

**August
2019
Volume LIV**

THE EPISTLE

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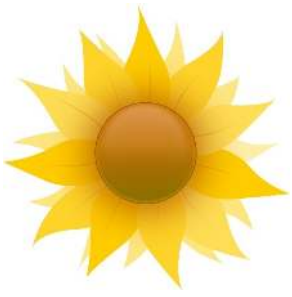


“THE RIGHTEOUS WILL

shine like the sun

IN THE KINGDOM OF THEIR FATHER.”

Matthew 13:43



Rectors Corner

“I hereby command you:
Be strong and courageous; do
not be frightened or dismayed,
for the Lord your God is with
you wherever you go.”

Joshua 1:9

Friends,

I hope your summer has been glorious and your gardens fruitful! We spoke about fruitfulness in our lives last month giving credit to the Holy Spirit who gives each of us many gifts to share here and in our community. I hope you've taken some time to check in with God about the gifts of the Spirit in your life and what helps or hinders your use of them.

Currently, your vestry and I are trying to negotiate a contract with a caterer to use our kitchen and their services to provide for funeral reception meals, big dinners and help with our occasional meals as well. This is the first time we've done this as a parish and it's a result of changing needs and changes in what we can do ourselves. Sam McCamey, our beloved former sexton, cannot work with us anymore due to continued health problems. He is well cared for but the loss of his presence and work among us is acutely felt. Since coming here two (amazing!) years ago, we have averaged a funeral a month. Not all funerals have meals, but many do, and this has put increasing stress on a shrinking pool of volunteers providing food for these events. It is time to think creatively and work out a solution that expands our ministry possibilities while meeting our needs as well. Please pray for your vestry and me as we work with Big Guy Catering to put together an agreement that solves our problems but also provides for expanding our mission here in downtown Jackson. If we come to an agreement, we will be announcing a parish-wide meeting to discuss the contract and what it means for all of us. Rest assured we are consulting with the property experts at the diocesan offices to make sure we get the details right!

One thing that is extremely hard to get across to people during a time of change is that change is not a repudiation or negation of the past. The infernally partisan rhetoric that swirls around us now makes this hard for us to hear. We've lost the ability to recognize change as a natural and healthy part of life as we grow. My hope is that we can truly honor the past, the leadership and stewardship of so many members over the years, as we recognize our need for change. We must adapt and invest so we can grow our capacity to serve each other and the city of Jackson in the name of Christ. More to come and prayers gratefully taken!

Faithfully,

Sarah+



The Magnusson girls buying bedding for the Interfaith Shelter with last month's Noisy Offering.

Great job Melaina, Zoë & Evelyn! Way to show your stewardship!



From Our Sr. Warden

Last call for pictures. Please sign up to get your picture taken. We are still looking for people to sign up to host a Sunday School class. Please consider donating some of your time and talent to share with our children.

Did you see the Themm boys on the church Facebook page? They were part of the first group to complete a new Jackson camp for wrestlers. We are super proud of you Henry, Dominic and Omar!

I'm doing a bit of research on church retreats...any one interested in helping? Let me know.

Our Koinonia group took a trip after church last Sunday to the Holocaust Memorial Museum in Detroit. We saw and our tour guide shared information on The Eternal Flame and Memorial Wall, an actual boxcar used to transport Jews, key dates in the timeline of Jewish history, European Jewish heritage, the descent into Nazism, the camps and ghettos and the postwar. The tour was somber, it was chilling at times and hard to truly comprehend the magnitude of hatred that one group could have for another. It was all brought to light while listening to Erna Gorman, a child survivor of the Holocaust. Her story is one of hardship beyond imagination and one of inspiration and hope that has truly touched my heart. She chronicles her story in her book: *While Other Children Played. A Hidden Child Remembers the Holocaust.*

Remember that we are one in Christ.
Love one another as Christ loves us.

Shalom,
Michelle



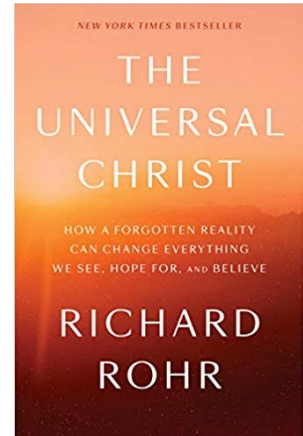
ONE IN THE SPIRIT

From Our Jr. Warden

"Good God!"

-James Brown

Although the intent of this shout out by James may not have been to express the main attribute of God, The words ring true. For the next few weeks at Adult Forum, with the help of Richard Rohr, we will be delving a little deeper into this profound statement made by the late Soul Brother #1 as we study Richard's latest book, *The Universal Christ*.



Today, coming out of Krogers, walking to the far end of the parking lot to my car, I noticed a bumper sticker on the car next to mine that read, "Come to the Dark Side...We Have Cookies." I laughed and thought, "Come to St. Paul's...we have Lemon Bars" (sometimes).

