



The ANGELUS News of the Life of GRACE CHURCH

Over 150 Years in the Heart of White Plains

Happy Easter Grace/ La Gracia!

It's a time for happiness. Through the resurrection of Jesus, we celebrate the joy of His victory over death; death did not have the last word and final say: Jesus did! Easter Sunday is the central event in the church year. It is so important because all of Christianity revolves around the death and resurrection of Jesus Christ.

If there is no resurrection of the dead, then Christ has not risen; And if Christ has not risen, then our preaching is in vain [it amounts to nothing] and our faith is devoid of truth and is fruitless (without effect, empty, imaginary, and unfounded).

The liturgical season of Easter lasts 50 days which culminates with the feast of Pentecost, making it the second longest liturgical season. Each Sunday of the season is treated as a Sunday of Easter.

Why does this liturgical season last so long? It's quite simple. After the Resurrection, Jesus spent forty days on earth before he ascended to heaven, and then there were ten more days before the Day of Pentecost.

This year in particular, the message of Easter resonates with me in a special way. As you know, I have just recovered from covid-19. I had a mild case, much like a very bad cold, but in addition to feeling pretty lousy, I had to isolate. In my case, I also felt worse because I tested positive at a time when the church is in the middle of the Holy Week services and preparations.

But, like winter gives way to spring and Good Friday gives way to Easter Sunday, as the week went on my symptoms lessened and I felt that my health was returning, and I was renewed when I found out that I was negative.

In the days while I was isolating and recovering, I felt blessed as I felt the love and support of this congregation. I want to thank everyone – all those who called, who sent notes or cards, emails, texts, who left food on my doorstep (I have to say my refrigerator has never been so full and I have never been blessed with so much healthy food). And I also want to thank those who prayed for me.

We have just gone through Holy Week, most definitely a very sacred time of the year, for it is when we commemorate and remember the last week of Jesus' life on this earth. During Holy Week we had an attendance of over 500 parishioners including all those new attendees who came to our Easter Sunday service.

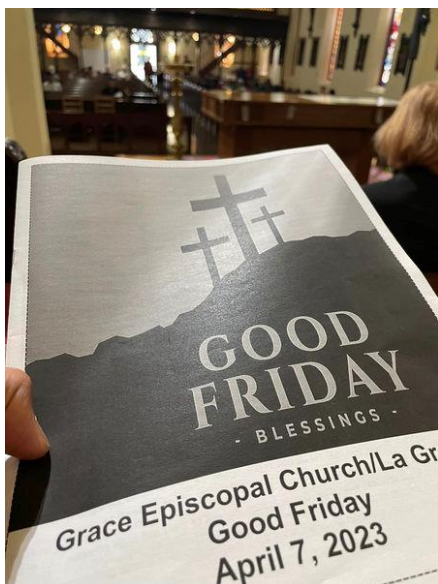
We are in the season of spring, one of the temperate seasons that succeeds winter and precedes summer. Spring is the time when plants begin to grow and flowers to bloom. Animals awaken from hibernation. In some parts of the world, spring brings rain that falls for hours on end, facilitating the growth of different plant life. During this season there is more daylight, so people have more energy. Spring is also a time of rebirth, rejuvenation, renewal, resurrection and regrowth.

This month of April marks my first Year as Priest in Charge of Grace / La Gracia. It has been a time for all of change, readjustment, and moving together to a new horizon.

Grace Church, have faith. Our hope is placed in God who has authority over all things. Romans 8:28 emphasizes: “we know that in all things God works for the good of those who love Him, those whom He has called according to His purpose.”

God bless you all and Happy Easter!

Rev. Adolfo Moronta+



EASTER PICTURES







Master Calendar of Coming Events 2023

APRIL

- **April 25** Vestry Meeting
- **April 30** La Gracia Committee Meeting

MAY

- **May 5** Cinco de Mayo
- **May 14** Mothers Day
- **May 14 – 20** Credo Conference for Priest In Charge
- **May 18** Day of Ascencion

May 20 Consecration of New Bishop

Ordination and Consecration of the
Bishop Coadjutor: The Rev. Matthew Foster Heyd
Saturday, May 20, at 11 a.m.
Cathedral Church of Saint John the Divine

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- **May 23** Vestry Meeting
- **May 28** La Gracia Committee Meeting
- **May 28** Pentecost
- **May 29** Memorial Day

JUNE

- Quarterly Review
- **June 4** Trinity Sunday
- **June 18** Fathers Day (Grace/La Gracia)
- **June 19** Juneteenth
- **June 25** La Gracia Committee Meeting
- **June 27** Vestry Meeting

JULY

- Stewardship Theme Selected by Stewardship Chair and Priest In Charge
- **July 4** Fourth of July
- **July 25** Vestry Meeting
- **July 30** La Gracia Committee Meeting

AUGUST

- Retreat for La Gracia
- **August 22** Vestry Meeting
- **August 27** Birthday of Priest In Charge

SEPTEMBER

- Church BBQ
- Retreat: Life In the Spirits Seminar for Grace Church
- **September 4** Labor Day
- **September 24** La Gracia Committee Meeting
- **September 26** Vestry Meeting



MAY 14th

The women of the church are invited to breakfast served by the men of Grace.

HONORING WALTER AND SYLVIA SIMON



Lifting Up Westchester, formerly named Grace Church Community Center, was founded more than forty years ago by members of Grace Church to provide help and support for those struggling to provide for their basic needs here in Westchester.

Walter and Sylvia Simon are well known to us as parishioners and they have been advocates of this impressive group since the beginning. Walter was a founding board member of Grace Church Community Center and Sylvia started as an active volunteer at Neighbors Home Care and assisted in the creation of Samaritan House, which is housed here in our parish building. Together they are honorees at this year's Lifting Up Westchester Gala, which will be held on April 27th.

Lifting Up Westchester has recently announced that they have received a \$200,000 challenge grant which will help kick off fundraising efforts for two community initiatives this year – Job Central and Community Central.

