



The Eagle's Nest

St. John's Episcopal Church November 2015

Padr 's Pen

The Church year is again drawing to a close. In November we begin with All Saints Day and the final Sundays after Pentecost. This is the time of the year where the Stewardship Committee is tasked with requesting the pledges that are necessary for the budget planning of the following year.

Some are hesitant to make a pledge. Unfortunately some actually resent the implication that pledges are needed. However, we usually don't seem to find a problem with scheduling financial commitments in other areas of our life. We sign up for Cable (or satellite) and for cell phone contracts, for utilities and rent or mortgages, for car payments and money for clubs or activities...yet, if the Church asks us for a commitment to give back to God a portion of what is His to begin with, there is hesitation or reluctance.

The plan of tithing is very basic. Through the tithe, ten families can have and support a Church, the clergy of that church can live an "average" life in the community because of the tithe. Twenty families can then have a Church that does more than the "basics" while thirty families can then support a Church that provides worship and education opportunities and engages in some critical outreach within the community, and so it goes. All of this, of course, depends on the tithe and upon a pledge that permits the Lay Leadership to plan. St. John's has about 70 "families"

It is not unusual to get a call from the local hospital that

PADRE'S PEN Continued on page 2...

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

Betsy Curlin

Bob Ellison

Chris Gregory

Ken Jordan - Parish Warden

Tyler Kitchens

Kathy Phillips

Melissa Rhodes - Rector's Warden

Charla Robb

What's Inside

Birthdays	7	Outreach	5
Education Opportunities	3	Parish Nurse Notes	7
Favorite Recipes.....	3	Photos	8
Holy Days in November	5	RenewalWorks.....	6
Mark Your Calendars	8	Serving Opportunities.....	2
News Flash & Updates.....	6	Vestry Minute Highlights	2

PADRE'S PEN Continued from page 1...

a person has been admitted and asked that the Church be contacted, but the patient name is not recognizable. A search of the records may find that the individual was baptized, or confirmed at St. John's years ago. They don't go to Church, but at least St. John's is the Church that they don't go to...

If we were to get to the point that those who are out there counting on St John's to always be there outnumber those who do attend weekly, and do pledge regularly for the work of the Church, the time may come when they ask the Hospital to call, and the phone no longer rings and the doors are closed and they will ask, "gee, what happened?"

A Church thrives first and foremost on the regular worship of its members. After all, the Church is its members. There is an unfortunate teaching embedded in the Episcopal Church that says that worshipping three times a year makes one a member. That is just not canonically true. It has become a pastoral response to a busy world. The canons allow that active membership in the Church ("in good standing") means that the person is regular in weekly attendance except for those times when it is not possible. The larger the core of members who are regular in weekly worship, the more healthy the Church. Numbers are important but even more so is the spirit. We have been blessed this past year to have grown spiritually. In the past month I have heard many comments about the feeling and the spirit that is felt by those coming to St. John's and experiencing worship here. We are exploring our growth in the Spirit through Renewal Works.

All of these things lead to growth in the body of Christ. Regular determined Worship

and prayer, a commitment to the financial future of the believers assembled and the presence of the Spirit in our worship and praise. May we be open to the guidance of the Holy Spirit in the coming year so that we can continue to growth in God's love and Grace.

In Christ's love, Fr. Swan

Serving Opportunities

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

Next Vestry Meeting

The next Vestry meeting is scheduled for November 18th in the Guild room following the 6:00 PM Eucharist.

Vestry Meeting Highlights

Melissa reported that we had a busy month with the Brats Party the 26th of September, Evensong with a light reception, a Memorial Service for Pat Wight, the RenewalWorks team kicking off and the first workshop. In Ken's absence, Fr. Swan reported that the Capital on the column was repaired, Tim Phillips gave a quick lesson on the boiler so we could have heat, that Burdick's had been contacted to do the necessary maintenance on the boiler, Christy- Foltz is coming to seal the outside doors and AJ Lawn service has been contacted for a bid on the snow removal.

Tyler suggested that we purchase an AED Unit for the Church to have in case of emergencies. The Vestry endorsed Chis Gregory's application for the process of Ordination to the Diaconate.

Favorite Recipes

We all need some comfort food when it's chilly outside!

Crockpot Chicken with Dijon Mustard

- 4 to 6 boneless chicken breast halves
 - 2 tablespoons Dijon mustard
 - 1 can cream of mushroom soup
 - 2 teaspoons cornstarch
 - dash black pepper
1. Place the chicken breast halves in the slow cooker insert.
 2. Combine remaining ingredients and spoon over the chicken.
 3. Cover and cook on low 6 to 8 hours.

Serves 4

This is yummy with rice pilaf and either a tossed salad or greens!

Submitted by: Marv Swan

Crock Pot Swiss Chicken Casserole

- 6 boneless chicken breast halves, skin removed
 - 6 slices Swiss cheese
 - 1 can of cream of mushroom soup
 - 2 cups of herbed stuffing mix
 - 1/2 cup butter or margarine, melted
1. Butter the sides and bottom of the crockery insert of the slow cooker or spray with nonstick cooking spray.
 2. Arrange the chicken breasts in the bottom of the pot. Top with the Swiss cheese and then spoon the cream of mushroom soup over cheese.
 3. Sprinkle the stuffing crumbs over the soup layer and then drizzle melted butter over the top.

