Losing a Spouse

A friend of mine who lost her husband recently is going through the grieving process that only time can heal. We will all lose a loved one at some point in our lives and this can turn our world upside down.

The following tips may help to make things a little easier:

- Surround yourself with family and friends that inspire you and have compassion.
- Do not make any major financial or moving decisions for six months.
- Do not isolate yourself or refrain from social activities.
- Exercising, volunteering, pursuing a hobby or working are some recommendations to help in your recovery.
- Remember, when a door closes another one will open.
- We must move forward in life as our loved ones would want us to.
- Thank goodness for pictures and memories.
- Many other suggestions can be found on YouTube.
- Always remember, if you need help, put your faith in God and He will always point you in the right direction.

Ron Johnson, Hamden

NORTHFORD COMMUNITY CHURCH
WHERE GOD'S WORD LIVES

Sunday Service

Please join us at Northford Congregational Church 4 Old Post Road for Sunday Service at 10am.

Visit our Website: northford congregational.church

Follow us on YouTube, Tik Tok, Instagram, and Twitter: NCCHSMove

Find us on Facebook: Northford Community Church or Northford Congregational Church.

Lenten Retreat

Hamden: The Saint Paul VI Columbiettes cordially invite all community members, parishioners and friends to a Lenten Retreat on Sun., March 8, 1-4pm in the Saint Rita Parish Center, 1620 Whitney Avenue.

Sister Lany Jo Smith, ASCJ, Director of the Sacred Heart on the Lake Retreat Center will present "We are Companions on His Journey of Hope"…"I hear your cry and I will carry you." This is an opportunity to enhance your relationship with God during your Lenten Journey. There is no charge for this event. Refreshments will be served.

RSVP by March 1st. Email: stpaulvicolumbiettes@gmail.com

North Haven Congregational Church

WORSHIP SERVICE

Worship Service at the North Haven Congregational Church is held on Sundays at 9:30am.

Come and visit - you are welcome

St. John's Episcopal Church

Sunday Service

North Haven: You are welcome at St. John's Episcopal Church, 3 Trumbull Place (at the top of the North Haven Green) for Sunday Service (Holy Communion) at 9am.

Visit our website: https://www. stjohns-northhaven.org/

Follow us on Facebook: St. John's Episcopal Church, North Haven, CT.

SS. Peter & Paul Pierogi Sales

Wallingford: SS. Peter and Paul Church, at 127 N. Orchard Street will be selling pierogi in the church classrooms from 11am-1pm on Friday, March 10, March 17 and March 24.

Cheese, potato and prune will be available at $10 per dozen.

St. Andrew's Worship Services

St. Andrew's Episcopal Church, the white church on the hill in the heart of Northford, 1382 Middletown Ave., has been an integral part of Northford since 1763! Worship services are held Sundays at 10am. Refreshments and fellowship always follow.

Please join us - we'd love to get to know you! All are always welcome! The Church is also open to all in the community for individual prayer, Tuesdays from noon to 2pm.

St. Andrew's supports many community programs, and contributes regularly to the North Branford Scholarship Program; North Branford Social Services (NBSS) Thanksgiving Basket Share and Christmas Gift & Food Basket Share programs; NBSS Back-To-School Backpacks; clothing donations (donation shed located at the back of the church parking lot); and more.

A number of fundraising events are held throughout the year to help us help our neighbors, such as an Annual Rhubarb Fest, summertime Ice Cream Socials, and the annual Harvest Supper. Please join us for the events, and help us help our neighbors! Additionally, the church's Parish Hall is available for rent for birthday parties, showers, receptions, etc.

The Rev. Bryan Spinks is St. Andrew's priest; Nan Monde is Sr. Warden. For more information please contact Nan at (203) 710-7005.

St. Andrew's Episcopal Church

"NOONDAY SERVICE"

Northford: St. Andrew's invites the community to a weekly "Noonday Service" - a brief worship service, on Tuesdays at noon.

Also, the church is open for individual prayer and contemplation. Light a prayer candle and enjoy the peace of the beautiful St. Andrew's sanctuary, Tuesdays from noon-2pm. All are welcome.

St. Andrew's Episcopal Church, The White Church on the Hill in the Heart of Northford, is located at 1382 Middletown Avenue.



Hamden Woman's Club Celebrates Chinese "Year of the Horse"



The International Lunch Bunch of the Hamden Woman's Club at Jasa Asian Cuisine.