Job Central will address barriers to employment for low-income individuals through pre-employment skill building and post-employment support. Individuals will get support with coaching, clothing, transportation, and overcoming any other hurdles to employment.

Community Central is a way of centralizing opportunities to access community and resources for personalized support. A combination of services including Grace's Community Kitchen, the Charlie Bevier Outreach Program, the Lifting Up Health program and employment services from Job Central will be available for people suffering from hunger, isolation and other problems.

Congratulations to Walter and Sylvia Simon as they receive this public honor from Lifting Up Westchester that they so richly deserve.

Grace Church Book Club Update

Join us the second Tuesday of Every Month

Submitted by Karen Odom




One of the many benefits of the Book Club, now in its 26th year, is the wide range of titles and topics we find ourselves exploring that we would not have explored on our own individually. As so many of us like to say, “If it weren’t for the Book Club, we would never have read this,” expressing our appreciation for books that have taken us on fascinating journeys and sparked our interest and interesting conversations.

So far this season, we have taken a wild ride through an international thriller (**State of Terror**) filled with endless twists and turns and political tensions between the President of the United States and the Secretary of State co-authored by the actual 67th Secretary of State, Hillary Clinton, and famed mystery writer Louise Penny. We traced the intricate, unpredictable events that followed the appointment of the president’s political enemy as Secretary of State. (Sound familiar?)

Another thriller (**The Cage** by Bonnie Kistler), an attention-grabbing whodunit set in the corporate offices of a fashion conglomerate had us examining clues from beginning to end trying to determine the events that cause two women to enter an elevator as the book opens and the death of one by the time the elevator reaches the lobby. Is it murder or suicide? Hmmm...

In a fanciful and quirky take on life and death (**My Grandmother Asked Me to Tell You She’s Sorry** by Fredrik Backman), we focused on the special relationship between a seven-year-old girl and her 77-year-old grandmother and their celebration of being “different.”

We honored Black History Month by learning about a little-known role of Belle de Costa Greene, an African American woman who hid her true identity and passed as white in order to become the influential personal librarian of J.P. Morgan, building an extraordinary collection of literary works and art (**The Personal Librarian** by Marie Benedict and Victoria Murray) that led to a remarkable legacy and continues to draw visitors to Manhattan to tour the treasured and historic items at the J.P. Morgan Library and Museum.



Through **The Second Mountain: The Quest for a Moral Life** by David Brooks, we explored the commitments and core elements behind a life of meaning and purpose and took a deep dive into our own lives before returning to a mystery in **Still Life**, our second mystery by Louise Penny. Like Inspector Armand Gamache, we also wondered who could have possibly killed a beloved resident of the tight-knit rural village of Quebec's Three Pines.

Interested in joining in our book journeys? Contact Karen Odom at karenodom@yahoo.com.

Postcards for Change

Submitted by Sylvia Simon

When Raphael Warnock was running against Herschel Walker for Senator from Georgia, some people in other states felt it was imperative to support him. A postcard initiative was developed to urge all registered Democratic voters to vote for him.

The initiative resulted in him winning. It has also proven effective in the recent Supreme Court election in Wisconsin as well.

Many people in churches and synagogues have joined this "Postcard Brigade" including several parishioners from Grace Church,

The process is quite simple. A package of 20 postcards and stamps are provided for \$10. The cards must be completed and mailed by a given date.

This will allow prospective voters to receive the cards and voting information before the election. It is a valuable community service. Yet, one isn't required to participate in every election cycle. If interested, ask Mary Baker, Sylvia Simon, Irene Alves, Karen Odom, or Trisha McGuinness for further information

ECW Hosts Black History Jeopardy



For Black History Month this year, the Episcopal Church Women hosted a game of Black History Jeopardy during coffee hour on February 26, 2023. As with traditional Jeopardy, clues were read from selected categories and the correct response had to be in the form of a question to score points. Preparation was indeed a group effort for the ECW with collaboration on the categories and the clues. The categories were Civil Rights, STEM (science, technology, engineering, and math), Sports, Entertainment, Religion, Literature and Grace Church. Clues ranged in value from 100 to 500 points corresponding to the level of difficulty. Attendees were divided into 3 teams. Each team was given a noise maker to signal that they were ready with the correct response. Here is a sampling of categories and clues:

RELIGION

He is the first African American to serve as Presiding Bishop in the Episcopal Church.

LITERATURE

In 1988 she became the first African American woman to win the Nobel Prize for Literature.

GRACE CHURCH

His baritone is unmistakable, an actor known for his work on the David Letterman Show and roles in "Larry Crowne," "The Doctors," and "To Tell the Truth."

How did you do? (Answers below) As you can see this was not only an opportunity to show case one's knowledge but also an opportunity to learn some Black History. The winning team won a reusable Black History month tote bag. A fun time was had by all. Hope to see you next year!

The Winning Team:



Answers: Bishop Michael Curry, Toni Morrison, and Biff Henderson

MUSIC DEPARTMENT NEWS

Alleluia! Christ is Risen! A blessed Easter to the entire Grace Church Family on behalf of the entire Music Department and Committee!



Under the direction of Michael DiLeo and the guidance of our section leaders, the choir was very delighted to be able to perform some classical and spiritual choral works in honor of our risen Lord! Some anthems that we did were fairly new to both the choir and the congregation. These included *Franz Schubert's "Gloria from his Mass No. 2 in G," "Handel's Messiah, A Soulful Celebration," "O Clap Your Hands" by Vaughan Williams*, and of course our famous spiritual that has been a tradition to our congregation: *Angels Rolled de Stone Away by Jester Hairston*

Franz Schubert's Mass No. 2 in G major, D 167, was written in less than a week in early March 1815 and is still the most well-known of his three brief settings, or Missae Breves, that fall between his more complex Nos. 1 and 5. With the exception of a few passages for soprano, Schubert's solistic intrusions are restrained; typically, he leans toward a religious tone. The previous year, the composer's congregation had successfully performed The First Mass.

