



Episcopal Diocese of Albany

Disciples Making Disciples

The Rt. Rev. William H. Love, Bishop
 The Rev. Edgar A. LaCombe III, Dean
 of the St. Lawrence Deanery

Contact Information

Church Office Phone: 315-353-2037

Church E-Mail Address: stphilips@live.com

Church Website: saintphilipsnorwood.com

Church Services: Sunday Holy Eucharist: 10:00 a.m.

Vestry Meeting: 2nd Saturday of the month—10:00 a.m.

Women's Guild Meeting—2nd Wednesday—Noon

Daughters of the King Meeting—3rd Saturday of the month

Common Cents' hours: Tuesday & Thursday—10—2:00 and Saturday—10 to noon. Two bag limit and please no drop-offs when the thrift shop is not open—thank you.



St. Philip's Episcopal Church
 42 S. Main Street
 PO Box 225
 Norwood, NY 13668

TO:

St. Philip's Episcopal Church
 42 South Main Street
 PO Box 225
 Norwood, NY 13668

The Rev. Kathryn M. Boswell, Rector

Vestry

Karen Morgan, Warden
 Charles Colbert
 Lynn Howe
 Errol McLean
 Romi Sebald
 Lucille Waterson



St. Philip's Episcopal Church



The Rev. Kathryn M. Boswell
Rector and Priest

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Community Lunch Program for kids
 Norwood Food Pantry
 Norfolk-Raymondville Food Pantry
 Snack Pack Program

CommonLife

June-July 2020 Volume 10 Issue 3

*Welcoming the weary,
 Dedicated to discipleship*

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (Matthew 11:28-30)

Dear brothers and sisters,

To all those in [Norwood, Massena, Potsdam and Hannawa Falls] who are loved by God and called to be saints:

Grace to you and peace from God our Father and the Lord Jesus Christ.

First, I thank my God through Jesus Christ for all of you, because your faith is proclaimed in all the world. For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you always in my prayers, asking that somehow by God's will I may now at last succeed in coming to you. For I long to see you, that I may impart to you some spiritual gift to strengthen you that is—that we may be mutually encouraged by each other's faith, both yours and mine. (Rom. 1:7-12, adapted)

As I write this month we have not gathered as a whole church for about two months. This is a really hard thing! It looks hopeful that we will be able to come back together within a few weeks: perhaps by the end of June. Meanwhile, though, we have continued being the Church in so many powerful ways. As Paul writes to the Christians in Rome, I thank our God through Jesus Christ for the faithfulness and love you have continued to show one another, even though we are each of us sheltering in place. I know that many of you have kept in touch with phone calls. Some of you have reached out by sending cards to brighten a day and let people know that they are remembered. Our life of prayer together holds us together, as we intercede faithfully for one another, and even for those outside our fellowship.

In the service of Morning Prayer, which I have very much enjoyed sharing with you all through social media and on our website, the Prayer of St. Chrysostom says, "Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them." And by faith in the promises of God which never fail us, we know that this is true, not only when we gather in the flesh, but also as we gather in heart and spirit online, as we have done every day for more than seventy days now.

But if I am honest I have got to say that I miss you all terribly. As Paul wrote to the Church in Rome, I long to see you...that we may be mutually encouraged by each other's faith, both yours and mine. As we open up our church building and resume our Sunday worship, things are going to look and feel very, very different especially at first.

There are precautions we will need to take to be sure no one is put at risk. There are things we would very much like to do like hugs! - that are going to have to wait a while. But what a joy it will be to see you all, to hear your, to join our voices in prayer (and hopefully song!), to share the holy feast of the Body and Blood of our Lord. That will certainly encourage my faith wonderfully, and I hope yours as well.

But we have learned a lot through this difficult time. We have learned to be aware of one another in new ways, to be even more attentive to those who are alone or sick. We have established new habits of communal prayer, which I have found to be a wonderful blessing. I imagine you have all grown in patience as your clergy has worked at learning how to minister through unfamiliar technologies. We will be stronger, as individuals as well as a family, when we have come out the other end of this time whenever that might be. Let us give thanks to God for the abundance of his blessings in every season, and especially for the blessing he gives us in each other.

