



The Eagle's Nest

St. John's Episcopal Church

May 2016

Diocese of Springfield

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Chris Gregory

Jane Gucker

Ken Jordan - Parish Warden

Tyler Kitchens

Jim Peoples

Kathy Phillips - Rector's Warden

Holy Spirit of God, you have poured your love into our hearts and granted us a diversity of gifts for the building up of your Holy Church: Come to us now in power and stir up those gifts among your faithful people in the Diocese of Springfield, that we may without shame, fear, or fatigue announce to those around us the good news of your coming Kingdom, and in our common life bear winsome witness to the same, that the world may know that you are making all things new, and that we are your disciples; through Jesus Christ our Lord, who lives and reigns with you and the Father, ever one God. Amen.

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Padr 's Pen

For some reason this year I have a bad case of Spring Fever! It isn't as if we had that bad of a winter, but I sure am ready to be out enjoying God's beautiful creation both on land and the water. I love the flowers of spring (I certainly don't like planting and weeding) they are great to look at and to smell. Maybe there is a tie to the celebration of the resurrection and baptismal new birth in the budding of the trees and the blooming of the flowers.

During this month we have the celebration of the Ascension of our Lord and the Feast of Pentecost. The gift of the Holy Spirit to empower our life and ministry is one that few talk about. Honestly, the Holy Spirit makes some of us very uncomfortable.

I don't know if it is because of the more traditional phrase "Holy Ghost" and the natural hesitation to deal with ghosts, or the unpredictability of the effect of the Holy Spirit in powers of healing, prophesying, words of knowledge and the like. The fact is that John the Baptist told the people that Jesus would baptize with the Holy Spirit and with fire, Jesus reiterated that promise before his Ascension after 40 days and then God did it at the Feast of Pentecost just ten days later.

We receive the gift of the Holy Spirit at our baptism, we are empowered by it at our Confirmation. It is like having a savings account that you cannot overdraw. How do we access this account? Through prayer. We can each call upon the Holy Spirit to guide us, to speak to us, to speak through us, to comfort and protect us and, yes, to heal us. If you would like to know more about the Holy Spirit, please come and talk to me and consider attending this year's Cursillo weekend. Cursillo is where I came to

learn more about the Holy Spirit in my life.

This year we will spend the time from Ascension to Pentecost in a special focused prayer asking the Holy Spirit to come upon us, the Diocese and our communities in central and southern Illinois in a "disruptive" way. We have announced our plan to celebrate Ascension Eve on the 4th and go out together afterwards in fellowship. We have the devotional materials here in the newsletter as an aid for individual and family prayer during this nine days of intensive prayer. This Pentecost, and on into the year may we each experience the disruptive influence of the Holy Spirit in our life.

In Christ's love,
Fr. Swan

Vestry Meeting Highlights

The Vestry met on April 20th. Kathy's report included: on Palm Sunday a group of 14 viewed the live broadcast of the Passion at the Swan's home; the Holy Week and Easter Sunday services were all well attended; a group met to discuss some updates for the kitchen; and we are participating in Meals on Wheels this week. Ken reported that the phone upgrade will take place the first week of May and there will not be any interruption of service during the transition; we are waiting for the estimate from Christy Foltz for the trim on the St. Mary's Hall and the flag pole holder change; Craftmasters will check on the roof near bell tower where some shingles were blown off. The placement of the special needs pew changes continue. We approved the purchase of the AED device and approved Chris Gregory to be become the new Vestry Clerk.

Favorite Recipe

Sausage and Gravy Breakfast Casserole

One package of Grands biscuit dough

6 eggs

1 -2 ¾ oz. package of peppered gravy mix
(makes 2 cups)

1 lb. sausage – any flavor

1 C. shredded cheese

½ C milk

Salt and pepper to taste

Directions: Preheat oven to 350 degrees. Grease a 13X9 pan. Brown the sausage and drain thoroughly. Cut the biscuit dough into 1 inch pieces. Layer the shredded cheese over the sausage. Whisk the eggs and milk, add salt and pepper and pour over the layers. Make the gravy according to the package instructions and pour over everything. Bake 30-45 minutes or until the eggs and biscuits are cooked through. Serve hot (leftovers are excellent too!).

