



THE ST. MATTHIAS

# Messenger

MARCH 2011

## highlights



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† **You can still join the Anchorhold group**

**Messenger Deadline is the 3rd Wed. of the month.**

Email articles/photos to Nancy Peterson at [peter-son400@sbcglobal.net](mailto:peter-son400@sbcglobal.net)



Come to our next

## St. Matthias Pot Luck



Our next **St. Matthias Pot Luck** will be March 13, after the 10:15 Service. The food distribution by last name will be:

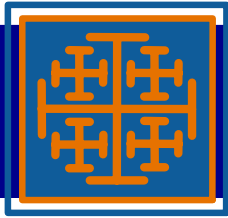
**M-Z** -Entree

**A-F** - Dessert or something sweet

**G-L** - Fruit, veggies or salad

There will be a sign-up sheet on the Fellowship & Incorporation Bulletin Board (near Kathy Mallory's office). Please sign up to bring food or help with set up during around 9:30 that morning or clean up afterwards.

If you have any questions, please call Harriet Schassberger at 262-549-5179.



## PASTORAL LETTER

By Fr. David Simmons



*“So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. ”*

*- Matthew 5:23-24*

Dear Beloved People of God,

As you receive this, we prepare to enter into the season of Lent. At the beginning of the Litany of Penitence in the Ash Wednesday service, we hear this exhortation:

“Dear People of God: The first Christians observed with great devotion the days of our Lord’s passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This is season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.”

We mark this season of penitence liturgically by changes in the service - the Great Litany on the first Sunday of Lent and the penitential order on following Sundays, the use of a “Lord have mercy” instead of “Glory to God in the Highest,” the use of a more penitential Eucharistic Prayer at 5 and 10:15, and the removal of all “Alleluias” from the service altogether.

But these public liturgical changes inside the church are intended to help us change our lives out in the world. We are to spend Lent taking on disciplines and examining ourselves so that we may prepare ourselves for the yearly remembrance

of Jesus’ resurrection at Easter. Part of that examination must be to work to free ourselves from unjust anger.

We are in an angry time in Wisconsin. The debate over the budget repair bill has polarized Wisconsinites in a remarkable way. Protesters gather in tens of thousands and groups work to set up recall elections. Political activity like this is not bad in itself. The Gospel does have political ramifications and it is important that we be passionate about working out how society governs itself. What is spiritually dangerous is when passion turns into self-righteousness that sets the good (me) against the evil (you.) The pundits on both sides glorify in this emotion - it is their stock and trade. But there is no room in the Gospel for demonization of the other. The other we disagree with is a human being, and we agree to respect the dignity of them every time we renew our baptismal vows.

It may be impossible for us to give up anger completely during Lent. Much is going on that has important long-term consequences that effect a lot of people. But for our own sakes, we need to be aware that dehumanizing anger is something that hurts our own spiritual lives and separates us from God. My challenge to you this Lent is this: pray daily for those whom you disagree with. Don’t pray that their minds be changed - this is not magic. Pray for their welfare and for reconciliation. In the process, you may find yourself every bit as passionate about the issues, but less self-destructively angry at the other who also is a child of God.

**Ash Wednesday Services:  
March 9th  
Noon and 7PM  
Ashes imposed at both services**



## Help with the Hope Center Meal Program

Volunteers are needed to help serve. Dates we are scheduled to serve are Wednesday, March 30 and Wednesday, December 28, 2011. **Call Megan Koch, Outreach, at 547-9381 to volunteer or for more information.** The time to report is 5:00 pm at Hope Center, 502 N. East Ave. To **serve & clean up** 6-8 people are needed (children age 14 and up welcome). Donation of dessert for 70-80 people or 6 milks if you can't come.



**Caring Thru Meals** Sign up for a month or be on call. Sign up sheet is on the bulletin board. Prepare a casserole or soup for a church member! Be a blessing in times of need.

**Food Items** Put the items you bring into the basket at the front of the church. Food donations will be taken to the food pantry.

**Lay Eucharistic Visitors** visit ill and infirm members regularly. If you would like to participate in this ministry of worship and visitation, please contact the Rector. If you know of someone who would like to receive Sunday communion, contact the church office.