Much love,
Kathryn+



This is my Father's world

*This is my Father's world,
And to my listening ears
All nature sings, and round me rings
The music of the spheres.
This is my Father's world:
I rest me in the thought
Of rocks and trees, of skies and seas—
His hand the wonders wrought.
This is my Father's world:
The birds their carols raise,
The morning light, the lily white,
Declare their Maker's praise.
This is my Father's world:
He shines in all that's fair;
In the rustling grass I hear Him pass,
He speaks to me everywhere.
This is my Father's world:
O let me ne'er forget
That though the wrong seems oft so strong,
God is the Ruler yet.
This is my Father's world:
Why should my heart be sad?
The Lord is King: let the heavens ring!
God reigns; let earth be glad!*

Maltbie D. Babcock

Since we are justified by faith,
We have peace with God
Through our Lord Jesus Christ.
Through him we have obtained access
To this grace in which we stand,
And we rejoice in our hope
Of sharing the glory of God.
More than that,
We rejoice in our sufferings,
Knowing that suffering
Produces endurance
And endurance produces character,
And character produces hope,
And hope does not disappoint us,
Because God's love
Has been poured into our hearts
Through the Holy Spirit
Which has been given to us.
(Romans 5:1-5)



Is the rain that falls just water?
Is the sun that shines just
light?
Or are they really evidence
Of our Creator's might?

The world swirls around us.
There are troubles everywhere.
Yet we still can look outside and say,
“Wow! That’s an oriole over there!”
...John Ohst

Goodness— “Surely goodness and loving-kindness will follow me all the days of my life, and I will dwell in the house of the LORD forever.” (Psalm 23:6).

Faithfulness— “For we walk by faith, not by sight.” (2 Corinthians 5:7).

Gentleness— “...to be peaceable, gentle, showing every consideration for all men.” (Titus 3:2).

Self-Control— “The end of all things is near; therefore, be of sound judgment and sober spirit for the purpose of prayer.” (1 Peter 4:7).

Paul gives us these virtues as goals as we are bearers of the fruits. We are dependent on the Holy Spirit who lives and dwells inside us.

Today we are living in a world where we must now wear face masks wherever we go. We have become afraid to look at each other, afraid to get too close. When we bravely walk down the grocery aisle we encounter some who have forgotten their manners. They don’t use those words our Mothers’ taught us: Please, Thank You and Excuse Me. We have become a society of fear. Even though our face is covered, let us not forget that underneath we are Christians, don’t let anyone change our habits.

The fruits of the Holy Spirit live within us and when the masks do finally come off, we will all trust, believe and keep our commandments.

Faith is trusting that God will honor His promises. Our part in faith is to live our lives making good decisions, handling hard times and doing what is right, what He would want us to do. Walking in faith.

We are all God’s disciples commissioned to do His work. It’s not always easy for us. As servants we each do our part with a heavenly heart each day with God’s will. The Holy Spirit guides us. We draw on His life in us by our faith.

Rev. Helen I. Harris



Soldiers Laces (a poem for Memorial Day)

Red haired, green eyed
Beautiful wife to be...
Live swells inside waiting for thee.
Sand wears on leather
Brother of mine.
Standing dead still and racing through
time.
Searching, watching, a change, a glance,
A color, a shade, a difference.
Fighting against something you can’t see.
Tears on a letter home.
I.E.D
...Michael B. Harris

“They Will Know Us by Our Love”

Have you ever met someone or prayed with a person and felt the presence of Jesus through them? Some people have a certain shine about them. You can sense a spiritual goodness of their heart.

In the Book of Rev. (7:3) “Christians are described as those who have the seal of God on their foreheads.”

At our baptism we are blessed with Holy water and become children of God welcomed into His House. He has chosen us to become part of the Kingdom through our faith in Jesus the Christ. Baptism is a total commitment and union with Christ in his death and resurrection. We believe and make room in our lives for the Holy Spirit. While most of us were baptized as infants and don’t remember our baptisms, at Easter we are able to reaffirm our vows.

Do you remember when you surrendered yourself to Jesus? When we accept Jesus into our lives, we accept Christ’s death on the cross as total payment for our sins. “For God so loved the world, that he gave His one and only Son, that whoever believes in Him should not perish, but have eternal life.” (Matt. 3:16).

In the upper room, Jesus showed himself after his death to those who loved him. It is only through faith that we see Christ. He would soon descend to be with the Father in heaven. He describes himself as the truth and the Spirit is also truth.

Each disciple didn’t by chance begin to follow Jesus. He summoned them to follow him. He chose them. They would fulfill his purpose and his hopes after his ascension. He urged them to maintain a relationship of love with one another. He commanded them to love one another by maintaining obedience and prayer.

Jesus promised the disciples that he would not leave them alone, that God the Father would send a helper, and advocate.

