



Life Together

St Paul's Episcopal Church
16457 Old Frederick Road,
Mt. Airy, MD 21771
410-489-4411

July 2014

Rector's Seedlings

Growth and Changing Your Brain

When trying to learn something new, one of my students said "I have to change my brain!". Changing our brain - imagine! That is transformation - moving forward from one way of thinking of things to another way. But the student did not "change her brain" alone, another student reached across the table and shared her experience. Soon the two were talking and working together. One idea sparked another and they only occasionally turned to me for a question. Both students finished the session with new insight and excitement to do the new skill.

This experience gave me insight in understanding interdependence. Interdependence is one of the principles of growth, according to "Natural Church Development" by Christian Schwarz. The spiritual growth and vitality of people are the focus of development, not a quantitative approach that focuses on numbers of people in the pews.

The principle of interdependence is one of the markers or nutrients of growth. Interdependence is the reality that we are connected and learn from each other. Schwarz states "The church of Jesus Christ is a complex organism with many parts that are interrelated according to God's plan". As this principle is used effectively we are part of God's work of growth and mission.

Our "Come and See" work is an example of interdependence: a variety of people are working in different areas - yet they are not working alone. Meeting together we share reflections, and work done. Suggestions and encouragement connects each to the other and furthers the work to be done.

We are in the midst of transformation for growth. We are working together - praying together - sharing lessons learned and insights gained together.

Our "brains are changing" for mission but we are not changing for change sake. Our growth is spiritual and in ministry for God's mission.

Your Sister in Christ

Susan S Keller+

“Come and See”

Your Come and See Committee has been hard at work for all of our members and especially for those who have not had the opportunity to get to know us yet. At our last meeting, we divided ourselves into three groups to work on: (1) The timeline of required deadlines leading to successful “Come & See Sundays”, (2) Signage – so visitors may easily find their way around our campus and interior, (3) Facilities, important enhancements and improvements.

Jeff Spaulding, John Tuel, and I (Pete McIntosh) evaluated our entrances/access, our illumination levels, storage, space utilization and any aspects that could make our property more welcoming. Poor illumination in the church often dark especially on cloudy days is high on our list along with improved accessibility into our parish hall and church is another. Much of this information is not new. It is no secret that the concrete steps and stoop to the parish hall are in deplorable condition and continue to deteriorate. Many of us have become accustomed to what we have and have chosen to “make do”. However our visitors take in everything in a “first impression” and evaluate what they see and have to overcome. Some may not feel welcome.

Concerning this latter issue, over many years, several Vestries have struggled with the need and the lack of finances to install a ramp that would give appropriate access for wheelchairs and walkers, etc. Accessibility also requires an appropriately sized door and hallway which will be better for all of us.

At its June 2014 meeting, your Vestry approved the first phase to enhance accessibility with the expenditure of \$5,400 for materials including a new door (also new location), new landing/platform, and new steps. For the most part, there is currently no money available for the required labor. This work is expected to be done by volunteers. Mike Meissner (Paul & Suzanne Bourg’s son-in-law) will install the door.

NOTE: Since the Vestry’s decision, an extremely generous donor has come forward with a leadership gift of \$10,000 for the purchase of the remainder of the 30 feet of ramp and side-rails. We assume the Vestry will accept this most generous offering and approve the purchase. We are extremely grateful to this donor who wishes to remain anonymous.

I am confident everyone will see the potential this gift provides. There are however going to be additional costs to the successful completion of this project. As you are able, please keep the momentum going with your support and any additional financial contributions for these related improvements. If you wish more information or would prefer to speak privately to someone, you may speak with Jeff Spaulding, Linda Sharp or Pete McIntosh.

By the way, the Come & See Committee welcomes new members to assist in any capacity. We need people to work on the postcard theme and related mailings preparation.

All that is Good comes from the Lord!

A YARD SALE THANK YOU! to all who helped to make our annual fundraiser on Saturday, May 31st a success. St. Paul’s is so blessed to have many willing, helpful and wonderful people in our parish family. We had delicious food, plenty of homemade goodies at the bake table, happy customers and our lot was full of vendors selling their wares. The weather was perfect – no high heat or humidity. Everything you did was greatly appreciated. The total from the yard sale so far is \$1,815.00

RELAY FOR LIFE

The Freedom Area Relay for Life was a huge success. The event, which raises monies for the American Cancer Society, was held on May 31st. Over \$115,000 has been raised so far and that amount seems to be rising every week. Our team, The Rockin’ Robins, has raised over \$2,500 and is still receiving donations. I have raised over \$900.

