



The Eagle's Nest

St. John's Episcopal Church September 2015

Padr 's Pen

Summer is behind us, the colors of Fall are a near promise. Often when I think of the displays of color that God gives us through nature, as in the Rainbow, I am reminded of a theme of the Cursillo movement. The Theme is "DeColores!" it is a celebration of all the colors of God's love. Whether it is seen in a rainbow or a sunrise/sunset, or the colors of the leaves in the Fall Season, we are reminded of the overabundance of God's abiding love for us. Do we look enough at the signs of God's presence around us? The phrase "slow down and smell the roses" can remind us to take the time to see God's presence and love surrounding us in this daily life.

The collects that we pray in September help us to center on our relationship with our loving God in Christ Jesus. Being more aware of, and working on, our relationship with our Triune God helps us in our journey of faith and specifically in our spiritual growth. We looked at the aspects of spiritual growth last year in the seven marks of a mature Disciple. In our first collect for September, we ask God to "Grant us, O Lord, to trust in you with all our hearts..." as in our baptismal covenant, which we have reaffirmed twice in the summer, we recognize that we do things "with God's help". As humans we cannot risk the trusting of the invisible God on our own. It is through our (growing) faith and with the grace of God that we can work to daily increase our trust in the Creator. This deepening of spiritual growth then allows us to follow another

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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

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aspect of that collect, whereby we can "...boast of your mercy". The psalms remind us that "the mercy of God is everlasting." We do not grow spiritually just for our own sake, but also for those around us, our brothers and sisters in Christ as well as those who do not yet know or trust in Him. Thus we must gain the confidence to boast in His mercy.

Another collect for September reminds us again of the need that we have for God's help when we pray, "Without you we are not able to please you..." we do not seek to please God as a prerequisite of our salvation, that is freely given to those who believe in Jesus the Christ; our desire to please God is the joyful response that we have in the realization of our salvation and the promise that we will be partakers of heavenly treasures. As we continue to grow spiritually, we come to recognize the importance of things that are more eternal in nature. Yes, comfortable, newer, functioning cars can be a blessing, as can be a good roof over our heads but our focus starts to turn to the eternal, so we can pray, "Grant us ...to love things heavenly ...to hold fast to things that shall endure..." Let us take these prayers to heart this month and meditate upon the implications that they have for us and for our life here on earth as well as our own eternal being.

As the leaves of Fall begin to turn to beautiful colors, let us remember that they also will fade and fall to the ground bringing another change, for things of this world are passing away and we are called to hold on to those things that shall endure.

In Christ's love,
Fr. Swan.

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.

September 12th – RenewalWorks launches with a survey

September 13th – Ice Cream Social and the Bishop's Homecoming visit and Confirmation

September 26th (Saturday) – Brats Party from 4PM until 7PM at Pat Hunter's.

October – Scavenger Hunt – date to be determined the Peters and Hawleys co-chairs

Fall Evensong – date to be determined with a light reception

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

Next Vestry Meeting

The next Vestry meeting is scheduled for September 16th in the Guild room following the 6:00 PM Eucharist.

Favorite Recipes

With Fall rapidly approaching, I thought that soup sounded really good. Here are some recipes taken from the Team Soy calendar:

CROCKPOT POTATO GOODNESS SOUP

1 30 oz. bag of frozen hash browns (the square cubed, not shredded)
 32 oz. chicken stock
 1 can of cream of celery or cream of chicken soup
 ½ C finely chopped onion
 1/3 t. pepper
 1 8 oz. cream cheese

Combine all of the ingredients except the cream cheese in slow cooker; cover and cook on low for 6 hours. Approximately 20 minutes before serving, cube the cream cheese and stir into the soup and allow to melt. Garnish with chopped green onions and shredded cheddar cheese.

Serves 6

Submitted by Sarah Girard

ITALIAN SAUSAGE SOUP

1 pound Italian Sausage
 1 clove garlic, minced
 32 oz. beef stock
 1 C diced carrots
 1 C diced zucchini
 1 14.6 oz. can of great northern beans
(not drained)
 1 14.6 oz. can Italian style stewed or diced tomatoes
 2 C. baby spinach
 Salt and pepper to taste

Cook sausage and garlic over medium heat in a dutch oven and drain the fat. Return sausage to the pot and add carrots, tomatoes and broth; reduce heat, cover and simmer for 20 minutes. Stir in beans and zucchini. Cover and simmer another 10 minutes. Remove from heat; add spinach and cover for 6 minutes.

Serves 6

Submitted by Andy and Mary Cave

Serving Opportunities

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

Holy Days in September

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

Saints Days for September:

Wednesdays

September 2	Martyrs of New Guinea
9	Constance, Nun and companions
16	Holy Cross
23	St. Matthew, Apostle
30	St. Michael and All Angels

Saturdays

September 5	David Pendleton Oakerhater, Deacon
12	John Henry Hobart
19	Theodore of Canterbury
26	Lancelot Andrewes, Bishop

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 many kids on their own this time of year!)