The Holy Spirit is a “thinking, feeling person acting in perfect unity with God the Father and God the Son to work His perfect will in our lives.” We refer to the Holy Spirit as “He”. He is the third person of the Trinity.

The Holy Spirit dwells in us and works on our character how we act and react with each other. We allow the Holy Spirit to produce fruits through us.

The fruits of the Spirit, found in Galatians (5:22-23), are made up of the following nine qualities or gifts:

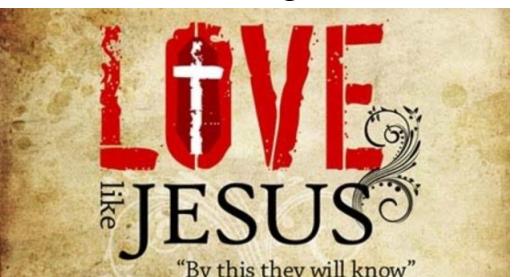
Love – “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. (1 Cor. 13:4-7)

Joy – “Rejoice always; pray without ceasing; in everything give thanks; for this is God’s will for you in Christ Jesus” (1 Thessalonians 5:16-18).

Peace – “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7).

Patience – “Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus” (Revelation 14:12, NKJV).

Kindness – “Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you” (Ephesians 4:32).



June 5	June Wilkins	July 1	Jorji LaBarge
June 12	Ryan Dafoe	July 3	Russell Colbert
June 15	Nicholas Boswell	July 7	Helen Harris
June 26	Aiden Knight	July 10	Anna Crump
June 27	Alexander Knight	July 12	Irene Hargrave
June 30	Ellen Galo	July 13	Anneke Chudzinski
		July 14	Victoria Boswell-Garcia
		July 14	Brooklyn Moses



June

July

“Awwww-No-One”

June 2	Mtr. Kathryn & Carroll Boswell
June 29	Lynn and Lloyd Howe



Comforting verses

Psalm 16 : 5-11

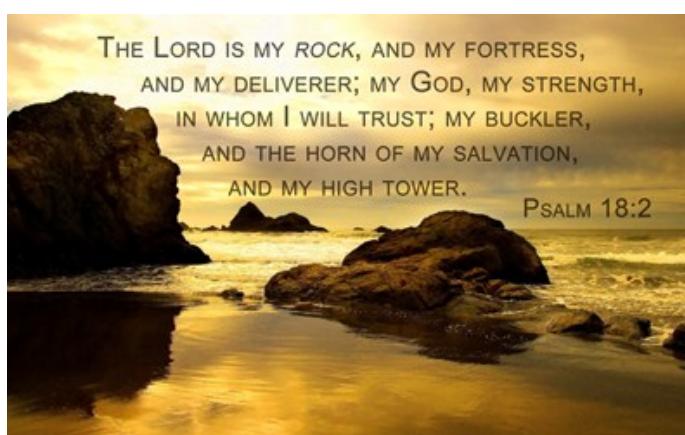
O Lord, you are my portion and my cup,
it is you who uphold my lot.
My boundaries enclose a pleasant land;
indeed, I have a goodly heritage.
I will bless the Lord who gives me counsel;
my heart teaches me, each night after night.
I have set the Lord always before me;
because he is at my right hand, I shall not fall.
My heart, therefore, is glad and my spirit rejoices;
my body also shall rest in hope.
For you will not abandon me to the grave,
nor let your holy one see the pit
You will show me the path of life;
in your presence there is fullness of joy;
and in your right hand are pleasures for evermore.

From Psalm. 37

O rest in the Lord: wait patiently for him,
and he shall give thee thy heart's desire.
Commit thy way unto him, and trust in him.
And fret not thyself because of evildoers.

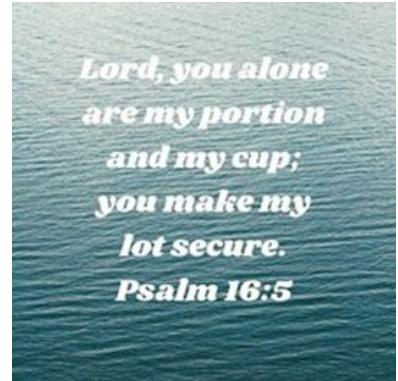
Psalm. 100: 1
Be joyful in the Lord, all you lands;
Serve the Lord with gladness and come before his presence with a song.

Psalm 50:2
Out of Zion, perfect in its beauty, God reveals himself in glory!



Psalm 18: 1-2a.
I love you, O Lord my strength,
O Lord, my stronghold, my crag, and my haven.
My God, my rock in whom I put my trust!

