



February 2023

Many people believe that Valentine's Day gets its name from a priest in Rome named Valentine who lived 1700 years ago. There are many legends about him. One legend claims that the Roman emperor, Claudius II, ordered Roman soldiers not to get married because the Roman army needed to be very mobile in order to spread Roman rule. The emperor thought soldiers would leave home more willingly if they were single. Valentine secretly married some of them. So today, sweethearts celebrate in his honor.

Another legend says that Valentine raised beautiful flowers. He shared them with the local children. When the emperor imprisoned Valentine for not teaching about the Roman gods, the children made bouquets of flowers and tied notes to them. They tossed the bouquets through Valentine's prison window.

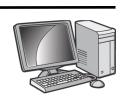
Still another legend says that while Valentine was in prison, the jailer's daughter became his friend. He prayed for her and she was healed of her blindness. Before he was killed for the crime of teaching others about Christ, he wrote her a letter and signed it 'From your Valentine.' Today, people remember the day he was put to death, February 14, by sending flowers and cards to each other.

There are other Valentine legends. What they all have in common is that as a Christian, Valentine lived to help others. The legends have him reaching out to those in love, to children, and to a woman he had healed of blindness. They were all people who could not repay Valentine for his care of them. Valentine helped them because he knew it was the Christian thing to do.

We also have been put in this world to serve others in the name of Jesus Christ. It is what Jesus taught his first disciples to do. It is also what set the early church apart from the rest of society. It is what our Bible states that God has done for us. Let us go and do likewise.

For God so loVed the world,
That God gAve
the onLy
BegottEn
SoN
That whoever
Believes In him
Should Not perish,
But have Everlasting life. (John 3:16)

Thank you to all the members of St. Paul's who have served over the past year on the Council or any Committee. You are all appreciated for your service and dedication.



Pray for our Shut-ins

Carol Shreder Larry Taylor
Bev West Chuck Kellogg
...and others who are physically unable to join us.
Why not call or visit, to let them know they are missed?





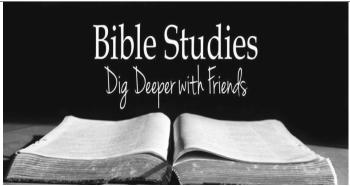


Attica Food Link Distribution:

Attica Presbyterian Church February 1 10am-12pm

—1st come 1st served , Bring your own bags
 This will be for the next six month period.
 Sponsored by Attica Food Pantry

We want to continue to keep our congregation healthy. If you have been exposed to a suspected or confirmed case of Covid, please stay home and worship with St Paul's virtually for <u>2 weeks</u>. If you are having any cold/flu/rsv symptoms please stay home. As always our policies may change as local and state guidances change.



Bible Study groups will meet in our respective areas. If you have additional questions or concerns, contact the Convener:

Lisa Knerr- Mon. evening, Charles- Wed. morning

Sunday Bible readings:

The first reading is *italicized*; the message text is **bold**.

Feb 5

1 Corinthians 2:9-13

Psalm 112.5-9

Feb 12

Deuteronomy 30.15-20

Matthew 5.21-26,33-37,43-45

Feb 19

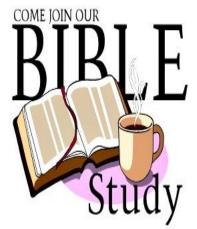
Matthew 17.1-9

Exodus 24.12-18

Feb 26

Psalm 32:1-5

Roman 5.12,14a,17-18



Souper Bowl of Caring- February 12

Our youth will collect your "noisy money" (coins) on Super Bowl Sunday. All money collected will support the Attica Food Pantry. The total will be reported to the Souper Bowl website. **You may also donate food items.** Thank you for supporting our youth and Food Pantry on Super Bowl Sunday!





March 12, 2023

Pancake Breakfast with sausage, fruit and juice

More details to follow



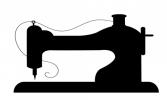
SAVE THE DATE

The next Scrapbooking event for the Youth Mission Trip is April 22, 2023.

Come, enjoy a day with friends, good food— Breakfast, lunch and dinner

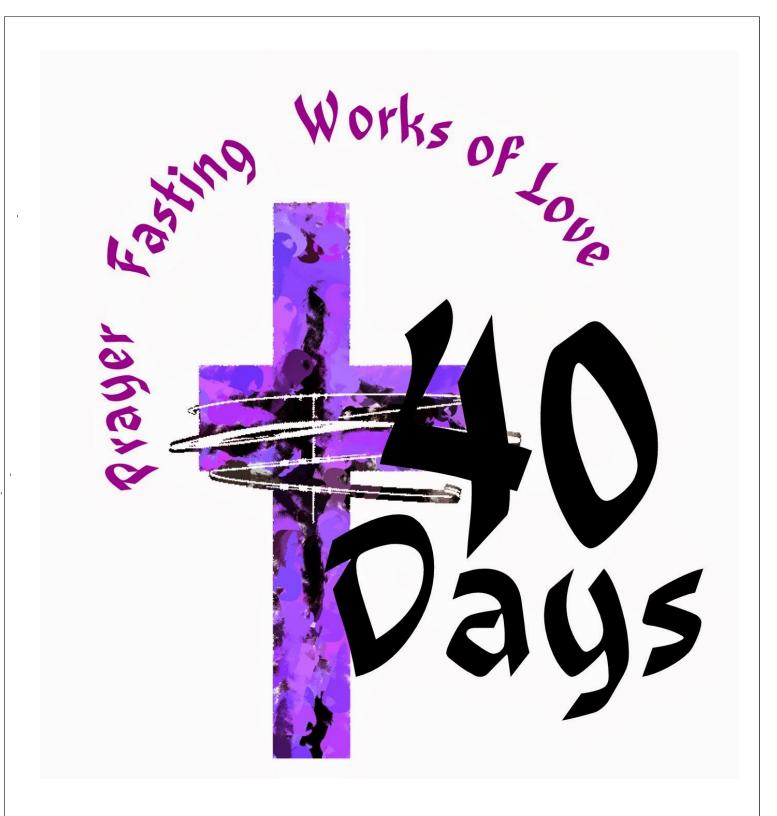
You don't have to scrapbook to attend.

