



# St. Paul's ePistle from McHenry

July 22, 2015

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**St. Paul's  
Episcopal Church**  
3706 W. St. Paul Ave.

***We extend our prayers and sympathy to  
Maija Steele and her family  
upon the death of her mother, Vilma Irbitis,  
who died on July 13, 2015.***

***May she rest in peace and rise in glory.***



## Thoughts from Lori

I think about Sabbath a lot; why it's important, what it means, how to "keep sabbath" in this day and age. Here is what the Fourth Commandment says:

*Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work... For in six days the Lord*

McHenry, IL 60050

815-385-0390

Email:

[stpaulmchenry](mailto:stpaulmchenry@sbeglobal.net)

[@sbeglobal.net](mailto:stpaulmchenry@sbeglobal.net)

## Quick Links

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*made heaven and earth, the sea and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.*  
[Exodus 20:8-11 NRSV]

The idea of a day without work was unique in the ancient world. Life was hard in a subsistence culture; one in which sustenance and shelter required a constant effort. To cease, to take a break from that constant effort to survive was to demonstrate one's trust in God. And notice that the Commandment is first in invitation to holiness and rest before it is a prohibition to work. It was meant to be a day of joy and reflection on God's goodness and mercy. The rules concerning what constituted work came later.

The sabbath day is clearly defined in scripture and in Jewish laws and traditions as the seventh day of the week: Saturday. The Jews define a day as sundown to sundown. So the Sabbath begins at sundown on Friday and ends at sundown on Saturday. There are many excellent resources that provide information about this Commandment and its practice, including this one: <http://www.rj-anderson.com/docs/sabbath.html>

So how did Sunday become "the Christian sabbath"? There is nothing in the New Testament to support this, except that Sunday is the day of the Resurrection and so became "the Lord's day." The fledgling church - particularly those consisting of Gentile converts - met on Sundays to celebrate the Resurrection and then share a meal in remembrance of the last supper of Jesus and the disciples.

We Christians have always held the Ten Commandments as sacred, even though we regard the New Testament (that is, Jesus) as superseding the Old Testament. Otherwise, we would be keeping the dietary restriction and other laws of the Torah. But when it comes to keeping the Sabbath, that leaves us in a quandary: do we observe the seventh day on Saturday as a day of rest and Sunday (the first day of the week) as the Lord's Day? I suspect that very few of us think in those terms. Given the five-day work week that is most common, I venture to say that Saturday is our do-everything-else day: mow the grass, clean the house, run errands - anything but rest! If this describes your routine, the question remains: how are you/we keeping sabbath? It is, after all, a Commandment.

But it is more than a Commandment. It is an invitation and a gift. It's an invitation to rest and take joy in the

life God gives us; a gift to be received and honored. Can you see a way to keep sabbath in your life? It's certainly a challenge for me! What gets in our way? Are we willing to overcome those obstacles? Because there is no doubt in my mind that (with very rare exceptions) it's possible to overcome them. What if I promised you that keeping sabbath will improve your health, your relationships, and your spiritual life? Which I'm pretty sure I can promise. What then? Would you find a way? Will I?

I hope so.

Peace and blessings,

*Loritt*

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## Construction Update

If you were here last Sunday, you undoubtedly noticed that the front stoop has not yet been repaired. Due to the heavy rains of late, our contractor has fallen behind schedule. We will let you know as soon as we have a new date for this work to be done.

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## CPR Training

In the interest of preparing an Emergency Response Team (ERT)\* here at St. Paul's, we will be scheduling a CPR class for anyone (not just those willing to be on the ERT) who wishes to be certified or renew their certification. Please email or call the church office to indicate your interest in this class and/or the ERT.

Email: [stpaulmchenry@sbcglobal.com](mailto:stpaulmchenry@sbcglobal.com)

Call: 815-385-0390.

\*The purpose of an ERT is to be prepared to assist until medical help arrives if someone faints or appears to be in a physical crisis during a church event. The team will have a plan for keeping the person safe, calling for an ambulance, and administering CPR only if urgency is evident.

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## **Food Drive in July Diaper Drive in August**

Please take note of the shopping cart in the narthex.  
Donations are always welcome!  
They will be donated to FISH of McHenry,  
TLS or other local agencies.

