

# GREEN TREE TIMES

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## There is No Place Quite Like Pittsburgh in March



The Empty Bowls Dinner is filled with hand crafted ceramic bowls and great food for an even greater cause.

March is a month of transition. We will say good-bye to winter and welcome spring. We'll lose an hour of sleep as we spring ahead on the 13th. We'll start to see green in places it's been hiding. A new feeling will emerge within us. Is it hope? Renewal? Optimism? We may even feel restless or distracted. That's why they call it "spring fever."

There is scientific evidence that sunlight exposure releases serotonin, the happiness hormone, but it could also just be the fact that warm weather, longer days, and sunshine is around the corner.

Other than spring, March in Pittsburgh makes me think of two things. St. Patrick's Day and Fish Fries!

There's no city quite like ours when it comes to celebrating St. Patrick's Day. The Annual St. Patrick's Day parade is being held this year on Sat., Mar. 12 at 10 a.m. Info



on the exact route can be found at [pittsburghstpatricksdaysparade.com](http://pittsburghstpatricksdaysparade.com).

There will be many events following the parade to continue the celebration.

There are Irish pubs all around the Pittsburgh area so if downtown is not where you want to be, try a place closer to home. Some of these places are Mullaney's Harp & Fiddle in the Strip, Riley's Pour House in Carnegie, and McFadden's and Monterey Pub on the North Shore. They are all offering something special to celebrate the holiday but call each one for specific details.

Lent begins Ash Wednesday on March 2, which starts the period of Friday Fish Fries all across the area and will end April 15. This doesn't mean *only* fish. Most places have homemade macaroni and cheese, haluski, pizza, fries, shrimp, crab cakes, desserts and more. It makes for a fun challenge to try out a different place each week and you can feel good as the proceeds are usually going towards a worthy cause. A partial list of the events are on page.

Another event that is filled with good food and helping a very worthy cause is the Empty Bowls Dinner on Sun., Mar. 27, at Rodef Shalom from 1 - 7:30 p.m. Enjoy a friendly, informal meal of hearty soups, tasty breads and treats. Each ticket includes your

meal as well as a hand crafted ceramic bowl. For everyone's health and safety, this year's event will have vaccination and face mask requirements, smaller seating sizes, and an increased soup-to-go ticket option. Please review the COVID-19 Health and Safety Guidelines prior to purchasing a ticket on the website. All proceeds benefit the Greater Pittsburgh Community Food Bank and Just Harvest. Info at [pittsburghfoodbank.org](http://pittsburghfoodbank.org).

In keeping with good food options and warmer weather, a 'Burgh Bits & Bites food tour could be the perfect thing. With the leadership of a well informed guide, you can discover Pittsburgh neighborhoods like the Strip District, Brookline, South Side, Lawrenceville and more while enjoying tastings as you stroll. The tours are open on Fridays, Saturdays and some Mondays. They also offer custom tours for groups. Info at [burghfoodtour.com](http://burghfoodtour.com).

If you want to walk and explore, skip the food but not the drink, try the Whiskey Walking Tour.

This tour will reveal how whiskey has fueled political, labor and social movements throughout the region. Walk the streets of Downtown, and learn about the violent Whiskey Rebellion in Pittsburgh and hidden former (as well as existing!) Speakeasies around the city. This is NOT a bar crawl but a whiskey history tour with final whiskey tasting. Info at [walktheburgh.com](http://walktheburgh.com).

The Pittsburgh and Landmarks Foundation offers six different self-guided tours. They are the Downtown Pittsburgh Gateway Center, Grant Street, Market Square Area, Pittsburgh Penn-Liberty area, Fourth Street area and Pittsburgh Bridges & River Shores. There are free downloadable pdf walking maps and detailed historical information for your tour. Go at your own pace and enjoy! Info at [phlf.org](http://phlf.org).

Another free tour that also has a guide is the 90 minute Downtown Walking Tour. Get a great overview



A downtown walking tour is a great way to get outside.

of Pittsburgh's rich history and much more. Scheduling and information at [freetourspittsburgh.com](http://freetourspittsburgh.com).

