



St. Paul's ePistle from McHenry
February 1, 2017

New and Notable...



Joy!

**Welcome to the world and to your St. Paul's family
Jacob Bernard Zabor!**

**Born January 27
8lbs 1oz 21in
to Amy and Jeff Zabor
Congratulations, Mom and Dad!**



Thoughts from Lori

I'm still reflecting on *The Book of Joy* by Archbishop Desmond Tutu and His Holiness the Dalai Lama and the eight paths (or pillars) to joy that they discussed in the week they spent together in April of 2015. So far, I've covered - or more accurately, introduced you to - compassion, perspective, and humility. Today, it's HUMOR.

One of the characteristics of the week-long visit of these two highly regarded world leaders was their almost constant laughter. When they were together, they teased each other, told jokes, funny stories, giggled, cackled, and had everyone around them laughing, too. Eventually, their observer and the compiler of this wonderful book asked them, "Can you tell us about the role of laughter and humor in the cultivation of joy?" Together, the Archbishop and the Dalai Lama talked about the relationship between *humility*, *humor*, and *humanity*; words that all share a common root. "...to

have a sense of humility [is] to be able to laugh at ourselves and that to laugh at ourselves reminds us of our shared humanity..."

They were clear that humor that belittles, humor that is acerbic or demeaning does not lead to joy. Its purpose is to shore up an insecurity at the expense of the other person. But humor that includes the self and the other is humor that brings people together on common ground. Such humor is built on trust. "Life is hard," they agreed, "and laughter is how we come to terms with the ironies and cruelties and uncertainties that we face."

Finally, the Archbishop said this:

I don't think I woke up and presto I was funny. I think it is something that you can cultivate. Like anything else, it is a skill. Yes, it does help if you have the inclination, and especially if you can laugh at yourself, so learn to laugh at yourself. ...If you start looking for the humor in life, you will find it. You will stop asking, Why me? and start recognizing that life happens to all of us. It makes everything easier, including your ability to accept others and accept all that life will bring.

As for me, I am reminded that joy is something much deeper than what we usually think of as happiness. Happiness comes and goes. Happiness is dependent on circumstances beyond our control. Joy, on the other hand, is a state of mind, a kind of faithfulness, that transcends circumstances. May we all be moving toward...joy.

Faithfully,

Lori

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I will be away again for a few days to attend the annual convocation of the Society of St. Anna the Prophet (SSAP) in Atlanta. I also hope to see our grandchildren there and visit old friends. Please keep me in your prayers, as you will be in mine. The Rev. Shawn Schreiner will be with you again as the celebrant and preacher. I know you will turn out to welcome her in fine St. Paul's fashion, and I thank you.

[Lori's sermon and Rector's report - January 29th](#)

[Bishop Lee's Letter - The Beatitudes and the Refugee Ban](#)

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A Celebration of Life for  
**Patrick Edward Dietmeyer**  
With the Burial Office and Holy Eucharist  
Will take place at St. Paul's Episcopal Church  
On Thursday, February 2, 2017  
At 11 o'clock in the morning  
Followed by the Interment at  
Ascension Catholic Cemetery  
1920 Buckley Rd.  
Libertyville, IL 60048

The family will receive friends during a reception from 9:30am to 10:30am prior to the service.

In lieu of flowers, donations may be made to  
St. Paul's Memorial Fund  
3706 W. St. Pauls Avenue  
McHenry, IL 60050

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### *Annual Parish Meeting*

*January 29, 2017*



*New Vestry members were elected and installed:*

*Michelle Wiejaczka (Senior Warden), Jim Lukas (Junior Warden), Judy Robel (Vestry) and Jeff Zabor (Vestry).*

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### *Information from Faithbridge*

<https://www.faithbridgeinterfaith.org/>

**Pioneer Center / McHenry County PADS**

Dear Friends,

People often ask us how they can get involved and help serve the community. One very important way is to volunteer once a week or once a month with one of our local shelters. Various faith communities house shelters in Crystal Lake, Woodstock, Cary, Wonder Lake and Richmond.

PADS shelters provide homeless men, women and children in McHenry County with warm meals, fellowship and respite from cold winter nights. Our shelters will be open through the end of April. Volunteers are needed - and very much appreciated! There are jobs for everyone, and none too demanding. Most schedules can be accommodated. On-site volunteers are needed to set up, serve, cleanup, take down and put things away in the evenings and early mornings, or simply staff the shelters through the night. Others help but work at home - making warm meals, packing simple sandwiches or bag lunches, washing sheets and pillow cases, etc.

Click [here](#) for a schedule of McHenry County shelters with addresses and phone numbers. Please consider helping us. Bring a friend to share the experience with you. You don't have to be a member of the particular faith community to volunteer. All hands are welcomed! For best results, don't call me, but call the listed numbers directly. They will be able to put you in touch their program coordinators who can help find the right job for you.

Thank you for your consideration.

