

The Intolerable Quiet

by Fr. Todd L. Cederberg, Priest-in-Charge

“Oh, man! I can’t believe it!” Those were my words this past week when, after I thought we had escaped the storm safely, our electricity went off. The television went off. The computer went off. The music went off. Even the heat went off. I went to grab some logs for the fire. It could be a long night.

Darla and I were alone. She needed to study for a class, and I picked up a book. Sitting there in the dwindling evening light I was aware of the sounds that are normally masked by our self-imposed noise, like the wind howling outside, and the creaking of the floor. And then, the silence.

For those unexpected four hours, I was impressed with how little silence I have in my life. It seems I’m constantly listening or watching something, and it doesn’t take long for that tug to happen deep within me to want to escape it. To sit in quiet is not easy for me.

It took me back to a two-week retreat that I spent with Dallas Willard, a well-known writer on the spiritual life, at an isolated retreat house in the foothills of the Sierra Madre Mountains. There were about 15 of us, all having just arrived from the airport and hectic lives, thinking the only baggage we brought with us was in our rooms. Wisely, he spent the first few days getting us calmed down and centered. “I want you to go out and watch the grass grow,” he said. “Watch the grass grow? I came all this way to watch the grass grow?” I growled.

Over the hours and days, slowly, reluctantly, my pace began to change. There was no television, no computer. I had no idea what was going on in the world. There was nothing to do but slow down, read, have leisurely conversations, and yes, watch the grass grow.

Gradually I found myself having thoughts I normally didn’t have time for: thoughts about cool and quirky things my wife does, and what I like about my kids. I began to let my imagination run a bit, and began to be a bit more playful. And I began to think about God again in a new way. Not about the obligations that he imposes, but about what he’s like and how incredibly creative he is. Just think about all that grass, and the fact that he sculpted each blade and makes it grow. Wow!

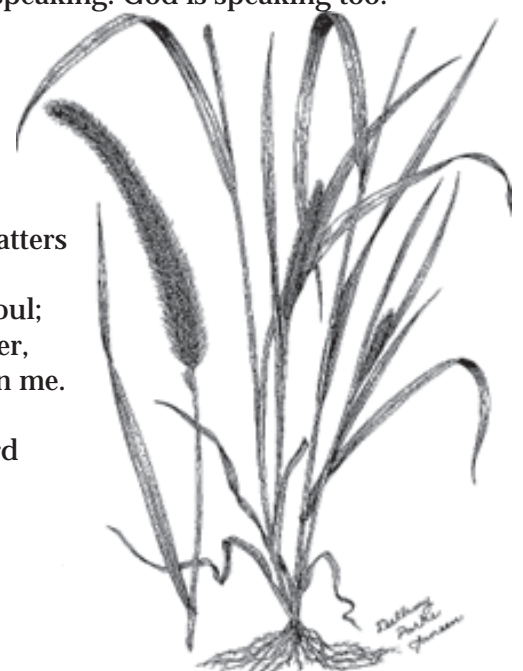
In many ways silence is a root spiritual discipline. Meditation, study, and prayer all come because we choose silence instead of some distraction. In silence we remove obstacles and place ourselves directly into the comfortable arms of the living God. In silence the many demons that plague us are revealed, too, and we can bring them to God for deliverance.

Lent is a perfect time to begin to experiment with silence. Turn off the radio in the car, or the television at home. Take a walk, sit in your bedroom, or listen to the sounds of the house. Ruminates on a passage of scripture. And, in it all, listen to the sounds of your heart. Your heart is speaking. God is speaking too.

My heart is not proud, O Lord,
My eyes are not haughty;
I do not concern myself with great matters
Or things too wonderful for me.
But I have stilled and quieted my soul;
Like a weaned child with its mother,
Like a weaned child is my soul within me.

O Israel, put your hope in the Lord
Both now and forevermore.

Psalm 131



GoodSamYouth Winter Retreats

by Carol Kuniholm

Good Samaritan's middle school students enjoyed a snowy weekend at Mont Lawn Retreat (formerly Paradise Lake) with skiing at Shawnee Mountain. An Olympic theme allowed an interesting mix of games, including an Olympic scavenger hunt and an ice hockey match on the camp lake.



