

July 2019
Volume
LIII

THE EPISTLE

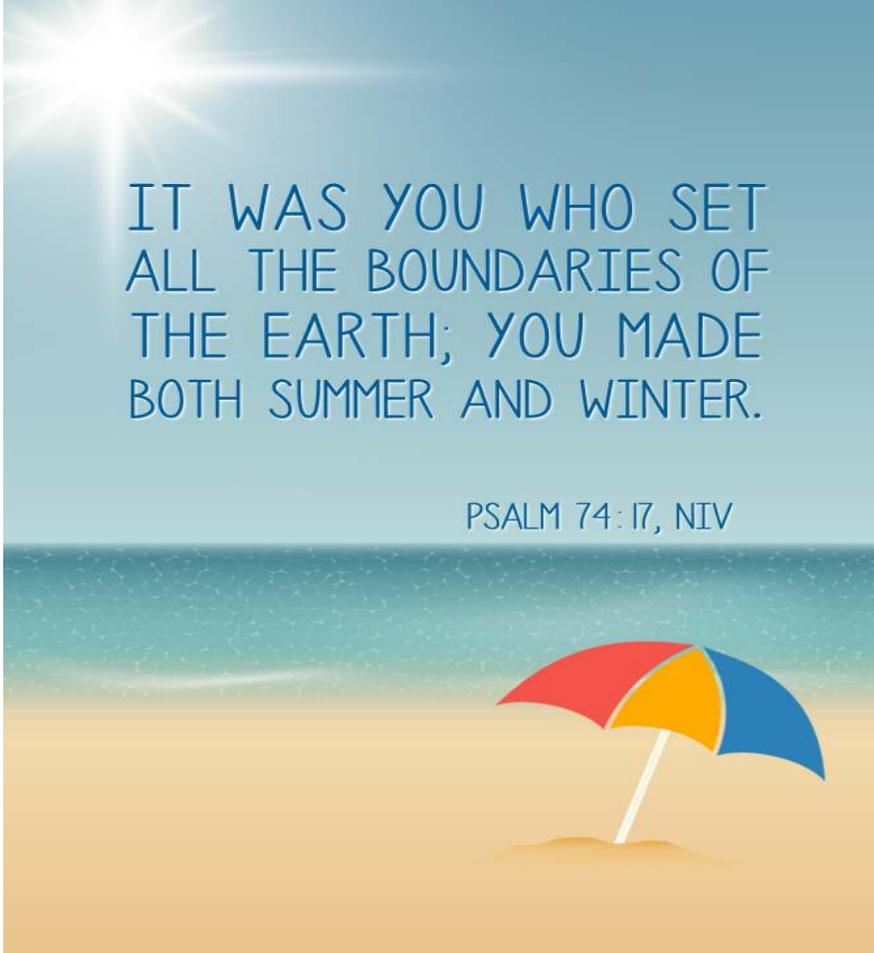
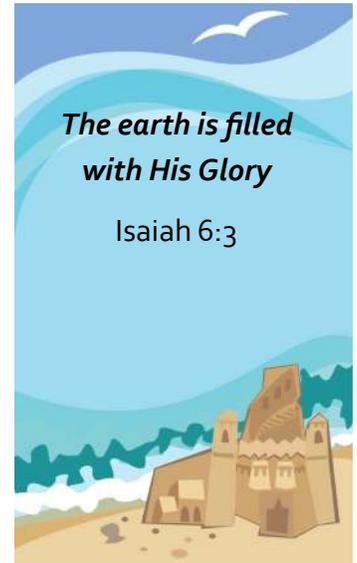
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Rectors Corner

Friends,

As promised, I want to give you the distillation of your great participation in my Patronal Feast Sermon where I asked you to list times when you experience each of the Fruits of the Spirit St. Paul lists in his letter to the Galatians. Here are your responses. I am so glad for your willingness to share how we experience those Fruits here and hope you'll see how much we have to share in our community as well. The Spirit is alive in this place as long as we are seeking after God's Kingdom and not our own agendas. If you're not experiencing these gifts in your life, it might be time to check in with God about what you are seeking in your life. In the coming months your vestry and I will work to help us better decipher our own gifts that God has developed in us as well as the deep needs of our community. The Jackson Area Ministerial Association has been working with Michigan Faith in Action to listen to and highlight our communities' needs as well as work with local leaders to form solutions. Stay tuned for your chance to help work for justice for all in Jackson.

