



# All Saints' Memorial Church

674 Westminster St., Providence, RI 02903

<http://www.allsaintsmemorial.org>

*E-Messenger, January 4, 2024*

*Come and worship*

*Rejoice in fellowship*

*Love and serve the Lord*



Dear All Saints' Family,

Weather reports indicate that we may have some snow this weekend! In my view that is an exciting forecast but snow on Sunday could make driving to church hazardous.

Just a reminder, the church snow policy is very simple: **If there is a parking ban in Providence, we will cancel the in-person Service** on Sunday morning. That being said, we are well-practiced in Zoom! **If there is a parking ban in Providence, we will have a Zoom service (at the church or home depending on the snow situation).**

As usual, the link for the Sunday Service program is offered below, as well as the Sunday morning Zoom link.

Looking ahead to Sunday January 14, Tom Hobin, our deacon-in-training will lead a Coffee Hour Conversation about Faith and Health.

You may remember we had two Faith and Health Conversations last year. The first was in the spring when Rev. David Ames led us in an evening conversation and discussion about abortion. The second was last summer when we had a moving and very participative conversation about End of Life and Funeral Planning.

The topic for the Faith and Health Coffee Conversation on January 14th is "Movement for Life."

We are graced with Tom's deep experience in both physical therapy and

T'ai Chi, and his wisdom about faith and health. He will share his reflection on the latter and show us some T'ai Chi movements. There will be some hands-on practice if you want to try. I have volunteered to help demonstrate with absolutely no experience in T'ai Chi! I am looking forward to finding out more about this gentle program of movement for life. Perhaps you will volunteer too...

### **From Tom about T'ai Chi**

Folks of all ages and abilities are welcome. I have taught many who are in wheelchairs. Studies show it helps at least a dozen or so conditions and enhanced wellness. Here are a few:

Improves balance

Lowers blood pressure

Helps arthritis

Parkinson's

Strokes

Sleep apnea

Mood disorders

MS

Depression

Back pain...

**T'ai Chi** is a simple, gentle, holistic exercise system performed in a slow, focused manner accompanied by deep breathing, evolved from an ancient

Chinese tradition. Also called T'ai Chi Chuan, it is noncompetitive, self-paced and low impact, puts minimal stress on muscles and joints, and is generally safe for all ages and fitness levels.

**T'ai Chi** requires no special equipment, can be done anywhere, indoors or outdoors, alone or in a group, standing or seated in a chair. T'ai Chi's methodical choreography uses slow, flowing, and circular movements that encourage the mind and body to work together, boosts the brain and memory and generates internal energy. It is mentally and physically grounding.

**T'ai Chi Can Improve Your Health.** Numerous studies show T'ai Chi can improve mood, decrease stress, anxiety and depression, and increase aerobic capacity. It also can increase your energy and stamina, improve flexibility and agility, and, importantly, improve balance. Regularly reported benefits include better quality of sleep, lower blood pressure, improvement of joint pain and improved sense of well being.

**You Can Do T'ai Chi.** Almost anyone can perform and benefit from T'ai Chi. Practitioners include those who are wheelchair-bound, people with recent hip and knee replacements, those afflicted with various chronic medical conditions such as Parkinson's disease, COPD, arthritis, coronary heart disease, and many others.

*May he who by his Incarnation gathered into one*

*things earthly and heavenly,  
fill you with the sweetness of inward grace and goodwill.*

Christmas blessings,  
Julie

*Hear us,  
never-fading Light, Lord our God,  
our only Light, Fountain of light,  
Light of your angels,  
thrones, dominions, principalities, powers,  
and of all intelligent beings.  
You created the light of your saints.  
May our souls be your lamps,  
kindled and enlightened by you.  
May they shine and burn with the truth,  
and never go out in darkness and ashes.  
May we be your house,  
shining from you, shining in you.  
Through Jesus Christ, our Lord. Amen.*

**All are warmly welcome to join our Service of Holy Eucharist  
on Sunday, January 7, 9:30am**  
[Zoom Link:](#)

<https://us02web.zoom.us/j/85484006164?pwd=ZzAvZVFUM2pKekorMGVzMFFeclFiUTo9>

The Service program may be found [here](#).

