

THE BELL TOWER



"PROCLAIM GOOD NEWS TO THE WORLD
JESUS LIVES OUR GOD REIGNS"



Vol. 60 No. 9

East Rockaway, N.Y.

October 2020

"WHITE GIFT" SUNDAY

November 22nd

Once a year we bring gifts of new, warm clothing to the "White Gift Service".

These are sent to our Native American friends in South Dakota and has been a Bethany tradition since 1948. It is called "White Gift" Sunday because originally all the gifts were wrapped in white paper. Today we no longer wrap the gifts in white paper to make it easier to package and mail them out. Hats, gloves, mittens, scarves, socks, and warm clothing are distributed at their annual Christmas get together.



If you are not yet back to attending church services because of the pandemic, you can bring your "gifts" to the church office the week before during regular office hours (Tues., Wed., Fri. 9 to noon or Thursdays, 2-5 p.m.)

THE ANNUAL "BETHANY TOY DRIVE"
for those served by the Long Island Council of Churches will be held
SUNDAY, DECEMBER 6th
during the worship service. Please bring an unwrapped item. How about an item geared to a teenager?

Dates to Remember:

(When things get back to Normal.)

October 31...Halloween

November 1...End Daylight Savings Time

November 3...Election Day...Please VOTE!!

November 11...Veterans' Day

November 22...White Gift Sunday

November 26...Thanksgiving Day

December 6...Toy Collection Sunday

December 6...Christmas Card

submissions for **Bell Tower**

December 7...Pearl Harbor Day

December 21...Winter Begins (Brrrr!)

If you are not yet back to attending church services because of the pandemic, you can bring your "gifts" to the church office the week before during regular office hours

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“Going Forward”

One of the perks of living in the parsonage is sitting on the back deck and looking out at Kate’s garden on one of those breezy, but still mild Fall days. I love to sit back there on a lounge chair with a book and just enjoy the salt air that is one of the many gifts of living in this part of the world. Having to spend so much time at home because of the pandemic, the sanctuary of the garden is more important than ever.

Funny thing is that because I am there more than usual, I have come to notice things I never saw before. Like the fact that after one of our summer storms, all the leaves of the seaside of the trees have turned brown around the edges. At first, I was concerned about a blight, but soon realized that the damage was the result of the saltwater lashing the leaves during the storm. The leaves on the north side of the trees are untouched, while the ones who took the brunt of the storm are damaged.

Not a big deal, just an observation. But it led to another observation: over the weeks since, the seaward leaves seem to be doing fine. They still have their “scars” of brown from their ordeal, but they are looking healthy again and the green parts are as green as ever. In fact, there is evidence that the rest of the tree was compensating for the damage in order to heal itself, all of its constituent parts working together to maintain the life of this tree from roots to leaves and to support and send the life resources of the trees to the parts that were damaged so that the entire tree could come back to life.

Like most living organisms, the tree grows and thrives only as much and as well as it can care for all its parts. The leaves are needed to capture the sunlight necessary for the tree to manufacture its life-giving chlorophyll, the roots to

provide nutrients, the little parts that drop off are seed pods for future trees and the trunk reaches up into the sky, reaching out for the arms of the Creator from whence all life comes, holding up the leaves and the branches. But the body of the tree doesn’t live merely for itself, as much of a miracle as that is, it lives in community with the creatures, the animals and insects who help spread it’s seed, also live in its branches, or by its side. Making the very air we breathe, the tree is an integral part of an interdependent community, each of its members vital to the well-being of the whole, all of it in a balance so perfect, that it is a living testimony to the hands of our Creator at work in our world.

That is probably what the apostle Paul was driving at in parts of his letters to the Romans, the Philippians, and the Thessalonians that we have been reading in worship for the past few weeks. In these letters, Paul reminds us over and over again that we are “one body in one Lord.” Over and over again he charges the people of Christ, under siege in a hostile culture, embracing a radically new faith, a new way of life, a religion that is so different from that of the dominant culture that it turns them at best into social outcasts and at worst into enemies of the state to “persevere in doing good.” Paul also urges his flocks over and over again to remember who they are. That they are not “everybody else” or “most people” but people of the Way, the Truth and the Life. People gifted by the God whom the great theologian Paul Tillich called the “Ground of our Being,” to bring the Good News of the Gospel to the world not only by the beauty of the Word carried on in worship, but by the way that Christ’s followers lived their lives together, like the leaven of love that causes the entire loaf to rise until it can provide enough

of God's life-giving love, her salvific grace for all of her struggling children.

