

St. James'-St. Matthew's Lutheran Church

119-15 135th Avenue

South Ozone Park, NY 11420

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We Worship Every Sunday at 10:00 am

Visit us at SouthOzoneParkChurch.org

The Messenger

February 2022 Edition

Grace, mercy and peace to you, in Jesus' name. Amen

As I write to you, many of us are reeling from the effects of last weekend's blizzard – the Blizzard of 2022. Many of us feel trapped indoors and there's not much we can do with the temperatures not warm enough to melt the snow/ice outside. But here's a bit of good news... daylight hours are increasing each day and Spring is six (6) weeks away.

In the meanwhile, amidst the global pandemic and the suspension of in-person worship, there is a potential for disillusionment. We have experienced the equivalent of war and the effects widespread within our community, city, nation and the world over.

Currently, some situations we face are beyond our control; for example, the Stock Market in which many of us have invested, but there is one area of life we can control. We can take charge of and take care of ourselves and each other as a family of God.

An article in a health magazine I read recently highlighted a form of depression that happens during the same season every year, and can affect people any time of the year; it's known as Seasonal Affective Disorder (SAD). SAD happens when our circadian rhythm, or internal body clock, is disrupted because of a lack of exposure to daylight.

As we are in that season right now, it is important to know the signs, like trouble sleeping and increased anxiety, and care for our mental health during these times. The article went on to share some ideas that may help:

- * Get outside and get moving – for even a short walk can help.
- * Talk to your Doctor – find out what's right for you; in some cases, Vitamin D may prove helpful.
- * Watch your sleep – try to go to bed and wake up at the same time every day.
- * Consider light therapy – a light box may help reduce insomnia and improve your mood.
- * Connect with friends and loved ones – if you are feeling isolated, reach out to family and friends... *Yes, especially your Church family.*

To the list helpful ideas above, I would like to add:

1. Exercise gratefulness as we continue to live each day in the grace and mercy of God—
“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” (*1 Thessalonians 5:18*)
2. Encourage someone else along the way with your stories of faith and life's journey, for we are in this struggle together and you are never alone. “It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed.” (*Deuteronomy 31:8*)



**In-person
Worship
Suspended!**

Due to **COVID-19** concerns and the safety of everyone, the Church Council has decided to suspend in-person worship until Ash Wednesday, March 2, at the earliest.

We have resumed the **10 am Zoom broadcast every Sunday** and have the Worship Services uploaded to YouTube and our website by Saturday evening—thanks to Matt Khargie!



...Still Wanted !

When we resume in-person worship services in March, we will need **Ushers, Lectors and Assistant Ministers**.

Please contact Pastor Dabee or the Church Office to indicate your willingness to help make worship a welcoming and meaningful experience for everyone in attendance. Thanks in advance !



We would like to acknowledge everyone who has continued to contribute their offerings towards the ministry of our Church. For those of you who are wondering how to make your contributions, here are some options:

1. Mail-in your Offering Envelopes to the Church Office.
2. Drop off (please, Checks only) your Offering Envelopes in our mail slot on the side door or
3. Contribute via your PayPal Accounts...
<https://www.paypal.me/StJamesStMatthews>

“Annual Meeting Highlights ”

At our Annual Congregational Meeting held on January 30 there was an election of **New Church Council Members**. These new members were Scott Campbell, Gale Kirchner, Ashley Sawh, and Eileen Varano. We thank God for Farina Bissoondial, Oswald Mallay and Zaleikah Mohamed for serving their respective terms on Council.

There are plans for our Church to provide food to those in need from the community through a **Pantry** program beginning this Spring.



This year, our Church is celebrating **95 years of ministry** with a few events. Please save the dates: **Sunday, August 28** and **Sunday, October 30**. More details to follow.



Lent 2022 begins with Ash Wednesday on **March 2nd with Worship at 7:00 PM**

Sunday Worship: 10:00 am

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Contact us by Mail:

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