

ST. PAUL'S NEWS

ST. PAUL'S EPISCOPAL CHURCH - LANSING, MICHIGAN

Volume 36, Issue 1

January 2017



Parish Annual Meeting

Sunday, January 29th

By The Rev. Karen C. Lewis

"4.1.2 Annual and Special Meetings Annual meetings of a congregation for business purposes shall occur during the month of January, at a time and place established by the bylaws or at such place of common access to all adult communicants as provided by notice of the meeting."

(The Constitution of the Diocese of Michigan as Amended Through the 176th Diocesan Convention)

Each year the good people of St. Paul's are invited to gather for its official Annual Meeting—the meeting in which we hear reports of the past year, elect new Vestry members, elect delegates to our Diocesan Convention, and receive the budget for 2017.

On Sunday, January 29, we will gather immediately following the 10:00 am service in the Merrifield Room for a magnificent feast—all bring a dish to share and there is nothing better than an Episcopal potluck. Once our stomachs are full, we will begin our meeting, which usually lasts 45-60 minutes. One of the agenda items will be to say 'thank you' and 'farewell' to those who have completed their three-year Vestry term. This year we will give thanks for the service of Jeff Kressler, Laurie Nevin, Chris Couch, and Kathy Vogel.

All members of the St. Paul's community are invited to attend. Every year the question is asked: who is eligible to vote? According to the Diocesan Constitution & Canons the following are eligible:

4.1.2.4 Voting. An adult communicant who has been a communicant in good standing of his/her congregation for not less than six (6) months shall be eligible to vote at annual or special meetings of the congregation.

Now you are wondering 'what is an adult communicant in good standing?' Again, the canons define this as:

3.3.1.3 Communicant in Good Standing. Any communicant who, during the preceding year, has been faithful in corporate worship, unless for good cause prevented, and in working, praying and giving for the spread of the kingdom of God, shall be considered a communicant in good standing of the congregation.

Annual meetings are wonderful times for us to join together with food and fellowship. It is also a great time to give thanks for the past and welcome the future.

Please sign up in the Merrifield Room indicating how many will be attending in your family and what dish you will be bringing to share.

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...and more!



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www.stpaulslansing.org

Liturgical Notes & Trivia:

THE SIGN OF THE CROSS

By The Rev. Karen C. Lewis

In the Episcopal Church we are invited to express our piety using 'ceremonials' or actions that help us to live out our faith. These actions may be performed by a worshiper during our liturgy or worship. People who see others perform these ceremonials are sometimes shy of doing the same or are uncertain of how to do it, or even why we do it. An example of this is making the sign of the cross after receiving communion. For the foreseeable future, I will offer a monthly column that follows up on the class I taught, "Pew Aerobics". My hope is to offer you a greater understanding of the ceremonials/actions and invite you to discern whether or not these should be part of your worshipping piety. Most ceremonials may be useful but are inessential—it's whatever is most helpful for you. This month we will look at making the sign of the cross.

Why the sign of the cross? The sign of the cross constantly reminds us of what Christ did for us all. When we make the sign of the cross, we are reminding ourselves of God's saving grace, such as when a blessing is said.

Making a large sign of the cross (shoulder): This is done at various times during the liturgy— usually when receiving a blessing or when ending a great prayer. With the right hand, fingers together, touch your forehead first, then the middle of your chest, then your left shoulder, and finally your right shoulder. Hands are then brought back to a folded position.

- During the opening acclamation ("Blessed be God . . .")
- May be made at the conclusion of the 'Gloria in excelsis' by both priest & people
- At the conclusion of The Nicene Creed ('resurrection') or Apostles Creed
- Praying for the dead/departed during the Prayers of the People
- When receiving a blessing which includes:
 - the grace at the end of Morning or Evening Prayer or before a meal
 - Absolution after Confession
 - at the Benedictus qui venit (Blessed is he that comes in the name of the Lord)
 - the blessing at the end of the Eucharist
 - when blessing oneself with holy water on entering the church
- before receiving holy communion

A bit of liturgical trivia for you – In 287 AD, St. Fides (St. Faith) was martyred for her faith. Reports of her torture spread through Christian groups, telling how she made the

Sign of the Cross on her forehead, lips, and chest before she died. Passed down through centuries, the Church so reveres this prayer that no blessing is complete without the Sign of the Cross.