The apostle Paul seemed to intuitively understand what was most important and he counselled the little churches again and again to see that the "micro," the way they treated others in all of their life's works and interactions (beginning with each other), is inextricably intertwined with the "macro," the salvation of the world. "Owe no one anything, except to love them," Paul said, because he knew that to love one another is not about starry-eyed romanticism, but is rather, like the tree against the wind, each of its parts committed to the good of the whole because all of them are in this life together. We need each other, like it or not, because God created us as in interdependent community that functions as it was made to only when it serves the abundant life Christ promised, for the last as well as the first, offering a genuine abundant life for all.

We face huge issues and huge divisions in our country, in our world, even in the Body of Christ. Great suffering exists alongside of great excess, pandemics, wars, terror, and natural disasters. Responses on a grand scale are called for. But maybe even more importantly, is the need to maintain respect, courtesy, and kindness in the "micro" as

well or life becomes unbearable for us all. We need to remember who we are and who we are struggling with in order to do that: children of God, all of us (and all of "them"), essential to the salvation of God's creation. We are the disciples of a Christ, who taught us that love is a verb, a means of behavior that expresses the awe and respect for our fellows that goes with reflecting the Divine. When "they," whoever "they" are, determine to do otherwise, we double down on acting with grace, respect, and dignity. When we are so sure that we are right and "they" are so wrong that they deserve no respect, we remember that there are no such people in Christ's economy. Most importantly, we remember that in every interaction that we have with the earth, with our fellow human beings, with the issues of the day, even with our own reflection in the mirror, is a moment of decision for or against Christ. Grand plans and big personalities are not what will ultimately bring us together, but rather our willingness to stretch, to sacrifice, to do what it takes to be the people we were created to be, our ability to see one as the image of God that we are, and our commitment to persevere in doing good, no matter what.

Yours in Christ.

Pastor Mark



Bethany Bell Tower ...is a monthly publication of

BETHANY CONGREGATIONAL CHURCH

100 Main Street, East Rockaway, New York 11518 (516) 599-5768
Maryanne Walling, Secretary, bethanyoffice@optimum.net, www.bethanycongregation.org

Reverend Mark Lukens, Pastor, revlu@aol.com
Mildred and Art Roemer, Editors Emeritus and Guiding Lights
Charles D'Agostino, Editor, Jennifer Valis, Assistant Editor
Reach us directly at: cjdagostino@gmail.com or 516-721-8885

***Statements made in editorials, signed articles or letters, do not represent an official position in this church.
Persons with differing opinions are invited to express their views in letters to the editor.***

Are you less than perfect? Welcome! We are a community of imperfect people (including but not restricted to): squirming children and their harried parents, happy and sad people, people with challenges, seniors, young people, middle aged folks, people of every race, poor people, rich people, in between people, LGBT and straight people, true believers, seekers, agnostics, odd and ordinary people, extraordinary people, un-churched and unsure people, people with disabilities, hypocrites, saints, sinners and everybody else. Because no matter who you are, or where you are on life's journey, you are welcome here just as you are!



Greetings from your Bethany Moderator

In peace, Janet Moser, Bethany Moderator

The 205th Corporate Meeting of Bethany Congregational Church was held on October 4, 2020. It was conducted as a Zoom meeting as we still cannot gather safely in large numbers. This is my favorite meeting of the year. All the church officers and committee heads submit their reports recapping the past year, their future goals and such. What a great opportunity to share our accomplishments and visions. Even this year of the great pandemic shone through with faith and good spirit. The people of Bethany were not only resilient but moved forward with creativity and vision for our future.