Ralph Vaughan Williams composed the motet "O clap your hands." Bach wrote the anthem in 1920 for a four-part chorus, organ, trumpet, and percussion, setting verses from Psalm 47. Later, he produced organ and orchestra versions as well. It was common to record the motet.

Psalm 47 is a psalm that exalts God as the King of "all the earth" with hands, voices, and instruments. Vaughan Williams picked verses 1, 2, and 5-8 (in the King James Version numbering) from this psalm. The shofar, or trumpet in English, is mentioned in the Hebrew text.

"To hear everyone clapping along to this just made my day!" said Michael. The Easter-themed spiritual "*Angels Rolled de Stone Away*" was written, and is based on what is described in Matthew 28:2, when an earthquake is stated as an angel removes the stone from over Jesus' tomb. Afro-American spirituality is nearly universally cited as the source of the passage. Nothing further about the song's origins has been

learned since that time. The majority of recordings and performances on YouTube feature non-Afro-American artists.

Our fine and talented organist and choirmaster Michael DiLeo was fortunate to play *Charles Marie Widor's Toccata from his 5th Symphony* as the postlude! It is commonly known as just his Toccata because it is his most famous piece that has always been played on Easter Sunday in many churches around the world. Being Widor's most well-known work, the fifth movement, in the key of F, is frequently referred to as simply "Widor's Toccata." Six minutes or so are spent on it. It is frequently used as the recessional music at joyful wedding and Christmas celebrations in addition to Easter.

As we look forward to another "Happy Birthday" to our church, also known as Pentecost Sunday, our choir awaits more special music dedicated to the birth of the Church. Our choir will soon end its season, with Pentecost Sunday being the last service before the summer. Any new members interested in joining the choir in September should speak to or email Michael DiLeo. More information will be sent out during the summer.



"To sing is to pray twice," said St. Augustine.



“Humility is the most beautiful virtue that we can develop.”

- Joyce Meyer, Christian author

We all know a family that has well-developed this virtue. We know them by their quiet years of service to Grace.

The O’Hanlons, George, Karen (Southwick), Nick, Anna and Vika have been at Grace since 2005. George and Karen were involved in the Grace Kitchen very soon after joining. Their contribution over the years has been substantial and constant – every holiday they were at hand and helping with the program.

The family took a break from the U.S. and lived in Sao Paolo from 2010 to 2012. They came home on vacation while they lived there.

Nick, now 22, Anna, now 19 and Vika, now 17 attended Sunday school at Grace. They became active as acolytes. Nick, who is enrolled at Pace, is an usher, lay reader and acolyte. Anna and Vika are both acolytes. They served together on Palm Sunday. Anna attended Fairfield for a year and is currently taking a year off as a caregiver. She is planning to return to school in the near future. Vika is a senior at White Plains High School and is taking J2A lessons at Grace.

George, of course, is now on the Vestry. He helped establish the Caring Cupboard along with the Food Alliance and Sunday School students who made a project of helping to set-up the Cupboard, which regularly helps about 200 families with food assistance.

George worked for IBM in contract negotiation until 2021 and continues in that function with a smaller firm.

Karen has been super-engaged over recent times as a physician and is Program Manager, New York State Department of Health, Healthcare Epidemiology and Infection Control. And she is also busy with caring for her Mom.

Right now George is, along with being on the Vestry, an usher, and continues work with the Caring Cupboard. Additionally, George is Director of Youth Education and is teaching Rite 13 to middle school students. Just to keep busy, George shepherded the little ones for the Easter Egg hunt and is coordinating the Men of Grace for Mother’s Day preparation.

The O’Hanlon’s are truly a family of quiet grace and the family of Grace Church is blessed by their service.

Contributed by Trisha McGuinness

CHRISTIAN EDUCATION

George O'Hanlon

It has been a busy Winter and early Spring for our Grace Church Youth Education Program. Our Youth Education Program serves our youth, starting from Pre-K through High School. We are pleased that many of our students (as well as graduates from our Youth Education program) serve as acolytes, ushers and lay readers in our services. We teach Christian principles through a variety of formats which are consistent with the students' ages. Our goal is to make these principles relevant to the daily lives of our children.

Our pre-K program has started this year, offering a new option for parents who have pre-K children. We think it is important to start Christian education at a young age, as well as offering this option to parents who are attending Church. Erika Santos teaches this class, as well as our kindergarten through third grade students.

Tiffany Woodberry and Ingrid Richards teach our primary grade students (years 4th-6th grade). Not only do we offer our students age-appropriate education, but also encourage them to start participating in our services as acolytes, ushers and lay readers.

Rite 13 is our Middle School program. Rite 13 is a two- year program beginning with the student's 7th grade year in school. Students in this class learn a curriculum involving sessions on prayer and the importance of service in the Christian life; sessions on the images we have of God and Jesus and ourselves; stereotypes; and other topics relevant to our lives as Christians.

Lauren Reid and Marisol Ortega teach our high school students. Marisol is a new addition to our Youth Education teaching staff. As a teacher in her professional life, Marisol is a natural fit for our Youth Education program, and we are delighted to add her to our teaching corps. Our J2A students meet periodically outside of the regular church service time, and are focused on service projects and other activities designed to make our Christian teachings a relevant element to our students' daily lives.

A highlight of the Spring involved a re-start of our annual Easter Egg Hunt. This activity was put on hold during the pandemic, but we were pleased to reintroduce it this year. It was great to see the enthusiasm as our younger youth scoured the church grounds in search of the valued plastic Easter eggs, containing various Easter goodies.



