice mixes
- Canned Pastas
- Noodle mixes, Dry noodles and pastas
- Macaroni and Cheese Mix
- Cold Cereals
- Bran Cereal Shredded Wheat
- Infant Cereal
- Hot Cereal Mixes, Oatmeal
- Bread & Muffin Mixes
- Pancake Mix
- Whole-Grain Crackers
- Granola Bars
- Graham Crackers
- Flour



Join us for Iona-Hope's 13th Annual Shrove Tuesday Pancake Supper on

March 5th, 2019

from 5:30 p.m.—7:00 p.m.

All-you-can-eat pancakes, sausage, juice and coffee will be available.

Come for the wonderful pancakes, but also for the great fellowship. Invite your friends and neighbors. All donations will go to benefit our hunger ministry. Come join us!

We are looking for volunteers to cook, set up and clean up, please sign up on the sign up sheet in the Adler Gathering Place.



Wednesday, March 6th

In Western Christianity, Ash Wednesday marks the first day, or the start of the season of Lent, which begins 40 days prior to Easter (Sundays are not included in the count).

Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. During the Ash Wednesday services, the minister will lightly rub the sign of the cross with ashes onto the foreheads of worshippers.

The Bible does not mention Ash Wednesday or the custom of Lent, however, the practice of repentance and mourning in ashes is found in 2 Samuel 13:19; Esther 4:1; Job 2:8; Daniel 9:3; and Matthew 11:21.

Please join us at our 9:30 a.m. service or our 6:00 p.m. service for the Imposition of Ashes



Monday, March 4th @ 4:30 p.m.

A Service of Healing and Song

@ Iona-Hope Episcopal Church

Midweek Service

From Mother Suzy

Wednesday mornings

Please remember our Wednesday morning service of healing and communion continues each Wednesday morning at 9:30 a.m. at the back of the Church by the River Jordan.

This is a smaller, quieter more intimate service that offers healing prayers and communion.



Prayer Group meets the first Wednesday

of every month at 9 - 9:30 a.m. in the Church.

Everyone is welcome. If you have a prayer request that you would like the group to include in their prayers, please let the office know or Mother Suzy.

Our next prayer group will be on March 6th, 2018.



What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile smile.amazon.com, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.



Please mark your calendars for Saturday, March 16 for our Iona-Hope Lenten Quiet Day. Father Ray Buchanan is presenter and facilitator of our Quiet Day. He will offer insights and meditations of interest as we begin our Lenten journey this year.

Quiet Day begins at 9:00 am with morning refreshments and coffee in The Gathering Place. Quiet music of the season is available in the church for those who wish to begin their day in reflection. The program begins at 10:00 with an opening meditation followed by Father Ray's presentation. Lunch is served at 12:00 noon. There is no cost for lunch, but, please, RSVP so we can plan accordingly. The day's program concludes at 2:00 pm.

Please join us for this wonderful opportunity to be still as we begin Lent. ALL ARE WELCOME to attend. Friends, neighbors, family are all welcome. This event is open to the public and we warmly love to meet new friends at our Quiet Day events ...

LENTEN QUIET DAY

Lenten Program

“Theology and the Movies”

Mother Suzy will be leading a Lenten program this year called “Theology and the movies”.

The program will meet in the church Tuesday nights in Lent. We will watch a movie together and then discuss.

The program begins Tuesday, March 12 6 p.m. Popcorn will be provided!!

Movies are

March 12 – “In America”

March 19 – “Lost Boundaries”

March 26 – No Movie

April 2 – “The Pursuit of Happyness”

April 9 – “The Green Book” – This years Oscar Winner for best picture!

Everyone is welcome to any or all the sessions!



The ministry of the people at Iona-Hope
is supported by the church staff.



Vestry

The Rt. Rev. Dabney T. Smith,

Bishop

The Rev. Ray Buchanan

Rector

The Rev. Suzy Post

Associate Priest

Mr. Loren J. Strickland,

Music Director

Ms. Marnie Ike, Office

Cyndi Farmer, Office

Mr. Joseph Mulino - Senior Warden

Mr. Ray Zentis—Junior Warden

Mrs. Evelyn Reynolds

Mr. Craig Reitan, Mr. Bob Earl,

Mr. Robin Mills, Mrs. Margo Farrara and

Mr. Steve Walsh and Mrs. Debbie Prather

Mrs. Debbie Prather - **Treasurer**

Mr. John Thomas— **Assistant Treasurer.** Ms.

Patty Ingram- **Clerk of the Vestry**

IONA-HOPE



Episcopal
Church

PLEASE MARK YOUR CALENDARS

The next meeting of the
Vestry will be

Tuesday, March 12th

@ 5:00 P.M.

ALL ARE WELCOME

Finance Team Meeting will be on

Tuesday, March 12th

@ 11:30 a.m.



Small Groups:

Acolytes
Al-Anon
Alcoholics Anonymous
Adult Living Facilities
Altar Guild
Book Club
Bridge Club
Bridge Club
Choir
Children's Ministries
Friday Faithful
Greeters
Habitat for Humanity
Harlem Heights Hunger Ministry
Hospitality
Justice Ministry
Men's Breakfast Club
Newcomer Ministry
Office Angels
Parish Nurse
Pastoral Ministry
Quad Squad
Readers
Shawl Ministry
Spanish Class
Spirituality
Supper Club
Technology
Thrift Shop
Welcoming Ministry
Women's Breakfast
Wonderful Wednesday-Adults

Leaders:

Margo Farrara

Trish Kyser
Robert Hunt
Sheryl Winters
Diane Shorey
Charlie Champlin
Loren Strickland
Barbra Bowman
David Rauppius
Ken Ingram
Bruce Moden
Deb Studybaker
Ardis Uberti
Steve Walsh
Ray Zentis

Bill Shaw
Julie Vergin
RuthAnn North
Nancy Martins
Marnie Ike
Connie Walsh
Melida Escobar
Paula Paquette
Ardis Uberti
Michael Cunningham
Eileen Carrara

Gail Hamlett
Bruce George

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