In the early church, the Sign of the Cross was made on the forehead using only one finger, normally the thumb. This sign on the head indicated that an individual recognized Christ's sacrifice on the cross and that the person making it was a baptized Christian. Then Christians believed the sign protected them from all evil, the devil, and his temptations.

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Financial Update

By Jeffery Irwin, Treasurer

Financial Information as of November 30, 2016

The following is a portion of the report presented to the Vestry at its December 19th meeting by Treasurer Jeffery Irwin.

Pledge income was \$304,700 for the eleven months ending November 30, 2016. November is 92% of the year and we have collected 98% of the pledge budget so we have essentially received our full 2016 pledge commitments in eleven months. For the month of November we recorded \$9,852 more expense than revenue. In November we paid \$3,803 in utilities, with the start of the cold months. We also paid a \$7,225 quarterly general insurance payment in November.

The designated and restricted invested funds had a \$154 gain in market value in November. This brings the year to date market value gain to \$29,349. We have also collected \$11,294 in designated and restricted contributions as of November 30. As of November 30 we have \$38,004 in the checking account.

In December we will finalize the 2016 accounting records and transfer all available restricted funds. It is reasonable to expect we will end 2016 with a surplus available to be used in 2017 if needed.

Parishioner Spotlight: What's in a Name?

By Chris Couch

Well, if it's the unrelated St. Paul's parishioners Kate Johnson and Katie Johnson, the name connotes a love of running, and inspiring and training others to run or otherwise get active. Both have run a plethora of road races, including marathons (Kate was at Boston the year of the terrorist attack but finished ahead of the finish-line explosions). Here, in their own, slightly edited, words, are their stories:

Kate Johnson:

I have been a runner since a friend in 7th grade invited me out for Cross Country. I didn't even know what it was. I ran track and cross country for six years, then recreationally in college (GMI, now Kettering, did not have a running team). Later I did the 10-mile Crim race [in Flint] and then a half-marathon in Indiana where I worked. [After children] I took about 10 years off running [but] when I wasn't able to keep up with them I started running again with the inspiration of the kids and their before-school running program.

I joined Team Playmakers in the summer of 2011 and completed my first marathon that fall. I was hooked! I became a pace leader for the team, then an assistant coach, and now one of the head coaches for the Any Distance Any Pace running team. I have done eight marathons, with a personal best of 3:13 a little over a year ago. [While] training for my fourth Boston marathon I suffered a stress fracture and switched to low-impact activities when I had to take five months off. Now, I am a health & fitness coach, PiYo live instructor, and work at Snap Fitness in Mason, and also coach the Winter Warmup Program for Delhi Township.

I have been married to Mark for 18 years and we have three very active children! Anna is 15, Nick is 13, and Lauren is 9.

Katie Johnson:

I've been a pretty avid runner since college and started running official races about six years ago. I started with 5k's and worked up from there. In October I ran my first marathon, the Detroit Marathon, at 4 hours and 38 minutes. Slower than I wanted, but happy to have finished. While I plan to run a marathon again, my current challenge is to "sub 20", meaning run a 5k (3.1 miles) in under 20 minutes.

Along with my personal running, I've been volunteering as a coach for Girls on the Run for almost five years, first in metro Detroit and now in Lansing. [Editor's Note: *Girls on the Run is a youth development program for girls in grades 3-8 that incorporates running and positive self-image.*] What I really love about running is that you don't need to have any experience to start. Almost any one at any age



Katie Johnson (l) and Kate Johnson (r) at the annual Service in the Park last summer.

can start running and run a distance and pace they hadn't thought possible.

When I'm not running, I work at the Michigan Fitness Foundation as the Safe Routes to School Grants Manager. I live in Lansing with Justin Alexander and our two cats, Max and Orpheus.

