



St. Paul's Episcopal Church  
McHenry, IL



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## Weekly ePistle ~ April 14, 2021

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### **Please note!**

St. Paul's office will be closed next week - the 19th through the 23rd.  
There will be no newsletter published on Wednesday, April 21st.

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### ***Worship at St. Paul's In-person and at home Sundays at 8:30 am***

We are now worshipping in person here at St. Paul's, but for those who are still uncomfortable with coming to the service, we will be livestreaming via Zoom. Here is the link: <https://zoom.us/j/98034316249>

Meeting ID: 980 3431 6249

To dial in: 312-626-6799

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### **From Deacon Deb**

Friends,

On Sunday we will hear Luke's version of the appearance of Jesus to the apostles in the upper room. As in the other gospels, the apostles are afraid, amazed and skeptical. What I love about Luke's version, is that in the midst of their complete flummox, Jesus says, "Do you have anything to eat?"

In this reading Jesus shows us how profoundly human he is. Jesus has just experienced what no human being ever has and he is hungry. Here Jesus shows us that he understands and meets us at our deepest human need. He understands hunger of every kind. We do not need to be embarrassed or hesitant in sharing our hunger with him.

He knows.

We have a long history of caring for those who hunger. Most recently through our Food for Thought ministry we care for high school students. In the near future we will have another opportunity to serve our neighbors in need. Through the food initiative begun by the Faith

Leaders of McHenry County, we will have a hands-on opportunity to distribute food to the many in our community who suffer from food insecurity. I'll have more to tell you about this initiative in the weeks to come.

Feeding those who hunger is our mission, our reason for being.  
For in doing so, we feed Jesus among us.

In Christ,  
Deacon Deborah

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### *Words from Vestry*

I hope that you have enjoyed the excerpts from Living Compass that I have shared with you throughout the season of Lent. Living Compass is a wonderful resource that has many components to it, and I encourage you to check it out, if you have not already done so. One of those components which speaks very clearly to me is the Living Compass Wellness Initiative which you can learn more about here:

<https://www.livingcompass.org/programintroduction>.

In a recent Weekly Words of Wellness message, the founder and director of Living Compass, The Rev. Dr. Scott Stoner, references the following quote:



This quote speaks to me right now, as we at St. Paul's are starting to see the ease of restrictions that have kept us apart for this past year. Scott says, "As our worlds begin to emerge from the depths of the pandemic, we all will have choices to make about what parts of our pre-pandemic lives and routines we wish to re-establish. As states, communities, businesses, and other organizations announce their reopening plans, it is wise for us to remember that when it comes to our personal wellness, we will also benefit from being thoughtful about thinking through our individual reopening plans. In what ways do we want our lives to look like they were, and in what ways do we want them to look different?"

In the coming weeks and months, we need to think not only about our own personal wellness initiatives, but also that of St. Paul's. Now that the hard work of keeping our beloved community together is behind us, we are ready to move forward to a future that may look very different from the "way we have always done things". What would you like our future to look like? How can we maintain our focus on our community? What ways can you contribute? These are really not very hard questions when we look at where we have been and what we have accomplished as followers of faith. As we broaden our focus on outreach through Food for Thought and our latest initiative of providing scholarships for First Generation McHenry County College students, we have reaffirmed repeatedly that God is with us and is asking us to reflect on our spirituality and how we are being called to take care of our own personal wellness and also the wellness of St. Paul's and our community.

Beth Lukas, Senior Warden

***St. Paul's welcomed Bishop-elect Paula Clark  
at our Maundy Thursday service!***



***Intercessors are needed!***

Intercessors read the Prayers of the People during our worship service, and we are in need of additional volunteers! Please let the office know if this is something you can help out with. This is low-key way to assist our worship service once every few weeks.

***Servants for Sunday, April 18***

Lector – Jim Lukas  
Intercessor – Terry Jaworski  
Vestry Person of the Day - Beth Lukas

***Servants for Sunday, April 25***

Lector – Jeff Zabor  
Intercessor – Barb Moriarty  
Vestry Person of the Day - Jeff Lynaugh

***Food for Thought Ministry***

The mission of Food for Thought is to provide hope and dignity to high school children by discreetly supplying food to students in need. There are food pantries located at both East and West Campus. To further our ongoing and growing ministry to children, we are asking for your support in donating food to our grocery cart to supply these pantries. The items requested are:

Canned tuna, chicken or salmon  
Canned vegetables  
Canned fruit  
Canned soup  
Peanut butter  
Hot and cold cereal  
Healthy granola bars and snacks  
Pasta and rice  
Pasta meals and sauce

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## ***St. Paul's Prayer List***

***Week of April 18 - May 1***

Please keep those on our prayer list in your thoughts during this time. If you wish to add to the list, please contact the church office.

**Ongoing prayers:** Yasmin, Kay, Edna, Amy, Tim, Eleanor, and Erin

**Current prayers:** Jenn, Bobbi, Rory, Bonnie, Brandy, Danielle, Shirley-Patricia, Terry, Samantha, Debbie, Shawn, David, Lucy, Arthur, Andy, Joan, Shari, Stacy, Pam, and Paula

**For those celebrating birthdays:** Angela Lang (April 11) and Jeff Zabor (April 21)

**For those celebrating anniversaries:** Mike and Marilyn Bell (April 28)

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### ***Questions or concerns?***

Please contact our Senior Warden - Beth Lukas: [Gramlukas2@gmail.com](mailto:Gramlukas2@gmail.com)

### ***In need of pastoral care?***

Please contact Deborah Lang, our Deacon: [DeaconDeb@stpaulmchenry.com](mailto:DeaconDeb@stpaulmchenry.com)

### ***Office Hours***

Tuesday, Wednesday, Thursday  
8:30 am - 1:30 pm

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