A big THANK YOU to all of you who have supported me in this endeavor. Thanks to ACS, great

strides have been made to find a cure, and maybe someday, we won't hear that ugly word ever again.
Thank you so much for your love and support. Robin McCourt

A note from St. Paul's Pastoral Care Group

Good News! Stephen Ministry is coming to St. Paul's. The below article is an example of Stephen Ministry in action.

West Side Missionary Baptist Church: Sharing the Hope of Jesus through Stephen Ministry

It's a quiet ministry at West Side Missionary Baptist Church in St. Louis, Missouri—but a powerful one. Week in, week out, Stephen Ministers from West Side meet privately with their care receivers, providing a listening ear and emotional and spiritual support.

- One Stephen Minister may be ministering to a grieving widower.
- Another Stephen Minister may be praying with a patient before surgery.
- Another may be offering empathy and support to a single mother.
- Yet another may be sharing encouraging words to a young man in jail.
- Still another may be bringing a friendly smile to a homebound person.

“Our congregation’s mission is to *share the hope of Jesus Christ in a hopeless world*,” said Paula E. Wills, a Stephen Leader at West Side. “Our Stephen Ministers live out that mission in a very real way.”

What Stephen Ministers Do

West Side currently has 23 active Stephen Ministers, who extend the caring reach of the congregation far beyond its pastors— providing one-to-one ministry to people in the congregation and community who are experiencing divorce, grief, unemployment, hospitalization, a terminal illness, relocation, loneliness, a spiritual crisis, and other life difficulties.

“The role of a Stephen Minister is to provide emotional support, to pray with and for their care receiver, and to walk with the person for the duration of the crisis,” said Wills. “Stephen Ministers are there to listen and care.”

A Stephen Minister typically meets with his or her care receiver once a week for about an hour. Caring relationships last as long as the need is there—perhaps only a month or two, in the instance of someone recovering from surgery, or possibly a year or more, in the instance of someone grieving the loss of a loved one.

Stephen Ministers keep everything their care receivers say, even their identity, confidential. “People are willing to open up and share their feelings when they know that what they say will be kept private,” said Stephen Minister Marguerite Grandelious. “The high level of trust helps healing to happen.”

West Side’s Stephen Ministers provide the congregation with a powerful way to live out its mission statement to “Share the hope of Jesus Christ in a hopeless world.”

“ It’s an amazing experience to see God work through you to change the life of another person.”

Alicia Johnson | Stephen Minister West Side Missionary Baptist St. Louis, Missouri

We are here for you. **Call us at anytime**, if you, or someone you know, would like a visit or just need someone to talk to. New members welcome! 410-489-4411

Lee Hajek, Dana Fritzges, Carrie Brown and Al Yeater.

MY “TORCH RUN” EXPERIENCE

And the King shall answer and say unto them, Verily I say unto you, Inasmuch as you have done unto one of the least of these my brethren, you have done unto me. Matthew 25:40

As you are probably aware, I have a passion for my work with Special Olympics. I got involved with Special Olympics through a law enforcement movement known as the **Law Enforcement Torch Run for Special Olympics**. It all began in 1986 when the International Association of Chiefs of Police adopted Special Olympics as law enforcement’s international charity of choice. Since that time law enforcement officers in all 50 states have initiated Torch Run programs, as well as officers in 43 foreign countries – and that number continues to grow.

The goal of the Torch Run program is to raise funds for and awareness of the life-changing benefits of Special Olympics. We raise funds by hosting a wide variety of events such as Polar Bear Plunges and Dunks, plane and train pulls, truck convoys, roof top sits and anything else we think will raise funds. The results have been impressive. Last year alone law enforcement raised more than \$45 million dollars internationally for Special Olympics. Since the inception of the Torch Run we have raised more than half a billion dollars internationally. Maryland law enforcement is a perennial leader in fund raising efforts, last year alone raising more than \$3 million dollars for Special Olympics Maryland.