The Episcopal Church Women's Holiday Dinner at Via Garibaldi Restaurant

By Melanie Walters-Jackson

Friday February 3, 2023 was one of the coldest days of the season. Temperatures did not stray from the low 20s all day. The afternoon upper teens dipped into the single digits at night as the Episcopal Church Women gathered for their Holiday Dinner at Via Garibaldi Italian Restaurant in White Plains. The dinner had not been held since January 2020, two months before COVID-19 would put a temporary halt to eating in restaurants. The ladies had been eager to venture back to the restaurant for an evening of good food and relaxing conversation. Many of us see each other at church every Sunday, but don't really get a chance sit and talk and catch up with what's going on in our lives or discuss events happening around us. This was an agenda- free evening, an opportunity to reconnect and perhaps make new friends. Twenty-nine women from Grace/La Gracia gathered at Via Garibaldi that evening. The golden glow and warmth of the restaurant welcomed us in from the bitter cold.

Judge Delores Braithwaite led us in prayer, blessing the food, our gathering, those in need and acknowledging those unable to attend. Long time parishioner, Ella Fitzgerald, was present. Ella harkens back to the days of Fr Bert Draesel and the formation of what is now Lifting Up Westchester. Many of us had not seen her since before the pandemic and were delighted to reconnect. Ella held court at the head of the table as we took turns greeting and talking to her. She had a kind word and a smile for everyone.



Our meal began with Crispy Calamari with marinara sauce, Classic Cheese Pizza, Mixed Greens Salad, and Fried Mozzarella with a caper sauce. Entrees included Pasta Rustica and Chicken Pecorara. The food was served family style and in abundance. Everything was delicious. We were treated to a wine tasting of 13° Celsius, a Sauvignon Blanc from New Zealand. I'm no sommelier, so I will just say it was very good!



We played a game called “What’s in your bag?” Gathering in teams, we went through our purses/bags trying to find the 25 items on a list. Some things were easy like keys and sanitizer- which had become a staple in many bags. But items such as: sewing kit, tweezers, band aid and flashlight were much more challenging. The winning team was Sylvia Simon and Dana Walters who had gathered 17 of the 25 items. Sister team Jane and Helen Washington were a close second with 16 items. All participants got to pick a prize from a basket filled with candy, hand lotions, lip balms etc. Aside from eating, most of our time together was spent talking, laughing, and enjoying each other’s company. The evening ended with coffee, tea and chocolate filled croissants. It was frigid outside as we said our goodbyes and headed home. But we had warmed our bodies and souls with good food and joyful companionship.





Stewardship

Submitted by Andrea Spencer

New Stewardship Committee as of January 23, 2023:

- Chair- Andrea Spencer
- Co-Chair- Hillary Fleming
- Shoji Mizumoto- ACS
- Ginger Waters- Parking Coupon
- Sylvia Simon- Counters

Outgoing: Charlotte Roberson, former Chair
Cyndi Brown, former Co-Chair

We would like to thank Charlotte and Cyndy for their many years of voluntary service. Thank you for your resilience and hard work. You made this job look so easy. Grace is lucky to have congregants like you. Thank you for your patience, leadership and mentoring as the new Stewardship team acclimates to the business operations.

Pledge Envelopes

How do you give your offering to Grace Church? Do you schedule payments via e banking? What about PayPal? A distribution from your retirement account? Cash or a check in an envelope? However you give, there are many more ways to do it than there were twenty years ago. Since parishioners give in different ways, the need for printed envelopes has decreased. But we can purchase envelopes online and customize them with the names of parishioners. To that purpose, we got feedback from parishioners who do want the envelopes and for \$20; they can get a box of 50 envelopes, printed with their name and pledge number. This is a win-win.... parishioners get their envelopes, we print only the numbers we need, and we maintain our duty to provide effective fiscal management, something very much needed as we work to improve our budgets.

Please note blank pledge envelopes are still available at the back of the church. Please ask an Usher for assistance if you are unable to find the envelopes. We ask that you record your Pledge number on the envelope.

Free Parking for GRACE/LA GRACIA MEMBERS

- ✓ Pay Station codes for free 4 hour parking during church services are available for **pledging members** of Grace/La Gracia
- ✓ Generally, one code per pledge
- ✓ Can only be used in Hamilton/Main garage across from the church
- ✓ Can only be used on Sunday and High Holy Days
- ✓ To request a code or to confirm a code that you already have, please email stewardship@gracechurchwhiteplains.org or leave a message with your email address and / or phone number with the Church office.

WRESTLING WITH GOD

By Mary Baker



I was recently re-reading the account in Genesis of the life of the Patriarch Jacob. He was near death and taking that occasion to bless Joseph's two sons, Manassah and Ephraim, who had been born to Joseph in Egypt. At long last, Jacob had been reunited with his beloved Joseph, whom he had thought dead since Joseph's boyhood. As he blessed Joseph's sons, he said these words:


"May the God before whom my fathers Abraham and Isaac walked, the God who has been my shepherd all my life to this day, the Angel who has delivered me from all harm, may He bless these boys." Genesis 48:15-16

At the end of his long life, this patriarch of the Jews was looking back over his life and remembering what he had experienced. He acknowledged that God had been his shepherd and loving caretaker his entire life. He called God his Angel who delivered him from all harm. This "looking back" over life is certainly a big part of advancing years and is something most people often do as they age.

From reading Scripture, we are told quite a lot about Jacob's life and so we know something of what must have been going through his mind.

