

# Christ Church Episcopal

Hudson, Ohio



## THE COMMUNICANT



### *Celebrate Your Life* Adult Forum Series in 5 sessions

#### **Funeral Pre-Planning: Part One-with the Funeral Home Sunday, March 5 at 9:15**

On Sunday, March 5th, at 9:15 am, you are invited to join Fred Monreal, member of Christ Church Episcopal and Mike Romito, owner of Johnson-Romito Funeral Home, for a conversation on funeral pre-planning.

Discuss the emotional and financial benefits of pre-planning and having the conversation with family about how you want to be remembered.

#### **Funeral Pre-Planning: Part Two-with Christ Church Sunday, March 12 at 9:15**

Join The Rev. Charlotte Reed in the Parish Hall to talk about how to pre-plan your funeral or memorial service.

What hymns and readings are appropriate?

Can I have flowers in the church if my service is during Lent? Can my pet elephant participate? (Um, no-just checking to see who's reading.)

Pre-planning is a huge gift to your family and gives you a chance to indicate how you wish to have your life celebrated.

#### **What will I do with my assets? Sunday, March 19 at 9:15**

On March 19, Andrea Shea, Sr. Portfolio manager for UBS financial services, will be with us to talk about estate planning.

Jim Bear and Steve Barger will also be present for conversation about how we decide who will benefit in a tangible way from the work of our lives.

#### **March 26 and April 2**

There will be an opportunity to sign up for individual conversations with our financial planning experts for those who want to explore the topic in more depth and on a more personal level.

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## CHIT CHAT WITH MARY PAT

Mary Pat DeLambo, RN, BSN, MEd Community Wellness Coordinator

Please contact me whenever I may be of assistance at email address:  
[mdelambo@laurellake.org](mailto:mdelambo@laurellake.org) or my cell phone 1- 330-356-2559.

\*\*Information also available at: [www.cwchudson.weebly.com](http://www.cwchudson.weebly.com)



### March is Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

#### Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

For more information, speak with your physician and learn more at:

<https://www.cancer.org/cancer/colon-rectal-cancer.html>

<https://www.cancer.gov/types/colorectal>



### March Madness with Jill Rango Fit & Fall Proof

Join us on Wednesdays in March at 1:00 PM for **Fit & Fall Proof** in the Parish Hall.

This class is designed to promote better strength, balance and mobility. The class will be taught by certified Personal Trainer and FallProof instructor, Jill Rango. This class will be a combination of strengthening exercises and balance challenges designed to help each participant lead a healthier, more confident, and more active lifestyle. *This class is FREE, compliments of Laurel Lake's Community Outreach department.*

#### Reasons to Try Fit & Fall Proof

- More than 1 in 4 persons 65 and older fall every year.
- Falling once doubles your risk of falling again.
- One out of five falls causes a serious injury such as broken bones or a head injury.

In order to participate in this class safely, you must be able to walk without an assistive device, be able to get out of a chair by yourself, and be in generally good health.

To register contact Mary Pat DeLambo at 1-330-356-2559 or [mdelambo@laurellake.org](mailto:mdelambo@laurellake.org)

### Upcoming Events

(Event location is Christ Church Parish  
all unless otherwise noted.)

#### Lunch & Learn

March 16, 2017  
12:00 – 1:00 PM

#### Do You Own Your Stuff Or Does It Own You?

Nancy Sheeler  
Senior Move Manager  
Transitional Design



**Fit & Fallproof**  
Wednesdays in March  
1:00 PM  
Jill Rango, Instructor



**Wednesdays at  
the Open Door Coffee Company  
March 1, 8, 22 & 29**

Charlotte continues to hold office hours at the Open Door (164 N. Main Street) from 9am-11am once a week, typically on Wednesday.

On the rare weeks that Wednesday is not an option for some reason, the alternate date will be in the e-blast the week before, the Sunday announcements, or if the change is very last minute, in an email.

*Please come by for a chat  
as we seek to have a more public presence  
in Hudson.*



**Rector's Contact Information:**

Contact Charlotte by email at [charlotte.reed@christchurchhudson.org](mailto:charlotte.reed@christchurchhudson.org)

By phone in the church office: 330-650-4359

Or by cell phone: 937-925-5200  
*(before 9pm please,  
unless it's an emergency)*

This number can also be used for text messages.

Just please give your name  
so Charlotte knows who is texting her.

*Thank you!*



**Pub Theology  
Wednesday, March 8th at 7:00 PM  
Lager & Vine**

Come and bring a friend  
as we explore the intersection of faith and life.