Shared by Ellen Galo



Gardening in a time of pandemic...



One good thing that comes with this pandemic—maybe the only good thing—is that there is a lot of more time for gardening. We have been working on our garden like we should always work on it but never have quite the time to do. And an especially good thing about planting a garden is that it is a sign of hope. You put the seeds in and you hope there will be enough rain, you hope that no bugs or birds steal the seeds, you hope the seeds will sprout and grow. And finally, of course, you hope to eat the vegetables and admire the flowers eventually. Planting a garden is one of the most hopeful and encouraging things you can do.

In the Bible a garden was considered a holy place. The very first thing God did - after He had created everything and admired how good it all was—the very first thing He did was plant a garden. And the very first job He asked Adam to do was to take care of that garden. And when Adam sinned he was thrown out of that garden and ever since the dream of that garden inspires him to try to plant one as nearly like it as he can. The Kingdom of God is compared to a garden; it is even like a single mustard seed in a garden. Planting gardens and caring for them is built into our nature.

Gardening is just an instinct we have, and even those who have no opportunity or space for a garden can hardly resist putting a tomato plant in a pot on a window sill. Even people who think they don't like gardens are usually surprised when they have to help with one for some reason. I didn't know how much I loved gardening until I was 26 years old; before that I just thought they were a chore.

I knew a woman who worked at the math department in St. Louis who found a little patch of dirt at the foot of the fire escape of the apartment she rented in the concrete desert called St. Louis. She planted a squash seed in that square foot of dirt. And it grew. By the end of that summer the vine had grown up to her window on the third floor and she was bringing in squashes to share with other secretaries.



One last reason a garden is encouraging: living a daily spiritual life is a lot like planting a garden. In Galatians Paul says that whatever we sow, that is what we will reap. The things you do for your neighbor or for God are just the same as planting a garden. You do the deeds and you hope for a harvest to come. And you shouldn't get discouraged with doing good things just because they are hard work. Gardening is hard work too but a harvest will certainly come if you don't quit. It is all just a question of hope.

Carroll Boswell



Make sure
You test
Positive for
FAITH.

Maintain your
Distance from,
DOUBT and isolate
From **FEAR.**

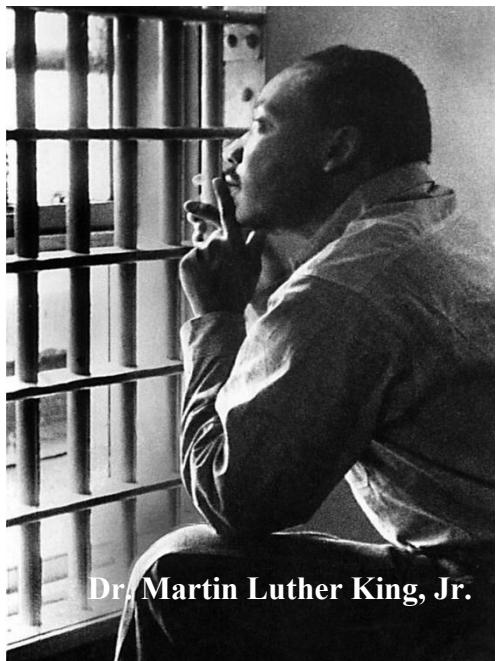
Trust **GOD**
Through it all.

(Shared by Ellen Galo)

Black Lives Matter

"More and more I feel that the people of ill will have used time much more effectively than have the people of good will. We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people. Human progress never rolls in on wheels of inevitability; it comes through the tireless efforts of men willing to be co-workers with God, and without this hard work, time itself becomes an ally of the forces of social stagnation. We must use time creatively, in the knowledge that the time is always ripe to do right. Now is the time to make real the promise of democracy and transform our pending national elegy into a creative psalm of brotherhood. Now is the time to lift our national policy from the quicksand of racial injustice to the solid rock of human dignity."

Martin Luther King Jr. - from "Letter from Birmingham Jail"



Dr. Martin Luther King, Jr.



George Floyd

Reluctant Prayer

Rosemary Wahtola Trommer

Let it come, says the voice,
a voice not quite mine,
and somehow more my voice
than any other.
Let it come.

And by let, it means,
Open your hands,

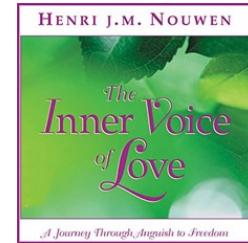
And by it, it means,
Anything.