Meanwhile, here are your responses and please know how much joy I got from reading them and celebrating with you!

LOVE

Koinonia Groups, Coffee Hour, Susie Freer's Funeral, "Feel it" in the worship service, love each other during hard times, outreach to Get Real kids and Interfaith Shelter, families being together, friendships, welcome of new people, welcome all as we are, Confirmation service, prayer groups, celebrations with friends, Love of Pastor Sarah, VBS!, Pro-Active love of the LGBT Community

JOY

VBS!, Book Studies, Summer Worship, Working Out With Dee & Others, Bell Choir, Receiving Holy Eucharist, Choir and organists, being a debt-free church, in nature! Sharing Christ together, making someone smile, laughter in family, friends and pets, being in the garden, welcome of children, working on Alter Guild, Bible Study, Confirmation of 8 new members, singing, Adult Forum, Sunday School, Children's sermon, adopting my sons, being adopted!, Noisy Sunday Giving

PEACE

Forgiveness, God's peace during bereavement, Bible Study, around bonfires at night, while praying for world peace, praying the Lord's Prayer, in nature, passing the peace with others, in service to others, peace gives good health to body and soul, lighting a candle, having anger and resentment lifted from me while praying in church, regular church attendance, acceptance of the world as it is and me as I am, early mornings, worshipping together, peace through our diversity, walking in to church on Sunday knowing God is here to meet me where I am, unity

FAITHFULNESS

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Regularity in worship attendance, remembering others in prayer, of Adult Forum leaders, leadership and teaching of Pastor Sarah, honoring our commitments to others, praying the creed, weekly sermons, acolytes, good parenting of our parents, Susie Freer's life and esp. this last year, keeping confidences of friends and no gossip, asking WWJD?, faithful friends esp. in times of need, faithful marriages, faithful to God's calling

KINDNESS

Bereavement ministry, helpfulness, welcome, benevolence to and by others, support of parishioners in ministry projects, Lay Eucharistic Visitors, gift of altar flowers, warm greeting to visitors.

PATIENCE

Rev. Sarah & Dee listen and care for folks where they are at, with our children in worship and coffee hour, from my partner, for my kids/pets, to me because of my physical limitations, during Bible study all get to speak, during Holy Week, from coworkers during grant writing and filling in for sick friends, as we change and grow, must have when dealing with challenging people, working in group ministries, to be fully inclusive of everyone's needs, for acolytes in training, church helps me be patient, for God's plan to unfold

GENEROSITY

Susie Freer's life and death, SOAR Fundraiser support, Lake MI trip for Get Real, of parishioners who serve in many ways, sharing our knowledge/skills to help others, Rev. Sarah's love for us, helping friends in need, giving of St. Paul's people to further the Gospel, Interfaith Shelter dinners, calls and support during illness and tragedy, response to those who are grieving, financial donations, Kim and Zoe and our Adult Forum leaders, Funerals, openness of mind and heart, help given to needy in Jackson, listening to friends in need, accepting the generosity of others, sharing

GENTLENESS

Being kind to siblings, care-giving for those in need, conversation with children & those who are ill, Rev. Sarah's sermons, hugs, from members as I learn about the teachings and traditions of the Episcopal Church, Prayer Team during communion, Ministry at Heartland, Pastoral care by Rev. Sarah, acceptance of all people no matter what the socioeconomic background, during times of stillness, helping each other express our feelings in a kind way, felt in our welcome of newcomers, learned gentleness from Brene Brown book studies

SELF CONTROL

Self-awareness, thinking before we act, holding my tongue, not putting myself first, staying out of judgement, not giving into temptation to over eat, over think and give in to anger, remembering my body is a gift from God, showing up for cardio drumming, speaking in love when frustrated, children learning self-control as they grow and mature, no hitting! Walking away from confrontations, be a positive participant in a negative situation

Faithfully,

Sarah+

From Our Sr. Warden



Summer solstice is finally here, and vacations are on the calendar. When Pastor Sarah enjoyed some time away, we had the Dr. Rev. Julia Adams Dempz supply. She was quite impressive with the kids! We are grateful that she was able to come out of retirement for a day and lead us in worship on Trinity Sunday.