Jacob was a twin and his birth was problematic. He was given the inauspicious name Jacob, which means "he deceives." As a child, he seems to have had a difficult relationship with his older twin Esau, and he evidently harbored resentment that Esau was the elder of the two. This led to Jacob's willingness to trick Esau into saying that he would give Jacob the favored older brother birthright in exchange for a quick meal when he was hungry. Genesis 25:21-34

He was the cause of some discord between his parents, Isaac and Rebekah, because his parents each had his own favored child. This family discord led to Jacob taking action to further deceive his own father into falsely giving him the blessing that Esau should have received. Genesis 27



This is not a picture of total family harmony and happiness. The situation was so dire that Jacob fled in fear for his life, hoping to escape and find refuge with his mother's relatives in far-away Haran. On the way, he stopped for the night and his troubled mind caused him to dream. In his dream, angels were going up and down a high ladder reaching up to heaven, and at the top stood the Lord! This fretful dream where he looks up and sees God seems to indicate that he knew that he had acted sinfully and was fully expecting God's condemnation. But, in his dream, did God speak harshly to him, scold him, and give up on him? Not at all! God told Jacob *"I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you."* Genesis 28:15

Although safe in Haran, Jacob's life continued to have difficulties establishing himself as an adult. He found the love of his life, but was tricked into having to work seven years for the sister of his beloved and then continuing to work another seven years to marry the one he really loved. Genesis 29.

So far, he had had a very rocky childhood, followed by a definitely rocky young adulthood. Was he remembering God's words to him that He would watch over him and eventually take him back home? At last Jacob determined that he needed to go back and make amends with his family, but I can only imagine how worried and fearful he must have felt. And, of course, he now had a whole large retinue of wives, children, and large herds. His leaving Haran was somewhat troublesome as well.


As he got closer to home, and it was the last night before his feared encounter with his brother, Esau, he sent the rest ahead without him for safety reasons and spent another troubled night alone. The Scripture says that again he wrestled with God all night long. Jacob strongly entreated God to bless him. God responded that he would now have the new name of Israel, which means "struggles with God" *"because you have struggled with God and with men and have overcome."* Genesis 32:28

With great fear and apprehension, Jacob met up with Esau and the two were able to be reunited into a new and peaceful relationship.

Were Jacob's troubles over? Unfortunately, like so many people of our own day, his family life continued to have its ups and downs, as his many children added to his parental problems. Without input from their father, his two oldest sons rashly caused great strife with a surrounding tribe and the family had to move away. His beloved wife Rachel died in childbirth, which added mightily to his grief. His large number of sons had their own issues of jealousy and this resulted in their tricking their father into believing that his favorite son Joseph has died, when instead they had been the reason Joseph has been sold into slavery in Egypt. This caused Jacob to grieve for Joseph for the rest of his life. It was many years before he was reunited with Joseph and the whole dismal story revealed.

Sometimes we tend to view the Jewish patriarchs as religious icons that were somehow shielded from our own experiences and ordinary lives. Jacob is listed in Hebrews 11 as a great example to all of us as a "man of faith," particularly noted for our admiration despite his troubled life.

This story of Jacob is filled from beginning to end with account after account of deceit, problems, issues, and grief. As a "man of faith," his life was a continuous encounter with failings, troubles, problems, and sorrows.



Jacob's story is a great reminder to us all that life is not without many struggles for each of us. It's valuable to read these Scriptural accounts and see that they describe the very sorts of lives that we all experience today. As Jacob reviewed his life, he was still able to say that he recognized that God had all along been his shepherd and had delivered him safely from harm. We all probably wrestle with God over the many things that we must overcome in our lives. This is an important Scriptural lesson for us to know that we all, like Jacob, can still aspire to be among the list of "people of faith."

For Further Thought

If Hebrews 11 were to include YOU in its "Hall of Faith," what event in your life would stand out as evidence of great faith?

As you recall God's dealings with Jacob, which of your own faith encounters with God come to your mind?



VESTRY RETREAT

The Vestry spent the weekend of March 25-26 together in a time of spiritual retreat, discernment, and training. The gathering began that Saturday morning at the Rectory with a time of songs and morning prayer. It included Father Adolfo's message that each one is "called" for His special purposes. A discussion was led by the Senior Warden, Daisey Calderone, about Vestry responsibilities, expectations, and guidelines.

Following lunch together, the Vestry members divided into three groups to pursue concrete ways that the parish might engage the entire congregation and lead to parish growth in the future.

VESTRY TRAINING WORKSHOP

The next day the Vestry again gathered together for the 8:00 worship service. The Reverend Conrado inspired us with his message from the prophet Ezekiel about the raising up of the dried bones in the desert.

Gathering in the Library after that service, Father Conrado led us to further pursue ways the Vestry has been commissioned to lead our parish.





VESTRY RESPONSIBILITIES:

- Define and carry out our church's mission
 - Be stewards of our church's resources, which include finances and parishioner talent
 - Carry out all Church By-laws and Canons
 - Enable parish vision and planning for future growth and change

VESTRY CHALLENGES

- Meeting the challenge of "one bilingual church" under the care of one priest
 - Larger community engagement and connection
 - Full and more comprehensive parish communication

If you have any constructive thoughts about any of these ideas, you are encouraged to communicate them to the Vestry. In particular, all parishioners are encouraged to actively participate in the life of the parish by joining in the work of our church's many committees that keep our parish functioning.

United Thank Offering Ingathering Sunday May 2, 2023

The United Thank Offering is a ministry of the Episcopal Church. The Diocese of New York states: "The mission of the United Thank Offering is to expand the circle of thankful people. To achieve this mission we encourage daily prayers, offerings and awareness of the abundance of God's blessings. Our thank offering supports grants for ministries at home and overseas as an outreach of the Episcopal Church. "

We are meant to recognize the good in our lives *each* day, give prayerful thanks to God for these blessings and make an offering to God by placing coins in our UTO boxes. Thankfulness is a vital part of our spiritual lives. When we focus on being thankful for our blessings, we are less prone to focus on what we feel we lack, less prone to want more or to envy what others have. Living a life of gratitude leads to less stress and anxiety and more contentment and generosity.

What are you thankful for today: a child's smile, a door held open by a stranger, waking up this morning, sunshine, rain? Whatever it is, put a coin in your blue box and thank God with a prayer.

Blue Boxes and envelopes will be available in the back of the church. Boxes and envelopes will be collected Sunday May 21. If possible, we ask that you collect your coins and write a check for the amount or give dollars. Thank you.