Submitted by: Megan Jordan

Holy Days in May

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

Saints Days for May:

Wednesdays

May	4	Eve of the Ascension, Nave
	11	Gregory of Nazianzus
	18	First Book of Common Prayer
	25	The Venerable Bede

Saturdays

May	7	St. Philip & St. James, Apostles
	14	Eve of Pentecost
	21	Alcuin of Tours
	28	Augustine of Canterbury



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 you 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.

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.

May 4th – Eve of the Ascension – Eucharist will be in the Nave and we are hoping to get a crowd together to go out to Doherty's Pub & Pins for dinner after the celebration!

May 14th – Cursillo Ultreya at 3:00 PM – all are welcome.

May 14th – Road Rally Scavenger Hunt- meet at St. John's at 5:00 PM

May 15th – Graduation Sunday and Pentecost Sunday – wear your red!

May 25th – Adult Study after the Eucharist with Soup Supper.

June 5th – the Annual Parish Picnic and Eucharist at Spitler Woods

June 28th - the Annual Red Cross Blood Drive from Noon until 5:00 PM

Next Vestry Meeting

The next Vestry meeting is scheduled for Wednesday, May 18th 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.

Birthdays

- 2nd- Nicholas Byler
Carol Craig
- 6th- Francis Peters
- 10th- Phillip Loomer
- 11th- Edward Elliott
- 13th- Sandford Johnson
- 14th- Kirtley Wilson
- 16th- Sandy Roe
- 17th- Vincent Cooling
- 18th- Laura Curlin
- 20th- Sarah Peterson
- 21st- Mike Robb
- 22nd- JoAnna McCullough
- 23rd- Eulah Gahwiler
Abaigeal Keith
- 29th- Douglas Gucker
- 30th- Alexandra Casey
Richard Hazelrigg
Ani Watts



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MAYBE IT WAS GOOD THAT SAMSON DIDN'T
MAKE IT TO OLD AGE

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Parish Nurse Notes

May 2016

Susan Currie, RN

With the month of May, we will hopefully have warmer weather, more sunny days, and the world painted all the shades of green and flower rainbows. Ahh....and for many comes allergy season.

About 20% of the population suffers from allergies at some time. Allergy symptoms result from the body's over reaction to a substance that is generally harmless. It is a bit like a social situation that gets out of hand due to misunderstandings and defensiveness.

Common allergens (substances that cause an allergic reaction) include:

- plant pollens - from trees, grasses, weeds and flowers
- animal dander – substances in saliva and oil glands on hair and skin
- dust mites – present in bedding, upholstery, carpets and pillows they feed on skin, bacteria, fungi and thrive in humidity (my personal most disgusting!)
- insect stings
- mold – grows both indoors and outdoors in damp places
- food
- latex – may be found in medical gloves and devices
- medication
- cockroaches

Allergens may be breathed in, eaten or come into contact with skin. And reactions can vary from mild to severe. Symptoms may include:

- itchy, watery eyes
- sneezing

- itchy runny nose or stuffy nose
- rashes
- hives - raised red , itchy patches
- food allergies may cause stomach cramps, vomiting or diarrhea
- localized redness, pain and swelling from an insect sting

A mild reaction causes some discomfort or annoyance but can be treated with over the counter medication.

With a moderate reaction a person may feel unwell, like you might with a cold along with other symptoms.

A severe reaction may involve hives or itching all over, wheezing or difficulty breathing, tightness of the throat, swelling of the face, lips, mouth, tingling in hands, feet, lips, or scalp. Immediate medical attention is needed. If you or someone in your family is known to have a severe allergy, be sure to have an emergency plan. Talk with your doctor about what medication you should have on hand and what you should do. Allergic reactions can occur quickly and can progress rapidly.

Medications work to relieve symptoms by blocking your body's response to the allergens. Frequently over-the-counter medication will relieve mild symptoms. If over-the-counter medications do not help or your prescription medication is not helping, see your doctor. Avoiding exposure to allergens as much as possible to also helpful:

- keep windows closed and use air condition
- wash bedding in hot water weekly
- circulate air to prevent damp areas in the house
- keep animals out of bedrooms

Depending on severity of allergies, much greater preventative measures may be needed.

PARISH NURSE NOTES Continued on page 6...