**Prayer Shawl Ministry** Knitters, keep knitting shawls. If you have questions about this important ministry, call Marge Konetzki 547-1379.

**Donate Flowers for weekly services** Flowers can have a "memorial" or "in honor of" placed in the bulletin. Sign up on the Flower Chart in the Tardiff Room. Talk to Liz Craney if you have questions.

**Jail Ministry** Since the 1980's, the St. Dismas Jail Ministry has been meeting the spiritual, emotional and physical needs of inmates at the Waukesha County Jail and Huber Facilities. They are always in need of volunteers and financial support. If you feel called to this ministry, contact Virginia Hoeft at 262-549-0669.

**Nursery Helpers** We have 1 paid staff person to be in the nursery on Sunday mornings from 9:00 to the end of the 10:15 service. But an extra person (age 12 and up welcome) to help out would be such a service to our St. Matthias family. The safety of our littlest ones is important to us. Middle school and high schoolers from 8th grade on up can add their volunteer time to future college and scholarship applications, and National Honor Society students need those volunteer hours. A sign up sheet should be posted on the nursery door or students can sign up on a sheet in their Sunday school class. Questions, call Nancy Peterson 262-542-1273.

## Gluten-free Host

Do you require gluten-free hosts in order to take communion? Contact Father David and he will be able to supply that for you.



## MEN OF MATTHIAS

The Men of Matthias will be playing **SHEEPSHEAD** on Friday, March 18 beginning at 7pm.

## Quiet Day

Was quite a treat

About 16 St. Matthias women were led on a meditative journey with readings and storytelling by Sister Mary Grace on Saturday, February 26. The day started with a continental breakfast, included a lunch and ended with a time of shared reflection. It was a wonderful respite from our hectic lives. Thanks to Sister Mary Grace and all of the ladies who planned the day.

# Heart Healthy Living



## Dear friends in Christ,

Dear friends In Christ,  
I am taking this article directly from Healthy Women.com but I thought it was great for men too!

Blessings-  
Kathy

## Heart Healthy Living from the Heart Health Center

The idea of working to make your heart stronger and doing what it takes to prevent or at least delay heart disease may sound like about as much fun as flossing your teeth.

But it doesn't have to be that way, if you use the "Take 10" approach. That means doing simple things for yourself and your heart health as often as possible, like taking the tips below. It's true that there are some risk factors for heart disease you can't change, like your family history, but there are little things you can do as go about your day that can make a difference.

**Here are three big tips** and some smaller ones for a heart-healthy life:

### 1. Get moving .

There's nothing better for you and your heart's health than being physically active. No pill or diet can really substitute for the benefits of exercise. Fitting in at least 30 minutes of moderate-intensity physical activity a day can help you not only make your heart stronger, but also lower your risk of developing diabetes, heart disease, high cholesterol and high blood pressure. Can't find the time? Take 10.

Here are some quick tips for adding more physical activity to your life. Remember though before starting any

exercise program, you'll want to check with your health care professional first.

**Get off the bus one stop earlier.**

**Walk to the store.**

**Stand up and move around** while making phone calls.

**Cut back on e-mail. Deliver the message in person.**

**Do you own yard work.**

**Walk up the stairs** instead of taking the elevator.

**Park as far away from the store** as you can.

**Take a walk** around the building on your break at work.

**Walk the dog.** Walk with your children.



**Refuse to use the drive-up window.**

**After lunch, walk** around the building or around the block.

**Don't stay seated for more than 30 minutes.**

**Gather some like-minded friends and start a walking club!**

**2. Be smart about fat.** Eating right is a big part of living a heart healthy lifestyle. Being smart about the type of fats in the food you eat is a great place to start.

Just as there are good and bad types of cholesterol, there are good and bad varieties of fat. The "good" fats in

terms of heart health are fats found in foods like fish, olive oil, walnuts and avocados. The "bad" fats, the fats that can really clog your arteries, come in two varieties: saturated fats typically found in whole milk dairy products like butter and ice cream and red meat and trans fats. Trans fats are typically found in commercial baked goods or fried foods, as well as whole milk and can be just as bad, maybe even worse

for you than saturated fats.