Ice hockey match on the lake

The theme for the weekend was "Go the Distance," with a focus on beginning life with Christ, training for life with him through spiritual disciplines, and surrounding ourselves with a "cloud of witnesses" who can coach, encourage, and run alongside us as we continue on in our faith.



Middle School skiers

Highlights of the weekend included a full, happy day of skiing and snowboarding, a beautiful Saturday night bonfire with s'mores, lots of laughter during games and activities, an energetic annual "swing-off," and deepened friendships between students and leaders.

The high school retreat, scheduled for the following weekend at Pocono Plateau, coincided with predictions of blizzard conditions and heavy snow. The retreat was cancelled, and the retreat deposit rolled-over to next fall. Next year's fall high school retreat will take place in early November and will include new team-building and challenge activities offered by Pocono Plateau.

GoodSamYouth Everything Party

by Carol Kuniholm

What should you do when President's Day, Valentine's Day, Chinese New Year, the start of the Olympics, and the largest snowfall in years all happen within days of each other?



Everything Party Cookie Production

Celebrate, of course. GoodSamYouth's Everything Party was a chance to have some fun and celebration in the bleak mid-winter, and to remind some of our alumni and friends that they are missed.

Students, leaders, and a group of Eastern University guests prepared 12 boxes of freshly baked cookies to mail off to our college freshman, along with hand-made cards for the freshman as well as for students who have moved.

At the same time, Olympic competitions were taking place in foosball, air hockey, wii sword-fighting, and wii pingpong. The evening culminated with a cross-country ski marathon, single and double sock-skating competitions, the arrival of the torch to light the candles on the Happy Everything cake, and a Olympic medal ceremony.

The Olympic games will continue through February, with new and old friend invitationals and a record of medals earned by various countries. More photos of the event are available on the photos page of GoodSamYouth.org.



Everything Party Swordplay medalists

Reflections from a Mercy Ship

by Lauren Gibson

Three months—the amount of time that it took to jumble my thinking for the plan for the rest of my life. I am sorry that this note has been so long coming, but I can honestly say that it has taken until recently to put my experiences on Mercy Ship off the coast of Benin in West Africa into words. Living in a country where poverty is everyone's next door neighbor really made me question what is important. Getting a good education, settling down into a nice job, attending a nice church are good. But I find myself wondering if there is more that I am called to do as I seek to follow God. I no longer have such a clear picture of what the future will hold for me. My first month at college had me wondering why I was going through with my medical degree when I could go and help now. My eyes were opened to the great need that the world has for a Savior, my eyes were opened to what it means to love your neighbor.

During Mercy Ship's stay in Benin, we touched the lives of over 53,000 local people. That included 5,000 surgeries performed on the ship. While living on the ship some of my favorite times were spent at the hospitality center. The hospitality center was a place where pre-op and post-op patients lived. Since there are 52 different dialects in Benin, communication with the patients and their families would have been impossible without the grace of God, and the gift of laughter. Whether we were sitting in the company of mothers or playing with children; smiles and laughter were easy to come by. With the children (some children of patients, others were patients themselves) we would play with paper airplanes, bubbles, chalk, crayons and balloons. One Saturday when we were playing, two of the three paper airplanes landed on the roof of the eye care tent. The tent was made in such a way that there was no way to get the planes down without a bit of skill. Three kids and I jumped up on a bench and started trying to lasso the airplanes. After many attempts we finally got the planes down and to be honest, the adventure of getting the planes down was more fun than just throwing them! When I left the ship in September, leaving the people at the hospitality center was one of the hardest goodbyes for me.

Cleaning the ship was my main task on the Mercy



Lauren on the gangway



View from the Mercy Ship at night

continued on page 5

Reflections from a Mercy Ship continued from page 4

Ship. It was more important to the overall operation than I ever imagined. Most of the work that we did involved disinfecting surfaces that the crew used. With more than 300 people living on the ship, viruses would run rampant, but with the housekeeping crew disinfecting surfaces daily, like the handrails, we were able to keep the crew healthy.

As my first month at college passed, I started to wonder what would be more help, a person with medical knowledge, or a person with a high school degree. When push came to shove, I knew that God had been calling me to the medical degree for a reason, and that reason was to help his people. I am not sure where God is going to take me, and when that is going to be, personally I hope that it is soon because I am already restless, but I know that it is all in God's hands.