Please enjoy reading these reports and you will see what I mean.

https://drive.google.com/file/d/16Kiow0uG0ilAekVRRFRxuJr8c_hA3qqK/view?usp=sharing

In other news, it's fall, otherwise known as autumn! This is truly my favorite season. I find that curious in that it is the harbinger of winter. Cold, bare, gray winter. Hmm. Be that as it may, autumn rocks! The brisk air, the beautiful foliage, the extra energy not sucked out of you by Long Island heat and humidity. What's not to love? Oh yeah – the shorter days, hurricane season... but hey, it's always a mixed bag.

By the way, did you ever wonder why this season has two different names? Is it Fall or Autumn? Turns out there is an interesting history to this. According to mentalfloss.com, in the 1500s the English referred to the seasons between winter and summer as 'the spring of the leaf' and 'the fall of the leaf' (very poetic), which got shortened to spring and fall (not so poetic).

Around the same time the colonists were coming over to North America, the term autumn, taken from the French *autompne* which was taken from the Latin *autumnus*, was in use too. The colonists settled here with both terms. Then the English decided to dump 'fall' and just use 'autumn'. But we have two acceptable terms for this lovely season. So - whatever you want to call it, get out there and enjoy it!



Offering Envelopes for 2020 are in the Church Office. If you would like to pick your envelopes up, please let Maryanne know at 516-599-5768. They can be picked up during regular office hours (Tues., Wed., Fri., from 9 a.m. to noon, and Thursday from 2-5 p.m.)



Don't have envelopes? Contact Maryanne, and she will see that you receive them. Don't want envelopes? Let Maryanne know this as well.



The Thrift Shop is OPEN!! Fridays and Saturdays 10:00 AM-2:00 PM

FROM THE TRUSTEES:

The Trustees have been working all along to help to keep Bethany a viable and sustainable church.

The Thrift Shop is open again and has been expanded to both sides of the corridor downstairs.

AA will be meeting in room 301 ...upstairs near the office.

We have John-Paul D'Agostino operating the computer and cameras for Sunday services. He will be training others in the operation. If you, or anyone you know, is interested in operating the system also, please call the office and leave your info with Maryanne.

If you would like to attend any Sunday, please call the office during the week so that Maryanne can reserve you a seat or two. If you cannot attend services, please remember to send in your donations to the office. Thank you.

Yours in Christ, Richard Eaves

www.bethanycong.com

DOCUMENTARY REVIEW



We highly recommend the latest documentary by David Attenborough now streaming on Netflix (and available on YouTube, too). Mr. Attenborough is 93 in this documentary which he filmed last year. He has been making nature documentaries since the 1950's. In this, he shows how the greenhouse gases are changing the planet for so many species, not just humans. Through a series of clips from his numerous documentaries over the last 60 plus years, he shows the devastation on earth. He offers projections of what may be by 2100 but also encourages us that we can change the future if we (the human race) change our ways. There is some very interesting footage from present day Chernobyl which was evacuated in the 1980's and has not been habited since. (Jennifer Valis and Charlie D'Agostino)

IT'S THAT TIME OF YEAR AGAIN...

FOR THE CHRISTMAS ISSUE OF THE BELL TOWER...

If you would like your name added to our "Christmas Card",

Please fill out the form below and return

it to the Office or give to Maryanne. The cost to include your name in this Special Edition is \$2.00 per name. The DEADLINE TO SUBMIT all names is Sunday, December 6th.

Names: _____



FROM THE EDITOR:

CONDOLENCES ON THE PASSING OF Tom Harding in September.

We also wish a speedy recovery to Louise Manigault, Pete Sobey, Jane O'Hara and everyone else in need of thoughts and prayers.

FOOD PANTRY

We are collecting school supplies and food to be given to the children served by our Lond Island Council of Churches' Food Pantry. Bring all donations to church on Sundays or to the church office during regular office hours. If you have any questions, please contact the Freeport Emergency Food Pantry at 516-868-4989.