The 2010 federal dietary guidelines challenge Americans to limit saturated fat to less than 10 percent of their daily calories and to keep trans fat consumption as low as possible.

**Here are some quick tips for eating a heart-healthy diet:**

**Increase your intake of plant** foods (especially leafy greens, red and orange vegetables, beans and peas and nuts and seeds).

**Replace refined grains with whole grains** (think whole wheat bread products, brown rice and quinoa).

**Instead of using butter when cooking, opt for olive oil.**

**Switch to low-fat (1 percent) or fat-free dairy products.**

**Limit meat intake**, and when you have it, choose lean cuts and remove fat and skin (from chicken) before cooking.

**Broil, bake, roast or poach foods rather than fry them.**

*(Continued on page 5)*

(Continued from page 4)

**Cut out (or limit) sausage, bacon and processed high-fat cold cuts and organ meats such as liver, kidney or brains.**

**Eat egg yolks only in moderation.** Egg whites contain no fat or cholesterol and can be eaten often. In most recipes, substitute two egg whites for one whole egg.

If you really want to be good, do what the federal government is now recommending and **increase your daily consumption of fruits and vegetables to four and a half cups.** Not ready for that yet? Try going from three to five servings of fruits and vegetables a day.

**3. Teach your mind to unwind.** Learning to cope with stress and relax, even just a little, is a challenge for most of us. Some common ways of coping with stress, such as overeating, heavy drinking and smoking, are clearly bad for your heart.

**Here are a few stress busting ideas:**

**Consider taking a yoga class.** If you don't have time for that, practice deep breathing and relaxation exercises while your sit in traffic.

**Schedule your time more effectively using a calendar and to-do lists,** prioritizing activities and realizing you can't do everything.

**Learn how to say no to requests that add extra burdens** and can wreak havoc on your day.

**Insist on help with regular chores.**

**Rehearse for stressful events.** Imagine yourself feeling calm and confident in an anticipated stressful situation. You will be able to relax more easily when the situation arises.

**Let yourself laugh and cry.** Laughter makes your muscles go limp and releases tension, so try to keep a sense of humor. Tears can help cleanse the body of substances that accumulate under stress.

**Talk out troubles.** It sometimes helps to talk with a friend, relative or member of the clergy. Another person can help you see a problem from a different point of view.

**Help others.** Because we concentrate on ourselves when we're distressed, sometimes helping others is the perfect remedy for whatever is troubling us.

**Learn acceptance when a difficult problem is out of your control,** which is better than worrying and getting nowhere.

**And last but not least, try to develop and maintain a positive attitude.** Difficult as it may seem at times, viewing changes as positive challenges, opportunities or blessings, if nothing else, could help your heart health.

For more information on the health topics mentioned in this article visit the [HealthyWomen.org](http://HealthyWomen.org) areas below.

Heart Health Center : [www.healthywomen.org/healthcenter/heart-health](http://www.healthywomen.org/healthcenter/heart-health)

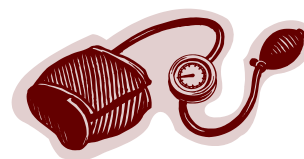
Healthy Living: [www.healthywomen.org/ages-and-stages/healthy-living](http://www.healthywomen.org/ages-and-stages/healthy-living)

Midlife & Beyond: [www.healthywomen.org/ages-and-stages/midlife-and-beyond](http://www.healthywomen.org/ages-and-stages/midlife-and-beyond)

Diet and Fitness Center : [www.healthywomen.org/healthcenter/diet-and-fitness](http://www.healthywomen.org/healthcenter/diet-and-fitness)

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**Kathy will be doing blood pressure checks in her office Sunday, March 20 after the 8 am service**



## Taize Service

The next Taize Service will be March 13 at 6-7 pm at St. Luke's Lutheran Church in Waukesha.

## Music @ Matthias needs Help with Hospitality

The music department is looking for people who like to make food! We are in need of people who can provide goodies towards the concert receptions. The post concert receptions are a BIG hit with concert attendees and we are in need of additional people to support these events. Please contact Craig Bodoh, Director of Music if you are able to assist with a future concert.

# The Waukesha County Seasonal Overflow Shelter for Men will run from December 15, 2010 to April 30, 2011.

It is located at the Corner of Northview Rd. and Grandview Blvd.

