



ST. CATHERINE'S GUILD ECW

WINTER 2024 NEWSLETTER



This Photo by Unknown Author is licensed under CC BY-NC-ND

One of the best things you and I can do at the start of a new year is to give it all to God. To say, "Lord, whatever you've got planned for me this year, I know it's for my good . . . *because you are for my good.*" John 6:40 says, "For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life." (NIV)

Source: connect@newsletter.purposedriven.com
[emailed message on 1/4/2024](#)—Pastor Rick @ Daily Hope

LADIES, DID YOU KNOW...

***As a member of Trinity Parish,
you are already a member of St.
Catherine's Guild, ECW!***

Please contact Claudia Smith, Corresponding Secretary, (cms010946@gmail.com or 904-540-8398) to be added to our Membership Roster to be informed of Guild events. Please share this information with other ladies of Trinity.

"What Have We Been Doing?????"

JUNE 2023 OUTREACH: St. Catherine's Guild ECW and Brotherhood of St. Andrew Connect . . . The Brotherhood normally takes the hot summer months off, but this year they came to the rescue of Robin Thomas, West King resident, to rebuild her home entry ramp and deck. They rebuilt her back deck in April but didn't address the front ramp at that time. The front ramp continued to deteriorate and since her wheelchair weighs 400 lbs., it needed to be addressed before it failed. This was ramp #254 for the Brotherhood— (left to right: Dwight Miller, Allen Ness, Tom Carson, John Ritz, Mike Bacon). St. Catherine's Guild ECW provided the funding to support this act of kindness. *Photos and report courtesy of Allen Ness.*



Sept. 11, 2023—CeCe Denaray introduced Cynthia Garris, City of St. Augustine Commissioner. Ms. Garris identified several projects the City is working on; namely, improved roadways, sidewalks, bike paths and lighting in the West King area; a parcel of land on the corner of 207 and Moultrie Blvd has been obtained; the existing building on the property will be renovated as a Homeless Day Care Center and will include outside showers. This area will be the new site for Dining with Dignity and is planned to begin operation in November. Ms. Garris also mentioned that Home Again St. Johns is making plans for a new site for a Homeless Center providing 8 apartments, services, etc. on State Road 16. Ms. Garris mentioned Dining with Dignity and the Betty Griffin House as 2 ministries that St. Catherine's Guild ECW may like to support.





Oct. 11, 2023 –Eucharist of Rededication & Remembrance. St. Catherine's Guild/ECW members gathered in the Church to rededicate each Guild member for participation in the Guild; to remember by name those members who have departed in the past year; and to celebrate the ongoing ministry of the women of the Church. The names of the departed members were read: Barbara Buck, Barbara "Barbie" Sharp, Ellen Cimicata, Gigi Hoelscher, Betty Ann Morgan, and Carol Torres.

Nov. 13, 2022 – LAUGHING YOGA—Amanda Jones from the Council on Aging guided the group through a session of "Laughing Yoga", a fun and innovative way to encourage laughter, movement and breathing exercises that help to relieve stress, boost immunity, and promote brain health. If you would like more information, visit <https://www.healthline.com/nutrition/laughing-yoga>



Mary Kaschub led the devotions and in discussing the upcoming meeting with friends, a comment was made—"Oh, I would never do yoga! It's not Christian!" Thanks to Bunny Harrison, Mary received some interesting reading material about Yoga—"Can Christians Practice Yoga?" As Christians we are taught to care for our bodies. St. Paul in Corinthians describes our bodies as a Holy Temple of our Being. He says in Romans, "Offer your bodies as a living sacrifice Holy and pleasing to God. From Psalm 139, "You formed my inner most being. I am wonderfully made. My bones are not hidden from you."

So, we are called to take care of our bodies, eating healthy food, good sleep, good friends and exercise--moving your body. Yoga, just the thing! My watch buzzes me to MOVE often during the day. Yoga is well known as health for Body, Mind and Spirit, stretching, bending, breathing—care of ligaments, muscles, joints as well as internal organs. Take a deep breath and thank God! When practicing yoga, consider thinking that you are breathing in the Holy Spirit.