Thank you for your continued prayer while I was away. Mercy Ships is a truly amazing organization that brings hope and healing to the world's forgotten neighbors. I was able to see people with heartbreaking stories have remarkable life-changing renewal through those who are working aboard the Mercy Ship, serving as the hands and feet of Jesus.

Thank you for your support,
Lauren Gibson



Lauren with little baby Patrick



The housekeeping crew

Vestry Corner

The February meeting of the Vestry was held on Monday, February 8 following Evening Prayer in the Chapel, which commenced at 7:00pm. The meeting was called to order by Fr. Todd at 7:34pm and began with an opening prayer offered by Charlene Fitzwater.

The minutes of the January meeting were approved and will be available on the Church of the Good Samaritan website.

Mac McCausland presented the monthly report from the Discernment Committee. For details, read "Rector Search Update" on page 11.

Fr. Todd acknowledged the service and dedication of Stew Crumpler, Ed Goll and Rusty Smith as they have completed their terms on Vestry. We are all blessed to have served with them. He also thanked Sandy Proper, who had recently resigned, for her two years of dedicated service to the vestry. Fr. Todd reported on the success of the Freedom in Christ Retreat and how many were blessed in attending.

The Treasurer's Report showed a January income of \$123,818 and expenses of \$158,254, showing a monthly deficit of \$34,436. During January we completed our Sanctuary Fund obligation to Wachovia Bank. The budget for 2010 was unanimously approved by the Vestry.

Jeff Moretzsohn presented the Parish Administrator's Report. The staff is to be commended for their efforts in bringing about a workable budget for 2010. The Vestry voted to support the Day School's "Island Getaway" Dinner & Silent Auction fundraiser by donating a Royal Caribbean cruise.

Charlene Fitzwater presented a report on Stewardship highlighting the Diocesan Stewardship Conference held on January 30 at Trinity Ambler. The conference was conducted by Jeff Moretzsohn and other members of the Diocesan Stewardship Committee. It was attended by 75-80 representatives from the Diocese, including Charlene.

Fr. Todd and Jeff attended the Christian Stewardship Network Forum in Kentucky.

Fr. John presented the Clergy Report. The Yates family has now been with us for three years, arriving in a snowstorm and celebrating the anniversary of the three years in a snowstorm! The Discipleship Hour has resumed and will now focus on Lent. During Sunday

Specials Juliet Cooke conducted a class on signing the Doxology. It is hoped that we will have more "Sunday Specials." Fr. John was able to attend the *Mere Anglicanism* conference in Charleston, S.C.

On January 11th the wardens met with Fr. Todd for our quarterly Mutual Ministry Review.

Mark Stockwell reported on the National and Global Missions Committee. Highlights include the miraculous healing from cancer of Fr. Walter Barrientos (rector of Jesus El Buen, Tarija, Bolivia). Fr. Walter visited us last spring while seeking treatment in the States. Mark gave updates on our relationships with Bolivia, Paraguay and the Dakota partnership. Water Missions International has responded well to the needs in Haiti, the committee voted to designate all contributions through March 1, 2010 to WMI.

The meeting was adjourned in prayer led by Mark Stockwell at 9:18pm.

Respectfully submitted

The Wardens of the Church of the Good Samaritan



*photo taken by Elrena Evans
at around 4:30pm on Wednesday, February 10, 2010
during the most recent blizzard.*

PA Ponderings...

A Lifestyle Fact to Ponder:

“While the average cost of attending an NFL game for a family of four is \$412.64, it’s a staggering \$758.58 to watch the Dallas Cowboys. (That figure includes tickets and drinks for four people, as well as a couple of caps.)” (*Parade*, November 29, 2009, p. 14.)

A First Lifestyle Quote to Ponder:

“If you are a sports fan, and I am, that’s the holiest day of the year.” (*Greg Doyle, Columnist for CBSsports.com, about Super Bowl Sunday*)

A Second Lifestyle Quote to Ponder:

“Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: ‘Be holy, because I am holy.’” (*1 Peter 1:13-16*)

The Wordly Focus...