In addition to raising funds, we work to raise community awareness about Special Olympics. One of our principal ways of doing this is by hosting Torch Runs across the state (and the world) in the weeks preceding the Special Olympics Summer Games – their largest annual sporting competition. This year we conducted Torch Runs in nearly every county in Maryland during the first week of June. On Friday evening of that week we carried the Special Olympics “Flame of Hope” into the opening ceremonies of the Maryland Special Olympics Summer Games at Towson University where it was used to light the caldron signifying the official opening of the Summer Games. Officers from around the state, myself included, then spent the weekend presenting medals to athletes at the completion of their competitions. I have been presenting medals at local and state games for nearly 30 years and I am proud to claim hundreds of athletes and their families from around the state as my friends.

In addition to the annual State Summer Games, Special Olympics hosts both national and international Summer and Winter Games on a biannual basis like the “regular” Olympics Games, also like the State games here in Maryland. Law Enforcement Torch Runs are also conducted in advance of the national and World Games. Due to my long-term involvement with the Maryland Torch Run, I have had the great honor of being invited to participate in both the USA and World Game Torch Runs. These Torch Runs have taken me to Japan in 2005, Greece in 2012 and Korea in 2013. Earlier this month, I served as a Team Leader for the 2014 USA Summer Games in Princeton, New Jersey.

Six teams of Torch Runners were chosen to participate in the 2014 USA Summer Games Torch Run. Each team consisted of a Team Leader, nine officers from around the U.S. and one Special Olympics Athlete. One officer was chosen from each of the 50 states (to include Washington D.C.) and each team had an officer from the host state – New Jersey. The members of my team included officers from Alaska, Hawaii, Alabama, New Hampshire, Louisiana and all points in between. Our team was also honored to include Matt Migliore, a 32-year old Special Olympics Athlete from Las Vegas, Nevada.

During the six days leading up to the USA Summer Games, the six running teams conducted Torch Runs in more than 60 cities and town across New Jersey to raise excitement about the impending Summer Games. We began our Torch Run on Broadway in New York City on the way to a live taping of “Fox and Friends” outside their Times Square studio. While in New York we also visited the 911 Museum and the Statue of Liberty. The six teams then split into 3 smaller groups, each group heading out to a different part of New Jersey. Our agenda was aggressive – on Thursday

each group conducted 12 different Torch Runs (my team ran a total 14.4 miles on Thursday alone). No surprise – our Athlete Matt led and inspired us through every step of every run – a true champion.

At the end of the week we safely delivered the “Flame of Hope” to the opening ceremonies for the Summer Games in the Prudential Center in Newark. The ceremony was inspiring and I had the great honor of escorting Team Maryland in the Parade of Athletes at the beginning of the ceremony. Team Maryland was represented by more than 150 incredible Athletes, many who I have known for many years. It was a wonderful experience that I will forever cherish.

My Torch Run work is not done. I continue to serve as the Central Region Coordinator for the Maryland Law Enforcement Torch Run where I coordinate Torch Run activities in 7 counties and Baltimore City. I am also co-chairing the 2015 International Summer Games Torch Run which will take place next June in California. We are planning a Torch Run involving 100 officers and 10 Special Olympics Athletes from around the world which will take us from Oregon, to Las Vegas to the Mexican border over a 3-week period.

My work with Special Olympics has forever changed my attitude about those among us with developmental disabilities. I have learned that they are not “disabled”, but “differently-abled”. They have the same needs, aspirations and hopes as all of us...to be loved, valued and included. The Athletes are kind, caring and non-judgmental individuals who give far more than they receive – a wonderful example for all of us to emulate. Special Olympics is not just an organization that provides sports training and competitions for their Athletes. It is a critically important social and family network that provides life-skills, companionship and acceptance to more than 1 million athletes and their families worldwide. I hope that you will join me in supporting this noble cause. Jeff Spaulding

Clear Spring Emergency Relief

Last Thursday the town of Clear Spring in Washington County, MD, experienced six inches of rain in one hour. The spring for which the town is named roared through the center of town, washing away bridges, rushing through houses, collapsing fences, and causing families to evacuate their homes. Twenty-five to 30 homes and businesses in downtown Clear Spring are either damaged or uninhabitable. Residents in outlying areas were also effected when the creeks and rivers that feed the Potomac River also flooded.



