



# The Eagle's Nest

St. John's Episcopal Church February 2016

## Diocese of Springfield

### Bishop

The Rt. Rev. Daniel H. Martins

### Staff

#### Rector

Rev. Richard Swan

rector@saintjohnsdecatur.org

#### Deacon

Rev. Donald Coventry

dncvnt@aol.com

#### Secretary

Mrs. LaVetta Williams

secretary@saintjohnsdecatur.org

#### 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

## Padre's Pen

*(From the address at the Annual Meeting)*

This past year has been a year of continued growth and action. As I mentioned in my written report, we have had the input of a Strategic Mission conference as well as the Renewal Works Survey and workshops.

There was a certain amount of angst this year about the loss of several families due to retirement and/or re-assignment of jobs. Once again, God has provided by sending more new faces to be in our midst to worship and work alongside of us. We have also had the fewest number of funerals in a year for the past eight years.

As you can see in our Renewal Works report, we had a very interesting survey result. The staff at Renewal Works actually used that term, "Interesting!" They seldom see a Church survey result where 50% of those responding are described in the "Spiritual Continuum Profile" as, either Deepening their Life with God, or Centering their Life with God, the top two categories for the profile. They informed our team up front that that presents us with a special challenge in the continued Spiritual Growth of St. John's.

2015 has been an exciting year to be able to see and hear the young voices as a Youth Choir in training. This year they sang at the first Sunday of each month as well as at the early Christmas Eve Eucharist. It appears that we are getting closer to having a real youth choir to join us regularly. I have had

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several express an interest in serving at the Altar, so you may see some new faces vested in the next couple of months. The youth are not just the “future” of our Church, they are the Church.

You can see in the budget presentation that we adopted a budget with a similar deficit as in the last year's budget. This year our pledges are actually fairly level compared to last year. The steady decline seems to have abated for now. We continue planning at the level that supports our Worship and outreach as the Body of Christ here in Macon County.

As discussed in the Annual Report, we have experienced an increase in the level of activity outside of these walls. Last year we sent 65 “shoe boxes” to Samaritan's Purse and this year we sent 100! That was an awesome outreach. It is always very heartening to have members come to me and ask what more we can do. We will have an April and a November Meals on Wheels this year. As a result of our week with Meals on Wheels last year, we have had several members become more regular volunteers with Meals on Wheels. That is what we hope to be able to encourage, increased volunteer activity even outside of structured Church volunteer functions. Don't wait for the Deacon, or me or the outreach committee to organize something if the spirit is moving you to volunteer in the community in the Name of our Lord. We can suggest areas in the community where volunteer support is needed, such as Faith in Action, and M.A.X., just to name two.

I would like to thank all that stepped forward to volunteer this past year. Our Committee Chairs; as well as those who have

helped with Receptions and Hospitality, hosting Coffee Hour, our choir for their dedication to the musical aspects of our worship; those who have assisted in cleaning or decorating the Church, those who have helped with the grounds and gardens, those who have come together at projects outside of our doors, our Wardens and Vestry. Of course, I would like to thank our Deacon Don Coventry for always being available to be certain that those things that need to be done are done.

As in the past couple of years I would like to remind all that I am available, if you have a question, or a need, please let me know. If you would like to meet me at the Church, or have me visit at your home, please let me know. If you are scheduled for some surgery or procedure, please let me know. That is a major part of why I am here.

God loves you and so do I,  
Father Swan

## *Vestry Meeting Highlights*

Melissa gave her farewell thank you to all of the Vestry members and stated that she really enjoyed serving with them and would be willing to do it again! Ken reported that Craftmasters completed the inspection and repairs on the west side of the Nave; American Insurance Company did their initial walk through; he purchased new floor mats; the broken steam coil was repaired by Burdick's; he and Father met with Barbeck's regarding a new phone system and he is still obtaining quotes for the plaster repairs. Carol Craig was appointed to serve another term as Trustee and Tim Phillips was appointed to serve on the Columbarium Committee.

## *Favorite Recipes*

As I sit here in a nice and warm home trying not to think about the frigid temperatures outside, I cannot help but think about comfort food so consequently, that's what the following recipes reflect.