Consumer Expenditures

“Last year alone, Americans spent more than \$1 billion on over-the-counter bleaching products...[one teeth whitening company founder] predicts the market for tooth-whitening products and services will reach \$15 billion by 2010.” (*Champaign (Ill.) News-Gazette*, April 10, 2007, p. C-7.)

“U.S. consumers spent \$16.8 billion on bottled water in 2007, according to the trade publication Beverage Digest. That’s up 12 percent from the year before.” (*Champaign (Ill.) News Gazette*, June 18, 2008, p. B-9.)

“In 20 years, scrapbooking has grown to a \$2.6 billion industry.” (*World*, March 8/15, 2008, p. 36.)

“Of the \$97 billion worth of gift cards purchased in 2007, nearly \$8 billion went unused.” (*The Non Profit Times*, December 1, 2008, p. 12.)

“There are 6.8 million vacation homes in the U.S. with the typical owners living 220 miles away.” (*Newsweek*, October 2, 2006, p.9.)

Americans spent \$31.2 billion, about \$97 each, on flowers, candy, greeting cards and other gifts tied to Valentine’s Day.” (*Champaign (Ill.) News-Gazette*, January 26, 2006, C-9.)

The Eternal Focus...

The Great Commission

The 2005 Overseas Ministries income, including donations and other sources, to 700 Protestant mission agencies, including denominational, interdenominational and independent agencies, was \$5.2 billion. (*Mission Handbook 2007-2009*(Wheaton, IL: Evangelism and Missions Informational Service, 2007), p. 12, 13)

If church members in the U.S. had tithed (given 10%) in 2005 (latest year available), there would have been an additional \$168 billion available for the mission of the church. (*George Gallup*)

A Final Lifestyle Quote to Ponder:

“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” (*Matt. 6: 19-21*)

Jeff Moretzsohn
Parish Administrator



Communion Class 2010

by Jenn McMahon



*The 2010 1st Communion Class
with Jenn McMahon (right) and Kim Campbell (left)*

Sunday, February 14 was a very special Sunday for some of the children in our parish. After three weeks of attending Communion Preparation Class, they received communion with their families for the first time. These young children worked hard during the preparation class, and we are very proud of their effort and commitment. It is a joy to see these little ones reach this milestone in their faith journey as they continue to learn and understand what it means to be a follower of Christ! Let's celebrate with them!

Aleta Colette Ross
Annika Joy Evans
Ethan Lotter Tartaglio
Lisa Marie Wisely
Gavin Karr Stewart
Tayiana Kishoiyan
Liam Daniel Roulston
Brynne Elizabeth Gallagher
Caroline Campbell Siddons
Frederick Francis Rollo IV
Allyssa Jane Utecht
Sylvia Tucker Yates
Ava Marguerite Willcox
Charissa Faith Howard
Grace Mildred Snell

Thanks!

I can't tell you how grateful we are to the Lord for the people of The Church of the Good Samaritan. Our transition to Saint Peter's Anglican church in Tallahassee has been wonderful in many ways so far, but much of that had to do with God's people pouring out love toward our family. Thank you to the many people who encouraged us in our calling to Tallahassee in the midst of the arrival of our twins Zachary and Zoe. You brought us meals and gifts, helped pack our house, load our truck, and most importantly prayed for our new work and home in Florida. The people of Good Samaritan have blessed us as the people of Saint Peter's are blessing us here. We already miss the many friends of Good Sam but hope to stay in touch as we build a music ministry and encourage people to worship our Lord. We covet your prayers for Alec, Caleb, Sarah and Vance as they have just begun school and for the sale of our house in Phoenixville.

May God bless you,
The Garvens

February Membership Statistics

Births:

David Charles Helveston to Chuck & Karen Helveston
Kyle Fredericks to Matthew & Gina Fredericks

Baptisms:

David Charles Helveston
Robert (Tripp) Shearer Lawrence, III
Ethan Lotter Tartaglio
Sydney Lotter Tartaglio
Audrey Elena Willcox
Ava Marguerite Willcox

New Members:

Adam Robert Cole
Matthew & Gina Fredericks
Amelia Claire Frickey (age 5)
Andrew Brehm Frickey (age 4)
Christopher Edward Harper (age 5)
Elizabeth Larkin
Dawn Lybrand
William O'Meara
Whitney Olson
Robert & Jennifer Pittman
Matthew Steinruck
Alan & Patricia Jeanene Willcox

Weddings:

Katie Van Gilder & Matthew J. Aiesi

The Marriage Corner

Showing Grace in Marriage

(Taken from a devotion by Melanie Chitwood, Proverb 31 Ministries)

”Above all, keep fervent in your love for one another, because love covers a multitude of sins.”

