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St. Paul's ePistle from McHenry  
January 18, 2017

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*New and Notable...*

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*Thoughts from Lori*

If you were in church on Sunday, you heard me mention *The Book of Joy* in my sermon. It's a wonderful account of the conversations between Archbishop Desmond Tutu and His Holiness the Dalai Lama that took place in April of 2015 when the two great men met to spend a week together. They have been friends for years, but only rarely had opportunities to spend time together. As they have aged (both being in their 80s) and are each facing challenging health issues, they determined to meet for no other purpose than to talk, tell stories, and generally enjoying each other's company. This book is the result of that meeting.

They began to speak of joy; joy being something deeper and more profound than what we usually mean when we speak of happiness. As the conversation evolved, they described eight paths to joy: perspective, humility, humor, acceptance, forgiveness, gratitude, compassion, and generosity. In my sermon, I mentioned some of their thoughts on compassion. But they begin with perspective, so I thought I would share some of that with you.

By perspective, they mean the ability and willingness to look at life from different angles, specifically to step back and see things from a wider perspective. "For every event in life, the Dalai Lama said, "there are many different angles. When you look at the same event from a wider perspective, your sense of worry and anxiety reduces, and you have greater joy." He used his own exile as an example. Yes, he lost his country, but he had gained more freedom to discover the world and make new relationships.

But is this just being Pollyanna? Not when one recognizes and acknowledges the reality of their suffering. It is not to repress or deny the situation, but rather to reframe it and see it in a larger context. That can allow us to see possibilities and even positive aspects of our situation, which in turn can reduce our anger and resentment. We can use this approach when we look at our own lives and when we consider the challenges facing the world today. It is a practice that helps us become less self-

centered, less self-absorbed. When we are willing to do this, we are not only spiritually healthier, but physically healthier!

As for me, I find that this practice isn't easy - being, like most of us I think, the self-centered person that I am. But the times I've managed to do this, to look at the bigger picture, to see the grace in circumstances that I would otherwise not have chosen, I can confirm that it is true. That the results do indeed include less anxiety and in fact, a measure of joy.

These two people are a blessing to the whole world and this book is a blessing to me. I intend to reflect on the other paths to joy that the Archbishop and the Dali Lama describe. But that won't compare with reading their book. It's the kind of book that I will go back to again and again. I commend it to you. Its full title is *The Book of Joy: Lasting Happiness in a Changing World*.

Faithfully,  
*Lori †*



We are so blessed to have such a creative group as our Flower Guild to provide beautiful arrangements that beautify our worship. A new chart is posted in the narthex to encourage you to dedicate flowers on Sundays for occasions that are special to you - anniversaries, birthdays, memorials, and thanksgivings. A donation of \$35 is asked for each dedication. It is quite acceptable for there to be more than one dedication each week. Remember: we have flowers even when there is no dedication, so two or more on one Sunday helps cover the costs overall.

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*Annual Parish Meeting*  
*Sunday, January 29<sup>th</sup>*  
*Covered Dish Lunch after the Eucharist*  
*Followed by the Annual Meeting*

On Sunday, January 29th, we'll have our official Annual Parish Meeting following the Eucharist. As usual, it will begin with a covered dish lunch, so plan to bring your favorite dish to share - and please make it generous enough to make up for those who forget or who haven't done this with us before. Also, remember to bring canned or dry goods for our grocery basket in the spirit of "feed ourselves, feed others."

I call this the "official" meeting to differentiate it from the informal spring and fall meetings we have. (More on these meetings below.) At this official meeting, we do the things required by church canons and our parish bylaws, such as presenting a financial report for 2016 and a budget for 2017, along with other reports on the activities of the past year. It's also when we elect new vestry members.

Do you know where the term "vestry" comes from? Back a century or so ago, lay leaders of the parish would step into the vestry - that is, the vesting room - as the rector/vicar was vesting before the service (or perhaps removing vestments after the service) to confer regarding various parish matters. Thus this little gathering became known as "the vestry." It is, of course, something like a board of directors.