The 40th Annual Pittsburgh Home & Garden Show will be held Mar 4 - Mar 13, at the David L. Lawrence Convention Center and will offer 1900 exhibits in areas such as the Dream Home Innovation Center, The Kitchen Idea Center and the Garden Resource Center. Everything you need to know about your home or garden can all be found here. Info at [pghhome.com](http://pghhome.com).

The Annual Farm to Table Expo will be at the Home & Garden Show as well.

The Farm to Table Buy Local stages include health & wellness speakers, cooking demonstrations, gardening/farming education, kids activities and will feature 60+ local food vendors. Info at [farmtotablepa.com](http://farmtotablepa.com).

It could be written in the stars that March will be in like a lion and out like a lamb. There is a theory that the saying originated because of astrology and not the weather. When March begins, the constellation of Leo, or the lion, rises in the east and at the end of the month the constellation Aries, the lamb, sets in the west. It seems that weather also aligns with this proverb. Either way, I'm counting on a lamb come April!

## Happy Spring!



# MUSINGS...WHAT IF I'M THE PROBLEM?



*Editor's Note: Sharon Eakes is a personal and executive coach, who is a regular columnist for our paper as well as for the Huffington Post. She is the author of Fresh Views on Resilient Living. She may be reached by calling 412-741-1709 or email Sharon @hopellc.com.*

*Sharon and Nancy Smyth, her business partner in Two Wise Women, together published, "Chocolate or Lunch, How Choices Impact Relationships." If you have tense relationships, this book is for you. Both books are available through Amazon.*

*There is a natural, inward-mindset inclination to wait for others to change before doing anything different oneself.*

*Arbinger Institute*

## Blaming

On a delightful catch-up call with my son, Gordon, I heard a repetitive clicking sound. My first thought was, "I wish he'd turn off whatever is causing that noise." It continued. So finally I asked, "Do you hear that annoying tapping sound?" "No," he answered.

Suddenly it occurred to me it could be coming from my end. And sure enough, my phone had fallen off its cradle and was running out of charge.

Why do we automatically blame the other person for whatever is going wrong? Maybe we dislike being imperfect?

Sometimes we go to great lengths to prove we are right – gathering evidence, recruiting allies, digging in.

## A Gamechanger

Pausing to look at my contribution to any problem can be a gamechanger. If it's a conflict with

another person – at work or at home, grown up or child-sized, acknowledging my role almost always softens the way I see the other person. Neither of us has to work so hard to justify ourselves. Often a creative path to transcending the difficulty presents itself, as if by magic.

Working with the executive team of a company whose culture had become toxic, a facilitator from the Arbinger Institute asked each executive to consider this statement:

*As far as I am concerned, the problem is me.*

This is an unusual and counterintuitive thing to suggest.

The proposal is simple. And it takes a slight pause, and some humility. Next time you're in a conflicted situation, consider:

*What if I'm the problem?*

Here's a question that may help you go there:

*When I'm upset and blaming, what's it like to be on the receiving end of me?"*

Sometimes when I consider that I might be the problem, things resolve quickly....like on the phone with Gordon.

## COACHING QUESTIONS:

1. Think about any conflict you're experiencing. Ask yourself, "When I'm upset and blaming, what's it like to be on the receiving end of me?"

2. Consider the question: "What if I'm the problem?"

3. The other person may also be a problem, but I can't change them.

4. So, how can I change? Often just considering my role in the problem gives the other person someone different to respond to and the conflict dissolves quickly.



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# The Fishin' Hole



Sam Hall

Thirty-three days is all that remains until April 2, at 8:00 a.m., the Pennsylvania statewide opening day of trout season. A full thirteen of those days are either a Friday or a Saturday or a Sunday which, let's be honest, they don't really count as actual days so we are talking about less than three weeks until trout season is in full swing for 2022.

Here is what you need to know. First, you can purchase your fishing license online at the Fish and Boat Commission website, or, in any num-

ber of retail stores. The annual license for an adult resident of Pennsylvania is pricing at \$22.97 this year and the trout permit sticker will cost you an additional \$9.97. If you are 65 years old or older your annual license will cost \$11.97 with the trout stamp remaining the same. If you are less than 16 years of age, you do not need a fishing license.

The season will begin at 8 a.m. on Saturday April 2, with minimum size for keeping any trout being seven inches. The creel limit from opening day through Labor Day is five trout, combined, of any species. After Labor Day that limit is reduced to three trout combined, of any species.

