



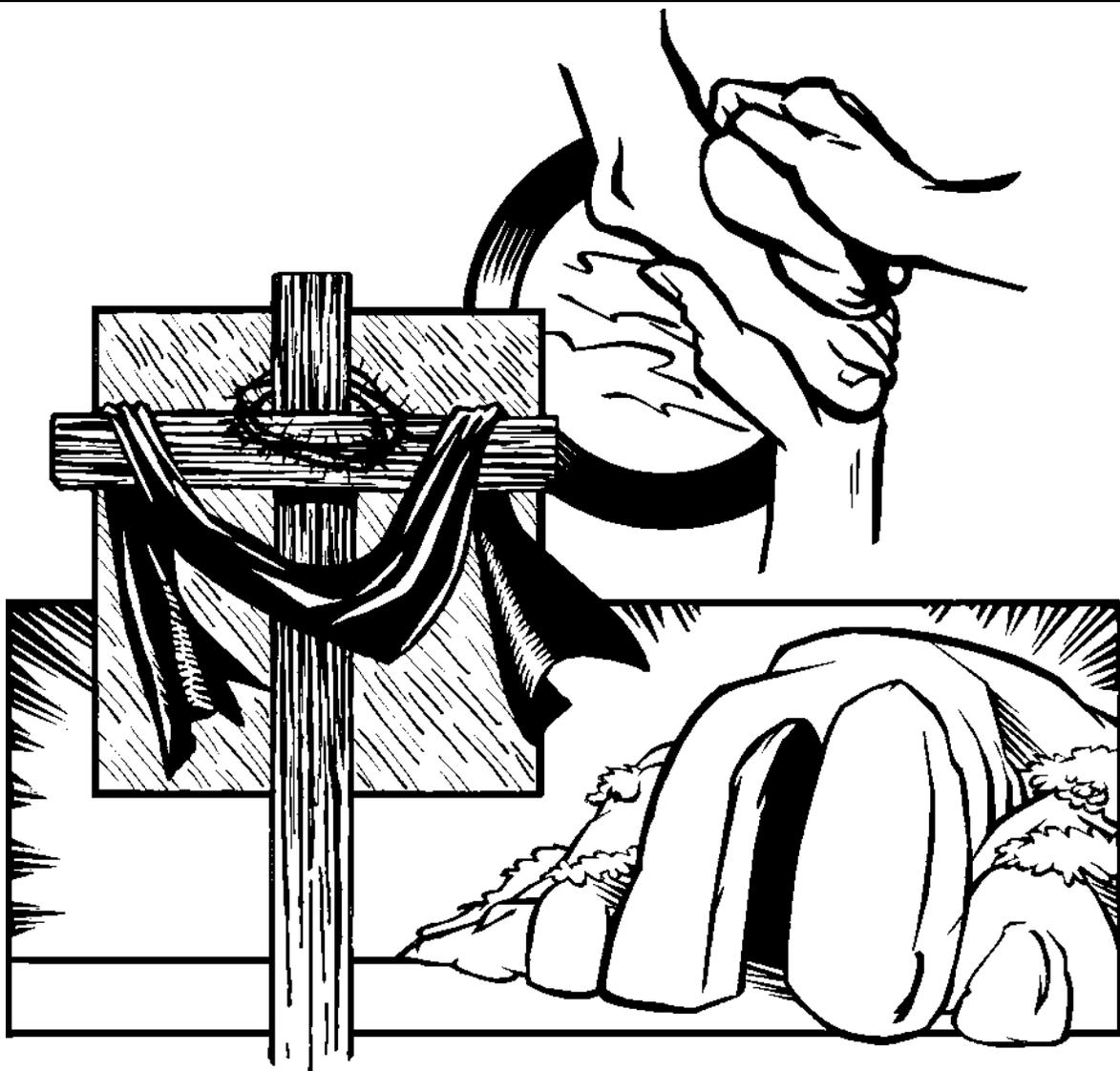
The Shepherd's Log



Eastchester Presbyterian Church
3154 Fish Avenue
Bronx, New York 10469

March - April
2017

Phil Tom, Interim Pastor
Carlton Knight, Assoc. Pastor
Dr. J. Perry Wooten, Pastor Emeritus
Vol. XXVIII, No. 2



He is Risen!