St. Andrew's Church, Clear Spring, has become a hub for disaster response. Initially deemed a drop-off site for non-perishable food to be distributed to residents in need, the church has since begun a feeding program, serving a hot lunch to 50-60 people each day since the weekend. Gift cards are being purchased for local grocery stores and gas stations and distributed to those in need. The Rev. Steve McCarty, vicar of St. Andrew's Church, is working with the ministerium in town on the response and eventual recovery of the town.

How can you and your church help?

The best way we can help St. Andrew's Church help Clear Spring is to donate money. **Make checks payable to the Episcopal Diocese of Maryland and note in the memo line "Clear Spring Emergency Relief." Send to 4 E. University Parkway, Baltimore, MD, 21218; Attn: Clear Spring Emergency Relief.** All donations will be forwarded to the town's relief fund.

The consecration of the new Bishop will be September 6.

St. Paul's will be participating in the ceremony with Pete McIntosh carrying our banner. More info can be found on the Diocesan web site. All are invited.

From the Claggett Center

Dear Diocesan Friends,

The Claggett Center is pleased to announce the September opening of the Inn at Claggett. The

Inn enhances our current lodging options, with 42 single rooms and 18 double rooms. All rooms have queen-sized beds and en suite bathrooms, and the complex will be entirely accessible.

Whether your group needs a place for teambuilding, strategic planning, or spiritual renewal, the Claggett Inn is an ideal location for you. Take the time to hike one of our trails, enjoy a meal on one of our patios, or relax with a cup of tea and a book in one of our porch rockers.

Group reservations are now being accepted. If you would like to discuss the possibilities for your next retreat, please give me a call at 301-874-5147, extension 100. We look forward to hosting your group! Sincerely, Lori Sylvia, Business Manager

Living, Practicing Peace/Nonviolence

The Truth and Reconciliation working group for Living, Practicing Peace/Nonviolence is looking for people to join them on the journey. This group is expanding its membership and planning for the Nonviolence Week of Actions Sept 21-27 and beyond. For information or to join, please contact--- Lauren Welch, LMWelch16@verizon.net or Laura McGuire, laura.magoo@verizon.net

Celebrate the 40th Anniversary of Women's Priestly Ordination with the Episcopal Diocese of Pennsylvania **July 26**. Learn more at www.40yearsordained.com

WHAT'S IN A NAME? COAM

The Committee on Older Adult Ministries – a diocesan-supported committee

What is Our Mission? ... to encourage and promote effective ministries by, for and with older adults, and to help people of all ages prepare for older adulthood.

What do we do?

- 1) We produce the *Gift of Aging*, an occasional publication, featuring information, spiritual support and humor.
- 2) We offer conferences on timely topics relative to the lives of older adults.
- 3) We bring speakers to parishes and diocesan organizations...see the following for some of the topics.
- 4) We are available to consult with clergy and families concerning available assistance, during times of crisis.

Available Topics of Discussion

- 1) How to set up older adult events and ideas for activities in your parish
- 2) Ways for older adults to be connected in the community
- 3) How to find local resources to assist older relatives
- 4) Steps to take BEFORE moving a way from the family home
- 5) How to identify an appropriate nursing home, assisted living facility or retirement community
- 6) Discussions on how to make end of life health care decisions
- 7) Help elders and their families understand the issues tied to the Affordable Care Act and Medicare

How to learn more about COAM?

- 1) Visit our website: episcopalmaryland.org/olderadultministries – Note: this website is currently undergoing improvements.
- 2) Sign up to receive the *Gift of Aging* – by a note to COAM at Diocesan Center – 4 East University Parkway – Baltimore, MD 21218 or by using the sign up prompt on our website
- 3) Contact us to arrange for COAM to come to your parish

Who are we?