## It has three major needs:

**(1) Money** Due to decreased governmental funds, more money needs to be raised by our communities of faith. It will cost just over \$60,000 to run the shelter through April. In reality, this saves our communities thousands of more dollars in unnecessary incarceration and emergency room time.

**(2) Volunteers** This year, we must rely on more volunteer staffing. Churches can help by volunteering to bring in Sunday night meals. Individuals can volunteer through the Salvation Army website.

**(3) Materials** Needed: Coffee( Decaf, creamer, sugar), Laundry Detergent, Cereal, Milk (Boxed, powdered or condensed), Juice, Utensils, Cleaning Supplies, Toiletries, Pillows, Blankets, Books and Magazines.

All materials can be dropped off at the shelter location from 7PM to 7AM.

To Volunteer or for more information:

Call Hebron House of Hospitality at 262-549-8720  
Go to <http://bit.ly/hb4OEA> for links, directions, and more!

# Adult Forum

Come on Sunday mornings at 9:00 am between the two services for some Christian formation for yourself. Topics vary and are noted in the Sunday service bulletin. We meet in the undercroft.



|          |  |                 |
|----------|--|-----------------|
| March 6  | <b>Episcopalese 201</b>  | Father David    |
| March 13 | <b>Episcopalese 201</b>  | Father David    |
| March 20 | <b>Food &amp; Hunger/Who's Hungry and Who Cares?</b>                                   | Chuck Runge     |
| March 27 | TBA  |                 |
| April 3  | TBA  |                 |
| April 10 | <b>Sacred Music/Handel's Messiah Part II, Easter section with the Halleluja Chorus</b> | Jim Machan      |
| April 17 | <b>Prayer/ Why Should we Forgive?</b>  | Chuck Runge     |
| April 24 | <b>Easter Sunday — no formation</b>  |                 |
| May 1    | TBA  |                 |
| May 8    | TBA  |                 |
| May 15   | <b>Sacred Music/ Handel's Messiah Part III—Resurrection section</b>                    | Jim Machan      |
| May 22   | <b>Friendship / I have Called You Friends</b>  | Chuck & Marilee |

# Children's Christian Formation News

## Thanks for your help!

With the generosity of our St. Matthias family, the children's Sunday School classes were able to collect over 210 pairs of new socks to donate for families who are staying at Hebron House.



Think of the women and children who are able now to put their feet into brand new socks! Thank you again to all of those who donated.

## Books of the Bible

This school year the 3rd through 6th grade class has been working on memorizing the names of all the books of

the Bible. So I've included a Bible challenge, below, for those who'd like to try.

## Prayer Bulletin Board

We are also continuing to collect prayers for our own personal Book of Prayer. The children are learning how prayer is a way to talk to God through-out our lives, when and where we pray, and that there are a lot of ways to pray. Watch for an upcoming change on the bulletin board near the office. It will focus on prayer. Maybe you'll have a favorite one of your own to contribute. I'll post directions for parish members who'd like to add a prayer. The children would love to see what prayers others use.

*Nancy Peterson*

## Hidden Books of the Bible

The names of sixteen books of the English Bible are hidden in the text of the following paragraph. Can you find all sixteen of them?

I once made a remark about the hidden books of the Bible. It was a lulu. Kept people looking so hard for facts and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized. But the truth finally struck home to numbers of readers. To others, it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. One little lady says she brews a cup of tea, so she can concentrate better. See how well you can compete. Relax now for there are really sixteen names of books of the Bible in this story.

*Find the answers on pg. 10*

## Hilda's Hope

*An Afternoon Women's Group for Christian Fellowship*

Schedule 2010-2011

*Meets Wednesdays from 1-2 pm*

|         | <u>Program</u> | <u>Refreshments</u> |
|---------|----------------|---------------------|
| April 6 | TBA            | Barb Heighway       |
| May 4   | Out to Lunch   |                     |
| June 1  | Potluck Picnic | Sister Mary Grace   |

Please join us for a Caregiver Seminar  
The Aging and Disability Resource Center (ADRC) of Waukesha County presents:

Hands that Serve  
Hearts that Care



Tuesday April 5, 2011  
10:00 a.m. - 2:00 p.m.  
Deer Haven Banquet Center  
19180 W Cleveland Ave  
New Berlin, WI 53146  
(Call for directions if needed.)