For further information speak to UTO Co-Chairs Marie Barrow and Andrea Spencer

Lifting Up Westchester

2023 Student Essay Contest



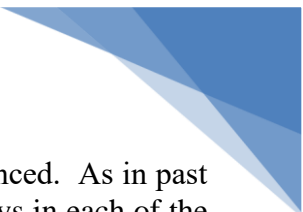
LUW Winning Essay Contest

The topic for this year's Lifting Up Westchester youth contest is "Mental Health and Homelessness" and it is one that presents challenges for all of us. And yet this topic was met head-on by 8th through 12th graders in ways that show a maturity of thought well beyond what we would expect of such young people. It is well worth our time to read what these students think about this timely and important topic. Reading their thoughts should also give us a wonderful sense of hope about the future that will eventually be in their hands.

Mental health influences how we handle stress, relate to others, and make choices. Family illness, job loss, divorce, not doing well in school, being bullied, hunger, poor housing and becoming unhoused are just some of the things that can trigger mental health issues. This can result in emotions such as anxiety, depression, or loneliness. We have all certainly gone through the last pandemic years that have impacted all of us in ways that influence our mental health, and the most vulnerable among us may not have been able to survive.

As the CEO of LUW, Anahaita Kotval, has said: "Students shared deeply personal stories about their own challenges with mental health. But as they researched the underlying causes of homelessness, they learned that mental health issues are not the primary cause of individuals becoming homeless. With this knowledge, many of them suggested ways to help end the stigmas attached to both mental health and homelessness so that we can all work toward a better future for everyone."

This LUW Westchester essay contest is an annual contest that was established in 2017 in memory of Beth Massey Rubens, a 40-year resident of Scarsdale and lifelong teacher, tutor, and mentor who had a love for language arts. It is open each year to all students attending school in Westchester in the 7th to 12th grades with winners in the four categories of 7th and 8th grades, 9th and 10th grades, 11th and 12th grades, and English as a Second Language. A panel of 49 judges select the ultimate winners and cash prizes are awarded.



The winners of this year's Lifting Up Westchester youth essay contest have been announced. As in past years, over the coming year, the Angelus will be publishing the first-place winning essays in each of the four categories.


The Importance of Mental Health
By Laura Leshaj, Eastchester Middle School
7th-8th grade winning essay

A mental health disorder affects mood, thinking, and behavior. Individuals who struggle with mental health have been stigmatized over the years and have never been fully understood. Homelessness is another severely misunderstood issue that relates to mental health conditions. In 1883 a piece of work containing a system of mental health disorders was published by German psychiatrist Emil Kräpelin. So in the many years society has come since the late 1800s, understanding and appreciating those who are homeless and those with mental health conditions is something that needs to be more widespread. Included in this essay will be real interviews with homeless people and concrete facts on mental health disorders.

Mental health conditions are more common than one would think. According to a study done in 2022, almost one billion people suffer from mental health conditions. 150 million people are said to be homeless in the world in 2022. There are many common misperceptions on homeless people, including "Most are mentally ill".."The majority abuse drugs and alcohol."..."They're dangerous and violent"(NYU 1,2,3). However, the article states only 1/3 of homeless people suffer from mental illness, only 20-40% abuse substances, and most homeless people are more likely to be the victims of violent crimes. These facts are not just statistics, they are reasons to treat homeless people with more respect because homeless individuals could be in a tragic situation that most don't know about. Not everyone with a mental illness becomes homeless depending on their living situation. Tragedies or losses impact our mental health because we feel upset that there's nothing we can do. Children may experience this more intensely because they are still developing.

Being homeless takes a major toll on one's mental health. Having to live with extremely limited resources is stressful, and being put in a dangerous position of catching illness and having absolutely no shelter day and night is exhausting. They experience terrible judgment, however an important lesson is taught to us in the lyrics "You're on your own kid, yeah, you can face this. You're on your own kid, you always have been"(Taylor Swift). These powerful song lyrics teach us that it's okay to be on your own in life, because you are enough. Homeless people struggle with the feeling of being alone and feeling worthless, but everyone no matter the circumstance is worth it, as Taylor demonstrates. Overall, individuals should be more aware of not only the physical struggles of homelessness, but the immense mental toll it puts on the homeless community.

Many homeless people are stereotyped as having poor mental health. They see a person who doesn't have many privileges and assume they have a mental illness or are affiliated with drugs/alcohol. I have seen this firsthand as homeless people are ignored in the street. However, many homeless people you may see have a story that not many know about and don't suffer from an illness or have an addiction. For instance, homeless individuals engaged in a private documentary by sharing their story with



interviewers. One man shares how he "went to the University of Southern California"... "belonged to 2 other honorary societies because I was such a dang good talented student"... "went off and worked at animation with Chuck Jones and people like that"... "I'm telling you, I'm a talented guy. Takes a talented guy to know he's talented". This individual was an incredibly accomplished young man and even worked with famous animator Chuck Jones. So if you think it couldn't happen to you, this man's story may just change your perspective on homelessness. Another story displays why you can lose everything in an instant and to never take what you have for granted. This individual explains how "a robbery and a fire brought everything down and the landlord decided to sue me and put me in the street". Society should always appreciate if they are fortunate enough to have a home and a steady job and aren't put in terrible situations due to an unfortunate incident. Last but not least, a well-known celebrity was interviewed as well. Ice-T tells us how "I hit points where I was homeless"... "Nobody wants to loan no money to anybody that's broke". Many people today see somebody struggling on the street but don't want to give them money. Being homeless is an incredibly difficult situation that can be impossible to get out of. Business owners do not want to hire anybody that doesn't look the part, and being homeless doesn't allow one to afford the luxuries of hygiene/clean clothes. As you can see, homelessness can happen to anybody and you shouldn't assume one is lazy or ill because of this.