We are a dedicated group of people who care about older adults and their loved ones. **Come join us!**

Bazaar Notes – Our Holiday Bazaar will be on Saturday, November 1st, 9:00 a.m. – 2:00 p.m. Please put this date on your calendar. Whatever your craft/talent is, put it to work. Needed items: homemade gifts/fancy items, Christmas tree ornaments, decorations for Thanksgiving and Christmas. Also needed are baked goods/sweets, items for the collectibles table, silent auction items, items for gift baskets, food prepared for Gourmet-to-Go (recipes are given out) and food for the snack bar. Monetary donations are helpful to buy supplies for bread making, cheese ball making and for the snack bar. For the raffles, a third item is needed, preferably a handmade afghan or quilt. Does anyone have yarn for an afghan or is willing to knit/crochet an afghan for the raffle?

SUMMER CANNING – as you do your canning, please put aside a few jars of your homemade jams, jellies, pickles, etc. for the baked/sweet table. Homemade items are always very popular.

COLLECTABLES TABLE – Items needed: china, glass, pottery, milk and carnival glass, pewter, figurines, Avon bottles, plates and much more. There is no limit to this table. So start cleaning out those basements, closets and cubby holes to get rid of those particular items that you don't use or want. Leave your items(s) on the table in the parish hall and mark it for the bazaar collectibles table.

Any questions, see or call Linda Barnes 443-604-3402, Dana Fritzges 410-795-8425 or Linda Sharp 410-655-1979.

It doesn't take a few people for the Bazaar to be successful – it takes everyone helping and participating. Linda Barnes

Phyllis Shotwell is celebrating her 90th birthday on August 2nd. Let's make it special by sending lots of cards. If you would like to send a card – send to Phyllis Shotwell 500 Rains Country Road 1603, Lone Oak, TX 75453-8154.

Congratulations and Best Wishes go to:

Doris & Dick Wilcher on the birth of their grandson, William Andrew Carriaggio, the son of Brian and Dana Carriaggio. William weighed 8lbs. & 10 ozs.

Joanne Honsberger on the birth of a second great-granddaughter, Addisyn Kathleen Cohen, born May 5, 2014. She weighed 5 lbs. 14 ozs.

Michele & Charles Samuel on the birth of their grandson Greyson Paul Deluliis born Friday June 20th 9 lbs. 6 ozs. 21.5 inches ~ Parents Courtney Samuel Deluliis and Brandon Deluliis. Greyson is the 3rd grandchild and second grandson of Michele and Charles.

Let's see some pictures of the little ones.

May the souls of the faithful departed rest in peace and light perpetual shine upon them: we pray especially for the soul of Marie Neve, the mother of Ellen Zior, and those who mourn. Ellen's mother passed away June 19th in Melbourne, FL. Cards can be sent to Ellen at 710 Bridlewreath Way, Mt. Airy, MD 21771

Parking Lot: Once again we will be collecting change to help pay off the parking lot loan. Please take a cup to drop your change in. Several parishioners have agreed to match funds for the monies collected. Your donations will be collected around Thanksgiving.



All you can eat – Sunday Breakfast

July 13, Lisbon Fire Hall
8:00 a.m. -11:30 a.m.
Adults-\$8.00; Children 6-11 \$4.00; 5 and under free.

July 20, Mt Airy Fire Hall
7:30 – 11:00 Adults \$8.00

July 27, St. Michaels Church
8:30 -12:00 Adults \$6.00

Happy Birthday To:

Landon Reeve	July 03
Harly Fitterer	July 04
Susan Kelley	July 05
Lillian Van Osterom	July 05
Etta Lee Spaulding	July 09
Trudi Lawson	July 12
Mi-Ling Jones	July 14
Alan Yeater	July 21



Anniversaries

Stephen & Mi-Ling Jones
July 02

Rev Susan & Paul Keller July 03
Paul & Suzanne Bourg July 16
Ron & Linda Sharp July 26

Newsletter deadline for August newsletter is July 20th.



Prayer List

Paul Bourg
Trudi Lawson
Dallas Reeve
Michael Toole
Keith Prentice
Phyllis Heffner
Gibson & Doris Sharp
Bill Wineabaunner
Joannie Lee
Kurt VonHurst
Allene VonHurst
Al Parker
Craig Johnson
Joanne Johnson
Jeffrey Johnson
Lora Hollands
Pam Sherfey
Debbie Gardner
Ann Boyles
Sandra Napier
Irene Hordubay
Bill Hordubay
Cheryl Kibler
Beth Husted
Lynn Carr
Allison Poleger
Sam Lucas
John Lucas
Mary Wales-North
The Horrigan family
Teresa
Ben Kitt
Carey, Kathleen McIntosh
Patsy Mavity
Donna Shurney
Kaye Rineer
Belinda Blizzard,
Nancy Leonard

Janice Esler
Matt Willingham
Amanda Meissner
Luke Bourg
Gertlinda Yeater
Kenneth Ritter
Susie Gibson
Mildred Stinebaugh

Lord, please give healing and peace to those listed on our prayer list.