"SHARE THE FEAST" MINISTRY—THANKSGIVING 2023

Under the leadership of Sally Nisler, 120 Thanksgiving "Share the Feast" bags were distributed this year. Of the 120 bags, 20 were filled by Melody Ness' Marsh Creek neighbors. Melody and Allen delivered these bags to families residing at the Homeless Coalition. Several members of St. Catherine's Guild ECW helped to distribute, prepare and deliver the other 100 bags to the Calhoun Center for distribution.

Note from Sally: "190 adults and 127 children served by the Solomon Calhoun Center and 20 families residing on the Homeless Coalition campus benefitted from Trinity generosity!! Thank you!!"

St. Catherine's Members Decorated Trinity's Christmas Trees

St. Catherine's members added a festive look to the Church Lobby, Trinity Hall Front and Back Lobbies and Trinity Hall. The Team was led by Evelyn Fisher and included Sally Nisler, Marcia Johnston, Darlene Bacon, Ita Paron, and Lenora Eckhart.

THANK YOU, LADIES! BEAUTIFUL WORK!





-'TIS THE SEASON FOR GIVING- Under the direction of Claudia Smith, Sally Nisler and Sandy Goode, TELC children had the opportunity to choose presents for their family. The children carefully looked at all the items and then brought their gift to the ladies for wrapping! *I'm not sure who had more fun during the activity—the children or the adults!*

ST. PAUL'S AME COMMUNITY TREES IN THE PARK



CeCe deNaray again connected with Rev. Dr. Alesia Ford-Burse, Pastor at St. Paul's AME in Lincolnville to participate in their "2nd Annual Community Trees in the Park" Project. St. Catherine's members volunteered to cut out stars for the TELC children to

decorate. Tammy Walthall worked with the teachers to have the stars completed in time to decorate the St. Catherine's Community Tree. Nadine Connahey again agreed to create the banner for the tree. Several St. Catherine's members and spouses came to decorate the tree and attended the tree lighting ceremony in the Park next to St. Paul's AME in mid-December. (Left to right: Mark Denaray, Jon Limbacher, Carrie Limbacher, Sandy Goode, and CeCe Denaray) ***Congratulations to everyone who pitched in to make this a truly community event!***



Dec. 11, 2023—CHRISTMAS PROGRAM--

Our own Michael Guiliani, Music Director, led us in several favorite Advent and Christmas hymns. Frankie Becker introduced us to one of her favorite hymns, "What Can I Give Him?", which many in the group did not know but enjoyed!

What can I give Him as small as I am? If I were a shepherd, I'd give Him a lamb. If I were a wise man, I'd do my part. I know what I'll give Him, I'll give Him my heart. What can I give Him to show Him my love? The stars smile on Him and twinkle above. They sing

me a song that shines in the dark. I know what I'll give Him, I'll give Him my heart. I know what I'll give Him, I'll give Him my heart. My heart. (Source: Green Hymnal, page 236.)

Thank you, Frankie!



Dec. 11, 2023—Christmas Luncheon



2024 Board Member Installation Led by Fr. Matt

Heather Connahey (heatjohnconn@gmail.com), President
 CeCe Denaray (carol.denaray@gmail.com), Vice President!
 Cindy Ricker (cindyricker@comcast.net), Recording Secretary
 Claudia Smith (cmg010947@gmail.com), Corresponding Secretary
 Carrie Limbacher (climbacher61@gmail.com), Treasurer
 Marie Cook (msniles10@gmail.com), Asst. Treasurer
 Evelyn Fisher (evelynfisher2525@att.net), Thrift Shop Coordinator



Heather Connahey presented a beautiful bouquet of flowers to Darlene Bacon as a “thank you” for her years of service on the ECW Executive Board and as out-going Corresponding Secretary. In addition to sending out pertinent emails to the group, Darlene has submitted updates for the Trinity’s St. Catherine’s Blog as well as information for the quarterly Connection Guide. She has also done a superb job in writing and sending the St. Catherine’s Newsletters to the membership.