4. Cook on low for 5 to 7 hours or high 3 to 3 1/2 hours. Serves 6

Broccoli and mashed or roasted potatoes goes well with this dish.

Submitted by Sarah Smith SCB

Education Opportunities

ADULT STUDY

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

Sunday Study continues at 9:00 AM. We are completing the book *The Provocative Church*. Next we will look at Scripture through 10 lenses.

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.

Directory Updates

Bob Munsie: Hopedale, Common West, 221 Southwest St., Hopedale, IL 61747, 309-449-6723

Art & Nellie Templin: Walnut Ridge, 1701 Campus Dr., Clive, IA 50325, 515-221-4595

Alan and Molly Duesterhaus: 861 W. William St., Decatur, IL 62522

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, 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. There are some fantastic sales out there at our local grocery supermarkets as Decatur gears up for the Annual Community Food Drive; however, keep in mind that NE Community Fund does not benefit from that drive.

The Meals on Wheels sign-up sheet is posted in the Parish Hall. Our dates are the 9th, 10th, 12th and 13th of November.

HELP MAKE CHRISTMAS BRIGHTER

Of the almost 775 inmates at the Decatur Correctional Center, around 200 mothers will have children who will make a Christmastime visit in December. At the end of their visit, moms will be able to give each child one gift thanks mostly to donations from St. John's since a Scrooge-like reduction of public and private funding for this is the current reality. Since we have taken on this ministry the prison population has more than doubled. The wardens have expressed with deep gratitude

how important and meaningful it is for both the children and the mothers to be able to receive and give these gifts. Many of the children had never gotten a Christmas present from moms who may have been addicted, homeless or otherwise unable to provide for their children. Please prayerfully consider how you can help to give to these women the opportunity to participate in their children's celebration of Christmas in a positive parental way.

During November, put your donations in the Baptistery at the back of the church. Delivery to the prison will begin on the first Friday in December. We hope to get them there early enough that the women will be able to wrap them. There will be a list of suggested items on the bulletin board in the Parish Hall and there will be bulletin inserts.

To make a monetary donation, make a check out to St. John's and put prison ministry on the memo line.

You can help by providing:

Rolls of wrapping paper (including partial rolls, just put a rubber band around)-no ribbons or bows, but stick-on decorations OK-and tape
 Gifts which do not contain any glass and/or alcohol content (perfume, etc.) or represent weapons or have violent subject matter/content
 Mittens, gloves, hats, scarves, socks, books

For younger children:

Dolls (babies to Barbie's)

Dishes

Games

Play Dough

OUTREACH Continued on page 5...

OUTREACH *Continued from page 4...*

Trucks/ cars
 Hot Wheels/Matchbox
 Thomas the Train
 Coloring books/crayons
 Etch-A-Sketch
 Stuffed animals
 Transformers
 Coloring books

For older children:

Footballs
 Basketballs
 Games
 Soccer balls
 Lip balm
 iTunes gift cards
 Jewelry
 Purses
 Hair bands/clips
 Art/craft kits/supplies
 Science kits
 Construction kits

Any questions, ask Judy Ellison, Sandy Roe or Mindy Chadwick

CHILDREN'S SHOEBOX MINISTRY

We will be packing them to ship on November 15th during coffee hour.

Peripatetic Parishioners

Bob and Judy Ellison attended St. Mark's Episcopal Church in Glen Ellyn, IL on October 25th.

Holy Days in November

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

Saints Days for November:

Wednesdays

November 4	Richard Hooker, Priest
11	Martin of Tours
18	Hilda, Abbess
25	Thanksgiving Eve

Saturdays

November 7	Willibrord, Archbishop
14	Consecration of Samuel Seabury
21	Edmond of East Anglia
28	Kamehameha and Emma

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



11-24-2014

I'M THANKFUL FOR SO MANY THINGS THIS YEAR, BUT WOULD BE EVEN MORE SO IF I COULD GET A BIT MORE CRANBERRY SAUCE

Copyright © 2015 HarperCollins Christian Publishing

News Flash & Updates

Get to know our Millikin choristers

Tyler Hixson, our tall back row bass, is a senior majoring in theater administration. He is from Monticello, Illinois, and will graduate in December.

Tim Gorski, a junior vocal music education major from Lindenhurst, Illinois, is a tenor.

Austin Ballinger, also a tenor, is a freshman instrumental music education major. He is from Illiopolis.

Marlina Zimmerman, soprano, is a senior vocal music education major. She is from Hillsboro, Wisconsin.

Hailey Rumbles, a freshman vocal music education major, is from Cedar Lake, Indiana. She is a mezzo soprano.

Please take time to let these wonderful students know how much we appreciate their contribution to our worship. You will find them very friendly and interesting.

The Scavenger Hunt that was scheduled for November 7th has been postponed until Spring.