And by come, it means,
You be still. Enough running,
enough fighting, enough
pushing away.
Meet the world that's here.

I close my eyes,
and an invisible cage lifts.
Let it come, says the voice,
and I move my lips with it
until the prayer
is my own.



Submitted by Lucille Waterson



Listen to the Voice of Gentle Love - Henri Nouwen

Listen to your heart. It's there that Jesus speaks most intimately to you. Praying is first and foremost listening to Jesus who dwells in the very depths of your heart. He doesn't shout. He doesn't thrust himself upon you. His voice is an unassuming voice, very nearly a whisper, the voice of a gentle love. Whatever you do with your life, go on listening to the voice of Jesus in your heart. This listening must be an active and very attentive listening, for in our restless and noisy world God's so loving voice is easily drowned out. You need to set aside some time every day for this active listening to God if only for ten minutes. Ten minutes each day for Jesus alone can bring about a radical change in your life.

You'll find it isn't easy to be still for ten minutes at a time. You'll discover straightaway that many other voices, voices that are very noisy and distracting, voices that do not come from God, demand your attention. But if you stick to your daily prayer time, then slowly but surely you'll come to hear the gentle voice of love and will long more and more to listen to it.

Submitted by Karen Morgan

Fathers in Our Lives

We give our thanks, Creator God, for the fathers in our lives.

Fatherhood does not come with a manual, and reality teaches us that some fathers excel while others fail. We ask for Your blessings for them all and forgiveness where it is needed.

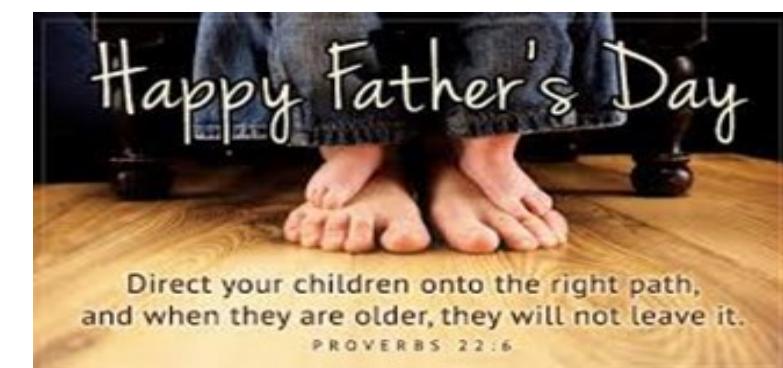
This Father's Day we remember the many sacrifices fathers make for their children and families, and the ways —both big and small—they lift children to achieve dreams thought beyond reach.

So too, we remember all those who have helped fill the void when fathers pass early or are absent; grandfathers and uncles, brothers and cousins, teachers, pastors, and coaches, and the women of our families.

For those who are fathers, we ask for wisdom and humility in the face of the task of parenting. Give them the strength to do well by their children and by You.

In Your Holy name, O God, we pray. *Amen.*

+The Rev. Chuck Currie



**O Lord our Governor, whose glory is in all the world:
We commend this nation to your merciful care...**

Prayers for our nation (from the *Book of Common Prayer*, pp.821-824)

Prayers for sound government

O Lord our Governor, bless the leaders of our land, that we may be a people at peace among ourselves and a blessing to other nations of the earth.

Lord, keep this nation under your care.

To the President and members of the Cabinet, to Governors of States, Mayors of Cities, and to all in administrative authority, grant wisdom and grace in the exercise of their duties.

Give grace to your servants, O Lord.

To Senators and Representatives, and those who make our laws in States, Cities, and Towns, give courage, wisdom, and foresight to provide for the needs of all our people, and to fulfill our obligations in the community of nations.