Five Healthy Foods for Fall

As the weather cools and the summer bounty dwindles though, you might think the produce aisle looks a little less inviting. But look closer: There are plenty of options available all winter that are delicious and pack the essential vitamins and minerals that have been linked to overall good health as well as healthier aging. These tasty and nutritious picks can help your body and mind thrive this season and all year-round:

Pears: Why they're so good for you: Snacking on a large pear provides you with 7 grams of fiber. Getting adequate fiber not only helps with bowel regulation and keeping your GI tract healthy but also helps regulate blood sugar and lower cholesterol. Research has also linked high-fiber diets to a lower risk of cancer, heart disease, diabetes and cognitive decline.

Easy eating: Pears are delicious raw (add slices to a salad) or baked with a bit of cinnamon for a sweet dessert—no added sugar necessary. Leave the skin on to maximize the fiber.

Cauliflower: Why it's so good for you: Cauliflower and other cruciferous vegetables (such as broccoli, brussels sprouts, and cabbage) contain fiber, antioxidants, and unique chemicals called glucosinolates that may have some anti-cancer power. A 2012 study published in the Annals of Oncology found that people who ate those vegetables at least once a week had a lower risk of several types of cancer.

Easy eating: Roasted cauliflower is tasty and may be easier to digest. Check your store's freezer section for "riced" cauliflower, which you can use in place of rice, or try cauliflower pizza crust!

Butternut Squash: Why it's so good for you: The orange flesh that's revealed when you crack open butternut squash means that it contains lots of beta carotene, an antioxidant that the body converts to vitamin A. Beta carotene is essential for maintaining vision, especially night vision, and it's also important for keeping your immune system strong.

Easy eating: Butternut squash can be tricky to cut. If you're having trouble, score the skin, microwave for a few minutes, and let it cool. Then you can cut it into halves and bake it cut side down in a pan with a little water or oil. Afterward, just peel and chop it into cubes, mash it, or purée it to add to soups and sauces.

Beets: Why they're so good for you: Antioxidants give red beets their distinctive deep color as well as their anti-inflammatory powers. Beets are also rich in nitrates, which research has shown may help widen blood vessels and improve blood flow.

Easy eating: Roasting beets brings out their natural sweetness. You may try puréeing cooked beets and mixing them into hummus. You get the protein of the hummus, the nutrients of the beets, and a dip that's a beautiful pink color.

Walnuts : Why they're so good for you: Eating less than an ounce of walnuts provides you with an adequate daily intake of ALA fatty acids, a type of heart-healthy omega-3 fat. Replacing some animal protein with plant protein reduces your intake of saturated fats.

Easy eating: Chop them up and add them to oatmeal, salads, and smoothies. You can also toast them, then purée them with a little salt to make walnut butter.

MORE MEMORIES FROM DON GILLIES

Continued from last issue:

I used to sell Liberty Magazine and then the Saturday Evening Post for 5c. I made 1.5c per copy (once a week) in the '40s...

In the middle of the five (5) stores was Mike & Pete's Barber shop. Named after Mike Guitierie and Pete Maffucci. Pete sold out to Mike and opened a bar just past the tracks on Atlantic Avenue in Oceanside. Mike got the land at the end of the five stores and had a new, larger barber shop built. When Mike retired to Florida, his son Frank took over. Frank played basketball with me on a Lynbrook YMCA team sponsored by Krull Plumbing.

The next shop was run by "Fred the Tailor". He later moved to a shop on the other side of Rhame Avenue after the old home that was there, was torn down. Last, but not least, was Gus Diana's shoe shop. He would stitch my worn shoe and only charge me a nickel for a "broken needle"! Every Saturday afternoon he would be listening to the Metropolitan Opera sponsored by Texaco for decades. Andy Durso and my brother Bill used to go to listen with Gus.

I have remembered an aspect of Main Street history that was important during the 1930-40s. This is about the important use of the firehorn from the Main Street firehouse in those days. You may wish to use these facts: An important feature on Main Street was the firehouse, next to Henri's Patio. The ladder, hose and rescue squad trucks glistened and

shined, and became more modern over the years. Very important in the 1930s, '40s, etc. was the horn at the firehouse. It gave us two blasts at noon and six o'clock, every day except Sundays. Most important of all was the six o'clock signal. All the kids must head for home when the six o'clock blasts came. You could hear the blasts throughout East Rockaway.