On Tuesday, February 17, the HWC ladies dressed in RED to celebrate Chinese New Year, the "Year of the Horse". Everyone enjoyed special delicious Asian dishes with excellent service in an authentic ethnic setting at Jasa in Hamden. The HWC International Lunch Bunch meets on the third Tuesday of every month at a different ethnic restaurant in New Haven County to enjoy new cuisines and learn about other cultures. We thank Donna Cifaldi, Chairwoman of the HWC International Affairs Committee, for always arranging these fun monthly luncheons. Well done!

If you have been thinking about joining an awesome and amazing social group to make a positive and rewarding difference in your life in this new year, please consider joining us—the Hamden Woman's Club, Inc., GFWC. The HWC is open to any woman over eighteen years of age who would like to volunteer in the community, develop new friendships, and have fun at the same time! We are a civic, educational and social organization that was organized in 1950 and then joined the General Federation of Women's Clubs (GFWC) in 1951. Our Motto is "A Group that Cares and Shares"—which we demonstrate by our many charitable activities to improve the quality of life within our community.

The HWC also provides many fun social benefits to our members. We have fun monthly activities—a unique Book Club that meets at a local restaurant, our "International Lunch Bunch" and our "Dinner Divas". Everyone loves our seasonal choral group as well as our annual banquets, day trips, Military Whists, Bingo and Trivia Nights, Arts & Crafts Competitions, and other fun activities. You do NOT have to live in Hamden to join—many of our members reside in area towns.

The next meeting of the Hamden Woman's Club will be on Wed. March 4, at 6:30 pm in the Hamden Senior Center (located in the rear entrance of the Miller Library). PLEASE JOIN US! NEW MEMBERS ARE ALWAYS WELCOME TO ATTEND MEETINGS & SOCIAL HOUR! Also, we encourage anyone interested in learning more about our wonderful club, please contact Sharon Nolan @ Snolan_@yahoo.com. or call 203-248-2538.

A Luncheon Was Celebrated For The Parochial School College Scholarship Fund





Pictured Above: Some of the members who enjoyed the delicious food. **Right:** Some of the 200 people.

North Haven: On Sunday, February 15, in the Church Parish Center Hall. There were so many people who attended this great fundraiser luncheon for a great cause. There were over 200 people who attended, most of them from the St. Anthony Church, and many Italian member societies. The members of St. Anthony's members did the cooking and served all the delicious food. The delicious luncheon consisted of ziti macaroni, tossed salad, meatballs, bread, butter, a wonderful cake for dessert, coffee, tea soda, wine for your thirst. They had raffle prizes, it was a wonderful luncheon that everyone enjoyed.

Story and photos by Jo Ann Buccetti

Spring Glen Garden Club March Meeting Starting From Seeds

Pictured: One of the designs that graced the table for the celebration. Members of The Spring Glen Garden Club helped members of The Hamden's Senior Center celebrate Valentine's Day.



Hamden: Please join the club with its first meeting this year, Monday March 9th. The meeting will be held at Lockwood Cottage at Lockwood Farm 890 Evergreen Ave. Hamden. The speaker is Gina Mita and her timely topic will be "Starting from seed for the home gardener". Meeting will begin at 11:30am with a light lunch, bring a sandwich, dessert and beverage will be served. After a short business meeting the speaker will begin at 1pm.

The Garden Club's ongoing projects includes the gardens and planters in Spring Glen, Poppy's Garden on the Farmington Canal Trail and the Historical Herb Garden at The Jonathan Dickerman House, watering the plants at the Government Center and the Miller Library.

Other projects of the Club were a Rhododendron Garden at the entry to Lockwood Cottage and the Red Oak tree (Quercus rubra) affectionately known as "Annie Oakley" planted in the Eli Whitney Park.

The Club has been a fixture in the Hamden community since 1925, a chartered member of The Federated Garden Clubs of Connecticut, Inc., and National Garden Clubs, Inc., since 1929. Please stop by our historical display in hall outside the Miller Library in front of Thorton Wilder Auditorium.

Food Pantry Dishes Out Groceries for Those in Need

North Haven: The Churches of North Haven Food Pantry is located at the North Haven Congregational Church. Those in need can call (203) 239-5691 to provide information to be registered for receiving non-perishable food once per month at pre-arranged scheduled pickup times.

Anyone wanting to make a monetary or non-perishable donation can also call the North Haven Congregational Church, (203) 239-5691. Neighbor helping neighbor. There is food need year-round. Volunteers staff the Food Pantry to make food available for pre-scheduled monthly pickups.