



St. Paul's ePistle from McHenry  
February 8, 2017

*New and Notable...*



*Thoughts from Lori*

I really wish I had reflected on the Eight Pillars of Joy in the order in which they are presented in the book. [If you haven't been following this until now, I'm writing little reflections based on *The Book of Joy*, compiled from a conversation between Archbishop Desmond Tutu and His Holiness the Dalai Lama.] In order, they would have been Perspective, Humility, Humor, Acceptance, Forgiveness, Gratitude, and Compassion. But I began with talking about compassion in a sermon last month, and since then have written about perspective, humility, and humor. Today I'm writing about acceptance. When I get through forgiveness and gratitude, I'm going to end with more on compassion.

When I think of acceptance, I think of the so-called Serenity Prayer. "God grant me serenity to accept the things I cannot change; courage to change the things I can, and wisdom to know the difference." [Reinhold Niebuhr, c.1931]

When the Archbishop and the Dalai Lama began talking about acceptance, they brought up a Tibetan saying: "Why be unhappy about something if it can be remedied? And what is the use of being unhappy if it cannot be remedied?" And here's the reason these pillars of joy have some continuity. Once one gains a wider perspective on life, and learns something about humility, and is able to laugh at oneself, we are more able to accept life as it is - with its pain, imperfection, and beauty. [The Book of Joy, p.23]

Both the Archbishop (AB) and the Dalai Lama (DL) are quick to say that acceptance is *not* about giving up or being defeated. Here are a series of quotes from their conversation:

*AB. We are meant to live in joy. This does not mean that life will be easy or painless. It means that we can turn our faces to the wind and accept that this is the storm we must pass through. The question is not: How do we escape this? The question is: How can we use this as something positive?*

*DL. ...Stress and anxiety come from our expectations of how life should be. When we are able to accept that life is how it is, not as we think it should be, we are able to ease the ride... So many of the causes of suffering come from our reacting to the people, places, things, and circumstances in our lives, rather than accepting them.*

They are also quick to say that acceptance does not mean being passive. After all, both of these men have been activists working to end injustice and promote freedom in terrible circumstances; the Archbishop under the oppression of apartheid and the Dalai Lama, in exile from his homeland. Far from being passive, they contend, acceptance can be powerful when we work to change what needs changing. The key is to not get fixated on a preconceived outcome, but to be open to the unexpected.

Remember, joy is not to be confused with mere happiness, which we usually associate with an absence of problems. Joy is the capacity to be in the moment and feel a deep appreciation for the gift of life. Here is a prayer written by Bill.\* May you, may we all be blessed with joy.

Eternal God, when you created this world you claimed all of it was good, help me to focus on this joyous aspect of life; deliver me from dwelling only on the unhappy things in this world; give me the promised joy of your Son Jesus, that truly my joy may be complete, in His Most Holy Name, I pray. *Amen.* [\*the Rev. William P. McLemore]

Faithfully,  
*Loritt*

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***A HEARTFELT MESSAGE  
POSTED ON FACEBOOK BY  
PHYLLIS MUELLER***

So I really didn't feel like doing a diaper delivery today. I went because the mom didn't have a car and sounded pretty desperate on the phone. She needed diapers for a six month old baby. I packed her an additional small bag of goodies, baby things collected for us by St. Paul's Episcopal Church of McHenry. When I walked into her apartment and she saw what I had brought, she burst into tears....and cried the whole time I was there. Friends, if you ever doubt how important providing diapers, and sometimes delivering them is, PLEASE think about this young mom and so many like her. She just lost her job, and is looking for a new one. In the meantime, her baby will be dry, clean and warm. Many thanks to all of you who help the Diaper Bank give out diapers to those in need. I gave thanks for you today over and over again.