Then there were the important signals to our volunteer firemen, which told them where to go when there was a fire. The men that were at the three firehouses drove the trucks to the fires and the other volunteers left their businesses, homes or wherever they were, and met at the area of the fire's location. The signal was given in two bursts. 5 blasts followed by 4 blasts might mean the fire was located near Lawson Ave. and Davis St. The blast code was listed on a card, with the location, that the firemen and most citizens had at their homes. Three blasts was a Rescue Squad callout.

In the 1930s, most people didn't have phones. (My family got a four party phoneline about 1946.) Therefore, the firehorn was very necessary to get available volunteers to the fire as quickly as possible. Nowadays, they probably get the calls on their cell-phones.

East Rockaway always hosted an old-fashioned fire brigade tournament each year, at different locations on Main Street. One year, it was in front of Bethany and the steps (before the Main Street widening) were like a grandstand. We were always the only town/village with two fire departments entered in the tournament!"

Don Gillies

The Kind of Story We Need Right Now....

At a cross-country race in 2012, Kenya's Olympic steeplechase bronze medalist, Abel Mutai, was just a few feet from the finish line, but became confused with the signage and stopped, thinking he had completed the race. A Spanish runner, Ivan Fernandez, was right behind him and, realizing what was happening, started shouting at the Kenyan to continue running. Mutai didn't speak Spanish and did not understand. Realizing what was taking place, Fernandez guided Mutai across the finish line to victory.

After the race, a journalist asked Ivan, "Why did you do that?" Ivan replied, "My dream is that someday we can have a kind of community life where we push and help each other to win."

The journalist insisted "But why did you let the Kenyan win?" Ivan replied, "I didn't let him win, he was going to win. The race was his." The journalist insisted, and again asked, "But you could have won!" Ivan looked at him and replied, "But what would be the merit of my victory? What would be the honor in that medal? What would my Mother think of that?"

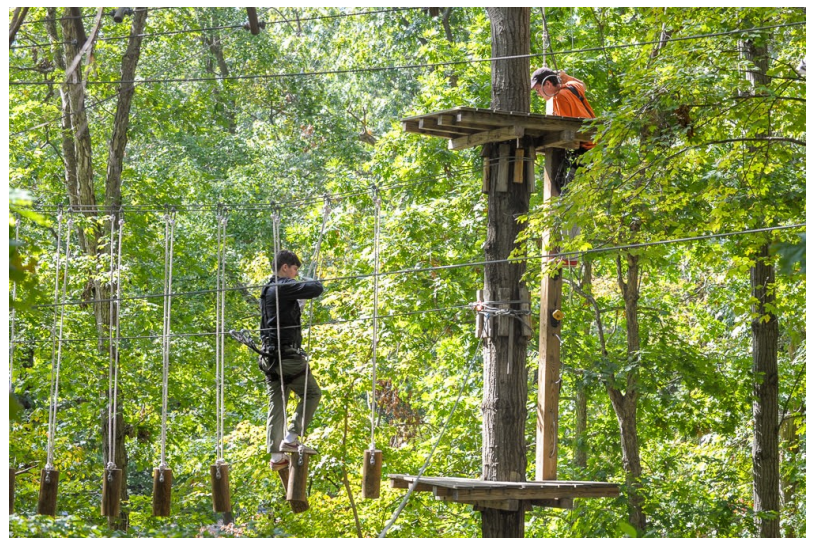
Values are passed on from generation to generation. What values are we teaching our children?

Let us pass on the beauty and humanity of lending a helping hand. *(Submitted by Carol Henck)*

The Thrift Shop is OPEN!! Fridays and Saturdays 10:00 AM-2:00 PM

TROOP 121

The boys have been trying to have fun with the pandemic restrictions. They did manage a day trip to Adventure Park in Wheatley Heights, Suffolk County on October 3rd. Here are a few pictures. It is hard to recognize everyone because of the masks!



Next up is a day trip to Camp Schiff on November 21st for their annual Turkey Trip! It will be a day trip because of restrictions on overnight stays. But they vow to have FUN!