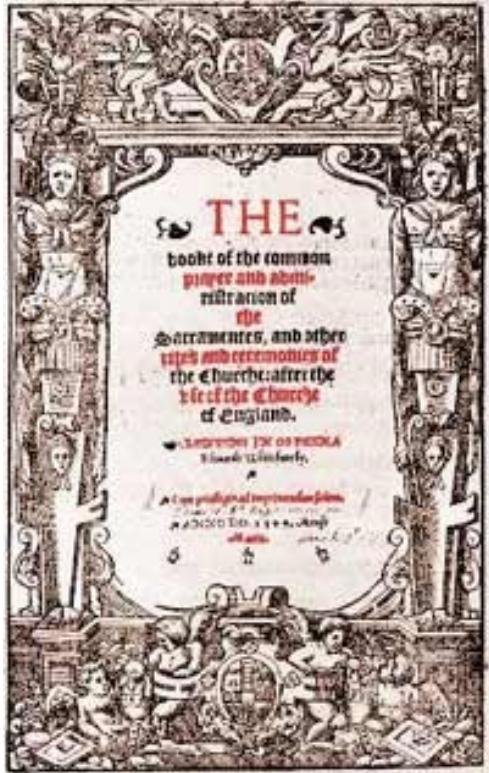
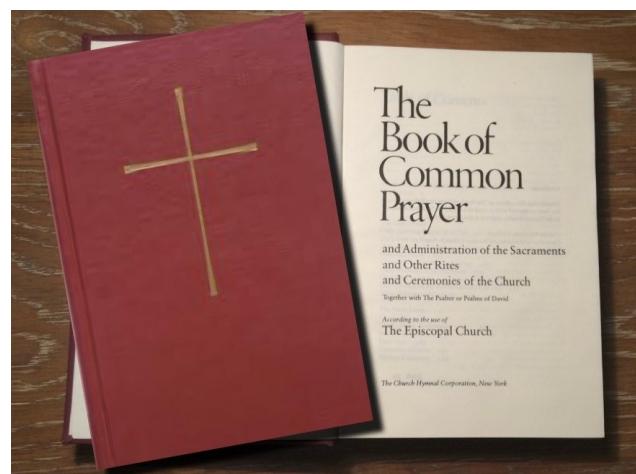
Give grace to your servants, O Lord.

To the Judges and officers of our Courts give understanding and integrity, that human rights may be safeguarded and justice served.

Give grace to your servants, O Lord.

And finally, teach our people to rely on your strength and to accept their responsibilities to their fellow citizens, that they may elect trustworthy leaders and make wise decisions for the well-being of our society; that we may serve you faithfully in our generation and honor your holy Name.

For yours is the kingdom, O Lord, and you are exalted as Head above all. Amen.



A Prayer for the Unemployed

Heavenly Father, we remember before you those who suffer want and anxiety from lack of work. Guide the people of this land so to use our public and private wealth that all may find suitable and fulfilling employment, and receive just payment for their labor; through Jesus Christ our Lord. *Amen.*

A Prayer for an Election

Almighty God, to whom we must account for all our powers and privileges: Guide the people of the United States (or of this community) in the election of officials and representatives; that, by faithful administration and wise laws, the rights of all may be protected and our nations be enabled to fulfill your purposes; through Jesus Christ our Lord. *Amen.*

Also praying Psalm 91 is suggested as we safely abide in the presence of God. This is found on Page 719 in the *Book of Common Prayer*. Psalm 91 English Standard Version (ESV)

My Refuge and My Fortress

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only look with your eyes and see the recompense of the wicked.

Because you have made the Lord your dwelling place—the Most High, who is my refuge—no evil shall be allowed to befall you, no plague come near your tent.

For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, lest you strike your foot against a stone. You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

"Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name. When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. With long life I will satisfy him and show him my salvation."



Will you strive for justice and peace among all people, and respect the dignity of every human being?

"I will with God's help."

Faith

Granite ascending, rising from granite;
Steel upon brick upon stone.
I see this scene, this symbol of certainty,
Thinking: can I be alone
In puzzling why we squander our trust
On the seemingly certain; and why
We believe that a scene's being seen makes it so?
Why should we? We see the sky.
Or think that we see it. It spreads overhead,
All cerulean blue, we could swear.
But that's an illusion: the sky is not blue.
The sky is not really there.
We're certain we see it. We're wrong, so be it.
Credulity has us undone.
Believe in the seen? Maybe we shouldn't;
Instead, believe in the un—.

Unseen—the love that peopled these towers
And still attracts from afar
People loving themselves for loving lighthouses,
As they were and as they are.



Unseen—the faith that keepers clutched,
Unwilling to contravene.
For "Faith," the Book said, "is the substance of things hoped for,
The evidence of things not seen."
Jesus told Thomas, who only when seeing
Finally felt relieved:
"Blessed are they that have not seen," He told him,
"Have not seen and yet have believed."
Invincible Invisibles:
The God we place above
That sky we only think we see
Up there. And faith. And love.
Those three are certain enough for me.
Henceforth this is my plan:
Believe much more in what I can't see,
Much less in what I can.

