

The Epistle



ST. PAUL'S EPISCOPAL CHURCH

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The Rt. Rev. Dan Edwards, Bishop

The Rev. Kirk A. Woodliff, Rector

The Rev. Chip Arnold,
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The Rev. Sherryl Netzler,
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The Rev. Hal Woomer, Jr.
Assistant Priest

The Rev. Mike Margerum, Deacon

The Rev. Linda Smith, Deacon

February 2017

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WHO ARE WE?

St. Paul's is a theologically diverse community seeking to embrace their diversity in order to live through the Gospel of Jesus Christ and be a place of learning and belonging for all people.

From the Pile on Fr. Kirk's Desk...



The Rector seems to have gotten lost under the pile on his desk this month.

He leaves you with some knowledge from one of his favorite guides, Dr. Brene' Brown and some insights from

Dr. Elisha Goldstein, Ph.D.

BLAME, BLAME, BLAME, BLAME, BLAME

Brene' says that "blame is nothing more than a way to discharge pain and discomfort." Let me say that again, "blame is nothing more than a way to discharge pain and discomfort."

In his blog, *Mindfulness and Psychotherapy*, Elisha writes,

"There's really no other value for blame other than that discharge. When you start to be on the lookout for it you'll notice that it's just one way your brain automatically releases negative energy. But ultimately, blaming is a mind trap that only serves to fog up our lens of reality and strips us of our power to make a change for the better. We either hold others responsible for our own shortcomings or blame ourselves for others' problems.

Either way, blame takes us away from knowing and doing what is most important right now. It also keeps us stuck in looping cycles of stress, anxiety, depression, addiction and even trauma.

We can take Brene's finding around blame and make it practical in our lives to gain freedom from it.

Here's how:

- *See it in yourself* – Spend a day being on the lookout for moments of blame. This may be blaming yourself or another and see if you can recognize how it was

a moment of expelling pain, discomfort or some negative energy. How does it make you feel after? Was it relieving, does more negative energy creep in?

- *See it in others* – Spend the next day noticing when other people use blame. Do you notice some pain or discomfort that preceded their moment of blaming?
- *See the freedom unfold* – See what happens as you start to get curious about the experience of blame.

It may just be the ticket to getting freedom from this depleting mind trap.

Men's Study Group

On Thursday, February 9th from 7:00 to 8:30PM the men's study group will reconvene. On the first meeting we will listen to each other to see the path of study and prayer we as a group want to travel. Do we want a short class, a formal bible study, *Lectio Divina*, perhaps an outreach project centered in scripture? Bring your ideas.

Contact The Rev. Mike Margerum for more information. mgoodmarge@gmail.com or 775-229-2695.

Weekly Bible Study

Come and join us in the Choir Room for this ongoing Holy Spirit guided study of scripture. Make new friends and find new ideas and ways of looking at scripture. No homework required. The combined Men's and Women's Group meets Thursdays from 11:00 am to 12:30 pm.

February in the Food Pantry

"Breakfast is Served!"

Breakfast cereals of all kinds, plus other breakfast foods, such as applesauce and jams.



Youth Group: EYC



EYC is an Episcopal Youth Community where all youth (and their friends) who are in grades 7-12 are invited to come and participate. The focus will be different each week, but you can count on whatever the EYC is doing it will stimulate our growth with God and with each other, and our growth in serving Christ in the world. We invite you to come join us for food, fellowship and fun! If you are new to St. Paul's we welcome you to join us. If you have any questions, please contact Tricia Woodliff at triciawoodliff@hotmail.com or Tia or Jon Mittelstadt at 775-722-3469 or by email at tia.mittel@gmail.com.

EYC will meet in the youth room from 10:15 AM until 12:15 PM unless listed differently in the schedule. Please join us for the following activities:

February 5: SuperBowl Party at Tia and Jon's House at 3:15 PM

Meet at Tia and Jon's house at 3:15 PM (address will be sent in the monthly email). Join us in cheering on the Patriots or the Falcons in the big game! Please bring an appetizer or dessert to share. We will provide drinks and chili. Parents are invited to come and join in the fun!