Good things happen at coffee hour. A good time to talk to visitors, and even volunteer to bring snacks...(see Debbie Batchelder).

-Clark Hutchens

Jr Warden

I'm looking forward to starting up choir rehearsal again! The choir needs to get ready to sing after Labor Day. We will start on Wednesday, August 28th at 6:30 pm in the Sanctuary.

All are invited! Come see if you enjoy it as much as we do! We're a fun group!

-Genette, Gillard,

Choir Director



Building & Grounds

July was very warm, watering plants and shrubs as best we can. Many thanks to Harry Strait, Helen and Ed Greene & Susan Smar, for their efforts in keeping our grounds as best as they can be. Plans are pending for our parking lot to be sealed, lines repainted edge of steps painted caution yellow should be during late August. The Kitchen oven is still on the back burner as to replacing it, pending direction given to Buildings & Grounds. Replacement cost at the time of quoting was \$3600.00 plus shipping and installation.

No major plans on the horizon except for Holy Spirit Hall and hallways around it. Christoff's is scheduled to begin stripping and refinishing the floors Monday August 12th through the 16th. Sunday August 11th after coffee hour it will require a team of parishioners to help clear the hall of tables, chairs, pianos and any other items so the floors can be refinished. Please check your schedules so conflicts will not arise due to inability to use HSH and adjoining rooms during the week. Upstairs access for Finance and counters using the hallway adjoining the bathrooms on Monday will be as usual. Entry to the building from the east using the rear doors from the city parking lot will be closed during the week. Entrance to our facility will be through the S. Jackson St. doors. Normal traffic will resume on Saturday August 17th. Again, a team of volunteers will be needed Saturday August 17th at 9 AM to put back tables & chairs for Sunday coffee hour. Please call the church office or Kyle King to make it known you will be there for tear down or set up accordingly.

Blessings to you all,
Kyle King
Chairperson,
Building & Grounds



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

Mission & Outreach

Great job M& O Team! Another Lake Michigan trip with the “Get Real” Summer Program is in the books! A huge thank you to everyone who donated towels, noodles, boogie boards and other beach toys. A special shout out to Marcia and Dee for their help with food prep, and thanks to Clark and Dennis for going on the trip. And most of all a giant **“Thanks!!!”** to Barb Markowski for her herculean efforts in planning all this once again!!!

A more thorough wrap up and write up will be coming in next month’s newsletter with pictures, details and “thank you’s” on this trip and the “Save Our Youth” lake trip happening right now as this goes to print!





August Fitness at St. Paul's

www.persistmbm.com

Thank you for directing all questions and transactions about Persist fitness to Dee.
517.290.0305 or deepersists@gmail.com

Tuesdays

10am **Family Fitness Drumming *kids free**

Thursdays

NOW 10:30am **Bun Camp: Low-Impact Full-Body Strength Training**



REGISTRATION OPEN NOW:

Upper-Body Strength and Tone for Women 40ish+

Wednesday at 7:30pm @ St. Paul's. 16 weeks-September to December

\$175 for Class Pass (\$11 week for 16 weeks). Class Capped at 6 participants.

Register now to reserve your spot.

Coming to St. Paul's in September:

Tuesday & Thursday Fitness Drumming with Michelle (SHEEEEE'S BACK!)

St. Paul's Deal: 13-punch card for \$100. This card represents about 20-30% of all PERSIST events, programs, products. You can use your punch card for your guests and share your discount. St. Paul's deal is also available to teachers, social workers, and staff and volunteers of domestic violence and sexual assault programs. Personal Training for St. Paul's Members starts at \$25/hour.

- Family Fitness Drumming is 1 punch = \$7.70 vs. \$ 10 / Free for St. Paul's Kids
- Bun Camp and Upper Body Strength for Women is 1.5 punch = \$11.55 vs. \$15



Eric Hughes	August 6
Zoe Baldwin	August 10
Donna Thomas	August 11
Cheryl Gumper	August 14
Sam McKaney	August 18
Richard Hale	August 21
Helen Greene	August 22
Bob Fowler	August 22
Lindy Perlos	August 26
Henry Themm	August 27
Carol Scheerbaum	August 30
Heidi Lathrop	August 31

Loren & Christie Swanson	Aug 22
Lawrence & Valerie Bullen	Aug 29



SAVE THE DATE!

The Annual Church Picnic will be held on Sunday, September 8th.

Worship Service at 10:30 am at Clark Lake Beach & Boat Club

5100 Grand Blvd., Clarklake, MI 49234

A Potluck lunch will follow.

More details, and sign up sheet to come later this month.

Plan to come out and join us for fellowship & fun!



The Women of St. Paul's Episcopal Church

ECW

The year continues to whiz by and we find ourselves in August already. Hope everyone is enjoying their summer and staying cool on those beastly hot days.