REFLECTIONS



Going Deeper, Growing Spiritually

On March 1, we will begin the Season of Lent with our Ash Wednesday service. Lent is a season of the Christian Year where Christians focus on simple living, prayer, and fasting in order to grow closer to God. Lent is traditionally described as lasting for forty days, in commemoration of the forty days Jesus spent fasting in the desert, according to the Gospels of Matthew, Mark and Luke, before beginning his public ministry. The season of Lent culminates with Holy Week as we remember Jesus' last supper with his disciples, his crucifixion on Good Friday and his resurrection on Easter Day. The season of Lent is a time to reflect upon our spiritual lives, to reform our lives and to renew our walk with God.

During this season of Lent, Pastor Knight and I will be preaching a sermon series on some of the central spiritual practices of the Christian faith. Our sermon series will draw from the book, Celebration of Discipline: The Path to Spiritual Growth written by Richard Foster (HarperOne, 1978. Mr. Foster describes 13 spiritual disciplines and how they can lead to a "richer spiritual life infused with joy, peace, and a deeper understand of God." Mr. Foster says "that is only by and through these practices that we can find the truth path to spiritual growth.

Our sermons will focus on the following spiritual disciplines during this Season of Lent

- March 1, Ash Wednesday Service - Fasting
- March 5 – Prayer
- March 12 – Study
- March 19 – Simplicity
- March 26 – Service
- April 2 – Worship
- April 9 – Palm Sunday/ Confession
- April 13 – Maundy Thursday/Submission
- April 16 – Easter/Celebration

I pray that our Lenten sermon series will challenge you to reflect, to make changes and to grow in your spiritual journey with God, and in your service with our neighbors.

Pastor Phil



LENT

This year Lent begins on March 1. In order to stay focused on Jesus' sacrifice, many of us will fast until Resurrection Sunday. We do not usually fast by abstaining from all food or fasting for many days as in both the Old Testament and the New Testament. Who does not remember Jesus' fasting for forty days and forty nights before His temptation by Satan? Most of us fast like Daniel who said: "I mourned for three weeks. I ate no choice food; no meat or wine touched my lips." What choice food do we give up for Lent? Meat? Chocolate? Desserts? Snack foods? One cannot deny the effectiveness of fasting by abstaining from choice foods. It strengthens us and keeps our minds on Jesus and His sacrifice.

The United Methodist Church published an article entitled "Beyond Fasting." The article suggests that instead of (or in addition to) giving up something for Lent, we give of ourselves to others. Christians already perform some of these acts of caring, but the idea is to commit ourselves to maximum effort.

Among the suggestions that go beyond fasting are the following:

Volunteer to serve in an organization that helps the needy. At EPC, Mom's Kitchen is particularly in need of male volunteers.

Visit people who are homebound, in nursing homes or just lonely.

Say to relatives, friends and others, "I love you." Sometimes they need to hear this expression.

Take an active role in worship services. Join the choir, ushers, read Scriptures, perform with EPC's Drama Ministry. Learn to use audio equipment. Our congregation needs several members who have expertise in the use of audio, as well as visual, equipment.

Each week send a note or e-mail to someone who has had a positive influence on your life. Express your appreciation for their role in your life. Will that person not be pleasantly surprised?

Perform what the article calls random acts of kindness. Today, one might refer to it as paying it forward. Each day find a way to give to others.

Finally, we can prepare ourselves to share the Word. Select a book of the Bible for in-depth study. Read and re-read the Book, along with commentaries.

Christ has called each of us to serve. We might consider for Lent: Am I serving to the extent that my circumstances permit? If not, perhaps it would be spiritually uplifting to go Beyond Fasting for Lent 2017.



On Sunday, February 19, 2017, the Clarence Daniels Social Hall was transformed into a hospital cardiac unit. Don't be concerned. There was not a medical emergency.

Elder Lois Daniels, a registered nurse, who is on the Community Life Committee of the Session, has on several occasions arranged for medical professionals to come to the church to speak, instruct and even do procedures such as mammograms and blood pressure tests. They've held seminars on diabetes and healthy eating. Last fall flu shots were administered to those who signed up for them. The February 19th event was probably the most ambitious of all and, perhaps the most important. Statistics show that a heart attack occurs in the United States every 42 seconds and

someone dies from a stroke in the United States every four minutes.