- 1 Peter 4:8 (NAS)



Cartilage is a tissue that is found in many places in our bodies, including at the end of bones where joints form. It protects our joints from wear and tear, helps them move smoothly, and absorbs shock. When the cartilage in our knee, for example, is damaged, we feel pain.

Grace in our marriages is like the protective covering of cartilage in our joints. Couples who show each other a gracious attitude cover their marriage with understanding, protect their marriage from misunderstandings and short-tempered emotions, and help one another absorb life’s jolts and shocks.

The verse from 1 Peter contains the word love rather than the word grace. That’s because one aspect of love is grace. It’s the part of love that is generous, forgiving, encouraging, and unconditional. It’s the part of love that empowers you to fill in the gaps rather than notice what’s lacking in your spouse. Grace asks, “How can I help you?” instead of growing frustrated or bitter when your spouse isn’t measuring up to your standard.

Bringing criticism, judgment, and self-righteousness into your marriage is all too easy. Saying “Why didn’t you...” “You should have...” or “I told you so” requires no effort. But being gracious is what we need in marriage, and that’s what Christ calls us to be. We’re human. We’re going to disappoint one another. We’re not always going to meet each other’s needs.

When you are fully aware of your own weaknesses and of the ways you fall short of the glory of God, you are more likely to show your partner a gracious attitude. God’s Word reminds us that “love covers.” How can you cover your spouse with the love of grace today?

Dear Lord, search me, O God, and know my heart (Psalm 139:23). Soften my heart and make me willing to adopt a gracious attitude toward my spouse. Where I have been unforgiving, harsh, judgmental, or bitter toward my spouse, Lord, I am sorry and ask Your forgiveness. If we need to talk about an issue, Lord, I pray our conversation will lead us both to a gracious attitude toward one another. If there’s something I need to be quiet about or just to accept, give me willingness and strength. Lord, I pray that my attitude toward my spouse will reflect Your gracious love. In Jesus’ Name, Amen.

(Reprinted with permission by Melanie Chitwood, Proverbs 31 Ministries (proverbs31.org). Also, check out Melanie’s website melaniechitwood.com where she blogs each Monday on marriage.)

Desperate Dads Dinner



On Friday, March 19, Men's Ministry will be helping all those Dads home alone with the children while Mom is off on the Women's Retreat - by hosting a "Desperate Dads Dinner!"

Make plans now to be part of the food, movies and other fun for the young ones - and don't worry about what to feed the kids (and yourself) for dinner that night. Look for more details and sign ups in the coming weeks. Note that this is not limited to families of retreat attendees - all are welcomed, including Moms who aren't on the retreat.



"Island Getaway" Saturday, March 20 7:00-11:00pm

**Dinner & Silent Auction
to benefit The Episcopal Day School
at The Farmhouse at People's Light & Theater**

Auction items include:

**A Royal Caribbean cruise valued at \$1500
Stays at two shore houses
Stays at two Pocono houses
More than 20 themed baskets
...and more!**

Download the brochure and ticket order form at www.good-samaritan.org, they are also available on the Greeters' desk in the atrium.

EGYPT

JOSEPH'S JOURNEY FROM PRISON TO PALACE JUNE 28-JULY 1, 2010



Imagine what it was like to live and work in a dusty, bustling, noisy city along the Nile in ancient Egypt. You would hear the hubbub about what was happening in Pharaoh's palace. You might work with people who worship many gods, and perhaps hear about those who worship only one God. Perhaps you'd wonder about the new guy Pharaoh has put in charge of storing and distributing food. Some say this former prisoner has the gift of interpreting dreams!

This year Marketplace will immerse learners of all ages in Bible-time culture, helping children and adults explore what it might have been like to live in a culture that hadn't heard of the one true God. Children will experience new traditions, taste new foods, try new arts and crafts, and discover that God never leaves us alone through life's trials and triumphs.

