



## St. Paul's ePistle from McHenry July 12, 2017



*New and Notable...*



### Thoughts from Lori

Fear isn't always a bad thing. It's what kept us from being eaten by saber-toothed tigers when we stepped outside of the cave. We imparted it to our children when we taught them about crossing the street or touching the stove. Even now, healthy fear keeps us safe - or at least, safer - when we drive defensively, walk carefully on icy sidewalks, or stay hydrated on a hot day.

But fear itself can also be the enemy. It can cripple us in situations which, in hindsight, were not actually dangerous, just different. The unknown "other," the opportunity to experience something new, the risky-but-full-of-potential conversation. So often we look back on these missed opportunities with regret.

The good news is that we have the God-given capacity to learn and to exercise free will. We can learn from missed opportunities and new information to see our connections to people who might seem so different from ourselves that they initially set off that intuitive fear, and, knowing what we know now, be open to experiencing them as our sisters and brothers. We can analyze otherwise anxiety provoking situations and see something positive and hopeful, and then *choose* to try them. Are all those things going to turn out to be positive and wonderful? Not likely. But unless we are open and learning to balance trust and fear, we are prisoners of fear.

From the First Letter of John (1 John 4:18) we hear this: "There is no fear in love..." That may not come naturally, but we can nevertheless claim that as our Christian birthright. May it be so!

Faithfully, *Lori*



### SPECIAL THANKS

We're so grateful to **Carol Toft** for the very attractive display of pictures of the Mobile Food Pantry ministry. If you haven't seen it yet, it's on the narthex wall right over our grocery basket. Speaking of which, let's fill it up! The contents will be shared with the TLS (Transitional Living Services for veterans) food pantry.



Thanks, Carol!



### SPECIAL REQUEST

Our own **Yasmin Brown** is a creative soul. She's written several children's stories, one of which (see link below) is called "Jungle Tales" with a character named Cheesipoo. Her plan is to offer it for publication and give the proceeds to St. Paul's. But she needs cover art. If you *or your children/grandchildren* are so inspired, send up your ideas or drafts and we'll pass them on to Yasmin. Get those creative juices going!

[Jungle Tales](#)

## CHRISTIAN SYMPATHY

We have learned of the death of former member,  
**Pat Roth**, on May 13th.

***May she rest in peace and rise in glory,  
and may those who mourn be comforted.***

Here is a link to her  
obituary: <http://www.legacy.com/obituaries/chicagotribune/obituary.aspx?n=edith-patricia-roth-pat&pid=185433175>

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### **A Word from the Rev. William P. McLemore**

#### **Feast Day of Saint Benedict of Nursia**

The feast day of Saint Benedict of Nursia was Tuesday, July 11th. Benedict (c480-c540) was born and raised in Rome during a time of great moral decay. He was so disgusted with his environment, he left the city, and moved to a cave forty miles west, which was above Lake Subiaco. Soon, others who held the same sentiment about Rome began to gather with him, and thus, the Order of St. Benedict was begun.



Benedict set up a rule of life that required vows of "stability, amendment of life, and obedience." The average day in the monastery included four hours in prayer, around five hours in spiritual reading, about six hours of work, one hour eating, and eight hours sleeping.

Pope Gregory the Great was so impressed with Benedict's monastery that he adopted it for his missionaries to the Anglo-Saxon people. This was to have great influence on the eventual emergence of the Church of England, which formed in the region, and the evolution of our own Episcopal Church from this body.

What we learn from St. Benedict can best be expressed in his Collect (prayer): "Give us grace, following the teaching and example of your servant Benedict, to walk with loving and willing hearts in the school of the Lord's service, let your ears be open to our prayers; and prosper with your blessing the work of our hands."

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*In case you missed it....*

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**Sunday, August 13th at 4:00 p.m.**

**We'll be grilling hotdogs and hamburgers with all the trimmings (donations enthusiastically accepted)!**

**Pack up your lawn chair...**

**Make your favorite dish to share....**

**(salads, appetizers, casseroles, desserts)  
and remember to BYOB!**

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### **Important Dates for Your Calendar**

Sunday, August 13th

Sunday, Sept. 17th

Sunday, October 22nd

Saturday, Nov. 4th

Parish Picnic - 4pm

Fall Parish Meeting

EPISCOPAL VISIT\*

Ducks-in-a-Row workshop\*\*

\*"Episcopal Visit" means that our bishop, the Rt. Rev. Jeffrey Lee, will be here at St. Paul's to preach and celebrate the Holy Eucharist. In anticipation of that occasion, we will offer a series of classes for anyone who wishes to be confirmed or received into The Episcopal Church. Those classes will be on Sunday mornings during Coffee & Conversation on the following dates: Sept. 24, October 1, 8, and 15.