Renewal Works

On Saturday, October 24th, the Renewal Works Team held Workshop #1 in the Parish Hall. Having completed the survey a few weeks ago, St. John's is now in the exercise process with four total workshops to be completed before a report with findings will be made to the vestry and then to the parish as a whole at the Annual Meeting. The Renewal Works Team consists of Father Swan, James Keith, Tracy McMahon, Megan Jordan, Melissa Rhodes,

and Betsy Curlin.

Open to the entire parish, the following people helped create discussion points and feedback: Don Coventry, Francis and Mary Peters, Jim Peoples, Kathy Phillips, Jayne Evey-Hicks, Susan Currie, Chris Gregory, and Marv Swan. Workshop #1 involved members participating in the session to think about and reflect on their own personal spiritual journey with our focus for the morning being "Where Have We Been?" Our own spiritual journey is unique as we all have different experiences and interpretations, but at the root of Renewal Works is the inward introspection of what fuels us to be Episcopalian, Christian, and a member of St. Johns. Breaking into small groups for several small exercises, each person created their own Life-Line with people and events of significance annotated and compared to how close we felt to God at those points in our life. As a group, we developed a list of things we feel we do well as a parish, and things that we feel we can do better. This is creating a "Where Are We Headed?" path to investigate in future workshops.

Workshop #2 will follow Wednesday night Eucharist on November 4th at 6:30. We will be serving a soup supper similar to those of our Lenten series. We invite everyone to come attend this workshop, even if you were unable to participate in Workshop #1. We will continue to look at where St. John's is headed spiritually as a unit, and this will be the first chance we have to review the results of our survey. It is intriguing information, and we look forward to more people contributing to the great small group discussions we are finding ourselves in during this process. Our hope for Renewal Works is forward spiritual movement as a church, and we are all a part of it. See you there!

Parish Nurse Notes

November 2015

Susan Currie, RN

Change comes to all things in life. Change is necessary. Change can be loss or gain; change can be both loss and gain. I find change often painful, exciting, welcome, dreaded, and/or threatening. I have to learn to live without something and to live with something different. There are changes of all kinds in all the many aspects of life. This information is not new, and it is not new that people vary in their ability to accept change and how they respond to change. Change can be stressful whether planned or unplanned, positive or negative.

The stress of change can have physical and emotional symptoms including, but not limited to:

- Anxiety
- Pain
- Fatigue
- Constipation or diarrhea
- Sleep disturbance
- Upset stomach
- Shortness of breath
- Relationship problems
- Muscular tension

Tips for managing stress related to change include

- Positive attitude
- Establish realistic goals
- Exercise, relaxation, meditation
- Eat regular meal and get adequate sleep
- Patience and persistence
- Talk with someone you trust

These are all potentially helpful tips, but I found two statements by a medical doctor and one scripture within the material I read that stood out for me as the essence of coping with

change whether it is acceptance or rejection of the given change. First, “No matter how many major changes and transitions you go through during the course of your life, having an organizing guiding principle that is vital to you and gives meaning to your life is essential.” Secondly, “Stay focused on who you are and what you need.”¹ As Christians, we are fortunate to have stability in our lives as is proclaimed in Paul’s Second Letter to Timothy (13:8) “Jesus Christ is the same today as he was yesterday and as he will be forever.”

¹ Abigail Brenner MD, 5 Tips to Help you respond Effectively to Change, www.psychologytoday.com

Birthdays



- 3rd- Helen Ferguson
Aurabell King
- 5th- Alexa Sammons
- 12th- Nancy Smiley
- 14th- Jane Gucker
Steve Threewit
- 16th- Dee Coventry
Mary Jane Jones
- 19th- Virginia McDonald
Anna Mary White
- 20th- Betty Boyd
Michael Koshinski
- 22nd- Dona Davis
- 26th- Mark Peters
- 27th- Robert Causey
- 28th- Ramona Borders
Rebecca Kitchens
- 29th- Thomas Gregory

Photos

Brats Party



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.

November 4th – Second workshop for RenewalWorks following the 6:00 PM Eucharist with a soup supper

The Meals on Wheels sign- up sheet is posted in the Parish Hall. Our dates are the **9th 10th, 12th and 13th of November.**

November 11th – Third workshop for RenewalWorks following the 6:00 PM Eucharist with a soup supper

November 14th – Fr. Swan and Marv are having an open house from 3:00 PM until 6:00 PM with a house blessing at 3:30 PM. There is a sign- up sheet in the Parish Hall

November 18th – 3:30 PM Altar Guild will meet to do the semi-annual cleaning of the silver and brass in preparation for Christmas

December 2nd – the final workshop for RenewalWorks following the 6:00 PM Eucharist with a soup supper

December 12th – the greening of the Church – more details to follow

December 13th - Lessons and Carols – with a pot luck reception

December 20th – Chili Cook Off – Kathy Phillips and Chris Gregory co-chairs

January 24th, 2016 – Annual Meeting

February 9th, 2016 – Shrove Tuesday

February 14th, 2016 (the first Sunday of Lent) – Bishop's Homecoming/Annual Visit