**The topic for March is  
"What is your earliest memory of church?"  
How did that experience influence your  
understanding of God?**

Please let Charlotte know you are coming at  
[charlotte.reed@christchurchhudson.org](mailto:charlotte.reed@christchurchhudson.org)

**A Note from Charlotte**

Dear Friends,

On the first Sunday of Lent, we always hear the story about the 40 days Jesus spent in the wilderness after his baptism and before he began his public ministry. Those 40 days were spent in fasting and prayer, and in the end, being tempted by the devil. At his baptism, Jesus heard God claim him as God's one Son, God's beloved, with whom God was well pleased. I often wonder if Jesus' time in the wilderness was spent wondering about what it means to be God's beloved Son.

We enter into the wilderness of Lent as 40 days of preparation for Easter. I believe Lent is also a time for us to be intentional in thinking and praying about what it means for us to be children of God. We give up or take on something, not as punishment for our sins, but to recognize our dependence on our Creator. Unlike Jesus, however, we do not enter the wilderness of Lent alone. We enter Lent together, to discover more deeply what it means to be a child of God and what it means for us to be children of God together.

One of the ways we will journey through Lent together this year is through our Christ Church Lenten Reflection Book. Many parishioners have offered reflections and there is one for each day from Ash Wednesday to Easter. We will learn a bit more about each other and who we are as the part of the body of Christ known as Christ Church Episcopal.

Another piece of our Lenten journey will be weekly Evensong on the Wednesday evenings in Lent beginning on March 8. This service is not Choral Evensong, but a simple chanted Evensong. Evensong will be in the chapel at 5:30pm and all are welcome, even if you come simply to listen.

Our time in the Lenten wilderness is meant to deepen our understanding of who we are as children of God, not as an end in itself, but so that we better reflect God's love to the world around us. When we greet the Risen Christ on Easter Day, we will do so with hearts and lives better able to be Easter people in the world.

A holy Lent to each of you-  
**Charlotte**

# Lent



## Christ Church 2017 Lenten Reflections



*Join your fellow parishioners  
in keeping a holy Lent with our very own Lenten Reflections!*

A variety of Christ Church parishioners, former parishioners, and friends of Christ Church have written reflections for our Lenten enrichment. There is a reflection for each day. If you have not already gotten your copy, they are available through the church office.



**March 1, 2017**

### **The Imposition of Ashes and Holy Communion**

7am in the Chapel

5:30pm: Service for Children and their Families

7pm in the church with the Choir



### **Ash Wednesday for Children and Families at 5:30 p.m.**

In the Episcopal Church, our identity as Christians and as Episcopalians comes from our common worship.

In order to make our common worship more accessible to our younger parishioners, a special Ash Wednesday service has been developed for them.

The service will include ashes and communion, but is designed to reach children. So, children of all ages (young in age and/or young at heart) are welcome at this service as we begin the holy season of Lent together.

### **Evensong Wednesdays in Lent Beginning March 8 5:30pm in the Christ Church Chapel Led by Don Reed**

Lent is a desert. This chanted Evening Prayer is a sip of water in that parched wilderness. It is nothing so elaborate as Choral Evensong. We will chant with icons and candles but without musical instruments. Anyone is welcome to join us in silence if they prefer. The service lasts 30 minutes. It is not much. A sip. But it can be enough.





**Laurel Lake Holy Eucharist and Lunch  
Thursday, March 2nd at 11:00 AM in Serenity Chapel**

All Christ Church residents at Laurel Lake are invited for Eucharist in Serenity Chapel with lunch following in the Lakeside Dining Room.

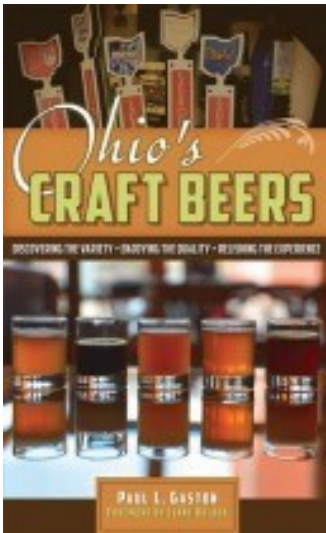
**For information or to RSVP, contact Gretchen Green.**



**Chaos of Biblical Proportions  
Sunday, March 5 at 5pm**

“Chaos” is an opportunity for Christ Church families with young children to come together for a provided meal and Christian formation. We begin at 5pm with dinner, then have separate programs for the children and for the adults beginning at 5:45. The evening concludes at 6:30.

