

**Love God. Love Your Neighbor.  
Change the World.**   
**The Episcopal Church Welcomes You.**



St. Paul's ePistle from McHenry

August 5, 2015

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Our third annual Parish Picnic is this Sunday, the 9th, at 4pm. Burgers, brats, 'dogs, buns, and condiments will be provided. Please bring a side dish, extras (like pickles, chips, etc.), and beverages to share. Come through the kitchen and we'll set up out back again this year, but further back than we have before. Please bring a lid or cover for your dish if possible so we can set out the food on tables outside. **AND BRING YOUR OWN LAWN CHAIR OR BLANKET.** Friends, family, and guests of all sorts are most welcome.

***Remember - Feed ourselves, feed others - bring a donation for the food pantry!***



**St. Paul's  
Episcopal Church**

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Thoughts from Lori

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I've been looking for a Wendell Berry quote that I saw, of all places, on a hat. Actually, it was a picture of this hat on FaceBook, but now I can't find it. The quote was something about loving life or being happy even knowing the facts. Pithy and succinct. (If you're a fan of the poet and philosopher and know the quote, please let me know.) The facts, of course, being all the reasons for not being happy or loving life. In other words, reality.

Now, I'm not one to deny or repress our feelings. We can't help how we feel, and feelings are neutral. That is, they are not good or bad, right or wrong. They may be difficult, challenging, troubling, but they are not subject to judgment. The most healthy approach to dealing with our feelings is to wonder what they're about; to ask ourselves what our feelings are telling us. Then it's up to us to decide (that's where free will comes in) how or if we want to act on those feelings. If I'm feeling sad or lonely, it's time to ask myself: what am I feeling sad about. Do I need to grieve some loss? Is there a way to tend to that loss that will help me heal? Am I lonely because I isolate myself? What can I do, what can I participate in, who can I reach out to that would help me feel less lonely?

The reality of life is that it's often hard, sometimes painfully so. But it is possible for us to decide how to respond to it, and that has a lot to do with how happy we are. Abraham Lincoln - a man who knew terrible personal suffering - once said, "Folks are usually about as happy as they make their minds up to be." There have been times in my life when hearing that made me very angry, and times when I've thought he was absolutely right. What do you think?

Faithfully,

*Lori t*



## WEEDS, WEEDS, WEEDS!

All that July rain we had made our lawns nice and green, but it also made the WEEDS plentiful! Come on Saturday morning at 9am and let's pull 'em out! It's true: many hands make light (or lighter) work. In advance, thanks!

## CPR Training

In the interest of preparing an Emergency Response Team (ERT)\* here at St. Paul's, we will be scheduling a CPR class for anyone (not just those willing to be on the ERT) who wishes to be certified or renew their certification. Please email or call the church office to indicate your interest in this class and/or the ERT. Email:

[stpaulmchenry@sbcglobal.com](mailto:stpaulmchenry@sbcglobal.com)

Call: 815-385-0390.

\*The purpose of an ERT is to be prepared to assist until medical help arrives if someone faints or appears to be in a physical crisis during a church event. The team will have a plan for keeping the person safe, calling for an ambulance, and administering CPR only if urgency is evident.

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## Diaper Drive in August

August is Diaper Drive month. The following sizes are the most needed: newborn, size 6, and all sizes of adult diapers. You can drop them off anytime in the 24/7 drop box at the door, or put them in the grocery cart on Sunday mornings. [P.S. Food is always a welcome donation.]

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**Annual Parish Picnic** - Sunday, August 9, 4:00 pm

*(Feed ourselves, feed others.)*

*Bring canned or dry goods to donate.)*

**Holy Eucharist** - Wednesday, August 19, 6:30 pm

*(All are welcome!)*

**Vestry** - Wednesday, August 19, 7:15 pm

**Holy Eucharist**- Wednesday, Sept. 16, 6:30 pm

*(All are welcome!)*

**Vestry** - Wednesday, Sept. 16, 7:15 pm

**Informal Fall Parish Meeting** - Sunday, Sept. 20  
(*Feed ourselves, feed others.*  
*Bring canned or dry goods to donate.*)

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**Lessons and Hymns**  
**Sunday, August 9th**  
**Eleventh Sunday after Pentecost**  
**Proper 14 - Year B**  
*by the Rev. William McLemore*

**THE SCRIPTURE LESSONS:**

***The First Reading:*** I Kings 19:4-5. The passage from Kings relates God's nurture of Elijah giving him strength to retreat for forty days to the mount of God.

***The Psalm:*** This portion of Psalm 34 relates the pleas of the psalmist and the happiness that comes through trust in the Lord.

***The Epistle:*** Ephesians 4:25-5:2. Here, Paul urges the Church in Ephesus to live together in truth putting aside behavior that tears apart the community of faith.