We have started to gather items for the Women’s prison Christmas project. More to come in the October newsletter.

CHILDREN’S SHOEBOX MINISTRY

With the Back to School sales in full swing, don’t forget about the Christmas Child. We will focus on boys 10-14 again this year. Our goal is 100 boxes! Here is the list that the Christmas Child committee determined would be the best supplies. These will fit in the shoeboxes easily. No shoeboxes need to be donated just the supplies. The focus for August, September and October are listed below as well. If you see a great deal for those items before then, grab them!

- Steno paper pads (6x9, easy to fit in box)
- regular pencils
- sharpeners

- ink pens
- erasers
- solar calculators
- glue sticks
- hats
- sunglasses
- deflated soccer balls
- small handheld ball pumps
- t-shirts
- wash cloths
- mild bar soap
- stick deodorant
- toothpaste
- toothbrushes
- flashlights w/enough batteries for a refill
- small toolkits
- scissors
- playing cards.

There are thermometers on the north wall of the Parish Hall indicating what items are still needed and how many.

November- finish up and a packing day to be announced later

Peripatetic Parishioners

Father Swan and Marv Swan attended St. Patrick’s Church in Portland, Oregon on 8/2 and St. Mary of the Annunciation in Portsmouth, Ohio on 8/9.

Francis and Mary Peters attended Church of the Holy Trinity in West Chester, PA on August 16th.

Bob and Judy Ellison attended St. Mark’s Episcopal Church in Glen Ellyn, IL on August 23rd.

Education Opportunities

ADULT STUDY

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

Sunday Study continues at 9:00 AM. We are studying the book *The Provocative Church*.

CHILDREN'S SUNDAY SCHOOL

Sunday school began on August 23rd. 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.

Vestry Meeting Highlights

Melissa submitted a written report with the Summer activities listed – In June we had a wedding, the annual picnic and the Discernment committee met to begin the process for Chris Gregory; in July we had another wedding, the Baptism of Xander Johnson, the undercroft was cleaned and Abby had pie auctions to raise money for St. Jude's Children's hospital (over \$700.00 was raised); in August Austin Craig was Baptized. Ken reported that the low E film had been applied to the west windows and cleaned, the kitchen hood commercially cleaned and thanked Tom Ames for his work on the grounds. Ken is arranging for the weather stripping on the outside doors to be installed and the cleaning of the brick in the cloister.

Birthdays

- 5th- Hye Seung
Susan Currie
- 12th- Tery Roe
- 16th- Fr. Swan
- 19th- Annette Leigh
Fiona Carrell
- 20th- Marv Swan
- 23rd- Sandra King
Francis Lee
- 24th- Jackie Chamberlain
Ken Jordan
- 25th- Nellie Templin
- 26th- Barbara Peoples
- 27th- Harvey Phillips, Jr.
- 28th- Ethan Kitchens
- 30th- Brenda Sensenig



News Flash & Updates

New adult study began on August 23rd led by Chris Gregory! We meet at 9:00 AM and are studying the book *The Provocative Church*.

RenewalWorks launches on September 12th with a survey. James Keith will be the facilitator and is forming a leadership team for the follow-up workshops that will take place after the survey is complete.

Confirmation – when the Bishop makes his annual Homecoming visit. His visit has been changed from April 12th to September 13th – the same day as our ice cream social!

RenewalWorks

Frequently Asked Questions for congregations interested in RenewalWorks

What is RenewalWorks (RW)?

RW is a catalyst for refocusing parishes (and the individuals in them) on spiritual vitality. The process will inspire your congregation to focus on what it means to be a disciple of Jesus and to participate in God's reconciling work in a grace-deprived world. "The harvest is plentiful, but, the laborers are few. Pray the Lord of the harvest to send laborers into His harvest."

Through a guided methodology of self-reflection, sharing and workshop discussion, RW challenges congregations to get back to basics with a focus on spiritual growth, identifying specific ways that we are called to grow in love of God and neighbor. This work is based on 10 years of research and examination, uncovering key characteristics of vital Episcopal congregations.

What is spiritual vitality?

The gospels tell the story of a lawyer approaching Jesus and putting him to the test with this question: "Which is the greatest commandment?" Jesus' response was simple, if not easy. He said it was about love of God (with all your heart and soul and mind) and love of neighbor as self.

We believe that a singular focus on love of God and neighbor forms the basis of spiritual growth. It opens us to the movement of God's Spirit and is an effort to continue deepening our love. It gets expressed in the lives of congregations, ministries, and individuals, calling each one of us to a journey of spiritual growth. Every time we say the confession in our liturgies, we admit that we haven't loved God with our whole heart,

and have not loved neighbor as self. We are never done growing in this regard.

What does the process entail?

The process begins with an anonymous, confidential and thought-provoking on-line Spiritual Life Inventory, which each member of the congregation is invited and encouraged to complete. In and of itself, it can be a powerful spiritual exercise.

Responses are then statistically compiled into a snapshot of the congregation's overall spiritual vitality. The parish forms a Leadership Team to undertake four guided workshops, exploring the topic of spiritual growth informed by the survey findings.