PASTORAL CONCERNS

Pastoral issues and concerns are important to us. You may contact the Parish by phone #410-489-4411, Monday through Friday 9-12 noon.

Or contact Rev. Susan S. Keller at 301-785-1687, or revssk@yahoo.com

Address:
www.stpaulsmtairy.org

Email
stpaulschurch-mtairy@verizon.net

VISION STATEMENT

Our Vision is: A community of faith ministering to those in need of justice, reconciliation, hospitality, sanctuary, and growth in their spiritual journey

MISSION STATEMENT

Our mission is: To carry the good news of Jesus Christ into the community by word and deed and to help all people experience God's presence in their daily lives.

July 2014 ~ Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 12-3 Thrift Shop <i>St. Thomas</i>	4 Thrift Shop Closed Independence Day Office closed	5 12-3 Thrift Shop
6 9:00 a.m. Rite II <i>Coffee hour following</i>	7	8	9	10 12-3 Thrift Shop	11 12-3 Thrift Shop <i>Benedict of Nursia</i>	12 12-3 Thrift Shop
13 9:00 a.m. Rite II <i>Coffee hour following</i>	14	15	16	17 12-3 Thrift Shop 6:30 P.M. Vestry Meeting <i>William White</i>	18 12-3 Thrift Shop	19 12-3 Thrift Shop <i>Macrina</i>
20 9:00 a.m. Rite I <i>Coffee hour following</i>	21	22 <i>St. Mary Magdalene</i>	23	24 12-3 Thrift Shop <i>Thomas a Kempis</i>	25 12-3 Thrift Shop <i>St. James</i>	26 12-3 Thrift Shop <i>Joachim & Anne Parents of Blessed Virgin Mary</i>
27 9:00a.m. Rite II <i>Coffee hour following</i>	28	29 <i>Mary, Martha of Bethany</i>	30 <i>William Wilberforce</i>	31 <i>Ignatius of Loyola</i>		

JULY 2014 ~ SERVICE CALENDAR
IF YOU ARE UNABLE TO WORK, PLEASE FIND A REPLACEMENT

	July 6, 4 th Sunday after Pentecost Green	July 13, 5 th Sunday after Pentecost Green	July 20, 6 th Sunday after Pentecost Green	July 27, 7 th Sunday after Pentecost Green
	9:00 A.M.	9:00 A. M.	9:00 A. M.	9:00 A.M.
Greeter/usher	Greg & Norma Prentice	Dana Fritzges, Linda Sharp	Michele Samuel, Al Yeater	Pat & Al Marquis
Oblationers	Suzanne & Paul Bourg	Linda Barnes, Carrie Brown	Joanne Honsberger, Dana Fritzges	Linda Sharp,
Chalicer	Ron Alexander	Leo Campion	Jeff Spaulding	Pete McIntosh
Acolyte	Carrie Brown	Leo Campion	Pete McIntosh	Linda Barnes
Lector	Kathleen Alexander	Dorothy Kitt	Charles Samuel	Helen Tuel
Psalm	Jeff Spaulding	Barb Campion	Phyllis Heffner	John Tuel
Prayers of the People	Carolyn Prentice	Irene Hillen	Bill Toole	Carrie Brown
Altar Guild	Suzanne Bourg, Linda Barnes	Etta Lee Spaulding, Linda Sharp, Pat Marquis	Dottie Streaker, Dana Fritzges	Joanne Honsberger, Barb Campion
Coffee Hour	Dana Fritzges, Irene Hillen	Barb Campion, Doris Wilcher	Dorothy Kitt, Carrie Brown	Phyllis Weston, Lee Hajek
Counter	Lynda Sheckels, Etta Lee Spaulding	Irene Hillen & Jim Hillen	Lynda Sheckels, Dana Fritzges	Nancy & Pete McIntosh