VBS 2019 has come and gone. We teamed up with First Presbyterian and had a good turnout for the Rainforest Adventure. Zoe and Kim always do a fantastic job with the opening and closing but this time, Leah and Samuel stole the show. What great storytellers.

VBS did come with some challenges as many of us heard the news about Susie and Rick and had to put on a “happy face” despite our grief. Zoe dedicated this year’s VBS to Susie and we all know she would have loved it. Please continue to pray for the Freer and McKinnon families that they may find some comfort and peace in their time of great sorrow.

We are still looking for volunteers for Sunday school. Please consider helping or recruiting someone to help give Zoe and Kim a much-needed break.

Many thanks to Margaret, Melissa and Dennis for organizing and corralling the parishioners for picture day. I understand that the response was overwhelming and that we need another session. There are still those (myself included) who need to get this done.

We sponsored Big Guy Catering at the Juneteenth celebration downtown. I did go down and have a taste of the ribs and will say I was quite impressed. There was a hint of Texas in the taste. But more importantly was the celebration itself. I embarrassingly admit that I did not know the reason for the celebration and appreciate the history lesson that I received...here is a snippet...

Juneteenth, also known as Juneteenth Independence Day or Freedom Day, is an American holiday that commemorates the June 19, 1865, announcement of the abolition of slavery in the U.S. state of Texas, and more generally the emancipation of enslaved African Americans throughout the former Confederate States of America.

And so I leave you with this...growing up in a pew next to my mother, I learned to appreciate and love church music. She got me into choir early and one of the first songs I ever sang became her favorite. I still remember it to this day and gives me comfort in times of sorrow...

Respectfully submitted,
Michelle Gibson
Sr. Warden

*Sing the praises of the Lord,
for he has done great things.*

*Surely, it is God who saves me;
I will trust in him and not be afraid.*

*For the Lord is my stronghold
and my sure defense,
and he will be my Savior.*

-First Song of Isaiah

From Our Jr. Warden

"End of the Spring, and here she come back.

Hi, Hi, Hi, Hi there.

Them Summer days. Those Summer Days."

-Sly Stone



Every Monday around noon, one of my solemn duties as Jr Warden is to go to the church office to sign checks. Having done that this past week, leaving the office and heading out the back door, the closer I got to Holy Spirit Hall, the more I noticed it. Or rather heard it. Riotous laughter, and joyful loud voices. As I passed the open doors of the hall and looked in, Game Time was in full swing at Get Real. The laughter and fun voices only got louder, I think the leaders chose the right game. As I pushed the back door open to leave, still hearing the very loud fun, I thought, "That's one of the best hymns I've heard in a while."

Respectfully,
Clark Hutchens
Jr warden



Building & Grounds/ Emergency & Safety Committee

Buildings and Grounds report:

May was a very wet month. Several roof leaks required extensive repairs over the offices and the 1965 building addition, should be in good shape going forward. Planting flowers was delayed until late June. Lawn mowing has been something to keep up with for our contractor. Christoff's floor people will return August 12 thru the 16th to strip and refinish the floors in Holy Spirit Hall and the two hallways around it, hopefully this will be the last time, thank you for your patience. Lights under the balcony, 9 bulbs of which 7 were burnt out, are all lit again. Since the roof repairs, Harry Strait has been working on the stained ceiling tiles. We have replaced a few, and many can be repaired. Sue Smar continues to weed our grounds. Thank You Harry and Sue!!

Safety and Security Team Report:

Outside of normal Sundays, we had several events this past month requiring building security. The Soar dinner/program and funerals were the main events. If it is perceived that security is an issue to be included in event planning, the team needs to know. We run on a limited number of people. We need more people to step up being just eyes and ears with a radio. Contact Kyle King for further details, 517-745-7569.

-Kyle King

Chair Building & Grounds
Safety & Security Team



Mission & Outreach

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It's SUMMER, FINALLY!!!! and that means it is time to collect beach towels for the second annual trek to Lake Michigan!!