February 12: Growing with God

Meet in the youth room at 10:15 AM. We will watch a video on Jonah the prophet, sometimes known as the "passive aggressive coot." We will discuss and also eat lunch. Games to follow.

February 19: Baking Cupcakes for the Trivia Night EYE Fundraiser

Meet in the youth room at 10:15 AM. We will then be baking cupcakes and brownies to be sold at the Trivia Night on the 25th.

Saturday, February 25: Classic Cinema

<u>Trivia</u>	<u>Night</u>	<u>EYE</u>	<u>Fundraiser</u>
St. Paul's Episcopal Church Presents: Classic Cinema	Trivia	Night	

Doors open at 5:00 pm: Trivia begins at 6:00 pm.

Dress as your favorite star or movie character, and decorate your team table for prizes. The 2 top scoring teams will receive prizes. Teams will consist of up to 6 players. So get your friends together and start a team. Teams are encouraged to bring food, snacks, beer or wine for their team table. There will be 8 rounds of general trivia and 2 bonus rounds of cinema trivia. Each round will consist of 10 questions.

Cost is \$5 per person. Soda and water will be available to purchase. All proceeds from this night of fun and fellowship will benefit St. Paul's Youth who will attend the Episcopal Youth Event (EYE) in Oklahoma, summer of 2017.

February 26: No Meeting Today Due to Other Activities

Tuesday, February 28: Shrove Tuesday Pancake Dinner Youth Fundraiser

This dinner is a fundraiser for the youth group so we need everyone to help! The dinner will be from 5:30 to 7 PM. Last year we served close to 100 people. Help is needed before, during and after the dinner. Youth and parents will be asked to help. We will have two shifts and will be contacting you soon! If you have a griddle or electric fry pan we can borrow, please bring it with you.

Eco-palian Shorts

Catalogs are fine if you order from them. Call the catalog companies that you never order from and tell them to remove you (all of your names and your family's names) from their list(s).

Prayers of the People

Please help us keep our Prayer Chain List up to date. Let someone in the Prayer Chain Group or Robin in the office know each month if we are to continue to pray for your special people. Thank you.

Diane, Russ, Barbara, Larry, Anne, Nanette, Philip, Ernest, Preston, Jameson Walker, Bill, Trudy, Lori, Dick, Keith, Ella, Patricia, Paul, Sixten, Mike, Ryan, Rev. Ken, Carol, Alyson, Penny, Craig, Pam, Victoria, Peggy, Mary, Frank, Chris, Matthew, Danny, Beau, Karen, Sven, Grace, Robert, Jill, Dorothy, Sharon, Trina, Harry, A.J., Kris' family, Mason, Stan, Stephanie, Joe, Jack, Shirley, Ellie, Jacquie, Char, Ruthie, Sue, Vedda, Steve, Michelle, Ava, Debbie, Donna, Everett, Elva, Amy, Jeannie, Doris, Sara, Jamie, Lynne, Linda, Marge, Mario, Elizabeth, Scott, Susan, Joey, Jennifer, Heidi, Dillon, Madeline, James, JoAnn, Tim, Barb, Dale.

Military: Andrew, Ryan, Jeffrey, Sierra, Owen, Brian, Evanne, Carl, Alex, Suzanne & Mason and David.

Pinterest Interest Group

Come join us in the parish hall on the first Monday of the month at 6:00 p.m. for food, fellowship, and fun crafts! Here's how it works: someone brings dinner, someone else brings dessert and someone brings the craft.



Call Barbara Monroy at 742-4856 if you have any questions.

Recovery Groups at St. Paul's

Wednesdays: Women's AA @ 6:30 p.m.

Thursdays: Ala-Non Meeting @ 6:00 p.m.

Gam-anon Meeting @ 6:30 p.m.

Monthly Receipt Summary



Funding the Mission **January 2017**

For 2017, I plan on varying what I report in this monthly space. Once a quarter I plan to report on how our incoming receipts for the previous three months compare to expenses, and how that compares to what was budgeted. However, I also would like to hear what you would like to see reported or discussed in the other two months in each quarter. Please look me up or email me if you have ideas.

