



St. Paul's ePistle from McHenry

May 4, 2016



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Holy Eucharist Eve of Ascension

and the
Laying on of Hands for Healing

Tonight at 6:30 p.m.

All are welcome!

Women's Wednesday is tonight!

The group that gathered in April for WW enjoyed talking about the C.S. Lewis book, The Great Divorce, so much that we're going to continue the discussion tonight. The meeting is at 7:15pm, right after the 6:30 Eucharist. All women of the church and any friends you'd like to bring are most welcome.

Men's Breakfast is this Saturday!

All men of the Parish and their friends are welcome to gather at Kim and Patty's at 8:00 a.m. this Saturday for food and fellowship.



St. Paul's
Episcopal Church

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Quick Links

St. Paul website

Vestry Minutes

December 2015
January 2016
February 2016
March 2016

Diaper Bank

Episcopal News
Service

Diocese of Chicago

Lectionary Calendar

Forward Day by Day

**Saturday, May 7th is our
Spring Grounds Clean Up
Day!**

Turn out to lend a hand to beautify our grounds. Bring tools such as spades, rakes, shovels -- and gloves. We'll gather around 9:00 a.m. and get to work!



Thoughts from Lori

Retreat: *noun* re-treat \ri-trēt

A period of group withdrawal for prayer, meditation, study.
[Merriam-Webster]

I got in late Sunday night from a week-long retreat with a group of Episcopal priests, all of us from the early waves of the ordination of women and all of us with some connections by way of the Diocese of Atlanta (although three of us currently live in other states). We've been doing this since the mid-eighties, so it's now a tradition that the nine of us hold dear. We always go to the beach - a place we all find restorative - and share a house. That way, we enjoy each other's company, have meals together, and gather to talk each night. We talk about the Church, but mostly offer each other the most wonderful love and support. I return home refreshed, rested, renewed.

Making a retreat is a spiritual practice known in every culture and religion. Most monasteries and convents offer opportunities for private or group retreats, sometimes led by a spiritual director. A retreat can be as short as a day or a weekend, or can be for an extended period of time. In any case, the purpose is to withdraw from everyday busyness, let all the clutter of our lives fall away for a time, to focus on rest and wellness, and to allow room for prayer, meditation, and reflection.

Needless to say, I highly recommend such an experience; better yet, as a regular practice. If you have an interest in making a retreat, I'll be more than happy to help you find resources and make plans for one. Meanwhile, here is another suggestion: come to our mid-week Eucharist on Wednesdays at 6:30pm. Stop on your way home from work, or slip out before (or after) dinner. It's a brief, quiet service; a

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mini-timeout and sacramental refreshment between Sundays. There is also the option to receive the "laying on of hands for healing" or unction.

This Thursday is the Day of Ascension, so the Wednesday Eucharist will be celebrated as the Eve of Ascension. More on the meaning of this feast day when you come Wednesday and/or Sunday.

Did I mention that it's good to be home? It is!

Faithfully,
Lorí†



May 1st special blessings with the Rev. Bill McLemore

Mike and Marilyn Bell celebrated their wedding anniversary, and Michelle Wiejaczka and Judy Robel celebrated birthdays!

We would love to include your celebrations to our prayers, especially if you are new to the church. Please call or email Lisa at lisa@stpaulmchenry.com. We celebrate wedding anniversaries, birthdays, and anniversaries of baptism!

St. Paul's Flower Guild

We're getting our supplies ready and preparing to officially launch the Flower Guild as Bill Lang finishes up the wonderful work he's been doing in the upstairs kitchen, which will become our work area. (Thank you so much, Bill!). We'll have a meeting **Sunday, May 15th** upstairs at 11:30 to create our schedule for this ministry. So bring your calendar for the summer months!



