



# The Eagle's Nest

St. John's Episcopal Church

April 2016

## Padre's Pen

It is no secret in the Church that the sum of Holy Week and Easter can be tiring on the Clergy, and those supporting the various liturgies. While I find that it is a bit physically demanding, I find myself invigorated by the three opportunities that we have to celebrate the Resurrection of our Lord Christ Jesus. To me it must be something like Peter, James and John felt at the mount of Transfiguration, to see our Lord in his shining Glory. This sets the tone for the following Eastertide that carries us through the month of April this year.

On the first Sunday of April we pray for the new covenant of reconciliation that our Lord established by his willingly dying and rising to new life, destroying death through death. He reconciled us to God and to each other through the Love that he demonstrated on the cross. It is in the Gospel message that our Patron tells us of the Risen Lord's appearance in the upper room, bringing Peace, "Shalom", of his constant presence among us as he demonstrated to Thomas by repeating Thomas' very words the week earlier.

In the lesson for the second Sunday in April we find that the disciples had gone fishing. Jesus had told them to be fishers of men three years earlier, but here they are doing what comes naturally, but catching nothing until this lone figure on the shore tells them to cast their nets on the right side of the boat. Peter recalls when that advice was given before and they join Jesus on the shore for a breakfast that he has already prepared

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## Diocese of Springfield

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### Staff

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#### Parish Nurse

Susan Currie, RN

### Vestry

John Byler

Dee Coventry

Betsy Curlin

Chris Gregory

Jane Gucker

Ken Jordan - Parish Warden

Tyler Kitchens

Jim Peoples

Kathy Phillips - Rector's Warden

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for them. We are now in the disciples' place to follow our Lord's instruction to feed his sheep.

The third Sunday of April brings us to the assurance that our Lord is the Good Shepherd. In the Gospel appointed, Jesus says that his sheep hear his voice. That we follow him and that he gives us eternal life. What an amazing gift from God. What a loving God we serve.

We close April with the reminder in our prayers that simply to know God is everlasting life. This fits our mission statement "to know God and to make him known". It is our mission to help in the sharing and fulfilling of this promise. The second reading reminds us that he is the Alpha and the Omega, the beginning and the end. Our Lord makes all things new. As a part of our knowing him, he tells us that we should remember to love one another just as he has loved us. By this we are known to be his. As we enjoy the celebration of Easter through the month of April and approach the Ascension at the beginning of May, let us follow our Shepherd and help others to Know God so that they may also have eternal life!

In Christ's love,  
Fr. Swan.



## *Vestry Meeting Highlights*

Kathy reported that the Lenten Evensong was beautiful, Twenty-two of us attended the Good Samaritan Inn Iron Chef fundraiser, and we finished the Lenten soup supper series on the Prayer Book. As a result of the inspection conducted by our Church insurance company, Ken has been investigating battery operated smoke detectors. Ken is arranging for the flag mounting bracket to be moved so that it will be easier for our ushers to put it out and bring it in – that change will coincide with the scraping and painting of the trim on the St. Mary's Hall. The Vestry voted to approve the expenditure for a new phone system, we are still discussing the placement of handicap accessible pews and the purchase of an AED device.

## *Education Opportunities*

### **ADULT STUDY**

Friday Bible Study continues at 10 AM in the Guild Room. We are currently studying the Book of Genesis.

Sunday Study continues at 9:00 AM. We are currently studying the book of Luke.

### **CHILDREN'S SUNDAY SCHOOL**

Sunday school continues. The two classes are going very well! Please think about children you can invite or help attend. St. John's has many resources for children and more children would allow greater opportunities for all.

## Favorite Recipes

### APRICOT GLAZED CHICKEN

¼ c. soy sauce  
 1 T. ground ginger  
 2T. vegetable oil  
 ¼ t. each salt and pepper  
 2 T. cider vinegar  
 ¼ t. crushed red pepper  
 2 cloves garlic – minced  
 2/3 C. apricot jam  
 4 bone in chicken breasts

Whisk all the ingredients except the chicken and pour into a resalable plastic bag. Marinate for at least one hour – longer is better. Remove and grill the chicken or broil – turning and basting as the chicken cooks.

Submitted by: Stephanie Swan Kimball

### ICE CREAM SANDWICH DESSERT

15 Ice Cream Sandwiches (approximately)  
 2 12 ounce containers of cool whip (thawed)  
 1 jar of hot fudge (heated)  
 1 package of Oreos – crushed

Place ice cream sandwiches in the bottom of a 9X11 dish. Spread cool whip on top, sprinkle ½ of the crushed Oreos over the cool whip, pour the hot fudge over the Oreos, spread cool whip over the fudge, sprinkle the remainder of the Oreos on top and drizzle with chocolate syrup (optional).