If you missed the annual meeting in January, I reported that for the year, our receipts fell short of our expenses by \$10,488. However, these results were far better than the \$38,320 deficit that was projected in the 2016 budget, and as a result we still have \$21,327 in savings to cover future shortfalls.

The monthly Financial Statement of Mission contains detail on all our financial activity, and is posted in the narthex.

You can also direct questions personally to any Vestry member, Roger Towne, or Patti Stine. Or contact us by email at Treasurer@stpaulssparks.org

IMPORTANT NOTE: By all your gifts, we are blessed. For your gifts we are grateful.

By Your Gifts We Are Blessed

A total of \$817.95 from the sale of Christmas wreaths will be used to help Youth Ministries send participants to the annual EYE (Episcopal Youth Event) gathering in Edmond, Oklahoma. St. Paul's General Fund, Eddy House, and OurCenter received money from

our Christmas Offering with \$1255.35 going to St. Paul's General Fund, and \$1255.35 being split between Eddy House and Our Center.

Other donations for the month included \$125.00 to the Community Food Pantry, \$55.00 to the Prayers and Squares quilt ministry, \$225.00 to the Clergy Discretionary Account, and Memorial Fund donations of \$1425.00 for Jan Enzler, \$250.00 for Forrest Kinkaid, and \$275.00 for Russ Williamson.

Patti Stine, Assistant Treasurer

The Daughters of the King



Ladies - Ever wonder just what Daughters of the King actually do? Are you interested in spending a little bit of time in study and prayer a couple of times a month? Are you interested in laughing and sharing in a safe environment? Are you looking for a way to be more involved with St. Paul's ministries, but haven't quite figured out what that way is? Please come and learn about this ministry tradition for yourself. We can't wait to share with you.

Contact Connie Patterson or Margaret Bouzek for information.

Eucharistic Minister Training March 12th

If you have ever considered participating in the ministry of helping distribute the bread and wine during our worship services, now is the time to act! Join us in the church on Sunday, March 12th at 12:15. If you have questions contact Deb Stiver at stiver@unr.edu or 356-6474.

Classic Cinema Trivia Night

St. Paul's Episcopal Church Presents: Classic Cinema Trivia Night, February 25th, 2017. Doors open at 5:00 pm. Trivia begins at 6:00 pm.

Dress as your favorite star or movie character, and decorate your team table for prizes. The 2 top scoring teams will receive prizes. Teams will consist of up to 6 players. So get your friends together and start a team. Teams are encouraged to bring food, snacks, beer or wine for their team table. There will be 8 rounds of general trivia and 2 bonus rounds of cinema trivia. Each round will consist of 10 questions.

Cost is \$5 per person. Soda and water will be available to purchase. All proceeds from this night of fun and fellowship will benefit St. Paul's Youth who will attend the Episcopal Youth Event in Oklahoma, summer of 2017.

Volunteers to Photo Church Events

As my priorities have shifted to other projects, I am calling on all you other shutterbugs to show off your photography talents at church events by volunteering to bring your cameras and give us your eye's view of people and happenings. Jeannine Funk has generously offered to take over the responsibility of organizing the photos and putting them in the church album, but she is not able to attend all the events and would appreciate the contributions of anyone who would like to help. Please make 4"x 6" photos and give them to Jeannine or leave them in an envelope at the church office addressed to her. If you have any questions, please contact Jeannine 775-287-9424 jmfunk66@gmail.com. As they say, the more the merrier! Pat Entwistle

LIVE GENEROUSLY

New Stewardship Discussion Group

St. Paul's stewardship committee invites members or anyone connected to our congregation to join a private Facebook conversation about living generously in 2017. We'll discuss biblical stewardship and how we live generously in our daily lives. The discussion will begin Monday, February 13 and continue six weeks. Each week there will be a short reading and a different discussion topic.

This is not a study course with instructor and students. Rather, this will be a chance to share ideas, learn wisdom from one another (Col 3:16), and maybe even shift our congregational approach to caring for the world using our treasure, time and talents. Much of the discussion material will come from the book, "Stewardshift: An Economics for Congregational Change" by Bob Sitze.

This will be a private Facebook group which means only members of the group can see the discussion. To join the group, send an e-mail to Jon Mittelstadt at jon.mittel@gmail.com or message him on Facebook. Or, if you're not on Facebook but would like to join the conversation in a different way, contact Jon or call the church office. We hope you'll join us and make this a lively discussion!