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**AN INVITATION TO HELP OUR NEIGHBORS  
from the Rev. Fran Holliday  
St. Mary's Episcopal Church, Crystal Lake**

We would love to have volunteers if anyone wishes to be involved. Most of all we want people to come and eat and meet people in the community. Please click on the link below:

[Community Meal](#)

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## Children's Chapel

This week's lesson will be "Scenes from the Ministry of Jesus." Leaders will be Kim Morris and Terry Jaworski.



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

*In case you missed it....*



**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!***

## 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).*



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!](#)

### **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

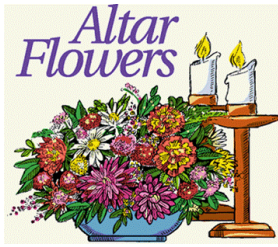
Adults - \$12.00 Seniors(65+) - \$10.00 Children(4-10) - \$7.00

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!



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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### ***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

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*The usual fare...*

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### **Servants for February 12th**

Terry Jaworski, Don Jaworski - *Ushers*  
Rick Carlstedt - *Lector*  
Judy Robel - *Intercessor*  
Deb Lang, Charlie Boak - *Eucharistic Ministers*  
Jeff Zabor- *Vestry Person of the Day*

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### **Lessons and Hymns** **Sunday, February 12th** **(Sixth Sunday after the Epiphany - Year A)** *by the Rev. William P. McLemore*

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

**First Lesson:** Deuteronomy 30:15-20 or Sirach 15:15-20. Both passages put forth the basic choice we all have in life, between "life or death" and "fire and water."

**The Psalm:** Psalm 119:1-8. The Psalm blesses those who keep the Lord's commandments.

**Second Lesson:** I Corinthians 3:1-9. The Apostle Paul teaches that in our faith and practice we are but God's servants.

**The Gospel:** Matthew 5:21-37. Here we hear Jesus continuing his sermon on God's law especially as regards to fidelity in marriage and the home.

#### **THE HYMNS:**

**Processional Hymn:** No. 594. "God of grace and God of glory." Harry Emerson Fosdick wrote this hymn during the summer of 1930 in anticipation of the dedication of the Riverside Church in New York City. It was first sung at the opening service October 5, 1931 and then at the official dedication in February of the following year. The phrase "grant us wisdom, grant us courage," appears in all four verses of the text which desperately calls for Christian responsibility in the world. The tune, "Cum Rhonda," was composed by John Hughes (1873-1932).

**Sequence Hymn:** No. 632. "O Christ the Word Incarnate." This hymn was written by William Walsham How and is based on Psalm 119:105. "Your word is a lamp to my feet and a light to my path." This hymn has been in the Hymnal of the Episcopal Church since 1874 but in our current volume, the first line has been changed from "O Word of God Incarnate" to "O Christ the Word Incarnate." The tune "Munich" is taken from a quartet piece in Felix Mendelssohn's "Elijah" (1847).

**Presentation Hymn:** No. 440. "Blessed Jesus at Thy Word." This hymn was written in German by Tobias Clausnitzer (1619-1684) and translated by Catherine Winkworth who was a very notable English song writer and translator. She is also known for her passionate and ardent support of women in higher education. The hymn announces "Blessed Jesus" as the revealed mystery of God "with the beams of truth unclouded; thou alone to God canst win us; thou must work all good within us."

The tune, Leibster Jesu, is a melody by Johann Rudolph Ahle (1625-1673) and later harmonized by George Herbert Palmer in the early 20th century.

**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. 347. "Go forth for God." This hymn, written by John Raphael Peacey, is new to this 1982 Hymnal. The hymn is assigned to the Holy Eucharist section of the hymnal as it encourages us to go forth from the holy sacrament in peace, love, strength and joy. The final verse comes from those who have tasted the love of the transfigured Savior: "Go forth for God; go to the world in joy; to serve God's people every day and hour, and serving Christ, our every gift employ, rejoicing in the Holy Spirit's power."

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



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## Quick Links and Info

### [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\*](#)  
[\*Lectionary Calendar\*](#)  
[\*Forward Day by Day\*](#)  
[\*Diaper Bank of Northern Illinois\*](#)

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