

FRANCISCAN — MARCH 2015

“A Publication of St. Francis Episcopal Church—“Proclaiming the Good News in word and deed”



Hosted by the Youth Group

All children are invited to St. Francis' Easter Egg Hunt on Sunday, March 29th after the service.



Come and join us for fun and fellowship. Don't forget your Easter baskets!



(The Youth Group is asking for candy donations. Please give all donations to Lisa Spangler.)



MARCH CALENDAR

SUNDAY	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
1 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am Youth Group Meeting	2 Office Closed SFD 10:30 am Jazzercise 5:30 pm	3 Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm	4 Bible Study 10:30 am Jazzercise 5:30 pm	5 Elections (Polling Place)	6 Office Closed Jazzercise 5:30 pm	7 Jazzercise 7:00 am & 9:15 am
8 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am Daylight Savings	9 Office Closed Jazzercise 5:30 pm	10 Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm (Committee Meeting)	11 Bible Study 10:30 am Jazzercise 5:30 pm	12 Jazzercise 5:30 pm Alanon 7:30 pm	13 Office Closed Jazzercise 5:30 pm	14 Jazzercise 7:00 am & 9:15 am
15 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am	16 Office Closed Jazzercise 5:30 pm	17 Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm St. Patrick's Day	18 Bible Study 10:30 am Jazzercise 5:30 pm	19 Jazzercise 5:30 pm Alanon 7:30 pm	20 Office Closed Jazzercise 5:30 pm	21 Jazzercise 7:00 am & 9:15 am
22 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am	23 Office Closed Jazzercise 5:30 pm	24 Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm Vestry Meeting 7:00 pm	25 Bible Study 10:30 am Jazzercise 5:30 pm	26 Jazzercise 5:30 pm Alanon 7:30 pm	27 Office Closed Jazzercise 5:30 pm	28 Jazzercise 7:00 am & 9:15 am
29 Choir Rehearsal 9:15 am Sunday School 10:30 am The Blessing of the Palms & The Passion 10:30 am Easter Egg Hunt	30 Office Closed Jazzercise 5:30 pm	31 Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm				

NEEDS A HOME

4 year old male cat, gray and white, mostly Persian, pretty, neutered and litter trained, very gentle and loving. Please call Nancy Glass at (937) 239-5134 if you would like to take him home.



HEALTHY THOUGHTS: American Chocolate Week (Third week in March)

Provided by Parish Healthy Ministry

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“A desire realized is sweet to the soul...” (Proverbs 13:19)

One of the greatest sacrifices dieters face is giving up chocolate. Chocolate is high in calories and saturated fat, so no matter how much they adore it, some try to give it up.

But listen up, chocolate lovers: there are many legitimate reasons to make chocolate a part of your healthy, balanced diet. Dark chocolate reduces high blood pressure, protects blood vessels, promotes heart health, and helps prevent some cancers. Plus, chocolate wakes us up and gets us moving. Chocolate lovers know the physical and emotional lift that comes from eating it. Caffeine and other stimulates in chocolate increase the activity of neurotransmitters in the brain, making it easier to pay attention and stay alert.

But perhaps chocolate’s best aid to dieters is sweet motivation. As a reward for careful eating, nothing beats chocolate’s power to modify behavior. Who can’t be good all day when she knows there’s chocolate ice cream for dessert? Who wouldn’t work out a little longer at the gym in exchange for a square of the rich stuff?

When we desire good things—like chocolate, an education, a strong relationship or self-improvement— we’re much more likely to work hard to achieve them. Working toward good goals and achieving them is sure to bring great satisfaction. What do you desire? How will you reach your goals? With hard work and determination—and maybe a little chocolate motivation—you can do it! Hugs for Chocolate Lovers

Saint Francis Episcopal Church
The Episcopal Church in Springboro
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Springboro, OH 45066
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TIME DATED MATERIAL



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225 North Main Street, Springboro, OH 45066
(937) 748-2592
www.saintfran.org

SUNDAY MORNING WORSHIP

Holy Eucharist, Rite II10:30 am
Sunday School.....10:30 am

WEDNESDAY CLASSES

Bible Study.....10:30 am

MARCH BIRTHDAYS



Kathy Chandler	3/1
Teena Baldrige	3/3
Elizabeth Hoobler	3/7
Selma Frush	3/8
Grace Lampman	3/9
Spencer Marshall	3/13
Hal Haugen	3/14
Shaun Graham	3/15
Kimberly Sprowles	3/17
Dr. Gail Payne	3/19
Geoff Cook	3/20
Diana Graham	3/30

Youth Group Message

Please feel free to stop by the youth group room. It has been painted and cleaned. I would like to thank all of the youth group and my husband for the hard work. The room looks amazing. We will have a meeting on March 1st. At the meeting we will be planning the Easter Egg Hunt and doing finishing touches on the room. All youth ages 12 to collage are welcome to join us. If you have any questions please feel free to contact Lisa Spangler at lspangler@cinci.rr.com.

Thanks, Lisa

HEIFER INTERNATIONAL

Outreach Lenten Ministry



Beginning the third Sunday in Lent (March 8) and continuing throughout the Lenten season, a table will be in place in the Narthex providing information about Heifer International.

This unusual organization describes itself as "An Ark for Today's World." Founded in 1944, Heifer partners with congregations like St. Francis to provide income and food producing animals to thousands of hungry and resource-poor families throughout the world. Animal products such as milk, eggs and meat improve nutrition while other products like draft power and natural fertilizer enrich the environment rather than deplete it while helping families earn money for education, clothing and health care.

The only stipulation to receiving these gift animals is the Heifer philosophy of **PASS ON THE GIFT**. Families or individuals receiving gift animals agree to give one or more of their animal's offspring to other families in need.

Please stop by the Heifer International table during Lent to pick up colorful and descriptive literature as well as information regarding financial support for this ministry. Learn more about Heifer and a **GIFT THAT KEEPS ON GIVING**.

Announcements

Easter Flowers

If you would like to memorialize a loved one or friend, or express thanksgiving for God's many blessings through your donation of Easter Flowers, please fill in the needed information and place this form with your check in the offering plate.

Please make your check payable to **Saint Francis** and mark the memo notate "Easter Flowers". Thank you.



Your name

(as you wish it listed in the bulletin)

Please list name(s) as you wish it (them) printed in the bulletin and circle the appropriate designation.

In Honor In Memory In Thanksgiving

In Honor In Memory In Thanksgiving

In Honor In Memory In Thanksgiving

Easter Flowers



If you would like to memorialize a loved one, or express thanksgiving for God's many blessings through your donation of Easter flowers, please fill out the needed information on the form found in the Narthex on the table and in this Franciscan Newsletter. Make your checks payable to St. Francis and mark the memo "Easter Flowers".



**Daylight Savings
Time begins
Sunday, March 8th.
Don't forget to set
your clocks
forward one hour.**