Who can take the Spiritual Life Inventory (SLI)?

Customarily, the SLI is geared to all parishioners over the age of 18, though some congregations have extended that to younger members, e.g., all those who have been confirmed.

What is the SLI?

One parishioner said, "I've taken surveys in my congregation for decades. This is the first one that asked me about my own spiritual practices." Parishioners report that simply taking the SLI is an important re-awakening in evaluating their own spiritual needs and desires.

How long does it take?

The SLI takes 35-40 minutes to complete and is available to the congregation over 3 weeks and 4 Sundays. The entire RW initiative takes approximately 12-14 weeks to complete.

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Parish Nurse Notes

September 2015

Susan Currie, RN

This summer I was asked the question “why does heat and humidity cause difficulty breathing?” Various weather conditions can affect many people with respiratory or heart problems, but I actually had never been asked “why?”

During hot weather body temperature is maintained by evaporation and by radiation. When you sweat, the sweat evaporates, cooling the skin surface. Less evaporation means less cooling of the body. This process of sweating and evaporation stresses the body by removing water and minerals. Cooling by radiation is the transfer of body heat to air if the air temperature is less than body temperature. To maximize this type of cooling requires an increase in blood circulating to the skin. Blood vessels enlarge while the heart rate and the force of contraction increase. The demand on the heart to move more blood increases the amount of oxygen that the heart uses. As the needs of the heart become greater than the supply of oxygen it is felt as the need to inhale more air. You may feel like you cannot get enough air because at that time you literally cannot get enough air. This body overload can lead to decreased lung function.

So why aren't we all suffering greatly during Illinois summers? Most people are able to tolerate the increased work load. For others the increased work load is more of a challenge. A damaged heart can prevent the pumping of enough blood to get rid of heat. Arteries narrowed by peripheral vascular disease will limit the amount of blood that can flow (just like the bathtub drain). For people with lung problems, breathing in hot air can cause

constriction of airways making it physically harder to get air into the lungs while all of the demands of the heart and lungs are taking place. Some medications can interfere with the cooling process by slowing the heart rate, decreasing sweat and/or affecting the amount of water loss in urine.

If you have difficulty breathing related to weather or you are especially fatigued by heat, take advantage of air conditioning. Use a fan in addition to air condition if it improves your comfort. For everyone it is important to replace fluids lost by sweating. Additionally, you may think that you don't sweat much in hot dry weather. The difference is that the sweat evaporates quickly in dry air, making water loss less obvious.

As we move into fall, we will have fewer of the hot, humid days but there are other environmental issues. Pollens, dust and air borne plant matter from crop harvest are all inhaled causing irritation or allergic reactions. If it is a serious problem for you or your family, stay indoors and keep windows closed at home or in the car.

As weather continues to changes, winter brings us cold air. Outside we may experience cold wet or cold dry air. Inside often the heated air is dry. The body's job now is to maintain body temperature when the air temperature or wind chill factor is considerably lower than body temperature. Breathing in cold air, whether wet or dry, can cause air way constriction. Dry heated air causes increased body water loss through evaporation and breathing compared to humidified air. When faced with either heat or cold, go out during the less extreme times of day. During cold weather cover mouth and nose with a scarf to maintain warmth and warm the

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RENEWAL WORKS *Continued from page 6...*

What is the end result?

Specific outcomes of RW are unique to each parish, reflecting a community's specific challenges and opportunities. The SLI gives people a snapshot of where they are. The workshops help them think about where they want to go, and how they'd like to grow. Each parish creates tailored congregation-wide growth initiatives, based on an expression of Episcopal beliefs and practices and clarified, elevated expectations for clergy, lay leaders and individuals.

How do we get started?

RW is most successful when done with the support of the parish vestry and clergy leaders, so it is important to engage those leaders early on and inform them about the process. Please feel free to visit www.renewalworks.org for overview information that can be shared with your leadership. The RW staff is always available for questions and can provide contacts of other parishes that have completed the process.

Who participates in the leadership team?

RW recommends that the leadership team represents a cross section of the parish and consists of 9-24 individuals who will commit to participating fully in the process. It should resemble a Clergy Search Committee. The leadership team is always facilitated by a member of the congregation (rather than clergy). It also helps to have an administrative person appointed to help with logistics.

What happens after the workshops are completed?

There are many ways that the RW learnings can be applied to life in your congregation. We

strongly suggest that the team formally share their findings with staff, vestry and the wider parish. This is the fun part, as congregations creatively discern what God is calling them to do and be.

RW has a collection of best practices and examples of ways other Episcopal parishes have communicated the findings. We are happy to share these with participating churches and in fact, often stay in contact with parishes that have completed the process, through off-site conferences or informal follow up.

Photo



Austin Craig & Erika Rhodes following his baptism

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

air you breathe in. If it is not necessary to go out during extreme weather, stay indoors. It is okay to stay indoors when you need to.

We are each given the breath of life by God. Sometimes holding on to the physical aspect of breathing is hard, but it is a gift from God that we all share.