



## St. Paul's ePistle from McHenry

August 30, 2017



### New and Notable...



### Men's Breakfast this Saturday

September 2nd

8:00 a.m. at Kim & Patty's



### Thoughts from Lori

Maybe I'm the only one who experiences this, but I'm pretty sure that whenever I get behind the wheel, my blood pressure goes up ten points. As the old saying goes, it's a jungle out there! Drivers running red lights, rolling through stop signs, changing lanes without so much as a passing glance, ignoring speed limits, and did I mention running red lights? When it comes right down to it, who on earth came up with the idea of barreling along a street toward oncoming traffic with nothing more than a line painted on the pavement to separate us?! It's a miracle that there aren't *more* accidents.

In all seriousness, I have become more and more convinced that the way we behave as drivers is a reflection of how we regard citizenship and the law. Think about it. The law is based on a mutual agreement that law and order is for the common good. This includes traffic laws, which are created to keep us - all of us - safe. It follows that the more people who abide by them, the safer we will all be.

I suppose there is little that can be done about drivers who seem to believe that speed limits and stop signs just don't apply to them. There simply aren't enough police on the streets to encourage people to slow down. And there is never a cop around, at least in my experience, to catch the driver who blatantly ran that red light. Maybe eventually there will be cameras everywhere to enforce the law. But that is another can of worms, isn't it.

So as I've said before: *slow down*. Be a good citizen and a good driver. It will be good for your blood pressure - and mine!

Peace and blessings,

*Lori*

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If you wish to contribute to the relief of those suffering as a result of Hurricane/Tropical Storm Harvey, ERD is a reliable agency through which to do that. See the link below.

<http://mailchi.mp/episcopalrelief/hurricane-harvey-2017-what-can-i-do-to-help?e=4776a7cb4>

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### Fall Parish Meeting



Everyone is invited to stay after the service on September 17th for our informal Fall Parish Meeting! Sign up in the narthex for a dish to share. The subject of this meeting will include a discussion of how or if to use the funds from the sale of Betts' Place for maintenance projects.

Your input is important. Plan to attend!

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### Children's Chapel

We're gearing up for a new season which will resume on September 10th. All children are welcome to attend the Children's Chapel following the service and enjoy a snack, bible story, and activity.



## A Word from the Rev. William P. McLemore

### Feast Day of Saint Augustine of Hippo

The feast day of Saint Augustine, Bishop of Hippo, and theologian (354-430), was Monday, August 28th. Born with a penchant for philosophy and ethics, Augustine found great support in his mother, St. Monica, who guided him towards the Christian faith in 386 A.D. He was baptized by Ambrose, the Bishop of Milan, on Easter Eve in 387. After returning to North Africa in 391, he found himself being asked by the Christian community in Hippo to become a priest, and four years later he was chosen to be the Bishop of that city.



His spiritual autobiography, "The Confessions of St. Augustine," written shortly before 400 in the form of an extended prayer, is a widely-read and revered document. He wrote countless treatises, letters, and sermons which have provided a rich source of new and fresh insights into the Christian faith.

The 410 invasion of Rome by the Visigoth's inspired Augustine's greatest work, "The City of God." In it he portrays two cities formed by two loves: an earthly city where we find love of self, even to the contempt of God; and the heavenly city of the love of God, where God and all God's mercies are glorified.

St. Augustine died on August 28, 430, as the Vandals were besieging his own earthly city of Hippo. What we learn from Augustine is what a joy it is to open our hearts and minds to the mystery of God and God's love. He paves the way for any person to deepen their faith by delving into all that is divine and eternal, in other words, "theology," putting God into words, prayers, and faith.



St. Paul's is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on **September 28**. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete.

**There are three ways to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle) or text the word circle to 797979**

## Kiwanis Peanut Day

The Kiwanis Club of McHenry will be holding their annual Peanut Day Fundraiser on September 22nd. Their primary focus is serving the needs of children in the community through FISH, Special Olympics, Scouts, Pioneer Center, and many more. Consider making a donation! Click [here](#) for a donation form.