Bring a craft, or anything you like and have a fun day.









LENT BEGINS

Ash Wednesday—February 22nd

Dunkirk Campers

On-line registration is now open.



Join Dunkirk campers on Feb 5th for a soup-themed coffee hour.



BASKET RAFFLE MARCH 12TH

- Helps fund Dunkirk-Camper Scholarships
- Please leave donations in narthex by March 5th





Congratulations and Welcome to:

Aubrey Anne Donohue

Parents: Lena and Aaron

Born: January 19th



Congratulations and Welcome to:

Emersyn Lily Perry

Parents: Danielle Harvey and

Christopher Perry

Born: January 22th



February Parish Nurse Notes

"A good laugh and a long sleep are the best cures in the doctor's book"- Irish Proverb

Quality sleep offers a bounty of physical and emotional benefits. Sleep experts say sleep affects almost all parts of our health and well-being. Sleep is essential for repairing and recharging our body and brain. It supports memory, mood, learning, creativity and productivity. Without good sleep your risk for many chronic diseases goes up.

Think of sleep as a keystone habit- one that has the power to make many other self care habits and decisions easier. Start with small changes so you have easy successes as you include more sleep enhancing activities into your self care routine.

February is American Heart Month. Learn the warning signs of heart attack and cardiac arrest. Chest discomfort, discomfort in upper body, new shortness of breath, nausea, lightheadedness, and/or cold sweat. Call 911 immediately.

Cardiac arrest- sudden loss of responsiveness and normal breathing. Call 911 immediately and start CPR. Use an AED if available. St. Paul's will be sponsoring a CPR class- sign up and learn this important skill.

Stroke symptoms- FAST. Facial drooping, Arm weakness (inability to hold one or two arms up), Speech difficulty, Time to call 911.

Weekly thrive tips; pay attention to simple habits, such as brushing your teeth, to practice being more aware of health practices, stand up or walk around while taking a phone call, sprinkle walnuts or almonds on your salad, soup or sandwich, if you can't fall asleep in bed in 20 minutes, do something calming for 20 minutes and resume sleep.

Friday February 3 is Wear Red Day to call attention to heart disease. Let's wear red on February 5th to draw attention to Heart Health

Stay safe and healthy. Eat balanced meals, walk daily- even just for 10-15 minutes. Drink plenty of water, get good sleep, wash your hands.





FEBRUARY 2023

SUN	Mon	TUE	WED	THU	FRI	SAT
			1 Bible Study 10 am Food Link 10 am	2 Chancel Choir 7:15p	3	4
5 Communion & Worship 10am Christian Ed soup coffee hour	6 Bible Study 7pm	7	8 Bible Study 10 am	9 Sisters In Faith 6pm Chancel Choir 7:15p Justin Käpfer Danielle Harvey	10	11
12 Souper Bowl Sunday, 10am Pastoral Relations mtg	13 Bible Study 7pm	14 Susan & Dave	15 Bible Study 10am	16 Chancel Choir 7:15p	17	18
19 Worship 10am Newsletter Deadline <i>Dylan Kipfer</i>	20 Bible Study 7pm	21 Deacons/Trustees 6:30 pm Council 7 pm	22 Bible Study 10am Ash Wednesday Lent Begins	23 Chancel Choir 7:15p	24	25 Flo Nolan
26 Pancake Breakfast 9am—noon Worship 10am	27 Bible Study 7pm	28				

St. Paul's United Church of Christ 11 Washington Street Attica, NY 14011





of St. Paul's United Church of Christ, Village of

St. Paul's UCC, 11 Washington Street
Just around the corner, first block down from Main Street.
Join us for Sunday Worship at 10:00 am

Sunday School for children K-7th Grade - Nursery always open!

"No matter who you are or where you are on life's journey, you are welcome at St. Paul's."

Reverend Lauran Heidenreich

Call the church at (585-591-2705), stpaulunited@verizon.net or pastorucc@verizon.net **Website:** atticaucc.org

Narch Newsletter Deadling

Please make sure all newsletter submissions are in by this date. In the pink folder on the office window or e-mailed to: stpaulunited@verizon.net