Liturgical Notes & Trivia cont.

The use of one finger went out of fashion when the heretical group the Monophysites claimed that Christ possessed only one nature. To reject this, Christians began to use two fingers and made a much larger sign than previously. Over the next few centuries, emphasis was given to recognizing the Trinity and the use of three fingers was introduced.

The sign of the cross (forehead, lips, chest – three small crosses): Traditionally done when the Announcement of the Gospel is being said. You make a small sign of the cross using the thumb of the right hand, on the forehead, mouth and heart. With your gestures you are saying "God be in my head, and in my understanding; God be in my mouth, and in my speaking; God be in my heart, and in my thinking."

PARISH NEWS & EVENTS

Souper Sunday MISSION AND OUTREACH MINISTRY

By Susan LeDuc

The Super Bowl is on February 5th this year. Your Mission and Outreach Ministry borrowed an idea from other churches to help food kitchens or food banks on that day. Americans spend about \$88 per person on Super Sunday—mostly food such as snacks and drinks, etc.—but also on team shirts and decorations as well. (Just Google “Super Bowl money spent” and get several articles about the billions spent that weekend.)

We want to help focus our awareness on the hunger that sits side-by-side with the excesses of an event like the Super Bowl, so on that day we’ll be selling homemade soup to you (in take-out containers). We will donate the money to the Food Pantry at First Presbyterian.

You well may ask, well, why don’t we give cans of soup or food? The reality is that food banks and food kitchens can get more bang for their bucks by purchasing in bulk and from merchants who give discounts to charities. So this year we are asking you to consider volunteering to

- (1) make soup
- (2) pick up some to take home on Souper Sunday
- (3) help to sell soup on that day.

You will see and hear about sign-up sheets in the Merrifield Room.

Have too many books....

and need to make room for new ones? Looking to purge a bit after the holidays? Consider donating your pre-read books to St. Paul’s annual book sale! The book sale will take place in mid-February, but we are happy to take those books off of your hands now.

If you have books you’d like to donate to the book sale, please drop them off in the box next to the elevator during office hours or contact Amanda Ross at rossama1@msu.edu or Katie Johnson at johns21k@gmail.com to make arrangements.



PARISH NEWS & EVENTS

Thank you to . . .

By Rev. Karen C. Lewis

- * John David Hawkins for his on-going painting of walls and more walls and more walls. After completing the Music Wing, he has moved his ladder and paint materials into the Merrifield Room.
- * Mark Rudd and John David Hawkins for fixing and reinforcing the wood panels in front of the first pews in our sanctuary. They are now secure and no longer pose a threat to the well-being of anyone who was to lean against it.
- * Our Chancel Choir and their wonderful musical gifts during Advent and Christmas. Your voices enable us to greet God in new and joy-filled ways. Your hard work is appreciated.
- * St. Nicholas who found time to make his annual visit on December 4th and filled our shoes with all sorts of goodies. Thank you St. Nick!
- * All involved with making "A Night in Bethlehem" a success! Many folks became residents and shop owners in our Bethlehem marketplace and enjoyed a step back in time. Great job to all involved and to the youth who helped set it up for our enjoyment.
- * All involved in making sure our annual Christmas Tea & Cookie celebration was filled with tasty treats. Also our thanks for serving us the treats, coffee, and tea!
- * To the Altar Guild who were called upon to provide extraordinary service during Advent and Christmas. You did a great job! And to all those who helped decorate the space—your efforts enrich and enhance our beautiful worship space and give gracious glory to God!

Volunteers Raise Monies at MSU Football Games

From September through November, 40 volunteers gave up their Saturdays to raise monies for St. Paul's operating a concession stand at Spartan Stadium for Michigan State home football games. Although the Spartans had a lackluster season, volunteers raised \$4,619.59, selling hot dogs, pretzels, soft drinks, coffee and hot chocolate, and ice cream, among other things.

They were led by Keeli Baker, Concessions Manager and Charlie Krupka, Inventory Manager, responsible for shepherding all the other volunteers.

