



St. Paul's ePistle from McHenry



October 12, 2016

New and Notable...



Thoughts from Lori

At Coffee & Conversation last Sunday, we talked about gratitude. Specifically, I asked if they (you) were familiar with keeping a gratitude journal. Many had. For those of you who haven't, it's simply the practice of keeping a little pad or notebook by the bed and just before turning off the lights, writing down five things from that day for which you are grateful. If you can't think of five, try harder. And if you still can't come up with five, write down one thing - five times! Try focusing on the events and encounters of the day; not just writing down the names of your children and pets every night. Unless, of course, you get stuck. Then go for it - whatever turns your heart to gratitude.

It's an amazing practice. One that not only settles the mind before sleeping, but begins to shape one's attitude more and more each day. I used to do it regularly - and I can't imagine why I stopped. Just let it slip away, I guess. But I'm taking it up again.

I'm also trying another approach. I've been taking a walk around our block in the late afternoon three or four times a week, especially in this wonderful fall

weather. And as I walk, I'm naming things for which I'm grateful. It's amazing how many things come to mind once I get started!

This isn't some sort of pie-in-the-sky "give it all to Jesus" stuff. (Although we can talk another time about giving things over to God as a spiritual practice.) No, there is something transformative about focusing on gratitude instead of, well, all those other things that nag at us. All that stuff that sucks the energy out of us.

What have you got to lose? Give it a try for a month and see what happens.

Faithfully,

Loritt

P.S. One of the things I am most grateful for is your generosity! When I asked for a special offering last Sunday the response was \$378! I'll contribute another \$22 from the Rector's Discretionary Fund and we'll send \$200 to Episcopal Relief and Development (for hurricane relief) and \$200 to Northern Illinois Food Bank for our upcoming Mobile Food Pantry. Thank you!



Breakfast with Bishop Lee

"In the Diocese of Chicago, we're in the transformation business," says Bishop Lee. "We really are in the business in the church of changing people's lives in Christ."

This fall, join the bishop for breakfast and conversation about the ministry of the diocese and the work to which God is calling us. To RSVP, please contact Associate for Resource Development Shay Craig [via email](#) or call her at 312.751.3576.

Please join Bishop Lee on Saturday, October 22 from 8:30 - 10:30 am at Nuestra Senora, Waukegan for prayer and conversation. Spanish translation will be provided.

Before attending a breakfast, you are encouraged to [view a video](#) from Bishop Lee in which he shares his thoughts on "what a diocese is for."

2017 Diocese of Chicago Men's Pre-Lenten Retreat

To the men of your congregation about this increasingly popular retreat: those who want to attend should immediately send their completed registration form and check for \$145.00 made out to James Massie. Click [here](#) for the flyer. Click [here](#) for the registration form.

Individual paid registrations will be confirmed on a "first come, first registered" basis, using post mark dates to determine the order in which they were sent/received. Room is limited so please do not wait.

Thanks for your help!
Jim Massie

Mobile (630) 267-7688, or jmassie@ameritech.net for questions.



When we "celebrate" in our traditions, *what* are we celebrating? Join neighbors from various religious traditions on **Sunday, November 13**, to learn and share the spiritual meanings that enrich celebrations within our faiths that mean the most to us. We will gather from **2:00 - 4:00 pm** at the **Algonquin Public Library**, 2600 Harnish Drive. Please come!

Rabbi Maralee Gordon (Judaism), Barbara Marian (Catholicism) Bhante Suyama (Buddhism), Dr. Muhammad Eissa (Islam) and Bob Armbruster (Baha'i Faith) will each speak briefly, followed by small group discussions among attendees. We will share how and why religious celebrations are important to us and our families, the larger community, and the world. How does a rhythm of religious celebrations increase our spirituality? What is the role of celebration in the life of faith? Of the community?

For more information, click [here](#). There is no charge.

Peace,

Budd Friend-Jones

Children's Chapel

This week's lesson will be "How God Made the World." Leaders will be Kerry and Tommy Obermeyer.



All children are welcome to come to the Seaton Room after the service for a story, snack, and activity.

In case you missed it....

60th Anniversary Displays

The scrapbooks, photos, and the six panels representing the six decades of St. Paul's collective life will all stay on display for the rest of the month. Please be sure to take time to look and remember - and to add your name and events on panels. Put your name and year on the panel representing when you joined St. Paul's, including names (and dates if you know them) for special occasions. Let's fill them up!

"LOVE BASKET"

On Sunday, you will see a "love basket" at Coffee & Conversation and possibly at future events. We are NOT asking anyone to pay for coffee or refreshments. But as expenses increase, we are offering the opportunity for you to make a donation from time to time. Your generosity will be much appreciated.

Dancing for Diapers

Dancing with OUR Stars!

Saturday, October 22, 2016
Auctions begin at 5:00 p.m.
Holiday Inn, Crystal Lake, IL

\$70 or BUY 4 Tickets for the PRICE of 3!
\$85/person @ the door
Dinner, Dancing and Learn the Tango!

Enjoy a special evening benefiting
 **The Diaper Bank
of Northern Illinois**

Showcasing the dance talents of local
**Celebrities, Cinnamon Dance Works
& Step-In-Time Studio**

**Enjoy Open Dancing
Silent & Live Auctions**

Buy Tickets at

<http://diaperbankni.maestroweb.com>

Vote for Your Favorite Dancers at
www.diaperbankni.org



Mobile Food Pantry coming to St. Paul's

After some conflicting information concerning the date of our next MFP, St. Paul's **will** be hosting another event from The Northern Illinois Food Bank on **October 29th**. Volunteers and donations are needed! Please sign up on the sheet provided on the narthex table, and please make a donation. Thanks!