Elder Daniels and the Community Life Committee arranged for Advanced Cardiovascular Diagnostics to administer important tests that could prevent cardiovascular disease. The tests were, *Carotid Doppler*, to determine if a person is at risk of a stroke; *Abdominal Aortic Aneurysm Ultrasound* which can determine if a person has an aneurysm; *Ankle/Brachial Indices Ultrasound for Peripheral Artery Disease*; *Stress Echocardiograms* to help determine if a person is at risk for heart disease; *Pulmonary Function Tests* to measure how well the lungs work; and *Vestibular Examination* which tests the risk of falls and imbalances.

Cots were set up, curtained for privacy, and nurses and other medical professionals capably and good-naturedly conducted the tests. All of this activity took place following the Sunday worship service. Flyers had also been distributed in the community.

Advanced Cardiovascular Diagnostics is located in Lake Success, NY and conducts these events at churches and community centers in many areas. We are grateful to Lois Daniels and the Session for helping to improve the health and well-being of the people of Eastchester Church and the surrounding community.

WELCOME NEW OFFICERS

And a big THANK YOU to

OUTGOING OFFICERS

*At our congregation meeting on January 29, 2017,
our church family elected following officers to the Class of 2020 -*

Ruling Elders – Frank Hall and Dora Johnson were re-elected for a second term and Sunday Etsekhume and Cloval Anderson for their first term.

Deacons – Cleopatra Zephyr and Melody Crooks for a second term and Nnabu Gogoh and Jennifer Ansong Osie for their first term.

Trustees – Angela Andrew, Roy Barrett, Richard Gallier and Sterling Shaw for a second term and Frank Hall for his first term. Winston Issacs was elected for his first term to the Class of 2018.

A big thank you to Lois Daniels and Minna McGlashan for their service on the Session, Janet Grant as outgoing Board President and Roy Barrett for their service on the Board of Deacons, and Beatrice Addo for her service on the Board of Trustees.

Let us keep all our officers in our prayers as they faithfully serve and lead our church family!



Throughout its years of operation, Mom's Kitchen has been staffed by committed volunteers. The staff may have undergone changes, but not the sharing of God's love with our neighbors. The kindness, the quality of the food, and the service never changed.

Last year, however, was a challenging one for Mom's Kitchen and its volunteers. We started 2016 with 20 volunteers, but some, like Paula Hamilton, had to step down due to personal illness. Others, including Alton Young and Inez Nathan, have been away because of family illness. Our beloved Bernard Powell passed away on October 21, 2016, and another dedicated volunteer, Clara Richard, passed away earlier in the year. Although there were many volunteers in 2016, the one position we were unable to fill was that of cook. For the first time in its years of operation, we added a paid employee to the staff. Sandra Harris has been employed by Mom's Kitchen as our cook.

The holiday dinners went extraordinarily well. On Thursday, November 17, we served our Thanksgiving Dinner. We served approximately 84 dinners. We were happy to deliver dinners to a few of Mom's and EPC's homebound members.

On Thursday, December 15, we served 59 dinners and, once again, we were able to send dinners to some of Mom's past volunteers and others.

For our Thanksgiving and Christmas dinners, we received cash donations from Bleek Prince, Mrs. E. Charlton and Heather Allen's neighbor. We are grateful for the generosity and support of our EPC family and friends during the entire year.

We Would Like to Give a Big Thanks to Our Regular Volunteers for 2016:

Heather Allen	Angella Phillips
Beverley Burnside	Marvin Phillips
Sandra Harris	Orrin Prince
Jennifer Harrison	Frances Scott
Marcia Hartley	Lilly Sisco
Alton Jackson	Valera Thomas
Joyce McDonald	Carolyn Watson
Bill Middleton	Lena Wells
George Mitchell	Eddie White

We appreciate all the dedicated volunteers. However, we are still in need of male volunteers. Mom's Kitchen gives one an opportunity to serve where the need for its mission is ongoing. Mom's Kitchen is open every Thursday. Interesting in volunteering? Contact Angella Phillips.