We are grateful for the following individuals who took time to work a game (or multiple games): Justin Alexander and Katie Johnson; Sarah Baker; MaryLea Benson; Allan Boron, the Hot Dog Man; Sue Boulton; Chris Couch and Susan Henderson; Linda Craven; Brad Deacon; Kathleen Gut; Barb Hamm; Barb Heany; Jenny Humphries; Shelley Jacobs; Chris Krupka; Sally Lawrence and Justin Lawrence; Sue LeDuc; Joe Lehning; Chuck and Sue Millar; Jim and Theresa Milne; Marti Narezo; Libby Richardson; Amanda Ross; Mark and Nancy Rudd; Marty Snitgen; Carol Thomas and Jacob Thomas; Bobbie Tisdale; Todd Volek; Greg and Amy Wortley; Lyn Zynda; and, our rector, Karen Lewis. We wish to thank parishioners who patronized our concessions

stand, and Dr. Susan Carter for treating volunteers to a visit on the playing field. (In addition to being our associate rector, Rev. Carter is a journalism professor at MSU and serves as the university's faculty athletic representative to the NCAA and the Big Ten.)

With continued support, we hope to operate a stand during the 2017 football season. If you are interested in participating, please contact Keeli Baker at keelibaker@gmail.com.



YOUTH

By Jackie Womble

A Night in Bethlehem

Oh the weather outside was frightful but people inside were delightful! Let it snow, let it snow, let it snow! On Sunday, December 11, the Merrifield Room turned into Bethlehem and we celebrated the joy of Jesus' birth! Mary and Joseph shared their journey to Bethlehem, and we created pots and name plates; colored ornaments; and enjoyed delicious challah bread! Despite the weather we had a delightful time in Bethlehem!

A great big THANK YOU goes out to the youth group!!! Ian and Hope Milne, Emma Clark, Willie Wortley, Kaitlyn Narezo, and Amanda Ross turned the Merrifield Room into Bethlehem for our program on Sunday! Their work was outstanding! Thanks for all your hard work!!!



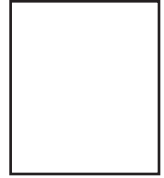
A dozen or so parishioners pitched in on Saturday, Dec. 10th to "trim the church" for Christmas services. They did beautiful work. Pictured are a few of the helpers, from left: Bob Merriman, Chris McDaniel, Kathy Vogel, and Jim Milne. (Mark Rudd took the photo.)