### **CHOCOLATE CHIP CHILI WITH SAUSAGE**

½ lb. sweet Italian sausage  
 1 t. dried crushed chilies  
 2.5 lbs. lean ground beef  
 1 medium can tomato puree  
 2 medium onions, finely chopped  
 3 cans red kidney beans, drained  
 2 T. olive oil  
 3 cans chopped tomatoes  
 2 t. ground cumin  
 ½ C. dark unsweetened chocolate chips  
 ½ t. ground coriander  
 2 C. water  
 1 t. ground cinnamon  
 salt and pepper to taste  
 4 cloves garlic, minced

Preheat oven to 300 degrees or prepare a crock pot.

Heat the olive oil in a large ovenproof pan (that has a lid) and add ground beef and sausage. Brown both meats on medium heat using a sturdy wooden spoon to break them up.

Add onion and garlic, cook for a few minutes until soft, then add the cumin, coriander, cinnamon and dried chilies. Stir well to combine.

Stir in the tomato puree, chopped tomatoes and water and bring to a boil.

Once it is bubbling, sprinkle the chocolate

chips and the kidney beans over the chili and stir well.

Put the lid on and cook in the oven for 3 hours, stirring occasionally or transfer to a crock pot for 7 hours. Season with salt and pepper before serving.

### **GROWN UP TATER-TOTS**

1 lb. small potatoes, I like Yukon Golds  
 4 T. olive oil  
 2 cloves garlic, minced  
 Salt and freshly ground pepper to taste  
 Italian parsley, finely chopped

Preheat the oven to 350 degrees. Scrub the potatoes; let them dry a bit and arrange them on a parchment-lined baking sheet. Bake for 20 minutes or until they are tender enough to pierce with a fork (but not browned). Let them rest for about 10 minutes or until they are cool enough to handle.

Turn the oven up to 450 degrees. Use the bottom of a plate, a sturdy "rocks" glass or a mug to smash the potatoes with firm downward pressure. Squish until they are about ¾ inch thick. They should crack and split but for the most part, stay in one piece.

Brush with the olive oil and sprinkle the garlic over each one. Bake until crispy and golden brown; about 15 minutes

Sprinkle with salt pepper and parsley and try not to eat the whole pan by yourself!



## 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.

**February 7<sup>th</sup>** – Fellowship Committee meeting following 10 AM Eucharist

**February 9<sup>th</sup>** – Shrove Tuesday – Pancake Supper and Mardi Gras Jambalaya (FUN Decorations courtesy of Sis McDonald) come join in the FUN! Invite friends – at least 5! The cost is: Family-\$10.00, Adult \$3.75, Children ages 5+ \$2.00 under 5 free.

**February 12<sup>th</sup>** – Stations of the Cross at 6:00 PM

**February 14<sup>th</sup>** (the first Sunday of Lent) – Bishop's Homecoming/Annual Visit/Confirmation

**February 17<sup>th</sup>** – Lenten Soup Series begins following the 6:00 PM Eucharist

**February 19<sup>th</sup>** – Stations of the Cross at 6:00 PM

**February 24<sup>th</sup>** – Lenten Soup Series

**February 26<sup>th</sup>** – Stations of the Cross

**March 2<sup>nd</sup>** – Lenten Soup Series

**March 4<sup>th</sup>** – Stations of the Cross

## Peripatetic Parishioners

Babs Hazelrigg attended St. Paul's Episcopal Church on Sunday, December 27th.



## Education Opportunities

### ADULT STUDY

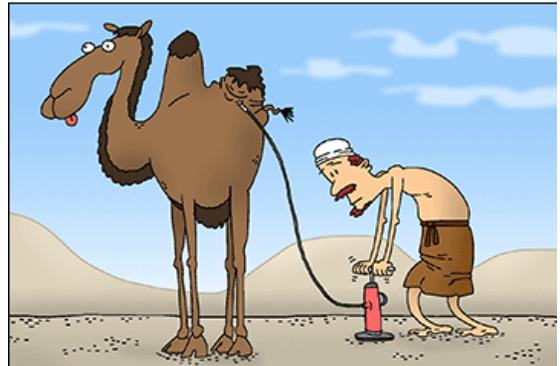
Friday Bible Study continues at 10 AM in the Guild Room. We are currently studying the Book of Genesis.

Sunday Study continues at 9:00 AM. We are currently looking at Scripture through 10 lenses. VERY interesting!! It is not too late to join us.

### CHILDREN'S SUNDAY SCHOOL

Sunday school continues. There are now two classes ~ VERY exciting news! It promises to be an exciting year! 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.