Please let Charlotte know you are coming at [charlotte.reed@christchurchhudson.org](mailto:charlotte.reed@christchurchhudson.org) so an appropriate amount of pizza can be ordered.



**“Ohio’s Craft Beers”  
Sunday, March 19  
4pm at Christ Church**

On Sunday, March 19, Paul Gaston will return to Christ Church, not as priest or Kent State professor, but as the author of : “Ohio's Craft Beers: Discovering the Variety, Enjoying the Quality, Relishing the Experience.” The forum, beginning at 4:00, will feature some of the beautiful color photographs from the book. Paul visited more than 40 breweries in all regions of the state while researching the craft beer culture of Ohio. Following the presentation, there will be an opportunity for book signing and for refreshments.

**Copies of the book may be purchased  
at local bookstores and on Amazon.**

**Get to Know Allie Heeter**

Please join us for an afternoon of fun and fellowship getting to know our seminary field educational student, Allie Heeter.

She likes board games,  
so we will be gathering at the Malted Meeple  
on Saturday, March 4 from 2 - 5 or until the cows come home ;-).

**Malted Meeple - 5100 Darrow Rd, Hudson OH.**







## Another word from Charlotte

On February 28, Christ Church will say “good-bye” to someone who has served Christ Church faithfully for the last 19 years. Nancy Sisteck will be on medical leave beginning March 1, and at the conclusion of her medical leave, she will retire to focus on her health and her family. Please keep Nancy in your prayers over the next weeks and months.

As we know what the Sisteck’s needs are for meals, help with transportation, etc., Pam Zuhl will be in touch with Parish Care.

**We will celebrate Nancy’s ministry at Christ Church at coffee hour after the 10:30 service on Sunday, February 26. Please join us to say “thank you” to a good and faithful servant.**

## February Vestry Highlights



### February 2017 Vestry Highlights

Vestry met on Tuesday, February 21 at 7:15 PM.

The Vestry meeting opened with a prayer and short bible study led the Rev. Charlotte Reed.

Vestry will hold a brief “retreat” on April 22, 2017 from 8:30-12:30. Vestry has been asked to read the book The Agile Church by Dwight Zscheile. The meeting will focus on how to apply the author’s suggestions.

The Parochial Report, which is submitted to the diocese, was reviewed. There were several questions which will be reviewed and resolved by the end of this this week. Vestry will receive the revised document, and once approved by the vestry members, it will be submitted to the diocese.

The 2017 Capital Campaign was discussed. Jim Lang and Reed Stith have agreed to serve as members of the committee. Bob Zuhl volunteered to be a member of the committee and represent vestry. Initial thoughts are to engage the services of the Episcopal Church Foundation to assist with organization and running of the campaign.

We reviewed the Consent Agenda and it was passed unanimously with no significant discussion.

Rev. Reed reported on the progress in finding/hiring a Director of Christian Education. We have received two names of people who are interested in the position and are still soliciting additional names.

Gabe Lefebvre reported on the work he has done to conduct tours of the building with members of the Building Committee. Several people have volunteered to be on the building committee. The ultimate objective is to have four separate people take over leadership for the following four components of the building: HVAC; Plumbing/Sewers; Electrical; Systems (fire alarm, phones, sound system, computer network).

Nancy Sisteck was recognized for her 19 years as Church Administrator and given everyone’s best wishes as she leaves her job at Christ Church.

Vestry then went into Executive Session and Nancy Sisteck left the meeting. We then discussed the reception for Sisteck and the transition plan.

The meeting was adjourned by Rev. Reed at 9:18.

**The next vestry meeting is scheduled for Tuesday, March 28, 2017.**



## March 2017

### Birthdays

Renee Agnor ~ 3/01  
Rich Miller ~ 3/02  
Pat Schron ~ 3/03  
Jeff Johnson ~ 3/04  
Reed Stith ~ 3/04  
Scott Phillips ~ 3/05  
Thomas Good ~ 3/07  
Ella Harvey ~ 3/09  
Tom Marks ~ 3/09  
Eric Phipps ~ 3/10  
Kelly Jean Robinson ~ 3/10  
Katie Barger ~ 3/11  
Joyce Walker ~ 3/11  
Ethel Bush ~ 3/13  
Gretchen Green ~ 3/15  
Mark Haber ~ 3/15  
Andrew Blechman ~ 3/17  
Michael Romano ~ 3/20  
Rachel Murphy ~ 3/21  
Ed Wiles ~ 3/21  
Mary Ann Balbach ~ 3/23  
Robby Gray ~ 3/23  
Ruth Anne Belton ~ 3/28  
Dillon Popovich ~ 3/28  
Elizabeth Roland ~ 3/29  
George Murray, Jr ~ 3/30  
Dick Talley ~ 3/30  
Sarah Fulytar ~ 3/31  
Kirsten Schron ~ 3/31  
Peter Young ~ 3/31



### Anniversaries

Dewey & Marilyn Hansen  
March 28th

Above is a list of all the birthdays and anniversaries of parishioners for the month of March that are in the Christ Church data base.