### *Music Notes*

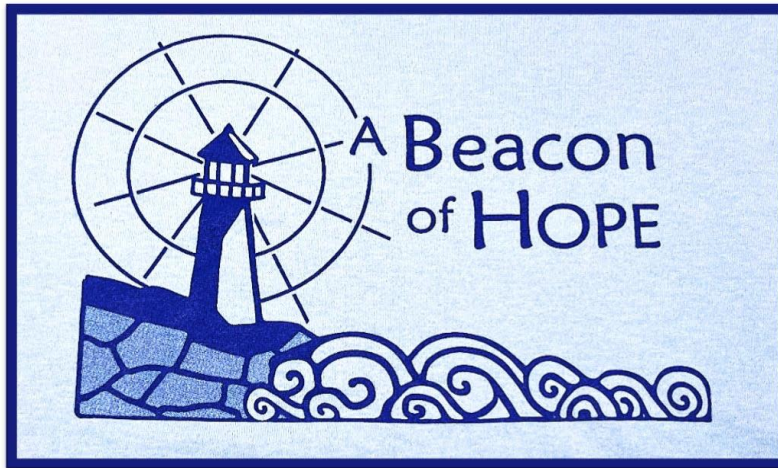


#### *The Shepherds' Farewell to the Holy Family (Anthem text)*

Thou must leave Thy lowly dwelling, the humble crib, the stable bare,  
Babe, all mortal babes excelling, content our earthly lot to share,  
Loving father, loving mother, shelter Thee with tender care!

Blessed Jesus, we implore Thee with humble love and holy fear,  
In the land that lies before Thee, forget not us who linger here!  
May the shepherd's lowly calling ever to Thy heart be dear!

Blest are ye beyond all measure, thou happy father, mother mild!  
Guard ye well your heav'nly treasure, the Prince of Peace, the Holy Child!  
God go with you, God protect you, guide you safely through the wild!



## *Outreach News*

**Outreach Food Collection:** Each week All Saints' collects food to be distributed monthly to food pantries in our area. We welcome donations of canned pasta in January. Thank you for your generosity!

## *Noonday Prayer and Faith Inquirer's Scripture Discussion*

*Wednesday, January 10*

All are welcome to join us in Rose Hall on Wednesday for Noonday Prayer and Faith Inquirers Scripture discussion at 12:00.



We are beginning Numbers, chapters 1&2.

You may participate via Zoom if you wish. The Zoom link is: <https://us02web.zoom.us/j/82955504419?pwd=Si9tTzVFbTR4KoZjTy9jNVdkRFhuQT09>

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### *Upcoming Events*

**January 7:** Vestry meeting after the Service

**January 10:** Choir Practice

**January 10:** Noonday Prayer and Faith Inquirers

**January 14:** Faith and Health, Movement for Life

Coffee Hour Conversation led by Tom Hobin

**January 18:** Deadline for submitting Annual Meeting Reports

**January 28:** Annual meeting following the Service

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### *PRAYERS*

We pray for our fellow parishioners Derek, Gus, Marie, Trish, Victor, Rose, Susan, Gloria, Theo, Barry, and Gabby. We also pray for Dorothea Evans Gordon, Clarence Scott, Germaine, Naida Thomas, Merynn Flynn, Karen L., Stephen, Barbara K., Lusaynie Sirleaf, John Flinton, James, Rachael, Eva McBorrow, Jennifer, Carla, Sawyer L., Philletta Payne, Elizabeth Pacek, Frances Fisher Tait, Yonghee Joe, Kerry DelaGaza, and Nancy Pollard.

We pray for all who work for peace and members of our armed forces especially Hannah Makuch.

## SCRIPTURE READINGS AND MINISTRIES

***January 7, 2024***

First Reading: Genesis 1:1-5 Rosetta Evans

Psalm 29: Rosetta Evans

Second Reading: Acts 19:1-7. April Donahower

Gospel: Mark 1:4-11

Prayers of People: Form III, Monika Kraemer

Chalice: Tom Hobin

Acolyte: Eric Hirsch

Altar Guild: Kardi and Lydia

## *Share All Saints' With Friends*



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### **Websites:**

**All Saints' Memorial Church  
Diocese of RI · The Episcopal Church**

### **Contact information:**

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Office hours: 10am-2pm Tuesday-Thursday

The Rev. Dr. Julianne Hanavan, Priest-in-Charge

**revjulhan@gmail.com**

Mr. Richard Spicer, Music Director and Organist

Mr. Thomas Hobin, Deacon-in-training

Newsletter submissions:

**allsaintsprovidence@gmail.com**

### **The Vestry:**

**Senior Warden**

Musa Goll

**Finance Chair**

Dan Mechnig

**Junior Warden**

Chip Smith

**Members**

Rosetta Evans

Charlotte Burgess

**Treasurer**

Becky Silliman

Ryan Mott

Theo Muhlenburg

Gloria Perry

**Clerk**

Pattie Marshall

Kardi Draper

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