Gratitude for St. Paul's 2017 Pledge Campaign

The stewardship committee wishes to thank everyone who prayed for and participated in the 2017 pledge campaign. Thanks! A big thank you to Nancy Lightfoot for providing the posters on the Narthex exits again this year. One hundred five (105) pledge cards were

turned in by the end of December 2016 and our total pledged amount increased by 9.4% over 2016. Thirty four pledges increased over last year and we had 14 new pledges. It's so exciting to see this growing commitment to the mission and ministry of St. Paul's. We're looking forward with hope and faith to another fruitful year of living generously at St. Paul's in 2017!

African Dinner

SAVE THE DATE!

Announcing the 14th Annual Ron Peterson Memorial African Dinner



When: Saturday, April 1st

Where: California Building located at Idlewild Park in Reno.

The event, co-sponsored by International Development Missions (IDM) and the Student Association for International Water Issues (SAIWI) includes a fun night for all ages with a **gourmet buffet of African and Central American food, entertainment, raffles, and auctions.** Your participation supports the mission of IDM and SAIWI. This annual event honors the late Ron Peterson, a member of St. Paul's who was one of the co-founders of International Development Missions (IDM). IDM is a ministry that began as an outreach project of St. Paul's. It has continued to undertake mission projects in Kenya and Latin America by providing medical care, clean water projects and education. IDM also supports the education of UNR students through scholarship, technical and leadership assistance. For more information on the event or to purchase tickets (the event sells out every year!), please contact Deb Stiver at stiver@unr.edu or 356-6474.

Coming Events



February 2017

Sunday	Feb. 04, 2017	D.O.K.	10:00 am
Sunday	Feb. 05, 2017	Outreach Meeting	12:30 pm
Monday	Feb. 06, 2017	Pinterest Interest Group	6:00 pm
Monday	Feb. 13, 2017	Vestry Meeting	6:00 pm
Saturday	Feb. 18, 2017	D.O.K.	10:00 am
Monday	Feb. 20, 2017	Stewardship Meeting	5:30 pm
Saturday	Feb. 25, 2017	Prayers & Squares	9:00 am
Saturday	Feb. 25, 2017	Epistle Deadline	12:00 pm
Saturday	Feb. 25, 2017	Trivia Night	6:00 pm

Recurring Events

Worship times, 9:00 a.m., 11:00 a.m. & 5:00 p.m.

EYC meets every Sunday @ **10:15 a.m.** in the Youth Room

Rector's Sabbath is every Tuesday

Choir Practice 5:30 p.m. Tuesdays or (Check with your Team Leader)

Praise Team 7:00 p.m. on Wednesdays or (Check with your Team Leader)

AA (Women's group) meets Wednesdays at 6:30 p.m. to 7:30 p.m. in Parish Hall

Alanon meets every Thursday at 6:00 p.m. to 7:00 p.m. in Parish Hall

Gam-anon meets every Thursday 6:30 p.m. to 8:00 p.m. in the Choir Room

Lectio Divina – Bible Study meets Thursday mornings at 11:00 a.m.

Healing Service with Holy Eucharist Thursday Evening at 6:00 p.m.

Food Pantry is open Wed. 10:00 a.m. to 12:00 p.m. & Saturday 9:00 a.m. to 11:00 a.m. **Unless otherwise noted.**

*Fourth Wednesday of the month in the morning the SNAP program & Food Bank Truck are here.

St. Paul's Episcopal Church
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P. O. Box 737
Sparks NV 89432

PLACE
STAMP
HERE

Phone: 775-358-4474

Fax: 775-313-0806

E-Mail: office@stpaulssparks.org

Web Site: www.stpaulssparks.org

Place Label Here

*St. Paul's
Episcopal Church*



Walking Together in Faith

Sun., 9:00 a.m. Holy Eucharist, Contemporary
Sun., 11:00 a.m. Holy Eucharist, Traditional
Sun., 5:00 p.m. Traditional Holy Eucharistic, No Music
Thur., 6:00 p.m. Healing Service with Holy Communion