News Flash & Updates

ST. JOHN'S ROAD RALLY/SCAVENGER HUNT

Please come to St. John's Road Rally/Scavenger Hunt on Saturday, May 14, putting a new spin on a past event. We'll start at 5 p.m. for check-in and placement. You will divide into groups of 3-4, scrambling participants to allow you to acquaint with others that you may not have interacted with previously. This event is designated for adults, so no youngsters please. Cost is \$5 per person; includes dessert, beverages and prizes.

You will be given a list of clues and will have approximately 2 hours to do your search. You will need at least one person in your group to have a cell phone with camera to document completion of a clue. Your final destination by 7:30 p.m. is the home of Francis and Mary Peters, 1470 West William St. where we will compare notes, determining winners by the number of points scored and proof of answers.

Make a reservation during coffee hour or telephone or e-mail the church secretary at Secretary@SaintJohnsDecatur.org or 428-4461. We are looking forward to a fun evening.

BLOOD DRIVE

We have a date for the Blood Drive on June 28th, 12:00 to 5:00. Red Cross is wanting to be more efficient and limit time per event to 4-5 hrs. We will need volunteers to donate blood and volunteers to help on the day of the blood drive.

UPCOMING FELLOWSHIP EVENTS

May 14th – Road Rally/Scavenger Hunt Peters and Hawleys, Co-Chairs

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

June 5th – Church outdoor Eucharist and Picnic. Jim and Barb Peoples Co-Chairs

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

September 11th – Ice Cream Social. Sandy Roe Chairman

September 25th or October 2nd – Michaelmas Evensong. Marv Chairman

October 1st – Blessing of the Animals.

October 8th – Brats Party. Roger and Debbie Hunt, hosts

December 11th or 18th - Lessons and Carols. Melissa and Megan Co-Chairs

December 28th – St. John's Patronal Feast (Wednesday). Plans to be determined

January 22nd, 2017 – Annual Meeting

Peripatetic Parishioners

Terry and Sandy Roe attended St. John's Episcopal Church in Fountain Square, Larchmont, New York on Easter Sunday



PARISH NURSE NOTES *Continued from page 5...*

Anyone of any age can have allergies and allergies can occur any time of the year. Pollen allergies tend to be a problem during spring and summer when plants are producing pollen. Raking leaves in the fall can stir up mold spores. Pets and dust mites may be more of a problem in winter when people (and pets) are indoors more. Food and medication allergies have no season. Finally, just because you haven't had an allergy before doesn't mean that you never will.

Education Opportunities

ADULT STUDY

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

Adult Sunday Study continues at 9:00 AM on Sunday. We are currently studying the book of Acts. We will recess when the Children's Sunday school does for the summer but will have a book to read and share throughout the summer. If you are interested, please contact Chris Gregory.

A suggestion from Renewal Works workshops is a monthly Wednesday Adult Study (Like the Lenten Series) this will begin on May 25th.

CHILDREN'S SUNDAY SCHOOL

Youth Sunday School & Choir Last Day May 8th

Thank you SO much for sharing your children with us! We have had a great year and the Children's Choir has improved by leaps and bounds. The last day of the 2015-2016 Youth Sunday School and the last performance for Children's Choir is Mothers' Day, May 8th.

Children's Choir will continue next year. Booklets containing the songs, words and dates for next fall are available and have already been given to choir members. ALL children are invited to join the choir. We usually practice about 9:40 so even if children can't make Sunday School, they can join us for practice. The children will sing their first song on September 11, 2016.

Youth Sunday school and choir will resume the end of August.

Youth Sunday School Needs Help!!

HELP!! Next fall we are going to need some help. If you have any interest in helping with the Youth Sunday School, please step forward. We would like to maintain the two classes -- one is pre-school through second grade and the other is third grade on up with Mrs. Keith. Emily Cole will still be directing the Children's Choir. Unfortunately, Janice Akins will be helping her son's family in St. Louis several weeks this fall, so we need another teacher for the younger class. The curriculum is already available and easy to teach. Teaching requires reading the printed flyer with the kids and helping with an easy craft project. Craft materials are readily available and we can think of an easy craft. Please let Father Swan or Janice Akins know if you can help.