...Jack Perkins

Prayers for this time of pandemic, from the Daughters of the King

Ever present God, we know You are here but we have never been here before. Here where there is so much uncertainty, where circumstances change for each of us, for the whole of the earth, in just seconds. We sit on edge wanting the latest information on this advancing virus, yet we are on an overload of words and warnings. You bid us to breathe. Deeply ~ slowly. You bid us to listen in the silence for the only Word that brings hope in all of this chaos. O God, guide us to drop our thoughts, our breath, deep into the well of Your heart, to drink of Your endless compassion, mercy and promise. Guard our hearts and minds from endless wonderings and sensationalisms. You are here. We place our fears into Your cupped hands and trust, knowing that perfect Love casts out all fear. Transform this time of obedient seclusion into a pilgrimage of returning to the Source of our being ~ a sabbath time of coming to know the Love that created us from the beginning of time. Lord, to whom shall we go? We pray, wrap us in eternity and stir us with the power of Your Holy Spirit that we may rest in the Love that restores all things. Abba, grant us Your peace. Amen.

-Nancy Severin, Province VI President

*May we who are merely inconvenienced remember those whose lives are at stake.
May we who have no risk factors remember those most vulnerable.
May we who have the luxury of working from home remember those who must choose between preserving their health or making their rent.
May we who have the flexibility to care for our children when their schools close remember those children who will go hungry with no school meals.
May we who have to cancel our trips remember those with no place to go.
May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.
May we who settle in for quarantine at home remember those who have no home.
As fear grips our country, let us choose love.
During this time when we cannot physically wrap our arms around each other let us yet find ways to be the loving embrace of God to our neighbor.
Through Jesus Christ, whose arms of love embrace us all. Amen.
Cameron Wiggins Bellm (alt.)*

O God of compassion, giver of life and health, we pray your healing mercies upon all who are in any way affected by the outbreak of the COVID-19 coronavirus. Comfort and sustain those who have been stricken; relieve their pain and restore to them your gifts of gladness and strength. Grant to all in authority the courage to make wise decisions that are essential for the common good and strengthen them to lead institutions that care for those whom they serve. Watch over all first responders and those in the medical professions whose duty it is to care for the sick; guard them from all danger, and keep them safe in the knowledge that is through their sacrifice and service that the health of the whole community is promoted. Mercifully accept these our prayers, O God of all comfort, and our only help in time of need. Amen.

-Author Unknown

Gracious God, we come before You, Sisters of The Order of the Daughters of the King to pray for those infected with the coronavirus who need your healing touch and loving arms wrapped around them. Give them strength and stamina to fight through this sickness. Remove the feelings of anxiety and uneasiness. Take away their concern and remind them that in trusting You, You will provide healing and recovery. May their caregivers, families and neighbors be shielded from the onslaught of the virus as they offer care to those in need. We pray for the hospital staff, the doctors and nurses who are weary from long hours. Be their rock, give them strength, as they strive to find a cure and restore communities to wholeness and health. Above all Dear God, help us to rise above fear and trust in You, the Creator and Maker of all humankind. We ask all this through the intercession of our Lord and Savior Jesus Christ. Amen.

-By Chaplain Rev. Irving and Carol Schroeder of Province III



Available Services which the Community Lunch Program, Norwood Food Pantry, the Local Churches, and Others are Providing for our local Villages and Children:

Potsdam Snack Pack Program – New Hope Community Church, Laurell Brault, Coordinator and Director

Contact Number: 757-648-0779

The Potsdam Snack Pack Program provides healthy snacks and lunch items to eligible Potsdam students on the weekends. Prior to the school shutdown, the program was serving 310 students per week from Head Start to the high school level. When the schools closed due to the coronavirus pandemic, the snack pack program worked with the school staff to coordinate the delivery of school lunch meals and snack packs. Initially, the snack pack volunteers traveled with the school buses to eight sites in and around Potsdam to deliver snack packs, before eventually moving to the schools for distribution. Since mid-March, volunteers have prepared and distributed 4,470 snack packs! At its peak, more than 400 snack packs were distributed to local students on the weekends. The snack pack program will continue to operate during the summer months to ensure students have something extra to eat on the weekends. The distribution site has not been determined but will likely be at one of the Potsdam schools.

The Potsdam Snack Pack Program has received incredible support from local businesses and community members. Without this level of support from the community, especially over the last three months, we would not be able to address some of the food insecurity needs faced by our youngest students.