Last year, Mission and Outreach sponsored a day trip to South Haven for our Get Real youth at the end of their summer program. We took 55 kids plus chaperones to the lake, most of whom had never seen it!! This year we are hosting TWO groups of our neighborhood kids!! We will take approximately 55 Get Real youth plus their chaperones on **Thursday, July 25**. The next week we will take 50ish Save Our Youth kids on **Wed. July 31!!**

We have doubled our numbers in one year! This trip is not simply a day at the beach. It is an opportunity for the at risk youth in our community to see that there is a big wide world outside of their small community and they are part of it, to experience the beauty of God's creation, to know that it belongs to THEM, to understand that people they don't even know (St. Paul's) care about them, to show them God's love.

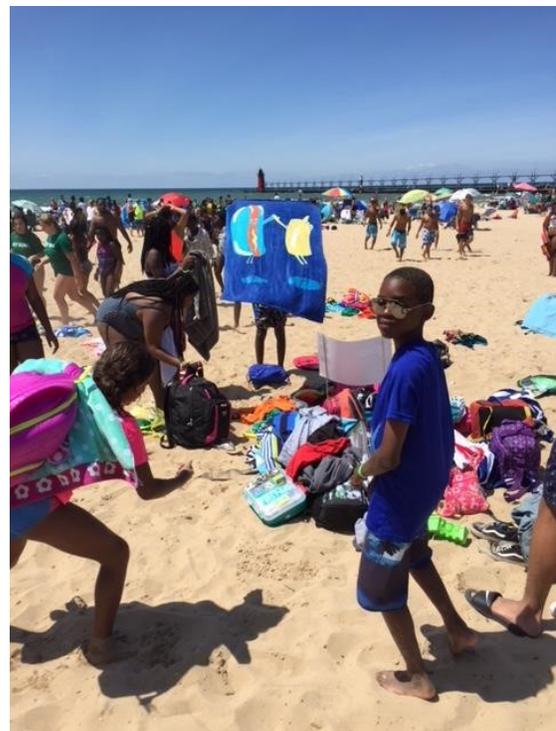
We need at LEAST 100 NEW beach towels and beach toys for this trip.

PLEASE be generous and go shopping before the good ones are gone! You may bring them to church and put them in the basket in the glass narthex.

Let's make this year's adventure even better than 2018 (not sure it can get much better but we will certainly try!!) The bar is quite high!!

Thank you for your generosity and support of this powerful ministry!

Yours in Christ,
Barb Markowski &
Barney Rudolph
-M&O Chairs



Episcopal Relief & Development (ERD)

Robert W. Radtke, President and CEO of Episcopal Relief & Development (ERD) reminds us that:

*“Your donations to ERD sow seeds of lasting change.
You respond to the deepest needs of communities around
the world and help them become more resilient and flourish.”*

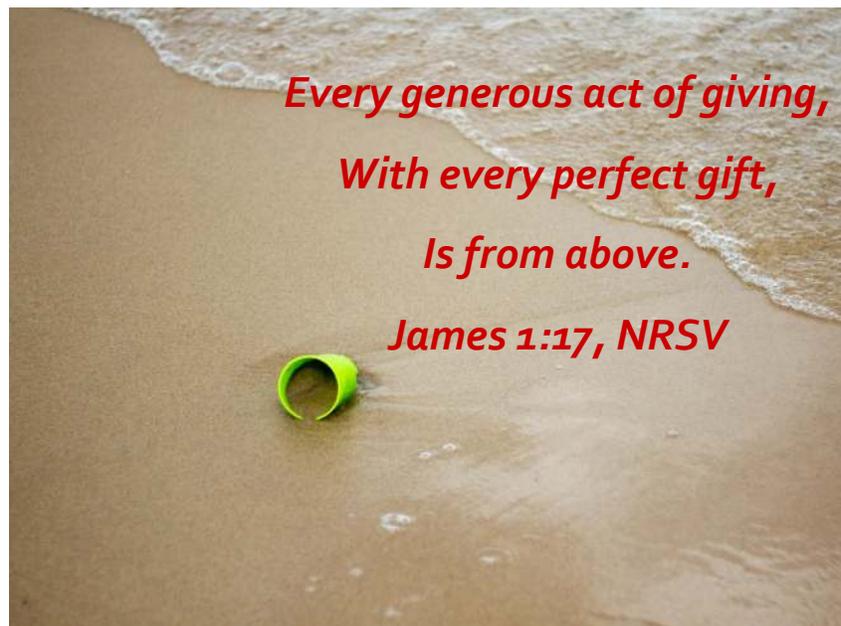
In the Diocese of West Texas, the current focus is on identifying and assisting with unmet needs for recovering households hurt as a result of Hurricane Harvey. A mini-grant program was offered to congregations in 15 affected counties.