There are local bylaws regarding vestry membership as well as basic church canons governing who may serve and the responsibilities of a vestry. Here are the general requirements:

- Members must be 18 years old [with the exception of a designated youth member]
- Be a member of the parish in good standing; that is, regular in attendance and participation
- Be known to the treasurer to have made and maintained a financial commitment to the parish for the year prior to election (in other words, a pledge)
- And be committed to The Episcopal Church

In addition to these requirements, vestry members should be people who work well with a group using a consensus model, and who while loving the traditions of The Episcopal Church, are open to the leading of the Holy Spirit.

Our current vestry consists of six members who each serve three-year terms in a staggered rotation; and two wardens, a senior warden and a junior warden. The junior warden becomes the next senior warden. [See "Expectations of Vestry Members" [here](#).] The nominating committee for new vestry members consists of the outgoing members and the wardens in consultation with the Rector and Treasurer. It is our policy to present a slate of nominations to the Annual Parish Meeting. That committee is: John Patnaude, Marilyn Bell, and the wardens, Beth Lukas and Michelle Wiejaczka. Their nominations will be announced next week.

In a church as small as St. Paul's, the traditional committee/staff structure simply doesn't work. Our pool of volunteers tends to be the same people who already do everything, and our staff is small and mostly part-time. This is why we began to have the two informal meetings, one in the spring and one in the fall; that is, to keep everyone informed and involved. While the Vestry's responsibilities are related to managing the fiscal affairs of the parish and assisting the rector in overseeing its spiritual matters, the life of St. Paul's needs all of us to be as active and involved as possible.

Please plan to come to the covered dish lunch and meeting on the 29th to share in "the councils of the church," a time honored phrase for such gatherings. Your presence is what makes us the Body of Christ!

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## Children's Chapel

This week's lesson will be "Jesus Heals the Sick." Leaders are Katie and Bill Lang.



All children are welcome to attend after the service for a snack, bible story, and activity.

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*In case you missed it....*

## NEW DIRECTORIES

You should have received updated directories in the mail. These are print information only (no pictures). Please let Lisa ([lisa@stpaulmchenry.com](mailto:lisa@stpaulmchenry.com)) know if there are corrections or additions to be made. We have purchased a program to take our own pictures and create a pictorial directory. Plan to participate in this project right after Easter.



## SPECIAL THANKS

Special thanks are in order for the Vonderohe family's generous donation of flowers throughout 2016 in loving memory of Donald and Patricia Seaton, Anne's parents. Their contribution not only beautified our worship week after week, but enabled the development of our Flower Guild.

## Opportunities to help!



As you're considering your new year's resolution, think about adding something to your life. The Altar Guild, Flower Guild, and Children's Chapel, as well as Eucharistic Ministers, Lectors, Intercessors, and Ushers are wonderful opportunities to grow and bring you closer to our Church. There are never too many hands to help and this is a great way to take part in the life of the parish.

The **Altar Guild** tends to the physical items we use in worship, including the hangings and vestments, the linens, candles, brass, and silver. Members of the AG are scheduled to set up and prepare for the Eucharist. The **Flower Guild** prepares the flower arrangements for the altar and usually places additional arrangements near our statue of Mary and on the narthex table.

Volunteers for **Children's Chapel** take turns preparing and leading a brief lesson (provided) for our young children after church during coffee hour. **Eucharistic Ministers** are trained and licensed to assist at the Eucharist, including administering the chalice. **Lectors** read one of the lessons, **Intercessors** read the Prayers of the People, and **Ushers** greet people arriving for worship as well as directing people during Communion.

Those who serve in these positions are scheduled on a rotating basis, usually about once a month.