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## Holy Days in February

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 February, we will give thanks to God for these faithful servants:

Saints Days for February:

### Wednesdays

February	3	The Presentation of our Lord
	10	ASH WEDNESDAY Nave Noon & 6 p.m.
	17	Ember Day (Nave)
	24	St. Matthias (Nave)

### Saturdays

February	6	The Martyrs of Japan
	13	Absalom Jones
	20	Ember Day
	27	George Herbert

## Next Vestry Meeting

*The next Vestry meeting is scheduled for Sunday, February 21st following 10:00 AM 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.

## Birthdays

- 5<sup>th</sup>- Donald Keith
- 6<sup>th</sup>- Martha Koshinski
- 11<sup>th</sup>- Eugene Chamberlain  
Natalie McCullough
- 15<sup>th</sup>- Art Templin
- 23<sup>rd</sup>- Betty Watkins
- 28<sup>th</sup>- Robert King  
Tyler Kitchens  
Nicholas Koshinski

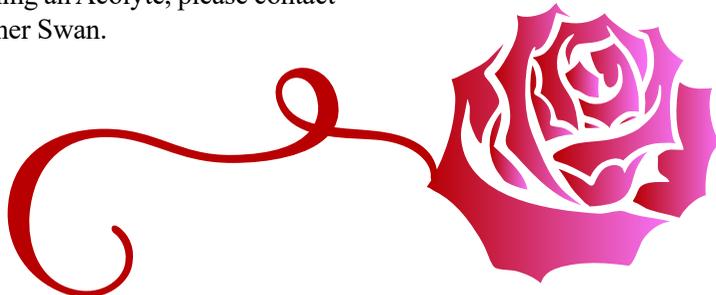


## Outreach

### Reminders:

Internal: There are several members who have signed up to cook meals for those who are sick or have someone they are caring for and could use the extra help. They are: Celeste Ames, Babbs Hazelrigg, Ken Hawley, Megan Jordan, Mary Peters, Marv Swan and Anni Watts.

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.



## News Flash & Updates

Please add Nicole Warner:

214 N Wood St  
Maroa IL 61756  
Phone: 217-358-8787

Our Annual meeting was held on January 24<sup>th</sup>. We had a great attendance and a wonderful meal. The congregation approved the budget; committee chair reports were given; a presentation of the results of RenewalWorks was given and a handout so that everyone could see the plan for our future; Vestry members were elected: Dee Coventry, Jane Gucker and James Peoples; Kathy Phillips was appointed Rector's Warden and Ken Jordan was elected to continue as Parish Warden; Susan Currie, Chris Gregory and Melissa Rhodes were elected as Synod Delegates and Susan Currie and Ken Jordan were elected as Deanery Representatives

Congratulations to Chris Gregory on her new adventure with DOVE, Inc. She has been chosen to be the next Executive Director.

February 7<sup>th</sup> – Fellowship meeting following 10:00 AM Eucharist.

February 9<sup>th</sup> - Pancake Supper with a "TWIST". We are adding a Mardi Gras touch to include Jambalaya. Now is the time to invite friends! Serving begins at 5:00 PM.

Megan Jordan is being confirmed on Sunday, February 14<sup>th</sup>. We will have a basket for cards.

The Chili Cook-off has been postponed until later this month or March – adding a game night instead of coffee hour to the mix to alleviate "cabin fever"!

The Lenten Soup Series begins on February 17<sup>th</sup> following the 6:00 PM Eucharist. The series this year will be an in depth look at the Book of Common Prayer.

Our Parish Nurse, Susan, set up those of us who have signed up to prepare meals on mealtrain.com for a couple of our parishioners. 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.

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SIRI ... SAY GRACE

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## Parish Nurse Notes

January 2016

Susan Currie, RN

I do not come from a family with a tradition of New Year resolutions and have never had much interest. However, it is a time to pause and take stock of life and perhaps plan some changes. It is actually one of many times of the year that call for reflection. So now that we have gotten past January (removed Christmas decorations, put the special occasion dishes away, found the last of the nuts and small toys under furniture and adjusted to the fact that this season there will be winter weather—no chance of skipping from autumn to spring) I would like to propose a monthly health challenge, a challenge of your choosing, not mine.

The rules are:

- You may keep it private or you may share with anyone you want.
- You may choose one month, one challenge,
- You may choose one month with intensity increases weekly.
- You may choose a different challenge each month.
- You may choose a challenge for as many months as you would like.
- Anything that you feel would benefit your physical, mental or spiritual health.