Vacation Bible School

Vacation Bible School will be held during the mornings from July 11th to 16th, 2016 at Grace United Methodist Church, which is across the street from St. John's. St. John's children and and/or interested adults are welcome. Please contact Jan Akins if you have questions.



Photos



Children's Choir and Choir (L); Tom & Sue Kramer's 60th Wedding Anniversary reception (R)

SATURDAY - MAY 14TH

St. John's Episcopal Church

ROAD Rally

You're invited to
St. John's Road Rally: A Scavenger Hunt by Car!

Cost: \$5 per person, includes Dessert, Beverages & Prizes

RSVP: During Coffee Hour on Sundays or e-mail the church secretary
at Secretary@SaintJohnsDecatur.org

See the schedule on the map!

START: 5 PM

Check-in & Car Placement
at St. John's Episcopal Church
130 E. Eldorado St.
Decatur, IL

SCAVENGER HUNT: 5:30 - 7:30 PM

END: 7:30 - 8:30 PM

Dessert & Beverages at
Mary & Francis Peters' Home

YOU DON'T WANT TO MISS IT!

A Wave of Prayer for Revival & Evangelization

For Use by Individuals, Families, and/or Small Groups

(From the website, fullhomelydivinity.org)

The nine days from Ascension Day to the Eve of Pentecost are the original novena--nine days of prayer. Before he ascended, Jesus ordered the disciples not to leave Jerusalem, but to wait there to be baptized by the Holy Spirit. After his Ascension, they returned to the upper room in Jerusalem where they devoted themselves to prayer. These last days of the Great Fifty Days of Easter can be a time for us to prepare for the celebration of Pentecost. As we anticipate the coming of the Holy Spirit, this can be a time to pray for renewal in the Spirit and a time to reflect on the gifts which the Spirit bestows on the Church. The prayer for the newly baptized, p. 308, in the 1979 Book of Common Prayer is the traditional prayer for the seven gifts of the Spirit, based on the prophecy of Isaiah 11:2-3. This prayer could be the basis for daily reflection on the gifts of the Spirit in the days between the Ascension and Pentecost and the following adaptation of it could be used daily as a simplified novena.

Heavenly Father, we thank you that by water and the Holy Spirit you have bestowed upon us the forgiveness of sin, and have raised us to the new life of grace in your Son Jesus Christ. Sustain us, O Lord, in the gifts of your Spirit: an inquiring and discerning heart, the courage to will and to persevere, a spirit to know and to love you, and the gift of joy and wonder in all your works. *Amen.*

Or, here is a fuller novena, based on the

sevenfold gifts of the Spirit. It may be used at the conclusion of the Daily Office or as a separate act of devotion.

A Novena for the Gifts of the Spirit

Come, Holy Ghost, our souls inspire,
and lighten with celestial fire.

Thou the anointing Spirit art,
who dost thy sevenfold gifts impart.

Thy blessed unction from above
is comfort, life, and fire of love.

Enable with perpetual light
the dullness of our blinded sight.

Anoint and cheer our soiled face
with the abundance of thy grace.

Keep far our foes, give peace at home:
where thou art guide, no ill can come.

Teach us to know the Father, Son,
and thee with both to be but One,

that through the ages all along,
this may be our endless song:

praise to thy eternal merit,

Father, Son, and Holy Spirit. Amen.

Hymnal 1982, #504

Come, great Paraclete, Father of the poor,
Comforter of the blest, fulfill the promise of our
Savior who would not leave us as orphans. Enter
our minds and hearts as you descended on the
day of Pentecost upon the Mother of Jesus and
upon his Apostles. Grant that every member of
the Church may have a part in those gifts which
were bestowed that day. O Holy Spirit, giver of
every good and perfect gift, may the Father's
will be done in us and through us, and may you,
O mighty Spirit, equal to the Father and the Son

DEVOTIONAL continues on page 11...

A Wave of Prayer for Revival & Evangelization

DEVOTIONAL continued from page 10...

in Being and majesty, be praised and glorified for ever and ever. *Amen.*

Here may be added any of the following prayers: Hail Mary, Trisagion, Kyrie Eleison, Gloria Patri, concluding with the prayer appropriate to the day of the novena.