(For more information, please visit the troop's website: <http://troop121ny.org>)

BOY SCOUT TROOP 121

TODAY'S YOUTH... TOMORROW'S LEADERS

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BOOK REVIEW

By Lou Gaspari

The Hidden History of America at War

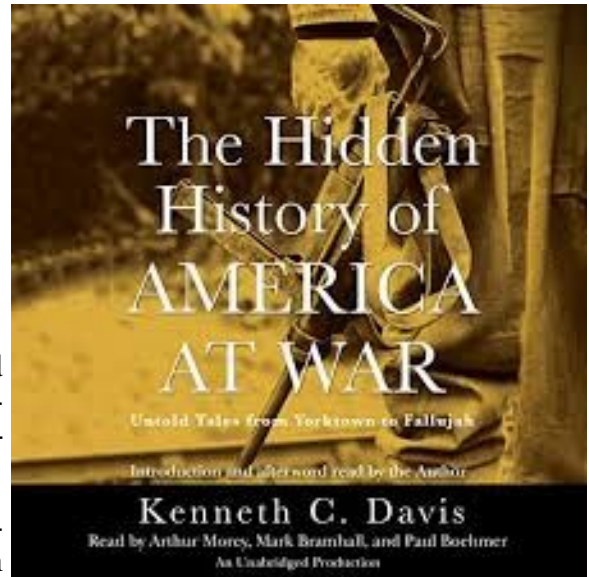
By Kenneth C. Davis

This is a book which tells the truth behind the conflicts and the lives of our troops and civilians involved and the significance of the wars on American history, which is often buried and not revealed by our history books.

Davis takes us inside six (6) battles: Yorktown (1781), Petersburg, Virginia (1864), the Philippines (1901), Berlin (1945), South Vietnam (1962) and Iraq (2004). He explores the key characters and events and shatters the myths, the mistakes, misconceptions and romanticism and replaces them with facts and understanding.

History books are written by the victors and this book shows how it can be deceiving and written to always make the victor look glorious and right in all aspects.

Remember that war is Hell and this book will make you realize why.



SHRIMP GRAND MARNIER

- 1 Pound large Shrimp
- ½ Cup Water
- ½ Cup Dry Vermouth
- 1 Teaspoon Herb Ox Granulated Chicken Bouillon
- ¼ Teaspoon Saslt
- 1/8 Teaspoon pepper
- 1 Egg
- ½ Cup Flour
- 2 Tablespoons Butter, plus

Mix Water, Vermouth, Bouillon, Salt & Pepper....***Set aside***

Fan out back end of Shrimp...***Set aside***

Beat egg. Dip Shrimp in egg, then coat with flour.

Heat butter in large frying pan until hot and bubbly; cook shrimp, turning once, adding more butter as needed.

Remove from pan to plate.

Pour Vermouth mixture into the pan after the shrimp are cooked and bring to simmer. Pour over plated shrimp. Serve with parsley and lemon wedges. (And White Wine, LOL)

Enjoy! Submitted by Linda Fardella

Questions? Call me at 516-315-5749



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THRIFTique

We are pleased to announce that the Thrift Shop at Bethany Congregational Church located at 100 Main Street, East Rockaway, NY, is open for business once again. Our hours are Friday and Saturday from 10:00 AM to 2:00 PM. Entry of people will be limited to few at a time, temperatures will be taken, hand sanitizer and masks must be used and social distancing will be put into practice to help keep both customers and staff healthy and safe.

We carry many items in our shop and there's something for everyone!

Looking forward to seeing friends
- old and new - real soon!



Bethany is looking for a **Not-For-Profit** Organization to rent the space that we have downstairs.

We are looking to rent the large room, smaller room and 3 small office size rooms plus two (2) large storage areas. If you know of any interested group, please have them contact :

Charlie D'Agostino 516-721-8885

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THE BELL TOWER

Bethany Congregational Church

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East Rockaway, N.Y. 11518

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Ethel Gilloon

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Mural in the Fellowship Hall

Courtesy of Diana Harrison and Anthony Claverie

