
St. Paul's Snippets

October 9, 2023

Our mission at St. Paul's Church is to declare the goodness of God's grace to all people.
We welcome all to join in worship and fellowship, united as the family of God.
We pledge to share our time and resources
to serve the needs of individuals and the community.

Birthdays this Week



Janice Konkak
Betty Berghorn
Miretta Campbell

Blessing of the Animals 2023!







Thank you for all the pet food donations and to Tiffany Hanford for delivering!

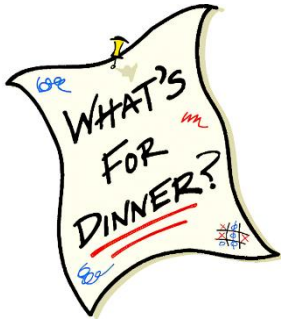
Today is Indigenous People's Day

The first seed of Indigenous Peoples' Day was planted at a U.N. international conference on discrimination in 1977.

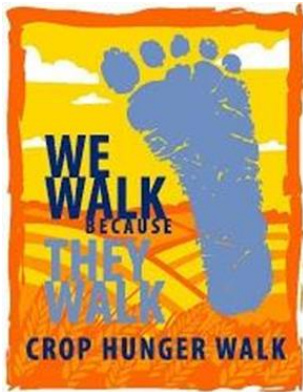
Although the day was still considered Columbus Day up to 1937, many people began calling it Indigenous Peoples' Day to celebrate the rich culture and the lives of the Native American people.

For the Native Americans, Columbus Day was always hurtful as it glorified the violent past constituting 500 years of colonial torture and oppression by European explorers like Columbus and those who settled in America. Indigenous Peoples' Day draws attention to the pain, trauma, and broken promises that were erased by the celebration of Columbus Day. Before his arrival, the indigenous folk were successful self-sufficient communities that sustained life for thousands of years. Year by year, the movement to change Columbus Day to Indigenous Peoples' Day spreads to more and more states, towns, and cities across the United States of America.

Indigenous Peoples' Day celebrates, recognizes, and honors the beautiful traditions and cultures of the Indigenous People, not just in America, but around the world. Their way of life and culture carries wisdom and valuable insights into how we can live life more sustainably. Today, 14 U.S. states celebrate Indigenous Peoples' Day and not Columbus Day, as well as the District of Columbia.



Fellowship meal- October's Fellowship meal will be on Tuesday, October 10th at 6PM at Original's in Owego. Join us for great food and fellowship.



Walk next Sunday, the 15th with St. Paul's Team!

The Walk begins at 1:30 at the United Methodist Church and ends at St. Patrick's Catholic Church.

See you then!

Games- Tuesday October 17-game afternoon-cards-board games- 12-3 Bring your lunch coffee and dessert will be provided



ECW Meeting Tuesday, October 24th at 6pm in the Fellowship Hall. Dish to share Bible study /business



**THURSDAY, AUGUST 10
11:00 A.M.-6:00 P.M.**

@WALGREENS

**TO BENEFIT: ST. PAULS EPISCOPAL
CHURCH**

**To call and place orders until
4:00 please call (607)753-9184
ext 2**

Harvest

Coffee Hour

Sunday,
October 29th.
Fall treats, pumpkin
carving & more.



ACT Meal: November 2nd will be St Paul's turn to serve the meal at Owego Baptist 5 pm. It will be the scheduled Thanksgiving meal however the decision was made by the board to NOT have a sit-down dinner due to rise of Covid cases and other serious viruses. Boxed meals will be served. Most of the meal items are provided by the Food Bank. St. Paul's will be providing stuffing, gravy and cranberry sauce...monetary donations are preferred to meet these needs. **Volunteer servers** will be needed for this huge meal.

Diocesan Convention

On **October 21st** The Convention will be held virtually. Your convention delegates are Alice Botts & Angie Smith!

Historic Property Tour- St. Paul's will be participating in the Tioga Arts Council's 2023 Historic Property Tour scheduled for **Saturday, October 21** from 11-4! More information is forthcoming!

The Angel Tree: Yes, it's almost time to think about it! St Paul's will again be adopting several families with children. More info soon!

what's happening

Saturday, October 28th, times TBA- Owego Village Halloween Fest

Saturday, December 2nd, 5 to 9pm- Lights on the River.

"Surviving the Holidays" on **October 21st** will be held at Lakeview Chapel in Owego for those who have suffered the loss of a loved one. There are two options for that day, a session that begins at 10 am and ends at noon OR the same material shared again starting at 3:00 pm until 5:00 pm. The cost is \$8.00 per person for their book.

<https://www.facebook.com/tcbgc>





October is National Domestic Violence Month

(From the National Coalition Against Domestic Violence)

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

Domestic violence is an epidemic affecting individuals in every community regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It is often accompanied by emotionally abusive and controlling behavior that is only a fraction of a systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating physical, emotional, and psychological consequences of domestic violence can cross generations and last a lifetime.

Abuse may begin with behaviors that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions or try to convince the person they are abusing that they do these things out of love or care. However, violence and control always intensifies over time with an abuser, despite the apologies. What may start out as something that was first believed to be harmless (e.g., wanting the victim to spend all their time only with them because they love them so much) escalates into extreme control and abuse (e.g., threatening to kill or hurt the victim or others if they speak to family, friends, etc.). Some examples of abusive tendencies include but are not limited to:

- Telling the victim that they can never do anything right
- Showing jealousy of the victim's family and friends and time spent away
- Accusing the victim of cheating
- Keeping or discouraging the victim from seeing friends or family members
- Embarrassing or shaming the victim with put-downs
- Controlling every penny spent in the household
- Taking the victim's money or refusing to give them money for expenses
- Looking at or acting in ways that scare the person they are abusing
- Controlling who the victim sees, where they go, or what they do
- Dictating how the victim dresses, wears their hair, etc.

- Stalking the victim or monitoring their victim's every move (in person or also via the internet and/or other devices such as GPS tracking or the victim's phone)
- Preventing the victim from making their own decisions
- Telling the victim that they are a bad parent or threatening to hurt, kill, or take away their children
- Threatening to hurt or kill the victim's friends, loved ones, or pets
- Intimidating the victim with guns, knives, or other weapons
- Pressuring or forcing the victim to use drugs or alcohol
- Preventing the victim from working or attending school, harassing the victim at either, keeping their victim up all night so they perform badly at their job or in school
- Destroying the victim's property

For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY).

Look for us on Facebook! Keep up on what's going on at St. Paul's on Facebook!



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