Almost every trout fishery will receive a stocking of trout in these next 33 days and one of the best things you can do is go onto the Pennsylvania Fish and Boat Commission Website, locate your fishery and when it will be stocked and go out and volunteer to help with the stocking. It is fun and a great way to meet other anglers, as well as know where the fish are located to start their lives in your preferred stream or lake.

If you are going to have to go fishing to keep yourself sane before trout season opens, Erie has good steelhead still running and of course, the three rivers are all still open for fishing. Please use a lot of caution as we have had a tremendous amount of rain and melting snow in the past few weeks. The waters can be very high and dangerous at this time of year. Good news that comes with that high water, if you are a stream angler, is there will be a lot of places for trout to hold and good fishing spots when the first day does arrive.

Now, it is up to you to prepare. Cleaning out the vest or tackle box the night before or, even worse, the morning of, will inevitably lead to problems. Make some time over the next couple of weeks to make sure you have all the proper equipment and terminal tackle. The top priorities for me are a changing of the line and a serious check of my boots. I have had the awful first day leaky boot situation happen to me on more than one occasion. Not good, not good at all! That's what I will say about that. One

final tip before I go check my boots, wear a watch that first morning. Many people rely on their phones for the time now and pulling your phone out, time and time again on a cold morning, is just begging for trouble! Plus, wearing a watch will make you very popular. Every thirty seconds from 7:50 until 8:00 a.m., someone will be asking you what time it is! Keep those lines tight and send your pictures and stories to [samdhall@comcast.net](mailto:samdhall@comcast.net)



A beauty of a trout!

## Pot of Gold

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[www.swcfcu.org](http://www.swcfcu.org)

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## Local Fish Fries

### Presto VFD

5228 Thoms Run Road, Presto, PA 15142  
March 2, 11, 25 and April 8  
Take-out only  
412-221-5677  
[prestovfd.org/store.html](http://prestovfd.org/store.html)

### St. Michael the Archangel

**St. Bernard Church – Clairvaux Hall**  
311 Washington Road Pittsburgh, PA 15216  
Every Friday during Lent  
(besides Good Friday) 4:00 – 7:30 PM  
Eat in or Take Out available  
Call (412) 440-2697  
[www.smapgh.org](http://www.smapgh.org) for menu and information

### St. Raphael the Archangel Parish

(SS Simon & Jude Church)  
1607 Greentree Road, Scott  
412-563-3189  
Fridays during Lent,  
except Good Fri., 4:30-7 p.m.  
[www.ssjfishfry.com](http://www.ssjfishfry.com)

### St. Philip Parish (Ascension Church)

Conner Hall, 114 Berry St., Ingram  
412-742-6331 or 412-268-0941  
Ash Wed., and Fridays during Lent, 4-7 p.m.  
Take-out only, pickup by drive-thru.  
Pre-orders on Mon-Thurs by noon  
or Fri 9 a.m.-6:30 p.m.  
[www.saintphilipchurch.org](http://www.saintphilipchurch.org)

### St. Oscar Romero Parish (two locations)

**St. Patrick Catholic Church**  
317 W. Pike St., Canonsburg  
724-746-9778  
Ash Wed. and Fridays during Lent,  
except Good Friday, 11 a.m.-7 p.m.  
Take-out only, curbside pickup  
[romeroparishfishfry.square.site](http://romeroparishfishfry.square.site)

### Rennerdale VFD

30 Suburban Ave., Carnegie PA 15106  
March 4, 11, 18, 25 & April 1, 8  
4:00 p.m. to 7:30pm  
Online Orders – [www.rennerdalevfd.com](http://www.rennerdalevfd.com)  
Phone Orders - 412-276-9652

### Resurrection Parish (two locations)

**St. John Capistran Church**  
1610 McMillan Road, Upper St. Clair  
**St. Thomas More Church**  
126 Fort Couch Road, Bethel Park  
Fridays in Lent, except  
Good Friday, 4:30-7 p.m.  
Drive-thru, orders delivered to vehicles.  
Orders accepted Mon-Thurs by noon online  
or in person. No phone orders.  
[www.resurrectionpgh.org](http://www.resurrectionpgh.org)

### St. Raphael the Archangel Parish

(St. Elizabeth Ann Seton Church)  
330 3rd Ave., Carnegie  
412-857-5318  
Ash Wed. and Fri. in Lent, 11:30 a.m.-7 p.m.  
Take-out only; phone orders 11 a.m.-6 p.m.  
[straphaelcgs.org](http://straphaelcgs.org)

## Fun Ways to Celebrate the Arrival of Spring



Spring is a season of rebirth in more ways than one. Spring is when certain animals emerge from hibernation, while many species lay eggs or give birth this time of year. Flowers and trees also bloom in spring, providing spectacular foliage and awe-inspiring color.