10:00 a.m. – 11:00 a.m. Registration and Exhibits

11:00 a.m. – 12 Noon Presentation 1 - Reenergize your Caregiver Path  
Rev Russell Hurst, Chaplain for Vitas Hospice

The old adage, "you can't see the forest for the trees," is the inverse of what ambiguous loss is all about. Caregiving is a forest, a vast landscape of care and concern. A landscape so large and overwhelming at times that we lose sight of the little things (those singular trees) that are truly robbing us of energy and emotional resilience. Today we want to refocus our mental and spiritual energy to identify those issues and concerns, that a path might be cleared to better mental and psychological health. You'll feel better, and your loved ones will receive care from a healthier you!

Noon- 1:00 p.m. - Catered Lunch  
Turkey Croissant Sandwich  
Fruit cup Chips Beverage Dessert

1:00 p.m. - 2:00 p.m. Presentation 2 - Finding the Humor in Caregiving- Geri Heppe, MS  
Gerontologist, Director of Life Enrichment  
Lutheran Homes of Oconomowoc

When the stresses of caregiving start to overwhelm, it is important to find humor in little situations throughout the day. Finding humor in what sometimes can be a comedy of errors will be a gift to both the caregiver and the care receiver.

**RETURN THE FORM BELOW:**

A donation of: \$15 for Caregivers, Family members  
\$30 for Professionals/Students - Certificate of Attendance for professionals  
Registration must be received by March 25, 2011 to cover the luncheon and seminar materials.

Please make checks payable to the Aging and Disability Resource Center of Waukesha County  
Questions (262) 548-7848

**\*Advance Registration is Required\***

This seminar was made possible through funding by the Older Americans Act Title III National Family Caregiver Support Program.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ ZIP \_\_\_\_\_  
Telephone \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Caring for: Spouse \_\_\_ Relative \_\_\_ Friend \_\_\_ Other \_\_\_ Their Date of Birth \_\_\_\_\_  
Their medical condition(s) \_\_\_\_\_  
Hours per week spent caregiving: Less than 10 \_\_\_ 10-24 \_\_\_ More than 24 \_\_\_

\*\*\*Is Respite Care needed while you attend the seminar? YES \_\_\_\_\_ NO \_\_\_\_\_  
RESPITE arrangements must be made through the ADRC by March 22, 2011.

Return Registration and Donation by March 25, 2011 to:  
ADRC of Waukesha County  
500 Riverview Ave  
Waukesha, WI 53188

## Getting a new computer?

We need some "newer" equipment. Consider donating your old computer to the church for a tax write-off. Requirements: computers must be running Windows XP or Mac OSX 10.4 or later. They also should have a network (Ethernet) port and use USB for peripherals.



**If you Facebook, please "Like"**

**St. Matthias' new Facebook page!** We will be using it for all sorts of information in the future.

## New Text Messaging Service to keep you in touch

We are experimenting with a text messaging service for your mobile phone. This service allows us to send announcements (including weather closure, should it occur) to your mobile and is an addition to our presence on the web, Twitter and Facebook. It will send no more than 5 or so texts a week. There is no cost to receive it beyond the standard texting rate of your cell carrier, and you will not receive "spam" texts.

### You can sign up three ways:

1. Go to the [Contact Page](#) of our website and sign up there
2. Go to the "Txt Msg" tab of our Facebook page and sign up there
3. Text the keyword "stmatthias" to 7606703130 on your mobile phone

Fr David+

## Lay Service Schedule for Entire Year now available Online

It took us a little longer to get the schedule for lay ministers together this year because we have changed the method of getting the names. Names are now entered onto a Google Docs spreadsheet directly by the persons who are in charge of a ministry. The monthly and weekly schedules draw off of this master sheet automatically so we will hopefully have less errors in the Messenger and Red Door this year.

The other nice effect is that the entire schedule in its most current form is always available to view online. You can do so from the links on the [Calendar](#) and [Worship](#) pages of our web site.

If you need to make a change to the calendar, contact the person in charge of scheduling your ministry.