Mid-Week Eucharist

Every Wednesday at 12:15 p.m. there will be a simple service of Holy Eucharist. It will include an opportunity for Unction, commonly referred to as the Laying on of Hands for Healing. This service usually lasts about 30 minutes. Those who wish to bring a bag lunch are invited to stay for an informal Bible study focusing on the readings for the upcoming Sunday. All are welcome.

The usual fare...



Noon Eucharist - Wednesday, October 19, 12:15 p.m.
Vestry - Wednesday, October 19, 7:00 p.m.
Diaper Bank Auction/Dance - Saturday, October 22, 5:00 p.m.
Mobile Food Pantry - Saturday, October 29
Endowment Committee - Tuesday, November 1, 7:00 p.m.
Men's Breakfast - Saturday, November 5, 8:00 a.m.

October 16th Servants

Ushers: Terry Jaworski, Don Jaworski
Lector: Rick Carlstedt
Intercessor: Barb Moriarty
Eucharistic Ministers: Jeff Zabor, Michelle Wiejaczka
Vestry Person of the Day: Marilyn Bell

Lessons and Hymns

Sunday, October 16, 2016
Pentecost XXII (Proper 24, Year C)
by the Rev. William P. McLemore

THE LESSONS:

First Lesson: Jeremiah 31:27-34." The prophet Jeremiah says that God will make a covenant with his people and "put my law within them, and write it on their hearts."

The Psalm: Psalm 111. "The fear of the Lord is the beginning of wisdom; those who act accordingly have a good understanding; his praise endures for ever."

Second Lesson: II Timothy 2:8-15. Paul says that "Christians have died with Jesus in order that they may live with Him."

The Gospel: Luke 17:11-19. Jesus heals ten lepers and only one returns to give thanks.

THE HYMNS:

Processional Hymn: No. 410. "Praise My Soul The King of Heaven." The composer of this hymn is Henry Francis Lyte who was born in Scotland in 1793 and was ordained an Anglican priest in 1815. He served as a curate in a small fishing village in Devonshire and the 1951 Hymnal Companion (from which I have gleaned most of the information I have used in this series) says, "The rigor of the work in this small fishing village, among the people who failed to appreciate his delicate and sensitive nature, undermined his never robust health." Lyte died 1834 at 39 years of age. The tune "Lauda Anima" was composed by John Goss (1800-1880) and deserves to be sung majestically and with spirit. The servant nature of Christ is emphasized in the third verse of this hymn. "Father, like He tends and spares us; well our feeble frame he knows; in His hand he gently bears us, rescues us from all our foes."

Sequence Hymn: No. 631. "Book of books, our people's strength." One of several hymns in our hymnal written by Percy Dearmer (1867-1936), English hymnodist and priest in the Church of England. He often said he wrote this hymn to express a contemporary appreciation for the Bible: "Light of knowledge, ever burning, shed on us thy deathless learning." The tune, "Liebster Jesu," was composed by Johann Rudolph Ahle (1625-1673) and harmonized by George Herbert Palmer (1846-1926).

Presentation Hymn: No. 637. "How Firm a Foundation." Though this hymn is very popular, its origin remains a mystery. Its first appearance was in Rippon's Hymnal in 1787 where the author is identified only as "K." The hymn has had many tunes, however in our 1982 Hymnal it can be sung to "Lyons" (which we will be using Sunday) or "Sacred Harp" (No. 636). As with today's scripture readings, the words remind us, "What more can he say that to you he hath said, to you that for refuge to Jesus have fled."

Communion Hymn: "Bless the Lord my soul, and bless God's holy name." This hymn is a 1991 paraphrase of Psalm 103 from the Taizé Community in France. It was founded by Brother Roger Schutz, with the goal of "building a life together in which the gospel of reconciliation would be a concretely lived reality." During the war he helped people in difficulty and hosted German refugees. In 1942, the Gestapo threatened to arrest brother Roger, who fled to Switzerland until the end of the war.

Recessional Hymn: No. 530. "Spread, O Spread, Thou Mighty Word." This hymn was written by Jonathan Friedrich Bahnmaier and is one of the first hymns to turn from the individual piety of the 19th century to the zeal for

foreign missions and education. The present form includes only the first five of the original seven stanzas of the hymn. The tune, "Gott Sei Dank," is a melody taken from the German, "Geistliches Gesangbuch," (1704) and harmonized by William Henry Havergal (1793-1870).

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



Funny Church Signs!



Join Our Mailing List

Quick Links and Info

[St. Paul's Website](#)

Phone: 815-385-0390

Fax: 815-385-3936

St. Paul's email - stpaulmchenry@sbcglobal.net

Lori's email - lorilowe@stpaulmchenry.com

Vestry Minutes

[June 2016](#)

[August 2016](#)


[*Diocese of Chicago*](#)


[*Episcopal News Service*](#)

[*Lectionary Calendar*](#)

[*Forward Day by Day*](#)

[*Diaper Bank of Northern Illinois*](#)

 Like us on Facebook

 Forward to a Friend

St Paul's Episcopal Church, 3706 W. Saint Paul's Avenue, McHenry, IL 60050

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by stpaulmchenry@sbcglobal.net in collaboration with



Try it free today