ECW had their monthly meeting on July 13 with Dr. Namita Sharma as our speaker. Dr. Sharma is a pediatric hospitalist at Henry Ford Allegiance Health and also a volunteer with Doctors without Borders. This is an independent medical humanitarian organization which was founded in Paris in 1971 as Medecins Sans Frontieres (MSF). It currently boasts a 67,000 mainly volunteer body active in 74 countries.

Dr. Sharma has been to a number of MSF locations including South Sudan, and more recently Ethiopia. She shared a lot of her experiences there with photos showing staff as they set up some of the tent structures, children she had treated, photos of her own accommodations (very basic) and photos of a group of smiling children thanking their caregivers. She told many stories of what people surrounded by conflict have to go through to get the most basic of medical care. There was the story of a woman who wanted her baby born in a safe, hospital setting so she walked for three days to try and reach the MSF clinic. She went into labor before she got there and people in a nearby village helped her to finally reach the clinic where she and her baby were taken care of. A lot of children presenting at the clinic are suffering from malnutrition and she shared the problems and solutions associated with that condition. Vaccinations are also a huge part of the basic treatments offered to clinic families. There was also the little girl who was bitten by a snake as she slept. While the photo was hard to see, but Dr. Sharma assured us she made a full and complete recovery.

Although they operate in conflict zones, MSF does not employ armed security. They have a "no guns" policy. These volunteer medical staff give of their time and their expertise under very stressful situations. Dr. Sharma shared how her tour of duty is made up of 14 hour days with no days off for four months out of the year. She also shared how it would not be possible if her co-workers at HFAH did not help pick up the slack caused by her absence. So although one doctor goes overseas, others also contribute who stay behind. While MSF strives to establish clinics in relatively safe areas, those who volunteer are very brave to go to these war-torn regions and regardless of their religion are doing God's work every day. Thank you Dr. Sharma, we are very grateful to you for taking the time to talk to us about such an important organization. Anyone wanting more information on MSF or ways to support their efforts can find it at msf.org.



ECW continued...

The board has also been busy with other business. The responses to our questionnaire have been assessed and a calendar of upcoming events has been tentatively compiled. It comprises the following:

- September – Dee Hurlburt - Mindfulness for the Overwhelmed
- October – Ella Sharp Exhibit/House/Collection
- November – Taize service in preparation for Advent
- December – Luncheon at the Country Club
- January – Dot Tetreault - Parenting and Social Media
- February – Get Real speaker
- March – Retreat for Lent
- April – A painting (fun) project – please note this meeting will be April 18
• so as not to conflict with Easter preparations
- May – SOAR luncheon
- June and July have yet to be determined (suggestions welcome)

The board is also brainstorming fund raising events to supplement our bank balance so we may continue our outreach and in-reach to women and children. However, the nut sale will continue to be our mainstay. If you have any ideas on fund raising activities please feel free to share. We welcome any and all suggestions.

There will be no ECW meeting in August so that we may all enjoy our summer and family activities unencumbered. May God bless you all and keep you safe. We meet again on September 14 and look forward to hearing all about Mindfulness for the Overwhelmed. A timely topic before the holiday stresses hit.

Respectfully submitted,
Valerie Rowley, Vice President, ECW.

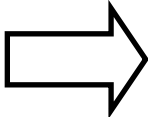


*Holy and
awesome
is his name.*

PSALM 111:9



AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						11 am Rick McKinnon Memorial Service / Visitation 10 am
4 Birthdays & Anniv	5	6	7	8	9	10
8am Holy Eucharist 9:15 am Adult Forum 9:15 am Church School 10:30 am Holy Eucharist/ Coffee 3 pm Get Real Parent Event	Church Directory Photos 2 pm –8 pm	10:30 am Bereavement Group 5pm Judson Center 6 pm Toastmasters 6 pm Finance Committee	11 am Bible Study 12:15 pm Holy Eucharist	5 pm Judson Center		10 am Worship Committee
11	12	13	14	15	16	17
8am Holy Eucharist 9:15 am Adult Forum 9:15 am Church School 10:30 am Holy Eucharist/ Coffee Hour / Episcopal 101	Floor Refinishing begins again this week 	10:30 am Bereavement Group 5:30 pm Mission & Outreach Meeting 6 pm Toastmasters	11 am Bible Study 12:15 pm Holy Eucharist	5:30 pm Building & Grounds Mtg		
18	19	20	21	22	23	24
8am Holy Eucharist 9:15 am Adult Forum 9:15 am Church School 10:30 am Holy Eucharist/ Coffee		10:30 am Bereavement Group 6 pm Toastmasters 6:30pm Vestry Mtg	11 am Bible Study 12:15 pm Holy Eucharist 1:00 pm Brownell Lunch			
25	26	27	28	29	30	31
8am Holy Eucharist 9:15 am Adult Forum 9:15 am Church School 10:30 am Holy Eucharist/ Coffee Hour		10:30 am Bereavement Group 5 pm Judson Center 6 pm Toastmasters	11 am Bible Study 12:15 Holy Eucharist 6:30 pm Choir Practice	5 pm Judson Center	