# Anchorhold

**Next meeting**  
**Tuesday, April 5**  
**6:30-8:00 pm in the chapel**

## What is an Anchorhold?

Anchorhold has multiple meanings in this context. In Church history, an anchorhold was a small building abutting a church where a type of hermit called an Anchorite (or Anchorress) spent their lives in prayer, meditation, and giving spiritual direction to people who came to visit.

In our case, it is a group that meets to further explore prayer in our life as a parish. We meet for Evening Prayer once a month, Eucharist once a year on St. Matthias Day, and smaller groups may meet during the month for prayer or working on projects like the Prayers of the People.

## Why is this group needed?

While the weekly celebration of our Lord's resurrection on Sundays is our primary worship, prayer is the anchor that holds us to the rock of the church, Jesus Christ. Our lives both individually and as a parish are enriched when we pray for and are prayed for by others. In addition, time spent simply in the presence of God in still prayer enriches both the individual and the church. The Anchorhold is an organization that strives to improve our parish prayer life through worship, education and still prayer.

## Who can be a member?

All worshippers at St. Matthias Parish are welcome to attend any meeting of the Anchorhold. Prayer is the calling of the church and the possession of no one.

For more information and future meeting dates, please contact the church office or email [stmatthiaswk@sbcglobal.net](mailto:stmatthiaswk@sbcglobal.net).

# Pastoral Care

## Hospital Calls

Clergy and our Parish, Nurse, Ms. Kathy Mallory, are available for hospital visitation when the church is notified. State and Federal confidentiality laws make it impossible for clergy to know whether one has been hospitalized. Please call the office to let us know the name of the hospital at which you are staying, and room number, in order to receive this healing ministry of prayer, anointing with holy oil and pastoral care.

## Lay Eucharistic Visitors

Lay Eucharistic Visitors visit shut-ins regularly. If you know of someone who would like to receive Sunday communion, please contact the church office at (262)547-4838.

## Emergencies

In the event of a pastoral care emergency you may reach the Rector most directly by calling his cell phone at (262)347-7446.

## Prayer Requests

If you have a prayer request for yourself or on the behalf of others, please fill out the prayer request form in the back of the church and place it in the alms basin at the time of the offering, place it in the hands of an usher, or submit it to the church office.

## Hidden Books of the Bible — *answers!*

*Here's where you can find the names of sixteen books of the English Bible from page 7.*

I once made a **remark** about the hidden books of the Bible. It was a **lulu**. **Kept** people **looking so hard for facts** and for others it was a **revelation**. Some were in a **jam**, especially since the names of the books were not capitalized. But the **truth** finally struck home to **numbers** of readers. To others, it was a real **job**. We want it to be a **most** fascinating few moments for you. **Yes, there** will be some really easy ones to spot. Others may require **judges** to help them. I will quickly admit **it usually** takes a minister to find one of them, and there will be loud **lamentations** when it is found. One little lady says **she brews** a cup of tea, so she can concentrate better. See how well you can **compete**. **Relax now** for there are really sixteen names of books of the Bible in this story.

## March Birthdays

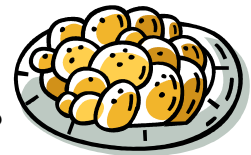
- 1 Samantha Anthonijis
- 4 Robbi Heighway
- 5 John Boxhorn
- 6 Juanita Heath, Victoria Wallace
- 7 Kimberly Willis
- 13 John Hammersly
- 17 Charles Byler
- 20 John Crosswaite
- 23 Katherine Wilkiewicz
- 24 Christine Jorin
- 25 Sr. Mary Grace Rom
- 27 Dan Tenwinkel
- 28 Connor McKenzie
- 31 Mike Leidel



**PLEASE!** If you or a family member has **a birthday that we haven't listed** or is listed incorrectly, call to let the church office know or let Nancy Peterson know at [peterston400@sbcglobal.net](mailto:peterston400@sbcglobal.net).

## Help with Hospitality

Please sign up to bring goodies for Hospitality Time after the 8:00 am and 10:15 services. Don't worry, you don't have to make the coffee!!!



Contact Harriet Schassberger with questions at 262-549-5179.