People also may feel like they have a new lease on life as they shake away the doldrums of winter and embrace longer hours of sunlight and warmer temperatures. The arrival of spring is worthy of celebration, and these activities and ideas can be enjoyable ways to spend the first day of spring.

Spend time outdoors. One is never too old for a picnic in a park or a bike ride along the trails. Spending time outdoors is beneficial because it exposes people to sunlight, which is a precursor to the development of vitamin D. Vitamin D affects muscles, joints and tissues. It also can affect mood.

Try planting a tree. Honor the first day of spring, and Earth Day shortly thereafter, by planting trees. Trees provide habitats for wildlife, create shade, reduce air pollution by filtering the air, and produce oxygen. A sapling is a

mangeable tree to plant and something children can do as well.

Enjoy spring crafts. Grab an inexpensive canvas and paint a landscape that is in full bloom. Use quick-set plaster to create stepping stones embedded with mosaic glass pieces for color that can be added to the backyard.

Host a spring potluck. Put fresh spring vegetables and fruits on display. Options include artichokes, apricots, asparagus, carrots, dandelion greens, and radishes. Put together a pasta primavera, which essentially is a spring pasta dish laden with fresh vegetables.

Decorate with flowers. Bring fresh flowers indoors and put them on display in vases or table centerpieces. Cut stems on a 45-degree angle underwater to help flowers last longer.

Create a water feature. The sound and sights of cascading water can be both relaxing and picturesque. A water feature can be something as simple as a small fountain or more elaborate like a koi pond.

Spring is a time of year when people can enjoy seasonal activities that make the most of the warmer weather and blooming landscape.

## Community News and Events

The **Green Tree Garden Club** will meet at Bidwell Training Center for lunch and a meeting beginning On Mar. 10 at 11a.m., followed by a presentation entitled, “How to Take Care of Houseplants and Orchids,” given by the staff. This will take place in the Drew Mathieson Center, which is the Bidwell Greenhouse. They are collaborating with the Green Tree Public Library to sponsor an Easter Egg Hunt and activities on Saturday, April 9th at 10:30 a.m. in the Green Tree Municipal Garden. Registration required. Info at [greentreepubliclibrary.org](http://greentreepubliclibrary.org).

Please consider joining by contacting Roni Conard, 717-747-6565 or Kevin Maurer, 412-922-8816. Info [greentreeboro.com/gardenclub.php](http://greentreeboro.com/gardenclub.php).

**Unity Presbyterian Church** invites everyone who has suffered the loss of a beloved pet to participate in a Pet Service of Remembrance at 11 a.m., Saturday, March 5, in the sanctuary of Unity Presbyterian Church, Green Tree, at 1146 Greentree Rd. Unity’s “Creatures of The Creator” (COTC) Pet Ministry will host the event to share the awareness and sacred nature of all living creatures and their caregivers, and to advocate for their care and wellbeing. The remembrance service, led by Unity’s Pastor Dennis Molnar, will include prayer, music, poetry, and Scripture readings, and a special video tribute to the beloved animals of those attending the event. RSVP to [jfranceschinar@unitypresbyterianchurch.org](mailto:jfranceschinar@unitypresbyterianchurch.org). Info call 412-561-2431.

2022 Spring Show - “**Joy of Orchids**” will be held Mar. 19-20, at Crowne Plaza Suites, Pittsburgh South 164 Ft. Couch Road.

The event will feature orchid displays, expert presentations, vendor sales, orchid repotting.

**The Orchid Society of Western Pennsylvania** was organized in 1954 and formed to advance the propagation, horticulture and preservation of orchid species and hybrids.

