



# St. Hugh

# News & Views

April 2020 Edition



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## Prayer for Pandemic

- May we who are merely inconvenienced remember those whose lives are at stake.
  - May we who have no risk factors remember those most vulnerable.
  - May we who have the luxury of working from home remember those who must choose between preserving their health and making their rent payment.
  - May we who have the flexibility to care for our children when their schools close remember those who have no options.
  - May we who have to cancel our trips remember those that have no safe place to go.
  - May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.
  - May we who settle in for a quarantine at home remember those who have no home.
  - As fear grips our country, let us choose love.
  - During this time when we cannot physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbors.
- Amen**

**This prayer was posted on the website of the Episcopal Church of the Holy Spirit, Verona, New Jersey.**

# Did You know?

## Beets

This root is great to add to your salad or simply juice with a few apples. Beets have a lot of health benefits that your body and hair will appreciate. Highly-pigmented vegetables, beets also have high levels of potassium, antioxidants, copper, zinc, vitamin B-6, selenium, and more.

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## Also Did You Know that you can access the Book of Common Prayer Online!?

Here is the website to type in <https://bcponline.org/> for the Book of Common Prayer

Also The Lectionary Page will give you readings for each day of the month at <http://lectionarypage.net/>

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## For Slowing Down

“To slow down,  
To find calm in the chaos.  
To be present.  
To connect to those things that deeply matter to us.  
To think creatively.  
To be creative.”

To those who are at home with busyness, this might be a  
disquieting time.  
Perhaps embrace it as a chance to live as we should be  
periodically living-not busy, but calm and quiet

# Super Simple Fat Free Pineapple/ Angel Food Cake

- \* Pre Heat Oven to 350
- \* 1 20 oz can of Crushed Pineapple Undrained
- \* 1dry angel food cake mix

In large bowl, beat dry angel food cake mix and crushed pineapple on low speed 30 seconds; beat on medium speed 1 minute. Pour into ungreased pan.

In a 9x12 cake pan bake for approx. 30-35 Min or until fork comes out clean cool right side up~~~You can top with cool whip if desired

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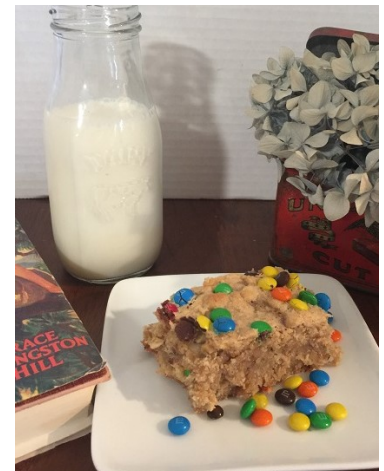
## Peanut Butter & Banana Cake

### Peanut Butter – Banana Cake

- 1 ½ cups flour
- 1 cup rolled oats
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup softened butter
- ½ cup sugar
- ½ cup brown sugar
- 1 large egg
- ½ teaspoon vanilla
- 2 ripe bananas
- 1/2 cup peanut butter

Add-In Ideas: peanuts, chocolate chips, M&M's.

Preheat oven to 350 degrees. Grease an 8 or 9 inch square pan. In a medium bowl, whisk the flour, oats, baking powder and salt together and set aside. In your mixer, beat the butter and both sugars together until light and fluffy. Add the egg, vanilla, bananas and peanut butter and mix until combined. Stir in dry ingredients just until mixed. Stir in your add-ins (or sprinkle them on the top). Spread the batter in your prepared pan and bake 40-45 minutes or until the edges are brown and a toothpick inserted in the center comes out clean.





THE NEW PRAYER REQUEST EMAIL IS:

[prayers.st.hugh@gmail.com](mailto:prayers.st.hugh@gmail.com)

- \* **Bob & Ardele, Jennifer & Bill, Ken, Danielle, Kathy & Tab, Sharon, James & Chris, Nya, Oliver, Mark, Jim, Alice, Bill & Dee, Mary Frances, Carl & Helen, Doug, Dillon, Dalton, Uncle Bill, Nat, Mary Ellen; Leah & The Rockey Family, Nick, Joan, Gary, Christie, Chuck, Mike, Sandy, Roy, Connie, Mike, Judy, Thom, Gail, Damion, Layla, Amy**
- \* **For the poor, the neglected, & oppressed**
- \* **For all the victims of discord & violence**
- \* **For all those who have been affected by natural disasters**
- \* **For each member of this congregation and our community.**
- \* **For Chuck Huff as he continues through Postulancy working toward Ordination.**
- \* **We pray for churches on our Diocesan Prayer cycle and churches in the Episcopal Dioceses of Jerusalem and the Middle East.**
- \* **We pray for leaders of our Anglican communion – for The Most Rev. Justin Welby, Archbishop of Canterbury, our Presiding Bishop Michael Curry, for our Diocesan Bishop Greg Rickel .**
- \* **For all our nation's leaders and those in service to our Country.**

**For those who have died and the family and friends who mourn for:**

**Rachelle**

**Kathy**

Prayer List Names may be requested via email also and will be shown in the Prayer List for 30 days, then removed. They may be resubmitted for an additional 30 days. Thank you

### **Palm Sunday**

**April 5th**

#### **Liturgy of the Palms**

Matthew 21:1-11

Psalms 118:1-2, 19-29

#### **The Liturgy of the Word**

Isaiah 50:4-9a

Philippians 2:5-11

Matthew 26:14-27:66

or Matthew 27:11-54

Psalms 31:9-16

### **Maundy Thursday**

Exodus 12:1-4, (5-10), 11-14

1 Corinthians 11:23-26

John 13:1-17, 31b-35

Psalms 116:1, 10-17

### **Good Friday**

Isaiah 52:13-53:12

Hebrews 10:16-25

or Hebrews 4:14-16; 5:7-9

John 18:1-19:42

Psalms 22

### **Easter Sunday**

**April 12th**

Acts 10:34-43

or Jeremiah 31:1-6

Colossians 3:1-4

or Acts 10:34-43

John 20:1-18

or Matthew 28:1-10

Psalms 118:1-2, 14-24

### **2nd Sunday of Easter**

**April 19th**

Acts 2:14a, 22-32

1 Peter 1:3-9

John 20:19-31

Psalms 16

### **3rd Sunday of Easter**

**April 26th**

Acts 2:14a, 36-41

1 Peter 1:17-23

Luke 24:13-35

Psalms 116:1-3, 10-17

# April Birthdays

# Happy Birthday!

Chris Cribbs      3rd      Pat Yingling      9th

Tia Hudson      14th      Bill Smith      22

Joe Ladley      23rd      Donna Fisher      29th

## April Schedule

	Flowers	Coffee Hour	Lectors
April 5th	Palm Sunday		
April 12th	Easter		
April 19th	Easter		
April 26th	Carole Biskar		