Holy Week: The Fifth Day



What's so amazing about this Fifth Day of Holy Week? What's so amazing about this day before Christ suffers for our sins? Two events stand out: Christ leaves us a commandment and He demonstrates the role of a Christian. Yet how many come out to church services to commemorate these events. Are we reluctant to attend services at night? Are we at home tired from the day's work? Are we fasting and praying in order to spiritually prepare for Good Friday? Or have we simply forgotten there is a special service? Whatever the reason, the Fifth Day service has low attendance.

The Fifth Day of Holy Week has been designated Maundy Thursday because Christ gave his disciples a command for all Christians. Maundy is derived from the Latin word *mandamus*, which means commandment. When Christ and His disciples gathered in the Upper Room for the Passover Feast, He, after giving thanks, shared bread and wine with them. He commanded them to "do this in remembrance of me." For almost 2,000 years, this commandment has been obeyed in every Christian congregation. This is one of only two sacraments recognized by the Presbyterian Church. We celebrate the Lord's Supper on the first Sunday of each month and on special occasions. Christ's words are quoted exactly as recorded. Indeed, they are so familiar that we can recite them. How can we not commemorate the Lord's Last supper on the day it was instituted? Maundy Thursday is a day to remember and meditate on the Words and events that occurred in the Upper Room.

The Apostle John tells us of a second event that occurred in The Upper Room. He writes: "It was just before the Passover Feast, Jesus knew the time had come for Him to leave this world and go to the Father. Having loved His own who were in the world, He now showed them the full extent of His love." (John 13:1) Knowing that He would be the Sacrificial Lamb for their sins, and knowing that Judas would betray Him, Jesus calmly showed them an example of Christian humility and love. John recorded the amazing act of the Son of God washing and drying the feet of His disciples. This, as all knew, was the role of a slave. Jesus said, "You call me 'Teacher' and 'Lord' and rightly so, for that is what I am. Now that I your Lord have washed your feet, you also should wash one another's feet. I have set you an exampleno servant is greater than his master."

Paul, in his letter to the Philippians, exhorts them, and all Christians, to adopt the attitude of Christ, "Who being in very nature God, did not consider equality with God something to be grasped, but made Himself nothing, taking the very nature of a servant He humbled Himself and became obedient unto death." On His final night before His suffering and death, Christ takes time to teach us humility, servanthood and obedience.

There is much to reflect upon on Maundy Thursday. If at all possible, let us come together to hear the message of Day 5 of Holy Week and celebrate communion as commanded on that eventful day. Most importantly, we can give thanks for the New Covenant instituted at the Lord's Supper.





Square Dance

Friday - April 15, 2016

7:00-9:30 pm

Admission: \$10.00

Featuring
Professional Caller

Howard Richman

Free Refreshments



Sponsored by
The Membership Committee

**An Informational
Family Caregivers' Panel Discussion
Saturday, March 11, 2017
9am - 12pm**

What services do Medicare & Medicaid cover?

What are the signs of Caregivers Burnout?

How do I balance work, marriage and caring for my parents?

My mom was recently diagnosed with Alzheimer's Disease.

What should I do next?

Find out the answers to these questions and MORE!

**Presenter: Diane Cooper RN, M.Ed., GNP
CEO & Founder of
Caregivers Outreach Ministry Empowerment Inc.**

Information on:

Alzheimer's Disease, Elder Law, Caregivers Resources,
MD House Calls, Assisted Living, Adult Day/Night
Programs, Nursing Home, Respite, Medicaid, Medicare,
Managed Long Term Care, Pool Trust, Hospice,
Discharge Planning
and much more!

All Are Welcome!

**Presbytery of New York City's
LEADERSHIP DEVELOPMENT DAY 2017**

The theme of this year's Presbytery's Leadership Development Day is "Broken to Serve." It will be held on March 11, 2017, Saturday at Brick Presbyterian Church, 1140 Park Ave.

For more information about this event, go to www.nycpresbytery.org or speak with Freddie Bell-Berti.



**SUNDAY MORNING ADULT BIBLE STUDY
HAS MOVED BACK TO THE SANCTUARY**

The Sunday morning Adult Bible Study has moved back to the sanctuary, 9:00-9:50 a.m. This study is led by Elder Sunday Etsekume.

We request that you enter the sanctuary in silence while the study is in session.