Many people you may know have been homeless at some point in their life, including Steve Jobs, Daniel Craig, Steve Harvey, Halley Berry, Hillary Swank, Dr. Phil, and Jim Carrey. This speaks to the notion that homelessness can be overcome and not to be so quick to judge. While the majority do not become celebrities, this goes to show why you should never judge somebody based on the situation they are in. I believe that if we can all learn the truth about homelessness and mental health by doing some research, we can truly make a change and get rid of this hurtful stereotype. So the next time you might encounter a homeless person, learn their story before you immediately judge. Homeless people are people just like the rest of us, and anybody can be affected by homelessness. If people begin to recognize this, we can end the stigma and maybe begin giving back to the community and donate. It's very important for organizations such as Lifting Up Westchester to provide support for homeless individuals because the more organizations we have, the better we can help those who are not as fortunate. It is especially important to have an organization like this close to home, as it urges more people to participate in different charity events and truly make a difference.

All in all, my opinion has been thoroughly influenced by writing this essay. I, too, was taught to think that homeless people are mentally ill and are going to spend money on drugs or alcohol based on this stereotype being taught to each younger generation. We should be preaching about loving all no matter what, not stigmatizing certain communities. Having poor mental health can very much lead to homelessness, as well as homelessness can lead to poor mental health. These things are almost impossible to completely fix, and this essay should hopefully influence individuals to learn before they judge. Ultimately, mental health and homelessness are two very real issues and society should strive to support and understand them.



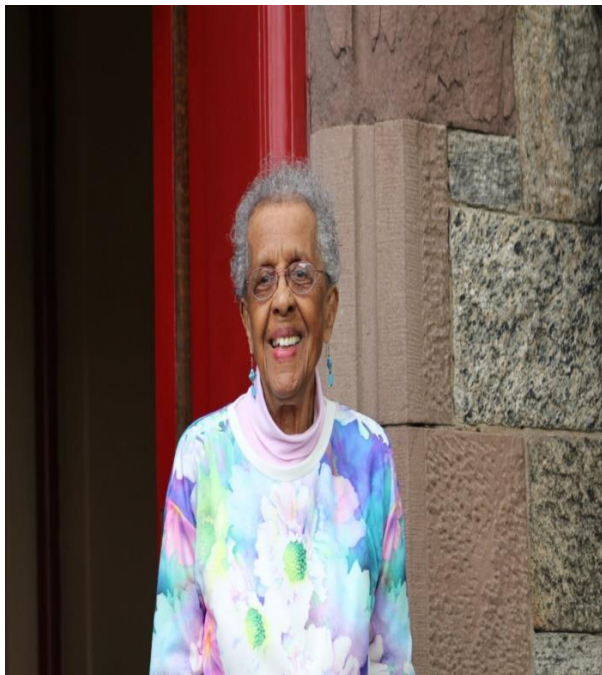
BIOGRAPHY of CAROLE CARTER

Carole Carter was born in Charleston, West Virginia on November 14, 1931. During her childhood, she lived in Peoria, Illinois with her grandparents. As a youngster Carole experienced racism firsthand when the leaders of the Girl Scouts of the USA rejected her application for membership in 1940 because she was a person of color. She didn't let that phase her and excelled as a high achieving student in elementary and junior high school. Although Carole began Peoria High School, she didn't graduate. She went straight into the University of Chicago Early Admissions Scholarship Program at the age of 14. After 2 years she joined her parents in Brooklyn, NY and graduated from Hunter College in 1952. Two years later she was married to John, the love of her life, and worked as a cancer researcher.

Fast forward to 1969, Carole and John had moved to White Plains, NY, had three children, were members of Grace Church and Carole had finished her master's in education from New York University. After receiving a permanent New York State teaching license Carole held various roles and jobs in the field of education including director of the Martin Luther King Jr. Daycare Center in New Rochelle, NY and first grade teacher at Cecil H. Parker Elementary School in Mount Vernon, NY from which she retired in 1997. Never one to neglect the community, Carole went on to volunteer at the Bedford Hills Correctional Facility in Bedford Hills, NY teaching parenting strategies to incarcerated mothers. Following this she volunteered for twenty years at the YWCA's Children's Center at the County Courthouse in White Plains, NY.

Throughout the years Carole has been a member of Grace Church. She has had many roles including counter, junior warden and senior warden. In addition, she helped found the “Grace Church Community Center,” now called “Lifting Up Westchester,” and was an enthusiastic member of the Grace Church Book Club. She’s a Platinum Member of The Links, Incorporated, a Delta Sigma Theta Sorority sister, a member of The Couples Club, and former member of Jack and Jill. Carole loves spending time with family, reading, traveling as well as playing Tonk and Bridge.

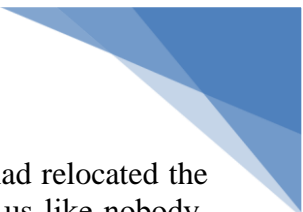
Since 2018 Carole has been a widowed. Along with her three children, she has a sister, six grandsons, one great grandson and numerous relatives, some of whom are here today. Please join me as we honor Carole Carter a “Living Legend,” on the first Sunday of Women’s History Month.



Elsie Gene Adams, 102

Life Then: Reading Her Way Out of Segregation

A passion for education and for books shaped Elsie Gene Adams’ career and personal life. The daughter of a Baptist minister and an elementary school principal, Adams’ earliest memories were of Orlando,



FL, where her parents, Reverend Benjamin H. Hodge Sr. and Mary Morrison Hodge, had relocated the family from Minnesota. “They were sad, angry memories,” she recalls. “They treated us like nobody. All the schools were segregated, and we couldn’t shop downtown.”

Reading became an outlet. “In our house, education was important,” says Adams. “I was a great reader and an A student. At the library, I’d take a whole stack of books. I thought I could read my way out of segregation.”

Graduating high school in the midst of the Depression, Adams “wanted to go to Rollins College in Winter Park but couldn’t because of segregation.” Instead, she earned a degree from Florida A&M University and embarked on a career as an elementary school teacher.