Submitted by: Gay Helgemo SCB

## Holy Days in April

Every Wednesday at 6:00 pm and Saturday at 7:30 am we meet for Eucharist. It is our custom to honor a memorable figure in the life of the Church down through the ages. For April, we will give thanks to God for these faithful servants:

Saints Days for April:

### Wednesdays

April	6	The Annunciation of our Lord (transferred)
	13	William Law
	20	Alphege of Canterbury
	27	St. Mark the Evangelist

### Saturdays

April	2	Saturday in Easter Week
	9	William Augustus Muhlenberg
	16	George Augustus Selwyn, Bishop
	23	Anselm of Canterbury
	30	Catherine of Siena



(See John 2:1-11)

03-30-2015

THE WATER TO WINE MIRACLE ALSO MADE  
 FOR AN EXCELLENT APRIL FOOLS DAY  
 PRANK

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## Mark Your Calendars

There is a calendar of events listed on the bulletin board in the Parish Hall for the month. The sign-up sheet for flowers and the Sanctuary Candle is on the bulletin Board outside the Nave in the Cloister.

**April** - Festive Easter Evensong – light reception to follow. JoAnna McCullough Chairman

**April 9<sup>th</sup>** - Meeting in the Parish Hall at 10 a.m. to discuss kitchen needs and possibilities

**April 9<sup>th</sup> or 23<sup>rd</sup>**- Chili Supper and game night. Debbie Hunt, Kathy Phillips and Megan Jordan Co-Chairs

**April 8<sup>th</sup> – 22<sup>nd</sup>** – Meals on Wheels – please pray about being involved!

**April 23<sup>th</sup> and 24<sup>th</sup>** – Julie Carter will be taking photos for our new Pictorial Directory. Please mark your calendars!!

**April 24<sup>th</sup>** – Festive Easter Evensong

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(See Genesis 2:18-25) 04-03-2015

AND ZEBR ... OH MY ... I SHOULD HAVE BEEN BACKING UP OCCASIONALLY

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## Outreach

### Reminders:

Internal: Our Parish Nurse, Susan, set up those of us who have signed up to prepare meals on mealtrain.com for Harley and Jayne when she was released from the hospital. It is an amazing tool!! We were able to log in and see who had signed up for what date, what they were preparing and add any notes if needed. There was also information as to their address and phone number, the preferred time of delivery and any special dietary needs or restrictions. It was so “user friendly”. If have a need to us to cook for you, please let Susan know so we can activate a site for you. Also if you would like to be added to the list of those who cook, please let me know.

External: We are still gathering food items on Sunday for NE Community Fund. Please remember to bring an item with you. It is so easy if you just throw an extra item in your cart when shopping for yourself. Items most needed are: peanut butter, cereal, canned meats, canned “meals”, cereal, rice, beans.

## Next Vestry Meeting

The next Vestry meeting is scheduled for Wednesday, April 20<sup>th</sup> following 6:00 PM Eucharist in the Guild room.

## Serving Opportunities

Any interested youth or adult over the age of ten interested in becoming an Acolyte, please contact James Keith or Father Swan.

## *Parish Nurse Notes*

April 2016

Susan Currie, RN

### **Do I need to go to a hospital emergency department (ED) or to an urgent care clinic? Does it make a difference? Sure does!**

What is a convenient care or urgent care clinic? Patients are seen at these clinics without an appointment and the clinics are open hours that extend into the evenings and weekends. Some have hours on holidays. They are staffed by physicians and physician assistants or nurse practitioners under the supervision of a physician. They are equipped to do some lab test and X-rays. You can be seen for treatment of minor illnesses or injuries such as:

- Cold and flu symptoms without high fever – less than 100.4 degrees by mouth
- Sore throat
- Cough
- Rash without fever
- Cuts that may require stitches
- Sprains/strain
- Vomiting/diarrhea
- Bladder infection

Medication can be prescribed if needed for the current condition. If you do not have a primary doctor you can be referred to one for follow-up. This option may be useful when your doctor's office is closed. You may have to wait, but generally the time is much shorter than at an ED. If you have checked information about wait times at ED and clinics you may be tempted to just go to the ED. But remember that you will be lower priority at an ED and people with more serious conditions will be seen first. The cost of an ED visit is many times greater than the cost of an urgent care clinic.

What about going to an ED? If there is an injury or illness that is life threatening or needs treatment immediately, if the person is likely to be harmed by not receiving medical care immediately, you need to go to the emergency department at the nearest hospital. If the sick or injured person is able to walk, get in and out of a car, is alert and oriented, going by car may be ok but someone else should drive. Otherwise call 911 or if in doubt, call 911. Following are some of the conditions that warrant an ED visit:

- Serious accident
- Eye injury
- Large or deep cuts or serious burns
- Broken bones
- Dehydration greater than 24 hrs.
- Severe abdominal pain
- Fever of 100.4 F or greater in infant less than 12 wks. of age.
- Severe bleeding
- Unresponsive
- No heartbeat
- Overdose of drugs
- Suspected carbon monoxide poisoning
- Sexual assault\
- Difficulty breathing
- Chest pain
- Falls, especially with elderly and on blood thinner
- Signs of Stroke
- Electric shock or lightning strike
- High fever of 103 F degrees or greater by mouth

If you are not sure what you should do, you can call your doctor. If the office is closed, generally there is a doctor on-call, who will call you back. Some medical offices or clinics have nurses available to answer calls after office hours and some insurance companies also have

*PARISH NURSE NOTES Continued on page 7...*

## News Flash & Updates

The choir would like to recognize and thank Ramona for purchasing the new music folders for the choir. The folders are a wonderful improvement and all the choir members are enjoying having them.