First Day

Come, O Holy Spirit, the Lord and Lifegiver: Take up your dwelling within my soul and make of it your sacred temple. Make me live by grace as an adopted child of God. Pervade all the energies of my soul, and create in me a fountain of living water springing up into life everlasting; through Jesus Christ our Lord, who lives and reigns with you and the Father, one God, in Trinity of Persons, now and forever. *Amen.*

Second Day (May 6) - Wisdom

Come, O Spirit of Wisdom, and reveal to me the mysteries of divine things, their greatness, and power, and beauty. Teach me to love them above and beyond all the transient joys and satisfactions of the mortal world. Show me the way by which I may be able to attain to them and participate in them forever; through Jesus Christ our Lord, who lives and reigns with you and the Father, one God, in Trinity of Persons and Unity of Being, now and forever. *Amen.*

Third Day (May 7) - Understanding

Come, O Spirit of Understanding, and enlighten my mind, that I may know and believe all of the mysteries of salvation and discern your hand at work in the world. Teach me to see with your eyes that I may apply my heart unto wisdom

in this life and be made worthy to attain to the vision glorious in the life to come; through Jesus Christ our Lord, who lives and reigns with you and the Father, one God, in Trinity of Persons and Unity of Being, now and forever. *Amen.*

Fourth Day (May 8) - Counsel

Come, O Spirit of Counsel, help and guide me in all my ways, that I may always do your holy will. Incline my heart to that which is good, turn it away from all that is evil, and direct me by the path of him who is the Way, the Truth, and the Life to the goal of eternal life; through Jesus Christ our Lord, who lives and reigns with you and the Father, one God, in Trinity of Persons and Unity of Being, now and forever. *Amen.*

Fifth Day (May 9) - Fortitude

Come, O Spirit of Fortitude, and give courage to my soul. Make my heart strong in all trials and in all distress, generously pouring strength into it that I may be able to resist the allure of the world, the flesh, and the devil; through Jesus Christ our Lord, who lives and reigns with you and the Father, one God, in Trinity of Persons and Unity of Being, now and forever. *Amen.*

Sixth Day (May 10) - Knowledge

Come, O Spirit of Knowledge, and make me understand the emptiness and chaos of life without you. Give me grace to recognize the goodness of the whole creation and to honor the Creator by using the world only for your glory and for the benefit and the salvation of all whom you have made; through Jesus Christ

DEVOTIONAL continues on page 12...

A Wave of Prayer for Revival & Evangelization

DEVOTIONAL continued from page 11...

our Lord, who lives and reigns with you and the Father, one God, in Trinity of Persons and Unity of Being, now and forever. Amen.

Seventh Day (May 11) - Piety

Come, O Spirit of Piety, possess my heart; incline it to a true faith in you, to a holy love of you, my God, that with my whole being I may seek you, and find you to be my best, my truest joy; through Jesus Christ our Lord, who lives and reigns with you and the Father, one God, in Trinity of Persons and Unity of Being, now and forever. Amen.

Eighth Day (May 12) - Holy Awe [Fear]

Come, O Spirit of Holy Awe, penetrate my inmost heart, that I may set you, my Lord and God, before my face forever. In joy and wonder may I be made worthy to appear before the pure eyes of your divine Majesty and behold your glory face to face in the heaven of heavens, where you live and reign in the unity of the Ever-blessed Trinity, now and forever. Amen.

Ninth Day (May 13)

Come, O Holy Comforter, come in all your fullness and power. Enrich us in our poverty, inflame us in our feebleness, melt our hearts with your love. Make us wholly yours, until your gifts are ours and we are lost in you; through Jesus Christ our Lord, who lives and reigns with you and the Father, one God, in Trinity of Persons, now and forever. Amen.

Conclude with the Our Father and the following collect.

Holy Spirit of God, you have poured your love into our hearts and granted us a diversity of

gifts for the building up of your Holy Church: Come to us now in power and stir up those gifts among your faithful people in the Diocese of Springfield, that we may without shame, fear, or fatigue announce to those around us the good news of your coming Kingdom, and in our common life bear winsome witness to the same, that the world may know that you are making all things new and that we are your disciples; through Jesus Christ our Lord, who lives and reigns with you and the Father, ever one God. *Amen.*

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05-15-2015

THIS IS FANTASTIC ... WE RARELY GET
SUCH A GOOD TURNOUT FOR THE
UNABRIDGED SERMONS

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