In Puerto Rico, Hurricane Maria struck more than 57,500 families. They have received support through the diocesan recovery programs.

We will be taking up a collection for Episcopal Relief and Development here at St. Paul's on Sunday, July 28th. Make your checks payable to St. Paul's Church with ERD in the memo. Envelopes will be available in the glass narthex.

Thank you for your generosity.

-Peggy Wilds
St. Paul's ERD Coordinator



Vacation Bible School 2019 is a wrap!



CHURCH SCHOOL

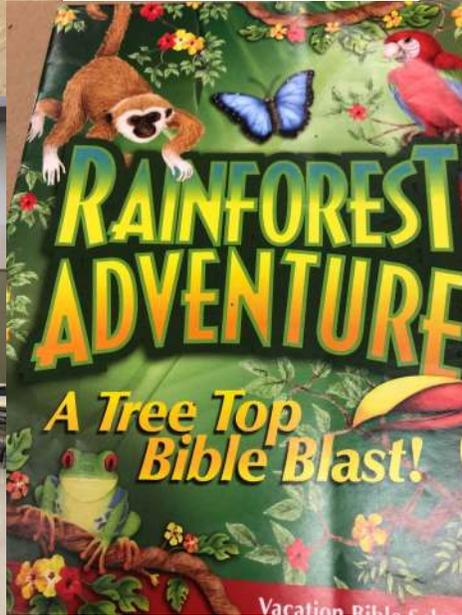


A big "thanks!!" to all our volunteers!





Over 30 Kids!



2019 HealthWise



August 9, 2019
9 a.m. - 2 p.m.

Health Laboratory Center
Jackson College Central Campus

HEALTH SCREENINGS:

(by appointment)

SCREENINGS/TESTS SCHEDULING:

Please go online to www.jccmi.edu/healthwise or call **517.990.1374** Monday – Thursday, 9 a.m. - 4 p.m. and ask for Megan to reserve your spot.

Panel Cholesterol Testing

Available for a charge of \$20. Blood sample is collected with a finger stick. The test requires patients to be fasting, nothing to eat or drink for 8 hours prior.

Vascular Screenings

- Carotid Artery Stenosis
- Peripheral Arterial Disease (PAD)
- Abdominal Aortic Aneurysm (AAA)

Venous Insufficiency Screening

Schedule an appointment if you suffer from: leg swelling; varicose veins, feeling of heaviness in legs.

Oral Cancer Screening

Visit the new Jackson College Dental Clinic for an oral cancer screening.

OTHER SCREENINGS AND FREE SERVICES:

(no appointment needed)

Blood pressure

Chair massages by Sacred Touch Massage

Chiropractic services with Dr. Chuck Ferry: Includes consultation, chiropractic examination (postural analysis, range of motion and spinal analysis), orthopedic examinations as needed.

Diabetic foot care and education

EKG

Exit Consultations: conducted by Rachel Nichols, NP from the Jackson College Health Clinic

Glucose testing

Hearing screenings: provided by Dr. Kristin Regan of Here 4 You Hearing Center.

Heart Healthy Walk: walk for your health and receive a free t-shirt! Snacks and water provided during walk *(while supplies last)*. **Register online at www.jccmi.edu/healthwise**

Jackson College Oasis tours: information about the Oasis Center and mental health.

Pulmonary function

Total cholesterol testing: conducted by Henry Ford Allegiance Health Laboratory and Jackson College.



(All screenings performed by trained healthcare professionals. Jackson College students assist and are supervised).