**Maple Sugaring and Festivals** are being held around the area. **Beechwood Farms Nature Reserve**, 614 Dorseyville Rd, Pittsburgh, PA will hold an event on Sat., Mar. 19, 10:30 a.m. **Boyce Park** will hold a sugaring workshop on Sat., Mar. 12, 2-4 p.m. at 675 Old Frankstown Rd, Pittsburgh. **Raccoon Creek State Park** will hold an all day workshop on Sat., Mar. 12 from 10 a.m. - 5 p.m. at 3000 PA-18, Hookstown, PA.



# Fun and Games for Kids

(Answers on back page)



Find the 12 differences between the pictures below.



### Write Your Own Funny Irish Limerick

- Rules:
- 1. Form - AABBA
  - 2. Beats - "A" has 8 beats, "B" has 5 beats
  - 3. Rhyming words - End of "A" lines rhyme and end of "B" lines rhyme
  - 4. Have fun and make the lyrics funny!

Example:  
I wore green on St. Patrick's Day,  
Take a look at her, they all say.  
Everyone then talked,  
wherever I walked,  
It was because the month was May!

8 beats

8 beats

5 beats

5 beats

8 beats

More fun at [greentreetimesonline.com](http://greentreetimesonline.com)

### Free Throw Championship!

All boys and girls ages 9-14 were invited to compete in the Knights of Columbus St. Raphael the Archangel Council #11143 Free Throw Championship. The event was held at the Green Tree Borough Municipapl Gym. There were a total of 17 participants.

The following are the winners who will advance to the Region Competition on Saturday, March 5th with registration at 10 a.m., located at St Joseph High School Gymnasium, 800 Montana Ave., Natrona Heights, 15065-2094.



The winners are:  
**Girls:**

Payton Hamilton; Age 13

**Boys:**

Tyler Courtney; Age 9

Mason Foster: Age 12

Noah Bays: Age 10

David Edward: Age 13

Troy Baranowski; Age 11

Daniel Fabian; Age 14

**Congratulations and Good Luck at Regionals!**



# Church Directory

## Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220  
Off Greentree Road in Scott Twp.  
[ststephenpittsburgh.org](http://ststephenpittsburgh.org)  
412-279-5868  
Pastor Maurice C. Frontz III, STS  
[Facebook.com/ststephenpittsburgh](https://www.facebook.com/ststephenpittsburgh)

## Mt. Pisgah Presbyterian Church

2350 Noblestown Rd.  
Noblestown Shopping Center  
Pgh, PA 15205  
412-921-8444  
Sunday Live Stream  
Worship at 9:45 am  
Go to: [mtpisgahgreentree.com](http://mtpisgahgreentree.com)  
Rev. Tom Ribar, Pastor

## All Saints Polish National Catholic Church

500 Fifth Street, Carnegie  
412-276-2462 Fax: 412-276-9677  
[www.allsaintspnccpa.org](http://www.allsaintspnccpa.org)  
[all.saints.pnc.church@verizon.net](mailto:all.saints.pnc.church@verizon.net)  
Very Rev. Richard Seiler, Jr. Pastor  
Independent - Catholic - Sacramental  
Contact regarding services.

## Crafton United Presbyterian Church

80 Bradford Avenue  
412-921-2293 Fax: 412-921-0348  
Sunday Worship - 11 a.m.  
[www.CraftonUP.com](http://www.CraftonUP.com)  
Office: 9-1 p.m., T, Th, Fri

## Bible Baptist Church

412 Old Washington Pike  
Carnegie, PA 15106  
412-276-7717  
[bbcpittsburgh.com](http://bbcpittsburgh.com)  
Sunday Services:  
Live stream at 11 a.m. on  
[Facebook.com/bbcpittsburgh](https://www.facebook.com/bbcpittsburgh)  
Rev. Phil Golden Jr., Pastor

## Carnegie Presbyterian Church

219 Ewing Road, Carnegie  
412-279-3223  
Virtual Worship Service: 10:30 a.m.  
Rev. Dr. Colleen F. Molinaro  
[www.carnegiepresby.org](http://www.carnegiepresby.org)  
Go to website for virtual worship.

## Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106  
(Corner of Fountain St. & Dow Ave.)  
412-563-4484  
Daniel Pastorius, Pastor

## First Christian Church at Carnegie

Teaching From God's Word  
Anthony and Lydia Streets  
Carnegie, PA 15106  
Minister Robert W. Hale,  
412-279-5030  
[carnegiechristianchurch@gmail.com](mailto:carnegiechristianchurch@gmail.com)

## Unity Presbyterian Church

"Serving God, Loving All."  
Greentree Road at Potomac Ave.  
Phone: 412-561-2431 Fax: 412-561-0696  
[www.unitypresbyterianchurch.org](http://www.unitypresbyterianchurch.org)  
[facebook.com/unitypresbyterianchurch](https://www.facebook.com/unitypresbyterianchurch)  
Sundays 10:30 -Live Streaming Service  
Rev. Dennis W. Molnar, Pastor

## Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave.,  
Crafton, PA 15205  
412-921-2504  
Handicapped Accessible  
Livestream Service through  
Southminster Presbyterian Church  
at 11 a.m. at [spchurch.org](http://spchurch.org)  
Pastor Paul Nigra  
[www.hawthornechurch.org](http://www.hawthornechurch.org)

## Mount Washington Baptist Church

112 W. Sycamore, Mt. Washington  
412-431-8396  
[mtwashingtonbaptistchurch.org](http://mtwashingtonbaptistchurch.org)  
Independent-Fundamental-  
Premillennial-Soulwinning  
Rev. Ray G. Cunningham, Pastor

## 1<sup>st</sup> United Presbyterian Church of Crafton Heights

50 Stratmore Avenue  
412-921-6153  
Live Streaming Worship  
on Sundays at 11 a.m. on  
[Facebook.com/Dave.Carver](https://www.facebook.com/Dave.Carver)  
All are welcome!  
Pastor: Dave Carver  
Live stories for kids are read by  
Pastor Dave each day on Facebook

**NOTE:** Contact churches  
directly or visit their website  
to see in-person services and  
virtual activities for the  
month.

## Saint Philip Parish

St. Philip Church, 50 W. Crafton Ave.  
Pittsburgh, PA 15205  
Ascension Church, 114 Berry St.  
Pittsburgh, PA 15205  
412-922-6300  
Rev. James R. Torquato, Pastor  
Call church for any service updates.

## The Parish of St. Raphael the Archangel

412-857-5356  
[straphaelcgs.org](http://straphaelcgs.org)  
Live Streaming Mass and In person  
St. Margaret of Scotland  
Ss. Simon and Jude  
St. Elizabeth Ann Seton  
Pastor: Fr. Robert Grecco  
Parochial Vicar: Fr. Aleksandr Schrenk  
Deacons: Kevin Lander, Paul Lim,  
and Jim Mackin

## Ambassador Baptist Church

"Representing Jesus"  
1926 Babcock Blvd., Pittsburgh  
412-477-3210 [www.HisService.com](http://www.HisService.com)  
[ambassador.montgomery@gmail.com](mailto:ambassador.montgomery@gmail.com)  
Western PA Theological Institute  
Independent, Fundamental  
"Preaching and Practicing the  
Word of God"

## Mt Pisgah Presbyterian Church

Sunday's, 11:30 am - 12:30 pm:  
Art and Music classes for youth pre-  
sented by "Hearts on Fire" with pro-  
fessional teaching artists.

Sunday's, 6 - 7 pm: "Exploring  
the Faith Series" Conversations  
about faith, religion, spirituality.

Call for Day Timers meeting  
info for February.

## Dog Day Care

in my private home

Day Care,  
Overnight &  
Vacation Stays available

Conveniently located  
in Green Tree

Find out more:  
412-921-7725



## United Presbyterian Church in Ingram

30 West Prospect Avenue  
412-921-2323  
Website: [ingramupchurch.org](http://ingramupchurch.org)  
Rev. Wayne D. Meyer

## Church of the Nativity (Episcopal)

33 Alice Street, Crafton  
412-921-4103  
[www.nativitychurch.org](http://www.nativitychurch.org)  
The Rev. Shawn Malarkey

## St. Matthew's Evangelical Lutheran Church

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N	thought bubble
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R	ponytail
P	phone dial
A	heart on dress
H	skirt
	phone base
	doll's cheek
	doll's sleeve
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