2023 UNITED THANK OFFERING (UTO)—Members donated \$437.51 over the course of 2023 and St. Catherine’s Guild ECW donated \$100; therefore, Carrie Limbacher, Treasurer, will be sending \$537.51 to United Thank Offering, a ministry of The Episcopal Church for the mission of the whole church.

LOOKING FORWARD TO 2024

Jan 8, 2024--Our guest speaker was **storyteller David Fussell** from the **Tale Tellers of St. Augustine**, an organization formed in 1993. Storytelling is recognized as a way to pass on values, social customs, wisdom, and traditions from generation to generation. David is a 5th generation Florida Cracker and his humor and wisdom made the Cracker South come alive.

Feb. 12, 2024— “Who & What is 'Young Life?', St. Augustine Young Life Rep.

March 11, 2024--“Stone Soup” Get Together

April 8, 2024-- Megan Wall, Managing Attorney, St Johns County Legal Aide;
“Senior Scams & Fraud”

May 13, 2024-- Holy Ghost Weenie Roast @ Therese Denman’s home

June-August--No Membership Meetings

PLEASE MARK YOUR CALENDARS AND JOIN US!

AN OPEN INVITATION TO JOIN THE THRIFT SHOP MINISTRIES

The **Thrift Shop Tuesday Work Team** consists of members of the St. Catherine’s Guild who volunteer each Tuesday morning from 8 a.m. to 11 a.m. to sort and price donations and prepare the shop for customers. During the morning members stop for a brief devotion and an update on the shop proceedings.

The **Thrift Shop Volunteers** staff the Thrift Shop during operating hours--Thursday-Saturday, 10 a.m. to 4 p.m. Volunteers usually work 3-hour shifts (10-1 or 1-4). New shop volunteers are initially paired with experienced workers.

If interested in either or both of these ministries, please stop by Hindry Hall on a Tuesday morning to see what we are all about. We break at 9 a.m. for devotion, prayer, shop reports, birthday recognition and any other necessary business. **We welcome new members to these ministries.**

If you have questions, please contact **Heather Connahey**, 2024 Guild President @ [571-216-3500](tel:571-216-3500) or heatjohnconn@gmail.com or **Evelyn Fisher**, Thrift Shop Coordinator @ [321-289-1844](tel:321-289-1844) or evelynfisher2525@att.net

DRUM ROLL, PLEASE...

2023 SHOP INCOME

\$75, 909.01--A NEW SHOP RECORD!!!!

“Whether you donated items, collected items from others, worked on Tuesday sorting and pricing, worked in the store at any time, EVER, prayed for the store, spoke about the store to your friends and neighbors, or have ever supported this ministry in any way, **Congratulations** on a wonderful year. We couldn’t have done it without you!!!” Blessings to All! --Carrie Limbacher, Treasurer

BLESSINGS ABOUND!!!!



ECW/DOK RETREAT CAMP WEED

APRIL 12-14, 2024

Further info will be forthcoming via email.

You will be able to sign up on the Diocese website.



ROMANS 12:10-12—¹⁰Be devoted to one another in love. Honor one another above yourselves. ¹¹Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹²Be joyful in hope, patient in affliction, faithful in prayer. (NIV)

***During 2023 the following ladies have been added to the
ST. CATHERINE'S GUILD ECW ROSTER:***

*Nancy Cressy, Laurel Palmer, Ellie Shaner, Melinda Strock,
Susan Weidner, and Susan Whalen*

We are glad to have you participate with us in this ministry!

OUTREACH UPDATE: The Board is pleased to inform the members that the actual thrift shop income exceeded the 2023 anticipated income amount; therefore, the Board voted at their December meeting to gift \$100 to St. Paul's AME Church, St. Augustine, to fulfill a request to help offset the cost of trees for the Christmas Tree Lighting Ceremony and \$300 to Rebloom, a center in St. Augustine which provides vital services to individuals with Parkinsons. In addition, at the December membership meeting, the members attending voted to gift \$20,000 to the TELC new campus playground to partially cover the cost of installation of playground equipment to meet TELC certification requirements and to gift \$3,000 to Operation New Hope to help cover housing rent not covered by grant funds for women being released from St. Johns County Jail as they work towards self-sufficiency.