Something I enjoy about reading is the pulling together different sources of information even when it is not a plan. From an on-line group I was offered three health challenges for the month of January. The first challenge was to increase quantity and variety of vegetables in diet with additional increases each week. The

second was to decrease sugar intake over the month lowering the goal each week. The third challenge was an exercise with a gradually increase in duration over the 30 days. At about the same time I read *A Simple Act of Gratitude: How Learning to Say Thank you changed my Life*, by John Kralik. On a New Year's Day, following the worst year of his life, this man committed to writing 365 thank you notes during the coming year. It had nothing to do with what anyone else thought he should be doing. It did not involve giving anything up. As you might guess, it was a lifesaving activity with impact on every aspect of his life including physical health. The challenges from the two sources are different types but the aim is the same, encouragement and growth.

I have accepted the veggie, sugar and exercise challenge for one month. But that is an external challenge. As of this time I am still seeking clarity on my internal challenge, but I will have it pinned down before the end of January. I extend to each of you the invitation to determine a personal challenge for at least the month of February. If you want to share your challenge or progress with your friends, that is fine. If you want to share with me that is fine. If you want to keep it private, that is fine also. But I think it would be great if some conversations were started.



TUESDAY • FEBRUARY 9<sup>TH</sup>

SHROVE TUESDAY  
**Pancake Supper**  
MARDI GRAS  
**Jambalaya**

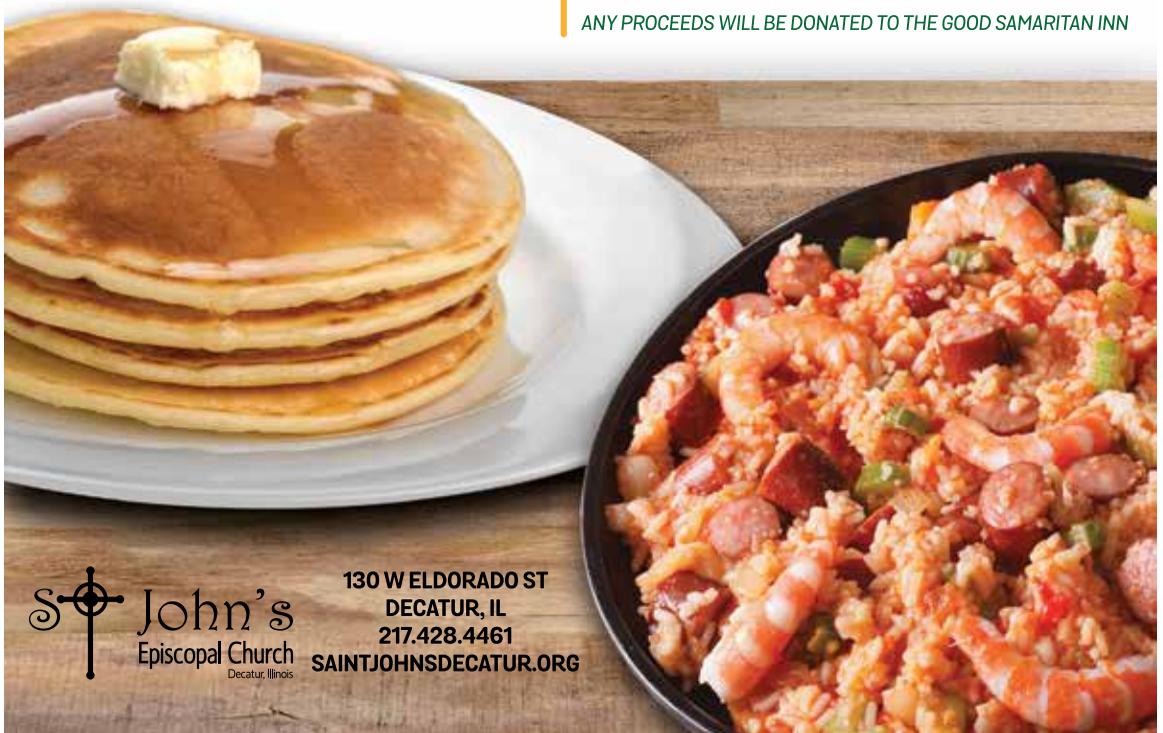
**TIME**

5:00 P.M. – 7:30 P.M.

**COST**

FAMILY \$10.00  
ADULT \$3.75  
CHILD (5+) \$2.00  
CHILDREN UNDER 5 EAT FREE

ANY PROCEEDS WILL BE DONATED TO THE GOOD SAMARITAN INN



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