Marketplace is a wonderful opportunity for you and your family to participate by using your gifts and talents to reach deep into our community to show and tell others about God's love! If you are interested in joining our team, I would love to hear from you! Please contact me in the church office at 610-644-4040 x206 or by email Jennifer@good-samaritan.org.

Easter Food Baskets

Donations of hams or roasting chickens, 5lb bags of potatoes, refrigerated biscuits, cake mix and icing, eggs, butter and party napkins are needed. There will be a donation box outside the Food Closet for nonperishable items. Refrigerated and frozen foods may be put in the Ashton Hall kitchen refrigerator or freezer. The deadline for donations is March 15. Contact Allison Utecht if you'd like to help (610-647-7631, allisontu@comcast.net).

New Ministry Opportunity

The Parish Nurse ministry is initiating an effort to provide meals for those parishioners who are going through a transition (for example, moving or a new baby) or a difficult time with a medical problem or grieving the loss of a loved one. Kathy Campbell has volunteered to co-ordinate this ministry, and now we are looking for a number of people who would be willing to be on a call or email list to contact to provide the meals. In order for the ministry to work effectively, we will need at least 10 people on this list.

If you are interested in helping or have any questions, please contact Kathy Campbell 610-647-7087 or Susan Starke, Parish Nurse, 610-644-4040 x207 or susans@good-samaritan.org.

Rector Search Update

On February 1, the Discernment Committee began receiving names for the position of Rector, and will continue to do so through April 30, 2010. We will be receiving names from within, and quite possibly, outside the United States. If you know of someone who might not know of our Rector search and whom you feel should be considered, we ask that you contact the individual and encourage them to email us at goodsamdcinfo@gmail.com. We will provide them with further information and our application process. Alternatively, you could email us the individual's contact information.

To review our Parish Profile, which was completed late last month, go to www.good-samaritan.org.

As always, if you have anything to share with us, please send us an email, or drop us a note in the Discernment Committee mailbox in the parish office.

Thank you all again – for investing time in the survey... time in the discernment gatherings... and especially, for your ongoing prayers on our behalf. We sense your prayers, and we cannot express our gratitude enough. Please do continue to pray regularly for us, and for the person God has already chosen to be our next Rector.

What is Your Mission?

10 reasons why Good Samaritan remains committed to being a “missional” church:

1. Missions strengthens the Church
2. Missions stretches our faith
3. Missions clarifies our purposes
4. Missions sharpens our theology
5. Missions builds global relationships
6. Missions disciplines our finances
7. Missions resists creeping heresy
8. Missions nurtures the fruit and gifts of the Spirit
9. Missions engages youth
10. Missions builds leadership for the future

Are you interested in carrying out the Great Commission? Consider joining like-minded brothers and sisters in Christ for the largest Missions Conference in the country.

New Wineskins for Global Mission 2010

April 8-11

Ridgecrest Conference Center,
Western North Carolina
(Near Asheville, NC)

Registration forms are available
at www.newwineskins.org and in the office.



YoungLives Camp Childcare Mission Trip Opportunity

Do you have a heart to reach children with the message of hope found in Jesus Christ? If so, prayerfully consider serving as a childcare volunteer this summer at a YoungLives' camp for teen moms. These camps cannot happen without volunteers to care for the children during camp activities. High schoolers through grandparents, women and men, yes men! are all welcome to serve. Camp dates are August 3-9, 2010 at Lake Champion in Glen Spey, NY. Volunteers pay or fundraise the camp fee (\$444) to cover room and board and they cover their own travel. If you would like more information or want to sign up, please visit www.younglife.org or contact Pam Bennett at (610) 251-9724.



he Church of the Good Samaritan

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Winter 2010 Events Calendar

March 5-6
Vestry Retreat

March 5-6
Girls' Night

March 16
Samaritan Deadline

March 19
Desperate Dads' Dinner

March 19-21
Women's Retreat

March 20
EDS "Island Getaway" Dinner & Silent Auction

March 22
Prayer with the Vestry

March 23
Women's Book Discussion Group

March 28
Palm Sunday

April 1
Maundy Thursday 7:30pm