### In case you missed it....



*Our grocery cart is STILL looking pretty empty. Please bring canned food or dry goods to fill it up again. When it gets full, we take the contents to the TLS food pantry for vets in need of assistance.*  
**THANKS!**

### Just another note!



St. Paul's Episcopal Church in McHenry is a place where music is an integral part of the Holy Eucharist. It is also a place where we gather for "Music Therapy."

It has been shown through studies that music has an effect on both the body and mind. Music therapy can stimulate attention, social interaction, communication and develop motor skills. We do this by singing, dancing, and playing instruments. Our current group is comprised of young adults with special needs and their moms who find therapeutic value in the joy of music with the beat of instruments and the ringing of bells. We are not certified music therapists but we are seeking other members willing to share their gifts and talents in making a joyful noise.

Our plan is to meet during the first Friday of each month, commencing on **September 8th** at 10:00 a.m. We hope you will join us! For additional information, contact Carol Toft at 815-578-1144, (cnctoft@sbcglobal.net) or Terry Jaworski at 815-690-7298.

### Important Dates for Your Calendar

Sunday, Sept. 17th

Fall Parish Meeting

Sunday, October 22nd

EPISCOPAL VISIT\*

Saturday, Nov. 4th

Ducks-in-a-Row workshop\*\*

\*"Episcopal Visit" means that our bishop, the Rt. Rev. Jeffrey Lee, will be here at St. Paul's to preach and celebrate the Holy Eucharist. In anticipation of that occasion, we will offer a series of classes for anyone who wishes to be confirmed or received into The Episcopal Church. Those classes will be on Sunday mornings during Coffee & Conversation on the following dates: Sept. 24, October 1, 8, and 15.

\*\* The Ducks-in-a-Row workshop is an opportunity to create your own notebook of

vital information for your family, including end-of-life wishes and funeral planning. Every adult should have this material available for their loved ones. There's nothing macabre about this workshop! If anything, it's really interesting. Plan to attend.

We'll have sign-ups for these various events as the dates approach. Meanwhile, have a safe and refreshing summer.

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***Join the folks of St. Mary's for their next  
FREE COMMUNITY MEAL\****  
***September 16 - 5:00 PM - 7:00 PM***

Guests and volunteers eat together and get to know each other. Great food and conversation. Note: St. Mary's is a big supporter of our Mobile Food Truck. Let's return the favor. \*This meal is offered to those in our community who may be experiencing difficulty in procuring enough food. Free to All! All are Welcome! Family Friendly!

**Where:**  
**ST. MARY'S EPISCOPAL CHURCH**  
**210 S. McHENRY AVENUE**  
**CRYSTAL LAKE - 815-459-1009**  
**No RSVP Required - Every 3rd Saturday**

**2017 DINNER DATES**  
October 21, November 18, December 16

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*The usual fare...*

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**Servants for September 3rd**

Rick Carlstedt, Don Jaworski - *Ushers*  
Judy Robel - *Lector*  
Judy Robel - *Intercessor*  
Deb Lang, Al Robel - *Eucharistic Ministers*  
Michelle Wiejaczka - *Vestry Person of the Day*  
Doris Gaic, Karen Rowe - *Altar Guild*  
Pam Dietmeyer, Kathy Biggerstaff - *Flower Guild*  
Paige Morris - *Children's Crucifer*

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*On the Calendar...*

**Men's Breakfast** - Saturday, September 2, 8:00 a.m.  
**Music Therapy** - Friday, September 8, 10:00 a.m.  
**Fall Parish Meeting** - Sunday, September 17  
**Vestry** - Wednesday, September 20, 7:00 p.m.  
**Lifeline Screening** - Thursday, September 28  
**Bishop Lee at St. Paul's** - October 22

**Ducks in a Row - November 4**

**Inquirers/Confirmation Classes - Sept. 24, Oct. 1, 8, 15**

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**Lessons and Hymns**  
**September 3 - Proper 17**  
*by the Rev. William P. McLemore*

**THE SCRIPTURE LESSONS:**

**First Lesson:** Jeremiah 15:15-21. Jeremiah prophesies that God will deliver his people. **The Psalm:** Psalm 26:1-8. "Singing aloud a song of thanksgiving and recounting all your wonderful deeds." **Second Lesson:** Romans 12:9-21. St. Paul notes that though the church is one body, it contains people with many different gifts. **The Gospel:** Matthew 16:13-29. Here, Jesus says, "If any want to become my followers, let them deny themselves and take up their cross and follow me."