If you do not see your name on the list, please contact the church office with the information.

We will pray each Sunday for all parishioners with a birthday or anniversary that week.



## Holy Currencies' "Stewardship 365"

Christ Church is one of 6 parishes in the Diocese of Ohio participating in the Holy Currencies curriculum.

The Holy Currencies team, currently consisting of Charlotte, Roxanne Grattan, Peter Eells, Jim Lang, Reed Stith, and Pam Zuhl, is meeting every other week to participate in a national web-based seminar to learn how to develop a new, year-round focus on an expanded understanding of stewardship. Holy Currencies' "Stewardship 365" is teaching us about the constant flow of leadership, wellness, time and place, relationships and truth as elements of stewardship, instead of simply a focus on fundraising and money. The team has a coach to help us apply these principles to Christ Church, and by the end of the series we will be able to create a comprehensive plan for ongoing, year-round focus on stewardship of the gifts we all have been given by God.

The team is open to new members -- if you would like to learn more, please contact Reed Stith at [reed.stith@gmail.com](mailto:reed.stith@gmail.com) or 330-656-2023 (call or text).

## 2017 Easter Flowers

Donations for sanctuary flowers are welcome from individuals or families.

Watch for the form in next month's Communicant to donate and submit your dedication.





# Christ Church Episcopal

Hudson, Ohio

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Hudson, OH 44236

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Fax: 330-655-0695

On the Web: [www.christchurchhudson.org](http://www.christchurchhudson.org)



Find us on Facebook!

<https://www.facebook.com/ChristChurchHudson>

### Clergy

The Rev. Charlotte Collins Reed, Rector  
[Charlotte.reed@christchurchhudson.org](mailto:Charlotte.reed@christchurchhudson.org)

### Affiliated Clergy

The Rev. Allan Belton, Priest  
The Rev. Gretchen Green, Deacon

### Staff

Nancy Sistek, Parish Administrator  
[nancy.sistek@christchurchhudson.org](mailto:nancy.sistek@christchurchhudson.org)  
Dr. Charles M. Carr, Organist & Choirmaster  
[chascarr@sbcglobal.net](mailto:chascarr@sbcglobal.net)  
Mary Pat DeLambo, RN, BSN, Med.  
Community Wellness Coordinator  
[mdelambo@laurellake.org](mailto:mdelambo@laurellake.org)  
Kathy Garber, Parish Secretary  
[Kathy.garber@christchurchhudson.org](mailto:Kathy.garber@christchurchhudson.org)  
Dennis Hido, Sexton  
Darlene Gresco, Housekeeping  
Theresa Venham, Housekeeping

### Vestry

Lou Young, Sr. Warden  
[lgyoung@gmail.com](mailto:lgyoung@gmail.com)  
Bob Zuhl, Jr. Warden  
[rwzuhl@aol.com](mailto:rwzuhl@aol.com)

Kay Eileras  
Eileen Gaston  
Roxanne Grattan  
Janet Greer  
Gabe Lefebvre  
Susan Mailey  
Guy Wylie

Marilyn Hansen, Treasurer, ex officio  
Linda Irving, Clerk, ex officio

**Christ Church Hudson is a Parish of the  
Episcopal Diocese of Ohio -  
[www.dohio.org](http://www.dohio.org)**

### SUNDAY SCHEDULE

8:00 am Rite I/Quiet—Chapel  
9:15 Adult Education  
9:30 Middle & High School Education  
1st & 3rd Sundays of the month  
10:15 Sunday School  
Pre-K through 6th grade  
10:30 Rite II/Festive—Church  
11:30 Coffee Hour

Nursery available for children  
3 and older 9:00—Noon



# DAYLIGHT- SAVING TIME BEGINS

## SUNDAY, MARCH 12TH

**Be sure to set your clocks ahead one hour  
before bed on Saturday night!**