Cordially,

Budd Friend-Jones



**When bringing food for our  
grocery basket, here are  
some guidelines.**



**Top 10 Most Needed Items  
for FISH of McHenry Food Pantry**

1. Canned meats or tuna (*chicken, ham, hash, spam, tuna*)
2. Canned meals or boxed meals (*stew, pasta with or w/o meat, chili, hamburger helper*)
3. Canned soup
4. Canned tomatoes & tomato sauces
5. Canned vegetables (*green beans, peas, corn, potatoes, mixed veg., mushrooms*)
6. Peanut butter & jelly
7. Dried or canned beans (*black, chili, kidney, pinto, white, refried, pork & beans*)
8. Dry cereal & oatmeal
9. Dried pasta & rice
10. Toilet paper/Personal hygiene/Household cleaning & paper products

**Non-Food Items also offered to clients:**

1. Bath soap (bars) & deodorant
2. Shampoo
3. Toothbrushes & toothpaste
4. Dish & laundry detergent
5. Baby food, baby dry cereal & formula
6. Baby diapers & wipes
7. Feminine hygiene products
8. Depends or adult diapers & pads

***Please check all expiration dates before  
donating food!***

## Children's Chapel

This week's lesson will be "Stories of the Kingdom of Heaven."



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....*

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Dust off your athletic shoes and build up your appetite! Northern Illinois Food Bank is thrilled to announce the return of all three Foodie 5Ks in 2017. Please join the runners, walkers and their families at the event and stay for the festival including entertainment, gourmet food trucks and a kid's zone! For more information click [here!](#)

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### **BSA Troop 455 23rd Annual Pig Roast and Silent Auction**

Sunday, February 12, 2017

11am - 3pm

Dine in all you can eat or carry out meal

Adults - \$12.00 Seniors(65+) - \$10.00 Children(4-10) - \$7.00

Johnsburg Community Club

2315 W. Church St., Johnsburg

[www.troop455.org](http://www.troop455.org)

Every year Boy Scout Troop 455 in Johnsburg hosts a Pig Roast Dinner/Silent Auction as a fundraiser for our scouts. This year will be the 23rd Annual Pig Roast. Many of our scouts reside in Johnsburg, Wonder Lake, Woodstock, Richmond, McHenry, Fox Lake and Lakemoor areas. Without this fundraiser, many scouts could not afford summer camp and the troop could not afford many programs such as Leadership Training.

St. Paul's provides space for two Cub Scout troops here. We are happy to support them!

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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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*The usual fare...*

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### **Servants for February 5th**

Bill Lang- *Usher*  
Barb Moriarty - *Lector*  
Terry Jaworski - *Intercessor*  
Al Robel, Michelle Wiejaczka - *Eucharistic Ministers*  
Judy Robel - *Vestry Person of the Day*

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**Lessons and Hymns**  
**Sunday, February 5th**  
**(Fifth Sunday after the Epiphany - Year A)**  
*by the Rev. William P. McLemore*

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

**First Lesson:** Isaiah 58:1-9a, (9b-12). The prophet proclaims that God wants a fast "to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free."

**The Psalm:** Psalm 112:1-9, (10). The Psalm blesses those "who are merciful and full of compassion."

**Second Lesson:** I Corinthians 2:1-12, (13-16). The Apostle Paul shares his own faith formation centered only on "Jesus Christ, and him crucified."

**The Gospel:** Matthew 5:13-20. Here we hear Jesus insisting that He hasn't come to abolish the law but to fulfill it.

#### **THE HYMNS:**

**Processional Hymn:** No. 372. "Praise to the living God." This hymn was written by Thomas Olivers and is based on an ancient Jewish creed called the "Yigdal." It has thirteen articles that praise God in every way imaginable. Translated into English, it begins with these words, "Extolled and praised be the living God, who exists

unbounded by time." The tune was written by a Jewish cantor, Meyer Lyon, thus the name, "Leoni."

**Sequence Hymn:** No. 601. "O day of God draw nigh." This hymn was written by Robert Balgarnie Young Scott for the Fellowship of Christian Social Order in 1937. It is based loosely on Zechariah 1:14-18 in that it calls for a restored faith as part of the expected Day of the Lord.

**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. 607. "O God of every nation." This hymn is new to the 1982 Hymnal and was written by William Watkins Reid, Jr. (1923-2007), in 1958. He served as a Medic in the second war and ended the war as a POW in Germany. When he returned to this country he pastored Methodist churches in North Dakota and Wilkes-Barre, Pennsylvania. He was born in 1923 in New York City and died in 2009. He is listed as one of the great hymn writers who have graduated from Oberlin College including George Calvin Hampton (1938-1984) whose hymn tunes are found in our hymnal. The tune "Llangloffan," comes from a Welch folk melody.

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



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[St. Paul's Website](#)

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

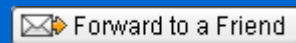
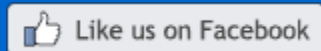
Vestry Minutes

[October 2016](#)

[November 2016](#)

[December 2016](#)

[Diocese of Chicago](#)  
[Episcopal News Service](#)  
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St Paul's Episcopal Church, 3706 W. Saint Paul's Avenue, McHenry, IL 60050

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