## Messenger Deadline

**Next issue will be in early April**

**NOTE:** The Messenger is published 10 times annually. Look for the next edition in early April. **Be sure to save the enclosed Ministry Schedule.**

**March 16: Article deadline.** (3rd Wed. of month) Please send your article/photos directly to Nancy Peterson via e-mail:  
peterson400@sbcglobal.net

**April 2:** Messenger due in most homes.



## How to reach us

**Church Mailing Address:** P.O. Box 824  
Waukesha, WI 53187-0824

**Church office E-mail:** stmatthiaswk@sbcglobal.net

**Church Website:** www.stmatthiasonline.org

**Church Fax Number:** 262-547-4659

**Visiting us in Waukesha**  
111 E. Main St. ( East Ave. & Main St.)

**Phone: 262-547-4838**

### Voice mailboxes:

Father David Simmons, Rector.....100  
Craig Bodoh, Music Director .....103  
Ginny Mack, Sexton .....104  
Kathy Mallory, Parish Nurse .....106

### Emergencies

In the event of a pastoral care emergency you may reach the Rector most directly by calling his cell phone at: (262)347-7446

## Deadline for Service Bulletin

Please submit all items for the weekly service bulletin to the parish office at stmatthiaswk@sbcglobal.net or by calling 547-4838. **The deadline is Tuesday at 4 pm.** Copy may be edited to permit publication of maximum number of items.

## Wardens and Vestry Members

|                      |  |
|----------------------|--|
| Lee Dreyfus Jr.      | <b>Senior Warden</b> ( <i>term ends Jan. 2012</i> )<br>262-544-1104                      |
| Brian Prom           | <b>Junior Warden</b> ( <i>end Jan. 2014</i> )<br>262-782-4714<br>brianprom1@yahoo.com    |
| Jeff Blodgett        | <b>Treasurer</b> ( <i>Ex-Officio, vestry appointed</i> )<br>262-408-8114                 |
| Harriet Schassberger | <b>Fellowship</b> ( <i>end Jan. 2013</i> )<br>262-549-5179<br>harriet731@msn.com         |
| Vicki Kutz           | <b>At Large</b> ( <i>end 2013</i> )  |
| Barb Heighway        | <b>Pastoral Care</b> ( <i>Jan. 2013</i> )<br>262-549-1722                                |
| Mary Bird            | <b>Worship</b> ( <i>end Jan. 2012</i> )<br>262-538-1906                                  |
| Betsy Crosswaite     | <b>Youth Formation</b> ( <i>end Jan. 2012</i> )<br>262-544-4365<br>bcrosswaite@wi.rr.com |
| Robbi Heighway       | <b>Incorporation</b> ( <i>end Jan. 2012</i> )<br>262-549-3118                            |
| Catherine Clark      | <b>Outreach</b> ( <i>end Jan. 2014</i> )   |
| Susan Kerr           | <b>Adult Formation</b> ( <i>end Jan. 2014</i> )  |
| Betty Adams          | <b>At Large</b> ( <i>end Jan 2014</i> )  |
| Open position        | <b>Children's Formation</b>  |

## How can I do my part?

If you're interested in serving the parish and sharing your time and talent to do God's work, contact Lee Dreyfus Jr., senior warden. Lee can be reached at 262-544-1104

St. Matthias Episcopal Church  
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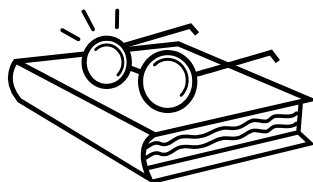
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**March 2011**

## Reading Suggestions?

### Have you read a good Christian book lately?

One about Christian life, learning  
... or one that tells a story about a  
Christian? Write up a short para-  
graph (or two if you'd like) briefly telling what it is about and  
why you would recommend it to us and send it to Nancy  
Peterson via email at [peterson400@sbcglobal.net](mailto:peterson400@sbcglobal.net).



## HOURS

**Church Office Hours**  
9 a.m.—12 p.m.  
Tuesday through Thursday

## SERVICES

**Saturday**  
5 p.m. Eucharist

**Sunday Morning Hours**  
8 a.m. Eucharist  
10:15 a.m. Eucharist

**Wednesday**  
Service at Noon in the Chapel