Norwood Food Pantry

Norwood Food Pantry, Kelly Lustyk, Coordinator and Director

The Norwood Food Pantry has been extra busy in this season of quarantine – which, for many people, has also been a season of unemployment and food insecurity. They estimate that they have added 40 people to their regular clients. Many of the people who use the Food Pantry in Norwood are seniors, and Kelly often delivers food to Baldwin Acres for those who aren't able to come pick up food. The pantry is fairly well stocked at the moment, but they can always use donations. Monetary donations are the most helpful, because it enables Kelly to "fill in the holes" where supplies are lacking, and she can buy in bulk to make the best use of the funds. The Norwood Food Pantry distributes food, as well as personal hygiene products, from the Congregational Church Building, Baldwin Ave., on the second and fourth Monday of every month from 10:30 a.m. to 12:30 p.m. – or by appointment.

For information or to make a donation call Kelly at 315-244-5048.



Norfolk Raymondville Food Pantry, Wendy Chambers, Director and Coordinator

Numbers for the Norfolk Raymondville Food Pantry doubled during the month of March!

To best accommodate our guests we changed our distribution system for the past three months. Guests come to the door to register and then all food packages are prepackaged and brought out to the guest's car by a volunteer. We have also had three days of distributions each month, instead of just one. On Thursdays we have invited our Seniors to come through. And then on Fridays we have hosted our families, leaving Saturdays for new clients or those we could not contact earlier. This cut down not only on the wait time; but also helped with Social Distancing. The Norfolk - Raymondville Food Pantry has also been distributing hand sanitizer and face masks to all clients in need.

The Norfolk- Raymondville Food Pantry is a five day Food Pantry, which means that each family member receives the equivalent of 15 meals per distribution. We are open on the third Saturday of each month, as well as for emergency food every day by calling 315.212.0520 to arrange a mutually convenient time to pick up food at the pantry located at 9 W. Main Street (Norfolk United Methodist Church) Norfolk, New York.

At this time we are unsure of how we will be distributing during the month of July. For information or to make a donation call Wendy at 315-212-0520.

CLPK Community Lunch Program for Kids (Norwood, Norfolk and Raymondville), Wendy Chambers, Director and Coordinator

(Sharon Yousey and Mtr. Kathryn are also on the board of CLPK)

CLPK has distributed the equivalent of over 12,000 meals since schools closed in March. Food is distributed from St. Raymond's Church in Raymondville every other week. Any family in the NNCS District may sign up for this program. (If you want to sign your children up please call 315.212.0520.). We plan to continue distributing food every two weeks during summer through September 2, 2020.

The amount of food given is based on the number of children in the family. This is not snack food! Because of our affiliation with the Food Bank of Central New York, our meals must contain a certain number of fruits/ vegetables, grains and proteins. Though our goal is to provide five days of breakfast and lunch food items every two weeks, our boxes contain so much more!! We always try to include fresh fruit and some " kid friendly" treats in our boxes.

In addition to food, we have also had two distributions where all children received a brand new book compliments of The Friends of the Norwood Library, Community Lunch Program for Kids and First Book Market Place. CLPK has also been giving out hand sanitizer and face masks for both children and adults.

CLPK is currently preparing for the **NNCS 2020 BACK2SCHOOL** event tentatively planned for August 26th, 2020. All children registered with CLPK will receive new sneakers, socks and underwear, as well as a new book and school supplies. Free BACK2SCHOOL haircuts will be offered, as well as gently used clothing. We also hope to offer free food concessions, entertainment, crafts and informational tables by local social service agencies. We hope to make this a BACK2SCHOOL celebration to remember!

For information or to make a donation call Wendy at 315-212-0520.

Snack Pack Program, Norwood-Norfolk area, Mary Ellen Todd, Coordinator and Director

Children have no control over their situation with respect to food insecurity. The Snack Pack Program seeks to address this situation by providing children with healthy snacks that they take home to eat over the weekend. The NNCS Snack Pack Program began in 2012 with the assistance of the Norwood Kiwanis Community Foundation. In its first year, the Snack Pack Program served 50 students a week. Now, the Snack Pack Program serves close to 150 students a week in Pre-K to High School, including Head Start. The Snack Pack Program is supported solely by volunteers and donations.

Due to the logistics in coordinating the distribution of Snack Packs to the children in the program, we were not able to continue the program while the children were not school. We felt confident, though, that the needs of the children were being met through the school lunch program and the CLPK. Snack Pack donated the remaining food in its pantry to the CLPK. Our efforts now are planning for the new school year in the fall.

If you are willing to help in anyway with these programs, please contact Mtr. Kathryn at: 315-212-5507 or stphilips@live.com Thank you!