### **Top 10 Most Needed Items for FISH of McHenry Food Pantry**

Canned meats (*chicken, ham, hash, spam, tuna*)  
Canned meals or boxed meals (*stew, pasta with or w/o  
meat, chili, hamburger helper*)  
Canned soup  
Canned tomatoes & tomato sauces  
Canned vegetables (*green beans, peas, corn, potatoes,  
mixed veg., mushrooms*)  
Peanut butter & jelly  
Dried or canned beans (*black, chili, kidney, pinto, white,  
refried, pork & beans*)  
Dry cereal & oatmeal  
Dried pasta & rice  
Toilet paper/Personal hygiene/Household cleaning & paper  
products

Non-Food Items also offered to clients:

Bath soap (bars) & deodorant  
Shampoo  
Toothbrushes & toothpaste  
Dish & laundry detergent  
Baby food, baby dry cereal & formula  
Baby diapers & wipes  
Feminine hygiene products  
Depends or adult diapers & pads

***Please check all expiration dates  
before donating food!***

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**Annual Parish Picnic** - Sunday, August 9, 4:00 pm  
(Feed ourselves, feed others.)

*Bring canned or dry goods to donate.)*

**Holy Eucharist** - Wednesday, August 19, 6:30 pm

**Vestry** - Wednesday, August 19, 7:15 pm

**Holy Eucharist** - Wednesday, Sept. 16, 6:30 pm

**Vestry** - Wednesday, Sept. 16, 7:15 pm

**Informal Fall Parish Meeting** - Sunday, Sept. 20

*(Feed ourselves, feed others.)*

*Bring canned or dry goods to donate.)*

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**Lessons and Hymns**  
**Sunday, July 26th**  
**Ninth Sunday after Pentecost**  
**Proper 12 - Year B**  
*by the Rev. William McLemore*

**THE SCRIPTURE LESSONS:**

***The First Reading:*** Kings 4:42-44. The passage from Kings tells of Elisha feeding a hundred people with a man's meager offering of his first fruits.

***The Psalm:*** Psalm 145:10-19. The portion of Psalm 145 contains the popular meal blessing, "The eyes of all wait upon you, O Lord, and you give them their food in due season."

***The Epistle:*** Ephesians 3:14-21. Paul asserts that the love of Christ surpasses knowledge and any earthly measurement.

***The Gospel:*** John 6:1-21. This portion of the Gospel contains the story of Jesus feeding the five thousand and calming fears in a storm at sea.

**THE HYMNS:**

***Processional Hymn:*** No. 304. "I Come With Joy." This hymn is a product of the Rev. Dr. Brian A. Wren, born in Britain on June 3, 1936 and a minister and scholar of the United Reformed Church. Most recently he was the Conant Professor of Worship, Columbia Theological Seminary, in Decatur, Georgia.

He wrote this hymn in 1971 with Hope Publishing Company holding the copyright. The tune is an American folk melody.

**Sequence Hymn:** No. 632. "O Christ the Word Incarnate." This hymn was written by William Walsham How and is based on Psalm 119:105. "Your word is a lamp to my feet and a light to my path." This hymn has been in the Hymnal of the Episcopal Church since 1874 but in our current volume, the first line has been changed from "O Word of God Incarnate" to "O Christ the Word Incarnate." The tune "Munich" is taken from a quartet piece in Felix Mendelssohn's "Elijah" (1847).

**Presentation Hymn:** No. 321. "My God Thy Table Now is Spread." The words of this hymn have been altered somewhat since it was written by Philip Doddridge in the mid-eighteenth century. This is his original last verse: "Revive thy dying churches, Lord, And bid our drooping grace live; And more that energy afford, A Saviour's Blood alone can give." The newer words soften the anguish and gore of the earlier. The tune is "Rockingham," and is an old English melody adapted and harmonized for the words of this hymn.

**Communion Hymn:** No. 764. "Taste and See, Taste and See." This hymn was written and composed by James Edward Moore, Jr., and is based on Psalm 34:8,



"O taste and see that the Lord is good; happy are those who take refuge in him." Dr. James E. Moore, a native of LaCrosse, Virginia, where he was born in 1951, holds undergraduate degrees in both piano and vocal

music. He currently resides in Vienna, Austria, where he serves as a professional coach and teaches voice and conducting. (Note: We will be singing this for our Communion Hymn for the month of July, enjoy!)

**Recessional Hymn:** No. 544. "Jesus Shall Reign." There are about a dozen hymns in our hymnal that are my favorite and this one is close to the top of the list. Isaac Watts (1674-1748) created this happy and joyful song based on Psalm 72. The imagery of the risen Christ is certainly found in the words of this hymn, especially the 4th verse, "the prisoners leap to lose their chains." The tune "Duke Street," composed by John Hatton (d. 1793) is easy to sing and reflects the joy of Easter in its melody.

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## July 26th Servants

Ushers: Beth Lukas, Jim Lukas

Lector: Judy Robel

Intercessor: Barb Moriarty

Eucharistic Ministers: Deb Lang, Charlie Boak

Vestry Person of the Day: Beth Lukas

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



### 100 Ways to Save the Environment Number 9

*Wash clothes with warm or cold water  
instead of hot.*