***The Gospel:*** John 6:35, 41-51. Jesus describes Himself as the "Bread of Life," and explains what this means in terms of his redemption.

**THE HYMNS:**

***Processional Hymn:*** No. 688. "A Mighty Fortress is our God". The German Roman Catholic monk, Martin Luther (1483-1546), who rebelled against the excesses of the Medieval Roman Catholic Church, composed and wrote the words to this very famous reformation hymn. The hymn became immediately popular and became the song of many involved in the reformation effort throughout Europe. The words and rhythm have experienced slight change from the original German (legend says the melody came from a popular beer drinking song); but the essence remains intact. The "world with devils filled" who "threaten to undo us," no doubt included the anger of the Papacy and his minions who physically tortured and persecuted the reformers.

***Sequence Hymn:*** No. 656. "Blest are the Pure in Heart." John Keble wrote this hymn based on the Beatitudes in 1819. William John Hall abbreviated it from 17 to 4 verses in 1834. The tune 'Franconia' is taken from a setting by

Johann B. Konig and lends itself to the words that call forth the mercy and blessing of God.

**Presentation Hymn:** No. 325. "Let Us Break Bread Together." This hymn is new to the Episcopal 1982 Hymnal though not to other older Christian hymnals. It is an African-American spiritual in both words and music revealing a deep appreciation for the two elements of the Holy Eucharist-the bread and the wine.

**Communion Hymn:** No. 178. "Jesus Is Lord of All the Earth." This hymn was written by Donald Fishel born in 1950, a graduate of the University of Michigan, and a consummate musician. In a biographical sketch he writes that after college, "I then embarked on a career in music publishing and began writing the Christian songs for which I am best known. My songs *Alleluia No. 1* and *The Light of Christ* can be found in the hymnals of the Episcopal, Lutheran, Methodist, and Roman Catholic Churches." The tune name is the "Alleluia No. 1" and was composed by him and arranged by Betty Carr Pulkingham (b. 1928) the wife of the Rev. William Graham Pulkingham an Episcopal priest who lived from 1926-1993.

**Recessional Hymn:** No. 344. "Lord Dismiss Us With Thy Blessing." This hymn is attributed to the Baptist minister and hymn writer, Rev. Dr. John Fawcett (1739-1817). He wrote some 160 hymns, many designed to be sung following a particular sermon that he preached. Another one of his popular hymns is "Blest Be the Tie That Binds." Again, we have the image of being on a journey as we sing this hymn, "O refresh us, O refresh us, traveling through this wilderness." The tune, "Silician Mariners," is an old folk melody of Sicily.

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### **August 9th Servants**

Ushers: Terry Jaworski, Don Jaworski

Lector: Barb Moriarty

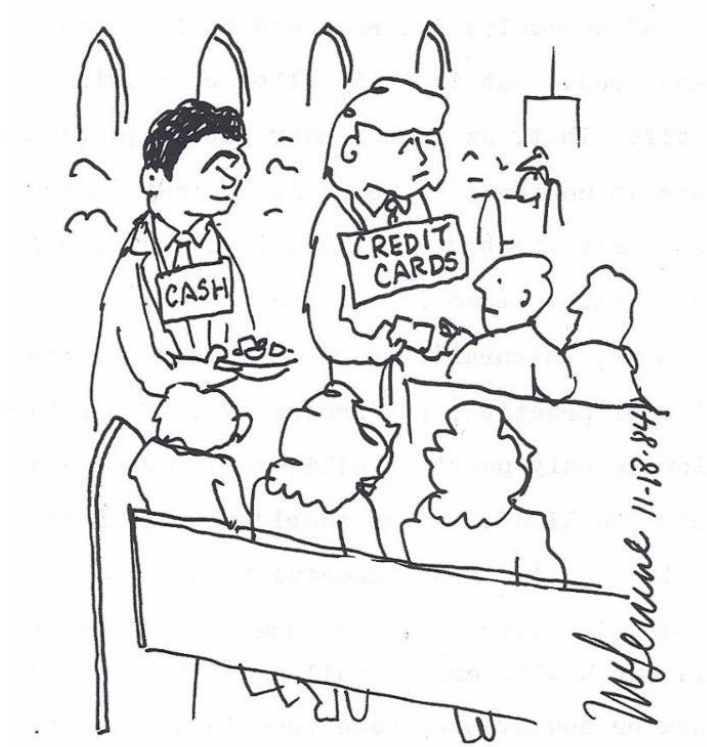
Intercessor: Terry Jaworski

Eucharistic Ministers: Al Robel, Michelle Wiejaczka

Vestry Person of the Day: Marilyn Bell

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From the cartoons created by  
*the Rev. William P. McLemore*



## 100 Ways to Save the Environment Number 73

*Wash and dry only full loads of  
laundry and dishes.*