Soon thereafter, she moved to Baltimore and married her husband, Benjamin Earl Adams. Together, they had four daughters.

In 1955, Adams returned to Florida. Unable to pursue a master’s degree at the University of Florida due to her race, Adams says the state paid for her to attend New York University, where she received her master’s degree in education in 1956. In 1958, she became one of the first group of African American teachers hired to work in White Plains. She continued teaching in White Plains until her retirement in 1979. From there, her passion for reading endured as a literacy volunteer, helping adults learn to read.

Today, Adams is active in Grace Episcopal Church in White Plains. She joined the church in 1958 and has been an active participant except for the 20 years she lived in Florida after retiring from the White Plains Public School system. She taught Sunday School for many years and served a term on the Vestry. In addition to being a member of two search committees to select a new priest, she helped edit the Church newsletter and contributed several articles over the years. For Lent, she wrote an acrostic and had it printed as a bookmark that was then made available to the congregation. Most recently, Adams has been an active member of SAGE (the Church group for seniors that meets monthly) but now meets via telephone. Due to the pandemic, she says she misses “community”.

Beyond good genes and practicing moderation, “my involvement in church played a big part of how I think about life. I have a positive attitude. I don’t get caught up in the negative side. My sense of humor keeps me sane”.



Biography of Bernice Burton

- Born in Basseterre, St. Kitts and Nevis in 1925.
- Was married to her husband Clarence from 1942 until his passing in 2002.
- A graduate of Mt. Vernon HS
- Starting in the early 1960's Bernice worked for Westchester County, first at The Sunshine Cottage (a part of Grasslands Hospital as it was called in those days) as a nurse's aide working with children with special needs. She became a Licensed Practical Nurse. She finished her tenure with the County as a receptionist & information clerk at The Ruth Taylor Institute until her retirement in 1993.
- In 1975, she began volunteering at her beloved Grace Episcopal Church in White Plains, teaching arts and crafts at the Wednesday Program, as well as helping prepare dinner for the children that attended.
- During her time at Grace, Bernice has attended numerous cursillos, and has served on several committees:
 - International Dinner
 - Fashion Show
 - ECW
 - Coffee Hour
- Bernice is the mother of 3 children, 7 grandchildren, and 3 great-grandchildren.
- Bernice is currently an active member of Grace Church's senior group S.A.G.E. (Seniors At Grace Episcopal).



Biography of Shirley V. Spencer

Shirley Viola Spencer was born April 1, 1926 in Harlem Hospital. She attended P.S. 168, Junior High 99, and graduated from Central Commercial High School. On May 29, 1948, Shirley married Clifford R. Spencer and they had three children; Jo-Ann, Bruce and Raymond. Her husband Clifford passed away in 1981. Shirley has 5 grandchildren, 12 great grandchildren, and 1 great-great grandchild.

While living in the Bronx at Edenwald Houses, Shirley and her family attended St. Luke's Episcopal Church and later St. Martin's Episcopal Church in Manhattan. Shirley was a Board member of the Susan E. Wagner Day Care Center. For 44 years, she worked at the Jewish Child Care Association and just prior to retiring in 2001 she was the office manager and secretary to the Director.

In 1984, Shirley, her daughter Jo-Ann and son-in-law Michael Boylan with their two children Marissa and Michael moved to Greenburgh, NY. In her search for a church closer to their new home, she was successful in finding Grace Episcopal Church. In 1985, Shirley along with Jo-Ann and her children became members of Grace Church.

Over the years at Grace/La Gracia Episcopal Church, Shirley has participated in many activities and groups such as Caribbean Ministries, Altar Guild, Episcopal Church Women, Chant Choir, Tim's Intergenerational Choir, Victoria's drum group, and SAGE. Her time at Grace/La Gracia was also spent volunteering in the office assisting with answering phone inquiries and putting together bulletins. She was also an acolyte, a counter, and an usher.

Shirley is very active in her community through her membership at the Theodore D. Young Community Center where she has participated in such activities as trips to the theatre, playing BINGO, engaging in

water aerobics and Tai Chi. To add, Shirley works at the election polls assisting residents with signing in and voting.

Some of Shirley's pastimes have included bowling and traveling the world. She has traveled throughout the Caribbean as well as to five out of the seven continents; North America, South America, Asia, Europe and Africa. She continues to enjoy solving crossword puzzles and dancing.

Shirley V. Spencer is a phenomenal woman living a full, blessed life.



LINDA HEUSSER

Lamont-Doherty Earth Observatory of Columbia University Heusser@Ideo.columbia.edu

Professional Preparation

1954 B.A. Psychology, Wellesley College, Wellesley, MA

1966 M.A. Geology, Columbia University, New York, NY

1971 Ph.D. Geology, New York University, New York, NY

1995 Fellow, Clare Hall, University of Cambridge, Cambridge, England

Appointments


2010-present Adjunct Research Scientist, Lamont-Doherty Earth Observatory

1995-date Life Member, Clare Hall, University of Cambridge, England

1990-2004 Research Scientist, Heusser and Heusser, Inc. Tuxedo, NY

1978-2003 Adjunct Research Scientist, Lamont-Doherty Earth Observatory

1978-1980 Adjunct Research Scientist, Southampton College, NY



1978-1988 Marine Geology, U.S. Geological Survey
1978-1989 Adjunct Research Scientist Southampton College, New York
Chief Scientist Cruise RV Eastward
1975-1976 Assistant Professor, Geology, Orange County Community College, NY
1971-1981 Research Scientist, New York University
1968-1969 Graduate Research Assistant, Department of Geology, New York University
1965 Lecturer, Iona College, New Rochelle, NY
1964-1966 Teaching Assistant, Columbia University, New York, NY

Volunteer

Work

2007-2010 Phelps Hospital, Tarrytown, NY
2008-2010 New York Presbyterian Hospital, White Plains, NY
2007-2016 Soup Kitchen, Grace Church White Plains, NY

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