



St. Paul's Episcopal Church  
McHenry, IL



May 22, 2024

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**Sunday, May 26**

***Worship with St. Paul's  
In-person and on Zoom  
10:30 a.m.***

**Zoom link: [https://zoom.us/j/ 82777413949](https://zoom.us/j/82777413949)**

Meeting ID: 827 7741 3949  
To dial in: 312-626-6799

**All are welcome!**

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#### **Diocesan Newsletter**

In the latest issue of the Diocesan newsletter was a lovely article about our consolidation. Fr. Scott Zaucha and our own Beth Lukas were interviewed. Check it out with the link below!

**[May 15 Diocesan Newsletter](#)**

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**CARDIO DRUMMING**

fun + fellowship + fitness +  
festivities *video >>*

MONDAYS 6:30-7:30  
THURSDAYS 11-NOON

First UMC McHenry  
text 847-903-7881  
for details



If you need a little incentive to get up and "move it move it". Here it is. This group is called cardio drumming. The beautiful part of cardio drumming is that every level of activity is possible. You do what you can, and you get the benefit. [Check out their video here.](#) You can even do the whole time sitting down if you choose.

Music + drumming + cardio workout = FUN  
**Mondays** 6:30-7:30 pm in the downstairs Fellowship Hall!  
**Thursdays** 11:00am - noon

No experience necessary-just a willingness to beat to the music & have fun!  
 Call or text: Betsy Gamlin 630-696-6755 or Pam Gish 847-903-7881 for more details.

#### COMING UP IN JUNE

**Sunday, June 16** we will worship with our friends at St. Mary's, 210 McHenry Ave., Crystal Lake at **9:00 am**. There will be no service in McHenry that morning.



FUMC will again host a Lifeline Screening Event on **Thursday, June 20**. A series of 4 screenings are available for \$149. For more information and to register, call 1-800-640-5307 or visit [LLSA.SOCIAL/HC](#).

#### St. Ann's & St. Mary's Newsletter

St. Ann's, Woodstock and St. Mary's, Crystal Lake send out a combined newsletter each week. If you'd like to subscribe, [click here](#). This will take you to the website where you can see past newsletters and be put on the mailing list.

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

***Week of May 26 - June 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.

**Current prayers:** Rory, Bonnie, Jimmy, Cindy, Bill, Judy, Kirby, Jeff, and Al

**For our MCC Scholarship recipients:** Vicente, Sienna, and Yaksi

**For those celebrating anniversaries:** Bill & Katie Lang (May 26)

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***Questions or concerns?***

Please contact our church office.

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

Please contact Rev. Eileen Shanley-Roberts: shanleyroberts@gmail.com

or

Deborah Lang, our Deacon: DeaconDeb@stpaulmchenry.com

***Office Hours***

Tuesday 8:30 am - 1:30 pm

Thursday 8:30 am - 1:30 pm

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[Contact us](#)

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Phone Number - 815-385-0390  
St. Paul's Email - stpaulmchenry@sbcglobal.net

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***Quick Links***

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

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St Paul's Episcopal Church | 3717 W. Main St. | McHenry, IL 60050 US

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