

St. Paul's Episcopal Church  
McHenry, IL



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## Weekly ePistle ~ May 12, 2021

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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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### ***May is Mental Health Awareness Month***

These last 13 months have been the most challenging of our lifetimes. We've persevered, and while there finally appears to be light at the end of the pandemic tunnel, there's never been a greater need to take care of our mental health. Millions of people are affected by mental illness each year: one in 25 U.S. adults experience serious mental illness, and 17 percent of youth ages 6 - 17 experience a mental health disorder<sup>1</sup>. The pandemic has exacerbated these rates. The data shows that more people are seeking mental health services now compared to before COVID-19.

The National Alliance for Mental Health of McHenry County (NAMI-MC) provides an array of support services as well as educational opportunities and continues to look for opportunities to expand its reach through program expansion and outreach. Its MISSION is to provide these services in order to improve the quality of life and wellness of individuals with mental health conditions and their families *at no cost*.

On Thursday, May 20 at 7pm the McHenry County Mental Health Board will hold a virtual Mental Health Town Hall. This virtual town hall will feature a panel of behavioral health professionals who will share information on mental health, substance use, and intellectual and developmental disabilities services. The Zoom link for this event is: <https://us02web.zoom.us/j/86575164200>.

The first step is acknowledging that things just don't feel right. The body will seek healing either in healthy or unhealthy ways. If you, or someone you love, is struggling, seek help. You'll be glad you did.

In Christ,  
Deacon Deborah Lang

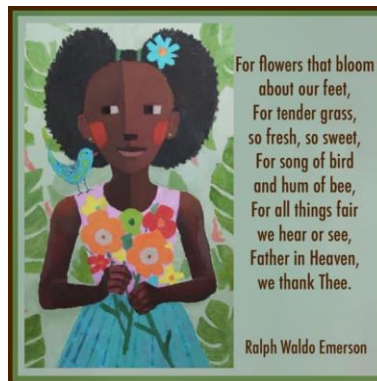
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### ***Meals on Wheels***

We have been invited to share in First United Methodists Meals on Wheels ministry. Our commitment would be once every five weeks or so and takes less than two hours. What a wonderful way to support our community. If interested call the church office.

Thank you for your generous hearts,  
Deacon Deborah Lang

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*Submitted by Beth Lukas, Senior Warden*

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### ***Pet Blessing Saturday, June 5***

First United will be hosting a pet blessing in the parking lot on Saturday, June 5 from 11:00 to 11:30 am.

Pets of all kinds are welcome! They will also feature K9s4U Dog Rescue ([k9s4u.org](http://k9s4u.org)) with dogs on site from 11 am - 2 pm. Representatives of Purrfect Cat Rescue ([www.purrfectcatrescue.com](http://www.purrfectcatrescue.com)) will be on hand with information on cat adoptions and available cats.

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**Servants for Sunday, May 16**

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

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***NOTICE - IN SEARCH OF INFORMATION***

St. Paul's Episcopal Church is seeking family members for the following persons: Paul Bond, Paul Cassidy, Elizabeth Douglas, Clare Haerle, Steven Lorenz, Stanley & Alice Olsen, Charles & Erica Olson, Amy Wattman and Elaine Wattman. Please call the church office with any information. Thank you. 815-385-0390

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**Food for Thought Ministry is ongoing!**

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 May 16 - May 22***

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, Debbie, Shawn, Pam, Paula, Kurt, and Darlene

**For those celebrating birthdays:** Vincent Linnane (May 17) and Antania Pecoraro (May 22)

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***Questions or concerns?***

Please contact our Senior Warden - Beth Lukas: Gramlukas2@gmail.com

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

Please contact Deborah Lang, our Deacon: DeaconDeb@stpaulmchenry.com

***Office Hours***

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

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