What Does it Mean to be a Member of Eastchester Presbyterian Church?

Our church family members come from many church traditions. To become a member of our church family and the Presbyterian Church USA, you must meet with the governing body, the Session. In requesting to become a member of our church family, you are asked by the Session to share your faith statement and why you desire to become a member of our church family. The Session then votes on your request to become a member. A member is eligible to become an officer for our church family and to vote in our congregational meetings.

If you have questions about membership, please speak with Pastor Knight or Pastor Phil.

New Membership Class

A new membership class will be held for anyone interested in becoming a member of our church family. The classes will be held Wednesday evenings, March 29, April 5 and April 12, 2017, 7:00 – 8:00 p.m.

For more information about this class, please speak with Pastor Phil or Pastor Knight.

DEADLINE for ANNOUNCEMENTS DURING WORSHIP SERVICE

Beginning in March, all announcements for Sunday worship service must be submitted to the church office by Wednesday prior to the Sunday it is to be announce. Anyone wishing to share an announcement during the service must also inform the office by Wednesday. We are taking this action to support our members who are sharing the announcements and to avoid any disruption and confusion during the service. We thank you for your assistance.

Mom's Kitchen, our weekly ministry to care for and to feed our hungry neighbors needs helpers:

- to prepare or serve the food every Thursday afternoon
- to help unpack the food delivery from the Food Bank
- to attend informational meetings regarding Mom's Kitchen and the Food Bank.

If you can help with any of these tasks, please speak with Angella Phillips or Pastor Knight.



We need persons who are savvy with social media to help develop and to implement a social media strategy for our church family, e.g., Facebook, live streaming, twitter If you are willing to help with this task, please talk with Pastor Phil.

The Session has authorized a special offering during our worship service on Sunday, March 26th to support our building fund.



This fund is used to take care of major repairs for our church home. Please earmark your check, "Building Fund."

For more information, please speak with Elder Frank Hall, President of the Board of Trustees.

Find the
Easter Baskets!



There are 6 Easter Baskets scattered around this issue of The Shepherd's Log.

Can you find them all?
Start with the one shown to the left.

Congratulations!

We were a little sad when Elder Shanee Daley made the decision to move to Virginia. However, we are glad for her that she has settled in there and is happy. We have recently learned that Shanee has passed the National Clinical Mental Health Counseling Examination (NCMHCE) and will officially be a Licensed Professional Counselor (LPC) in the State of Virginia. Congratulations! We wish you continued success.



Chenelle Abrielle Marshall was baptized by Pastor Phil on Sunday, February 12, 2017. Chenelle was born on June 25, 2016 and is the daughter of Chester and Janelle Marshall.

Our Sympathy-

Our deepest sympathy is given to Lilieth Hunt and her family on the passing of her sister.

Patrick Taitt and family on the passing of his father.

Faith Evans and family on the passing of her stepfather (the father of Patrick Taitt).

PRAYER HANDS

Make these hands as a helpful prayer guide.



What you need:

- 7 pieces of construction paper (different colors)
- Pencil
- Scissors
- Stapler
- Colored pens
- Stickers

What you do:

1. Trace your hand (the same one) on each piece of paper.
2. Cut out and stack the hands. Staple together atop the pinky.
3. On the top hand (the front cover), write "Prayer Hands." Decorate with stickers.
4. On the second hand, write "Praise God." On the third, write "Ask for forgiveness." On the fourth, write "Thank God." On the fifth, write "Pray for others." On the sixth, write "Pray for me."
5. Use your book to remember what to pray for every day.



The psalmist's prayer

The Psalms are full of wonderful verses about God's care and protection.

Directions: Find each missing letter in the alphabets below. Use the resulting words to complete Psalm 86:7, NIV.