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Coming to St. Paul's next week

Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Saint Paul Episcopal Church on 5/10/2016. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.**



Upcoming Events

Women's Wednesday - Tonight, 7:15 p.m.
Men's Breakfast - Saturday, May 7, 8:00 a.m.
Spring Grounds Clean Up Day - Saturday, May 7th, 9:00 a.m.
Lifeline Screening - Tuesday, May 10
Pentecost - May 15 (Wear red!)
Newcomer's Reception - May 15 following the service
Flower Guild Meeting - May 15, 11:30 a.m.
Vestry - Wednesday, May 25, 7:15 p.m.

Lessons and Hymns

Sunday, May 8, 2016

Seventh Sunday of Easter - Ascension Sunday

by the Rev. William P. McLemore

THE SCRIPTURE LESSONS:

First Lesson: Acts 16:16-34. Paul and Silas, arrested for their faith, miraculously are rescued from prison by an earthquake.

The Psalm: Psalm 97. "The Lord is King; let the earth rejoice; let the multitude of the isles be glad."

Second Lesson: Revelation 22:12-14, 16-17, 20-21. Amen. Come, Lord Jesus! The grace of the Lord Jesus be all the saints. Amen."

The Gospel: John 17:20-26. Jesus prays that "they may be one, as we are one, I in them and you in me."

THE HYMNS:

Processional Hymn: No. 460. "Alleluia, sing to Jesus." This majestic hymn was written by an English businessman, William Chatterton Dix, who sold insurance, but had a hobby of writing hymns based on his personal faith. This particular hymn is based on Revelation 5:9, "for you were slaughtered and by your blood you ransomed for God saints from every tribe and nation; you have made them to be a kingdom and priests serving our God." The tune "Hyfrydol" by Rowland Hugh Prichard is remarkable in that it limits itself to a range of only a fifth, save for the final phrase which rises to the sixth (D). Having celebrated God's "goodness and mercy," we go forth singing: "Hark! the songs of holy Zion thunder like a mighty flood; Jesus out of every nation hath redeemed us by his blood."

Sequence Hymn: "Celtic Alleluia." This was written and composed by Fintan O'Carroll, born July 31, 1922 in Wexford, England. On completion of his secondary school studies, he took up a position as a clerk in the national railway. He won first prize in a traditional music competition, aged 12, playing violin, and went on to study violin at home, taking lessons as the opportunity arose. His heart was in music, and he left his railway position in 1967 after 27 years of service, whereupon he completed his degree at Trinity to gain his Bachelor of Music degree.

Presentation Hymn: No. 215. "See the Conqueror mounts in triumph." This hymn is the Ascension Day hymn written by Christopher Wordsworth (1807-1885) which first appeared in his "Holy Year, or Hymns for Sundays and Holy Days," (1862). Wordsworth was the Bishop of London and nephew to the poet, William Wordsworth. The

hymn offers a royal image of heaven, "Jesus reigns, adored by angels; Man with God is on the throne; mighty Lord, in thine ascension, we by faith behold our own." The tune, "In Babilone," is a traditional Dutch melody.

Communion Hymn: No. 178. "Alleluia, Alleluia, Give thanks to the Risen Lord." 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. 450. "All hail the power of Jesus' Name." The words to this hymn were finalized by a clergyman named Edward Perronet who was in the Anglican Methodist movement with John and Charles Wesley. He later broke off from the Church of England and formed his own independent chapel in Canterbury. The hymn reflects the majestic tone of the psalter and affirms Jesus as the final king, in David's line, who truly saves and redeems all people. The tune "Coronation" was composed by Oliver Holden with the descant added by Michael E. Young for this 1982 hymnal. "Let every kindred, every tribe, on this terrestrial ball, to him all majesty ascribe, and crown him Lord of all!"

May 8th Servants

Usher: Bill Lang

Lector: Judy Robel

Intercessor: Terry Jaworski

Eucharistic Ministers: Pam Dietmeyer, Charlie Boak

Vestry Person of the Day: Michelle Wiejaczka

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



**"If God wanted lawns mowed, he would
have made the grass perpetually short!"**

Church
Bulletin
Bloopers



*"Remember in prayer the many who are
sick of our church and community."*