2111 Emmons Road • Jackson, MI 49201 • www.jccmi.edu

FOR MORE INFORMATION

contact Heather Ruttkofsky at 517.796.8531

The Women of St. Paul's Episcopal Church

ECW

As summer began, the Women of St. Paul's ECW met for a "picnic" in Holy Spirit Hall on June 8. A big Thank You goes to all the women who helped arranging programs through the year including Barb Markowski, Valerie Rowley, Janet Hughes, Helen Greene, Michelle Gibson, and Natalie Magnusson.

The main topic of the meeting was a reflection on who we are as an organization, where we have been in the past year, and what we would like in our future, especially in the next year. Many saw our purpose as a source of support for the women of our church in their spiritual growth, social fulfillment, and Christian development. We also continue to serve the children of the parish and support altar needs.

Ideas for next year abounded, including more spiritual presentations and retreats, perhaps a Tiaze service, excursions to museums, plays, movies, fun meetings with possible painting and continued speakers for some meetings. The year promises to be exciting and we hope you will join us.

Our next meeting will be Saturday, July 13 in Holy Spirit Hall. Our speaker, Dr. Namita Sharma, a pediatric hospitalist at Allegiance and a member of Doctors Without Borders, will share her experiences in South Sudan. Social time at 10:30. Meeting at 11. \$5 charge for food. See Sandra Kilian with any questions. Please sign up on the sheet in the glass narthex.

No meeting in August and our September meeting will be on Sept. 14. Dee Hurlbert will present on "Mindfulness for the Overwhelmed".

Respectfully submitted,
Sandra Kilian, President





Jeff Thomas	July 6
James Grant	July 10
Gene S. Wandel	July 20
Charles Thomas	July 19
Romelle Frey	July 24
Sheryl Foor	July 24
Jeanne Draper	July 26



Ron & Valerie Rowley	July 8
Bob & Barbara Duke	July 11



The Church office will be closed on Thursday, July 4th in observance of the Independence Day Holiday.

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
 <p>SUMMER IS HERE!</p>		10:30 am Bereavement Group 12:00 pm "Get Real" Program 5:30 pm M & O 6 pm Toastmasters	11 am Bible Study 12:00 pm "Get Real" Program 12:15 pm Holy Eucharist	OFFICE CLOSED  <p>Independence Day</p>		10 am Worship Committee
7 Birthdays & Anniv	8	9	10	11	12	13
8am Holy Eucharist 9:15 am Adult Forum 9:15 am Church School 10:30 am Holy Eucharist/Coffee	12:00 pm "Get Real" Program	12:00 pm "Get Real" Program 6 pm Toastmasters	11 am Bible Study 12:00 pm "Get Real" Program 12:15 pm Holy Eucharist	12:00 pm "Get Real" Program 5:30 pm B & G		10:30 ECW
14	15	16	17	18	19	20
8am Holy Eucharist 9:15 am Adult Forum 9:15 am Church School 10:30 am Holy Eucharist/Coffee Hour / Episcopal 101	12:00 pm "Get Real" Program	12:00 pm "Get Real" Program 6 pm Toastmasters 6:30pm Vestry Mtg	11 am Bible Study 12:00 pm "Get Real" Program 12:15 pm Holy Eucharist 1 pm Brownell Lunch	12:00 pm "Get Real" Program		8 am Judson Ctr
21	22	23	24	25	26	27
8am Holy Eucharist 9:15 am Adult Forum 9:15 am Church School 10:30 am Holy Eucharist/Coffee	12:00 pm "Get Real" Program	10:30 am Bereavement Group 12:00 pm "Get Real" Program 6 pm Toastmasters	11 am Bible Study 12:00 pm "Get Real" Program 12:15 pm Holy Eucharist	Get Real Lake MI trip 		8 am Judson Ctr
28	29	30	31			
8am Holy Eucharist 9:15 am Adult Forum 9:15 am Church School 10:30 am Holy Eucharist/Coffee Hour	12:00 pm "Get Real" Program	10:30 am Bereavement Group 12:00 pm "Get Real" Program 6 pm Toastmasters	Save Our Youth Lake MI trip 11 am Bible Study 12:15 Holy Eucharist 5:30 pm Community Listening Training			