A B C E F G H I J K L M N O P Q R S T U V W X Y Z	___
A B C D E F G H J K L M N O P Q R S T U V W X Y Z	___
A B C D E F G H I J K L M N O P Q R T U V W X Y Z	___
A B C D E F G H I J K L M N O P Q R S U V W X Y Z	___
A B C D E F G H I J K L M N O P Q S T U V W X Y Z	___
A B C D F G H I J K L M N O P Q R S T U V W X Y Z	___
A B C D E F G H I J K L M N O P Q R T U V W X Y Z	___
A B C D E F G H I J K L M N O P Q R T U V W X Y Z	___
A B D E F G H I J K L M N O P Q R S T U V W X Y Z	___
B C D E F G H I J K L M N O P Q R S T U V W X Y Z	___
A B C D E F G H I J K M N O P Q R S T U V W X Y Z	___
A B C D E F G H I J K M N O P Q R S T U V W X Y Z	___
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A B C D E F G H I J K L M N O P Q R S T U V X Y Z	___
A B C D F G H I J K L M N O P Q R S T U V W X Y Z	___
A B C D E F G H I J K L M N O P Q S T U V W X Y Z	___

When I am in _____, I _____ to you,
because you _____ me. Psalm 86:7, NIV

Answer: When I am in distress, I call to you, because you answer me. Psalm 86:7, NIV

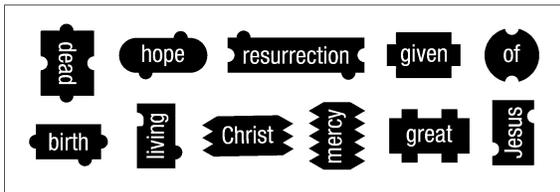


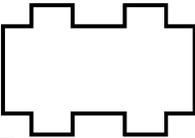
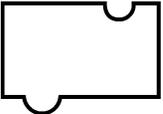
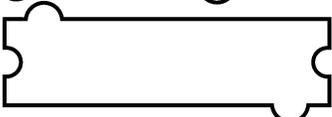
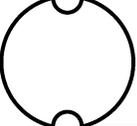
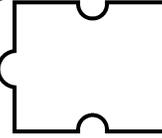
PUZZLE

> NEW LIFE <

How did God work through Jesus to give us new life at Easter?

Directions: Use the puzzle pieces from the box to complete 1 Peter 1:3, NIV.



In his  he has
 us new  into a
 through the
  
 from the .

1 P E T E R 1 : 3 , N I V

Answer: In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. 1 Peter 1:3, NIV

JESUS IS RISEN!

When Jesus' disciples saw that the stone was rolled away from his tomb, they knew he had risen. Make a moveable tomb to celebrate Easter.

What you need:

- 4 pieces of paper (brown, blue, black, yellow)
- Scissors
- Pencil
- Glue stick
- Brad fastener
- Marker



What you do:

1. Fold the brown paper in half, short side to short side. Cut along the fold. On one half, draw and cut out a large half-circle (the tomb). On the other, draw and cut out a palm-sized circle (the stone).
2. Glue the brown tomb onto the blue paper.
3. Cut a black circle (the inside of the tomb) the same size as the brown stone and glue it onto the brown tomb.
4. Place the brown stone over the black half-circle; this is the entrance. Push the brad through one edge so the stone can move from side to side.
5. Cut out a cross from the yellow paper and glue it by the tomb.
6. Write "Jesus is risen!" atop the blue paper.

Coming Events



March

- 1 Ash Wednesday service – 7 pm
- 4 Fasting Service – 9 am – Noon
- 10-11 CYD Intreat
- 11 Stewardship Workshop – 9 am-Noon
- 11 Tres Dias Reunion Group – Noon – 1 pm
- 18 Grace Gathering
- 25 Women’s Bible Study – 11 am-Noon

April

- 1 Church clean-up – 10am-4 pm
- 7 Prayer Vigil – 7 pm
- 8 Scholarship Workshop Presentation
- 8 Tres Dias Reunion Group – Noon – 1 pm
- 9 Palm Sunday
- 13 Maundy Thursday Communion Svc. –7 pm
- 14 Good Friday Service – Noon – 3 pm
- 16 Easter Sunday
- 22 Women’s Bible Study – 11 am-Noon
- 29 Philemon Ministry Breakfast –10 am-noon
- 30 Tres Dias Community – Noon

THE SHEPHERD’S LOG

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Lorraine V. Fells, Editor
Nancy L. Foote, Design



Please observe the DEADLINE DATES for submitting articles for the next issue of **THE SHEPHERD’S LOG.**

ISSUE - DEADLINE
MAY 2017—APRIL 23
JULY 2017—JUNE 22

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