\*\* The Ducks-in-a-Row workshop is an opportunity to create your own notebook of vital information for your family, including end-of-life wishes and funeral planning. Every adult should have this material available for their loved ones. There's nothing macabre about this workshop! If anything, it's really interesting. Plan to attend.

We'll have sign-ups for these various events as the dates approach. Meanwhile, have a safe and refreshing summer.

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**Join the folks of St. Mary's for their next  
FREE COMMUNITY MEAL\***

**July 15**

Guests and volunteers eat together and get to know each other. Great food and conversation. Note: St. Mary's is a big supporter of our Mobile Food Truck. Let's return the favor.

**Where:**

**ST. MARY'S EPISCOPAL CHURCH  
210 S. McHENRY AVENUE  
CRYSTAL LAKE - 815-459-1009  
No RSVP Required - Every 3rd Saturday**

**2017 DINNER DATES**

5:00 PM - 7:00 PM

July 15                      August 19                      September 16  
October 21                  November 18                  December 16  
Free to All! All are Welcome! Family Friendly!

\*This meal is offered to those in our community who may be experiencing difficulty in procuring enough food.

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*The usual fare...*

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**Servants for July 16th**

Terry Jaworski, Don Jaworski - *Ushers*  
Rick Carlstedt - *Lector*  
Barb Moriarty - *Intercessor*  
Jeff Zabor, Michelle Wiejaczka - *Eucharistic Ministers*  
Rick Carlstedt - *Vestry Person of the Day*  
Ryan Bell - *Children's Crucifer*

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***On the Calendar...***

**Noon Eucharist** - Every Wednesday, 12:15 p.m.

**Annual Parish Picnic** - Sunday, August 13, 4:00 p.m.

**Fall Parish Meeting** - Sunday, September 17

**Bishop Lee at St. Paul's** - October 22

**Ducks in a Row** - November 4

**Inquirers/Confirmation Classes** - Sept. 24, Oct. 1, 8, 15

## Lessons and Hymns

July 16th - Proper 10

by the Rev. William P. McLemore

### THE SCRIPTURE LESSONS:

**The First Reading and Psalm:** Again, the first readings have choices for this Sunday. The first choice is Genesis 25:19-34, Psalm 119:105-112; the second choice is Isaiah 55:10-13, Psalm 65:(1-8) 9-14. Genesis tells of the birth of Esau and Jacob and the Psalm promises to observe the commandments. Isaiah tells of the fruitful nature of the word of the Lord and the Psalm also tells you to "visit the earth and water it abundantly."

**The Epistle:** Romans 8:1-11. Here St. Paul reminds us that in Christ we no longer live according to the flesh, but the spirit of God that dwells in us.

**The Gospel:** Matthew 13:1-9, 18-23. Jesus tells the parable of the sower and the various outcomes of where seed is planted. "But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

### 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."

**THE SEQUENCE HYMN:**No. 593. "Lord, make us servants of your peace." This hymn was written by a Jesuit priest, Fr. James J. Quinn (1919-2010). Born in Scotland, he spent a good bit of his ministry at Sacred Heart Roman Catholic Church in Edinburgh. He was a noted theologian and hymn writer. This hymn is based on the prayer attributed to St. Francis of Assisi (1182-1226). The tune, "Dickinson College," was composed by Lee Hastings Bristol, Jr. (1923-1979), one-time President of Westminster Choir College, Princeton, New Jersey.

**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. 537. "Christ for the world we sing." Samuel Wolcott (1813-1886) wrote this hymn in response to a banner posted at a Young Men's Christian Association meeting in Cleveland, Ohio, in 1869. The message read, "Christ for the world, and the world for Christ." Legend has it that he formed the hymn walking home through the streets on February 9, 1869. It has been in the Episcopal hymnals since 1892. The tune, "Moscow" is named for the city where the composer, Felice de Giardini (1716-1796) died. The music fits the earnest spirit of evangelism and conversion communicated in the text.

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



## Join Our Mailing List

### Quick Links and Info

#### [St. Paul's Website](#)

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Fax: 815-385-3936

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

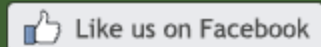
#### Vestry Minutes

[March 2017](#)

[April 2017](#)

[May 2017](#)

[\*Diocese of Chicago\*](#)  
[\*Episcopal News Service\*](#)  
[\*Episcopal Cafe\*](#)  
[\*Lectionary Calendar\*](#)  
[\*Forward Day by Day\*](#)  
[\*Diaper Bank of Northern Illinois\*](#)



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

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