Calendar

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 FEAST OF THE HOLY NAME FOOD BANK SUNDAY 8:00 AM Worship & Holy Communion in Chapel 10:00 AM Worship & Holy Communion in Sanctuary	2 Office Closed	3 12:00 PM Worship & Healing Service 6:00 PM Stewardship Ministry Team	4 NO CHILDREN'S CHOIR REHEARSAL 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 4:00 PM St. Aelred's Guild - VanAtta 5:30 PM Mission & Outreach Ministry 7:00 PM LDCA - Hill Room	5 Annual Reports Due to Pam Irwin NO YOUTH CHOIR REHEARSAL 7:00 PM Chancel Choir Rehearsal	6 FEAST OF THE EPIPHANY OFFICE CLOSED 12:00 PM AA Meeting-VanAtta	7 11:00 AM Gordon Milne Memorial Service - Sanctuary/Merrifield/VanAtta
8 Baptism Anniversary Celebration 8:00 AM Worship & Holy Communion in Chapel 9:15 AM Choir Rehearsal 9:45 AM Sunday School 10:00 AM Worship & Holy Communion/Baptism in Sanctuary 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Lange Ensemble-Sanctuary/Choir Room 5:00 PM Youth Group - Hill Room 6:30 PM Bible Study - VanAtta Room	9 9:00 AM Bhutanese Refugee Support Group-Merrifield 6:30 PM Building & Grounds Ministry--VanAtta Room	10 12:00 PM Worship & Healing Service 6:00 PM B & PW - Hill Room	11 NO CHILDREN'S CHOIR REHEARSAL 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 7:00 PM LDCA - Hill Room	12 NO YOUTH CHOIR REHEARSAL 6:00 PM Communications & Technology Ministry-VanAtta 7:00 PM Chancel Choir Rehearsal	13 OFFICE CLOSED 12:00 PM AA Meeting-VanAtta 6:00 PM Flynn Wedding Rehearsal	14 11:00 AM Flynn Wedding - Sanctuary/Merrifield Room
15 8:00 AM Worship & Holy Communion in Chapel 9:15 AM Choir Rehearsal 9:45 AM Sunday School 10:00 AM Worship & Holy Communion in Sanctuary 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Lange Ensemble-Sanctuary/Choir Room 11:59 PM SPN Deadline!!	16 MLK Day--Office Closed	17 12:00 PM Worship & Healing Service	18 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 5:30 PM Children's Choir Rehearsal 7:00 PM LDCA - Hill Room	19 The Rev. Lewis - Fresh Start 7:00 AM Men's Breakfast 6:00 PM Youth Choir Rehearsal 7:00 PM Chancel Choir Rehearsal	20 OFFICE CLOSED 12:00 PM AA Meeting-VanAtta	21 Women's March on Capitol-Sanctuary/Hill/VanAtta/Choir Room 11:30 AM Downtown Neighborhood Association - Merrifield Room
22 8:00 AM Worship & Holy Communion in Chapel 9:15 AM Choir Rehearsal 9:45 AM Sunday School 10:00 AM Worship & Holy Communion in Sanctuary 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Lange Ensemble-Sanctuary/Choir Room 5:00 PM Youth Group - Hill Room 6:30 PM Bible Study - VanAtta Room	23 9:00 AM Bhutanese Refugee Support Group-Merrifield 12:00 PM Four F's - Hill Room 5:30 PM Liturgy & Music Ministry 6:00 PM Recycling Ministry Team--VanAtta 6:00 PM Vestry Dinner - Meeting @ 6:30 pm	24 12:00 PM Worship & Healing Service 12:30 PM St. Elizabeth Guild	25 FEAST OF ST. PAUL 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 5:30 PM Children's Choir Rehearsal 7:00 PM LDCA - Hill Room	26 6:00 PM Youth Choir Rehearsal 7:00 PM Chancel Choir Rehearsal	27 OFFICE CLOSED 12:00 PM AA Meeting-VanAtta	28
29 ANNUAL MEETING 8:00 AM Worship & Holy Communion in Chapel 9:45 AM Sunday School 10:00 AM Worship & Holy Communion in Sanctuary 2:00 PM St. Cecelia's Chorale Rehearsal 5:00 PM Lange Ensemble-Sanctuary/Choir Room	30 9:00 AM Bhutanese Refugee Support Group-Merrifield	31 12:00 PM Worship & Healing Service	1 10:00 AM Staff Meeting 12:00 PM AA Meeting-VanAtta 4:00 PM St. Aelred's Guild - VanAtta 5:30 PM Children's Choir Rehearsal 5:30 PM Mission & Outreach Ministry 7:00 PM LDCA - Hill Room	2 FEAST OF THE PRESENTATION/CANDLEMAS 6:00 PM Youth Choir Rehearsal 7:00 PM Chancel Choir Rehearsal	3 OFFICE CLOSED 12:00 PM AA Meeting-VanAtta	4

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ST. PAUL'S STAFF

Rector

The Rev. Karen C. Lewis

Associate Rector

The Rev. Susan Carter

Acting Minister of Music

Dr. Timothy Flynn

Parish Administrator

Theresa Milne

Youth & Family Missioner

Jackie Womble

Sexton

Keivan Bahmani

Field Ed. Student

Annette Mileski

SPN Editors

Hillary Walilko

Chris Couch

Vestry

Lyn Zynda, Sr. Warden

Jeff Kressler, Jr. Warden

Justin Alexander

Keeli Baker

Sue Boulton

Larissa Clark

Chris Couch

Laura Julier

Sally Lawrence

Jim Milne

Laurie Nevin

Kathy Vogel