**THE HYMNS:**

**Processional:** No. 401. "The God of Abraham praise." This hymn was written by Thomas Olivers and is based on an ancient Jewish creed called the "Yigdal." It has thirteen articles that praise God in every way imaginable. Translated into English, it begins with these words, "Extolled and praised be the living God, who exists unbounded by time." The tune was written by a Jewish cantor, Meyer Lyon, thus the name, "Leoni."

**Sequence:** No. 635. "If thou but trust in God to guide thee." This hymn is new to the Episcopal 1982 Hymnal (though almost four centuries old). It was written and composed by Georg Neumark (16 March 1621 - 8 July 1681), a German poet and composer of hymns. In 1640 he began law studies, but fearing the tumult of war, he took a position as tutor instead. This particular hymn was written for himself as much as anyone else as he feared war so much, "God will give thee strength whate'er betide thee, and bear thee through the evil days."

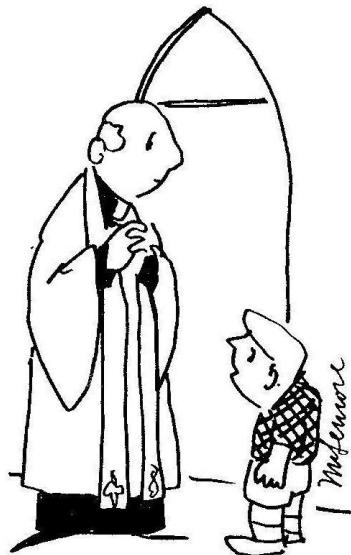
**Presentation:** No. 675. "Take up your cross, the Savior said." This hymn was written by an Episcopal priest, the Rev. Charles William Everest (1814-1877), Rector of Grace Church, Hamden, Connecticut (1942-1873). The hymn is based on words of Jesus that appear in all three synoptic Gospels: Mark 8:33, Matthew 16:24, and Luke 9:23. The tune, "Bourbon," attributed to Freeman Lewis (1780-1859), is a five-pitch folk tune from the southern United States.

**Communion:** "Take, O take me as I am." This is one of the best-known songs from the Iona Community in Scotland which has become a major center for ecumenism, social justice, healing, reconciliation, and worship renewal. John Lamberton Bell, a member of the Iona Community, was born in 1949 in Kilmarnock, Ayrshire Scotland. As you sing the song, you will notice that there are four phases of our faith journey in the text: (1) surrender and conversion, (2) transformation, (3) sealed and marked by God's covenant, and (4) new life together with and in God.

**Recessional:** No. 344. "Lord dismiss us with thy blessing." This hymn is attributed to the Baptist minister and hymn writer, Rev. Dr. John Fawcett (1739-1817). He wrote some 160 hymns, many designed to be sung following a particular sermon that he preached. Another one of his popular hymns is "Blest Be the Tie That Binds." Again, we have the image of being on a journey as we sing this hymn, "O refresh us, O refresh us, traveling through this wilderness." The tune, "Silician Mariners," is an old folk melody of Sicily.

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



"In your prayers for the sick,  
remember us kids... School starts this week!"

## Join Our Mailing List

## Quick Links and Info

### [St. Paul's Website](#)

Phone: 815-385-0390

Fax: 815-385-3936

St. Paul's email - [stpaulmchenry@sbcglobal.net](mailto:stpaulmchenry@sbcglobal.net)  
The Rector's email - [lorilowe@stpaulmchenry.com](mailto:lorilowe@stpaulmchenry.com)

## Vestry Minutes

[April 2017](#)

[May 2017](#)

[June 2017](#)

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