To volunteer for any of the above, contact:

**Altar Guild** -- Deb Lang at [dlobjn@comcast.net](mailto:dlobjn@comcast.net)

**Flower Guild and Children's Chapel** -- Pam Dietmeyer  
at [pwd3485@hotmail.com](mailto:pwd3485@hotmail.com)

**EMs, Lectors, Intercessors, Ushers** -- Lisa Strandberg  
at [lisa@stpaulmchenry.com](mailto:lisa@stpaulmchenry.com)

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*The usual fare...*

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### **Servants for January 22nd**

Beth Lukas, Jim Lukas- *Ushers*  
Jim Lukas - *Lector*  
Judy Robel - *Intercessor*  
Deb Lang, Charlie Boak - *Eucharistic Ministers*  
Rick Carlstedt - *Vestry Person of the Day*

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**Lessons and Hymns**  
**Sunday, January 22nd**  
**(Third Sunday after the Epiphany - Year A)**  
*by the Rev. William P. McLemore*

#### **THE SCRIPTURE LESSONS:**

**First Lesson:** Isaiah 9:1-4. The prophet says, "The people who have walked in darkness have seen a great light."

**The Psalm:** Psalm 27:1, 5-13. The Psalm continues the theme of light with the opening phrase, "The Lord is my light and my salvation."

**Second Lesson:** I Corinthians 1:10-18. The Apostle Paul tries to bring a quarreling Church to focus on Jesus instead of various forming Christian sects.

**The Gospel:** Matthew 4:12-23. This is the account in the Gospel of Jesus calling the first of his disciples, local fishermen.

#### **THE HYMNS:**

**Processional Hymn:** No. 533. "How wondrous and great." This is one of the nine hymns written by Henry Ustick Onderdonk for the Hymnal of 1820. It is a paraphrase of the Song of Moses and the Lamb, Revelation 15:-3-4. This hymn also reflects the missionary spirit of Epiphany: "To nations of earth thy light shall be shown." The tune, "Lyons," closely resembles a Haydn minuet.

**Sequence Hymn:** No. 381. "Thy strong word did cleave the darkness." This hymn was written by Martin H. Franzman (1907-1976), a graduate of Northwestern College and later studied at Wisconsin Lutheran Seminary. He served on the faculty of Northwestern College; Concordia Seminary in St. Louis, Missouri; and finally traveled to England where he served as a tutor at Westfield House, the theological college of



the Evangelical Lutheran Church of England until his death in 1976. The tune, "Tony-Botel," was composed by Thomas John Williams (1869-1944), organist and choirmaster of two parishes in Llanelly, a village in southeast Wales. The melody is moving and stately and perhaps one of the most sung at the heavenly banquet-every Christian should be able to sing this with spirit and joy.

**Presentation Hymn:** No. 304. "I come with joy to meet my Lord." This hymn is a product of the Rev. Dr. Brian A. Wren, born in Britain on June 3, 1936 and a minister and scholar of the United Reformed Church. Most recently he was the Conant Professor of Worship, Columbia Theological Seminary, in Decatur, Georgia. He wrote this hymn in 1971 with Hope Publishing Company holding the copyright. The tune is an American folk melody.

**Communion Hymn:** "Take, O take me as I am." This is one of the best-known songs from the Iona Community in Scotland which has become a major center for ecumenism, social justice, healing, reconciliation, and worship renewal. John Lamberton Bell, a member of the Iona Community, was born in 1949 in Kilmarnock, Ayrshire Scotland. As you sing the song, you will notice that there are four phases of our faith journey in the text: (1) surrender and conversion, (2) transformation, (3) sealed and marked by God's covenant, and (4) new life together with and in God.

**Recessional Hymn:** No. 550. "Jesus calls us, o'er the tumult." This is a hymn for St. Andrew's Day which was first published by the Anglican Society for the Propagation of Christian Knowledge (SPCK) in 1852. It was written by the prolific Frances Alexander, the wife of Archbishop Alexander of Ireland, who is reputed to have written over 400 hymns and poems in her lifetime (1818-1895). The tune, "Restoration," is a melody from "The Southern Harmony," (1835).

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



## ***Church Humor!***

The Sunday School teacher was describing that when Lot's wife looked back at Sodom, she turned into a pillar of salt. Bobby interrupted. "My mommy looked back once while she was driving," he announced, "and she turned into a telephone pole."

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### **Quick Links and Info**

***Click [here](#) to access Lori's sermon from January 1st***

### **St. Paul's Website**

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Fax: 815-385-3936

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Lori's email - [lorilowe@stpaulmchenry.com](mailto:lorilowe@stpaulmchenry.com)

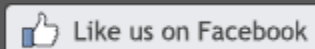
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