There will be a meeting in the Parish Hall on April 9<sup>th</sup> at 10 a.m. to discuss the kitchen needs and possibilities.

### UPCOMING FELLOWSHIP EVENTS

**April 9<sup>th</sup> or 23<sup>rd</sup>** - Chili Supper and game night. Debbie Hunt, Kathy Phillips and Megan Jordan Co-Chairs

**April 24<sup>th</sup>** - Festive Evensong – light reception to follow. JoAnna McCullough Chairman

**May 14<sup>th</sup>** – Car Rally Peters and Hawleys, Co-Chairs

**May 15<sup>th</sup>** – Graduation Sunday (firm date TBA) and Pentecost Sunday-wear your RED. Marv Chairman

**June 5<sup>th</sup>** – Church outdoor Eucharist and Picnic. Jim and Barb Peoples Co-Chairs

**August 20<sup>th</sup>** – Mix & Mingle here at St. John's. JoAnna, Debbie and Roger Co-Chairs

**September 11<sup>th</sup>** – Ice Cream Social. Sandy Roe Chairman

**September 25<sup>th</sup> or October 2<sup>nd</sup>** – Michaelmas Evensong. Marv Chairman

**October 1<sup>st</sup>** – Blessing of the Animals.

**October 8<sup>th</sup>** – Brats Party. Roger and Debbie Hunt, hosts

**December 11<sup>th</sup> or 18<sup>th</sup>** - Lessons and Carols. Melissa and Megan Co-Chairs

**December 28<sup>th</sup>** – St. John's Patronal Feast (Wednesday). Plans to be determined

**January 22<sup>nd</sup>, 2017** – Annual Meeting

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04-27-2015

WE COULD NOT AGREE ON YOUR GUILT, SO WE ARE COMPROMISING WITH A JUDGEMENT OF STONING WITH PEBBLES

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04-20-2015

KNOWING THAT HIS MESSAGE WAS ON THE WEAK SIDE, HE MAXIMIZED THE VISUALS FOR IMPACT

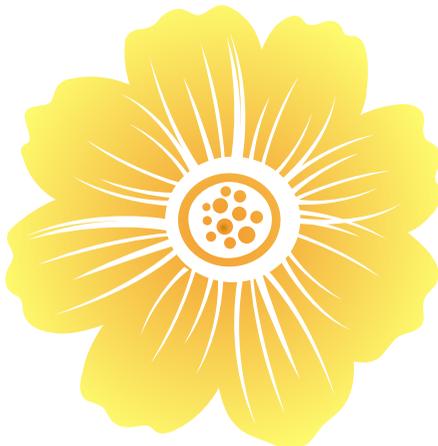
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*PARISH NURSE NOTES* Continued from page 5...  
advice nurses to call.

The best time to prepare is before there is an emergency or urgent need. Learn what your choices are. Check with your insurance company regarding your coverage. Know the location of the nearest hospital emergency department. Check the location and hours of urgent care clinics. Put the numbers in the memory of your phone or write them down all in one place. Keep a list of your medications which will be needed whether you are seen at a hospital or a clinic.

In Decatur DMH has two clinic locations. DMH Express Care North, at 3131.N Water Street, phone 217-876-5320. DMH Express Care East, at 4455 US Route 36 East, phone 217-876-5940. Hours are: Monday through Friday 7 am to 7 pm; Saturday and Sunday 8 am to 6 pm; Memorial Day, July 4th, Labor Day, Thanksgiving 7 am to 4 pm; Christmas Eve and New Year's Eve 8 am to 4pm. Closed Christmas Day and New Year's Day.

St. Mary's Hospital as part of HSHS Medical Group Anytime Care will be starting urgent care online 24/7. There is more information online.



## Birthdays



- 3<sup>rd</sup>- Lois Bell  
Barbara Hazelrigg
- 5<sup>th</sup>- Ronnie Gillespie
- 6<sup>th</sup>- David Farrow
- 7<sup>th</sup>- Debra Hunt
- 8<sup>th</sup>- Elzora Channer
- 10<sup>th</sup>- Dwight Boyd
- 11<sup>th</sup>- Priscilla Burnett
- 15<sup>th</sup>- Jakaelin Gregory
- 17<sup>th</sup>- Glenda Hoffman  
Melissa Rhodes
- 20<sup>th</sup>- James Klemens  
Benjamin Peters
- 23<sup>rd</sup>- Kristina Hoffman  
Janis Jones
- 25<sup>th</sup>- Jasmine Gregory
- 26<sup>th</sup>- Anne Elliott  
Lois Gillespie  
Bryan Jordan
- 29<sup>th</sup>- Rod Washburn
- 30<sup>th</sup>- Mark Hoffman, Jr.

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(See Matthew 17:20)

04-17-2015

**FAITH CAN MOVE MOUNTAINS, AND A  
LITTLE BIT OF WISDOM CAN'T HURT**

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# Photos

## *Palm Sunday*



## *Easter Sunday*

