



St. George's Episcopal Church

Where everyone has a place at Christ's table



St. George's Episcopal Church
This is a free publication for members and friends

www.StGeorgesonline.org

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New Things, New Places, New Possibilities

by the Rev. Canon Paul S. Nancarrow, PhD

"I am about to do a new thing; now it springs forth, do you not perceive it?"
Isaiah 43:19

God is doing a new thing at St George's. And, as with all new things, there is uncertainty about letting go of the old at the same time there is joy and excitement about opening up to the new.

I have accepted a call to serve as Rector of Trinity Episcopal Church in Staunton, Virginia. My last Sunday at St George's will be Sunday, August 10, 2008.

By the time you read this issue of the newsletter, this will be "old news" for many of you. But as we prepare this issue to go to print, the news is still very fresh. Either way, fresh or old, it is news that prompts many reflections.

This call represents a new phase in my vocation and ministry, and an opportunity to grow in some new directions in my spiritual life and service to the Church. Trinity has a strong tradition of quality in liturgy, music, and preaching, and I believe my gifts in those areas will help maintain and deepen that tradition—and stretch me in some new ways, too. At the same time, Trinity is intentionally seeking to foster the ministry of all the baptized; I think I can apply and extend in that endeavor some of the things we've started to learn at St George's about mission-mindedness, shared leadership, and

organizational networking. Professionally and personally, I believe this call is a new growth opportunity to which God is actively leading me.

This call also represents a new phase for St George's vocation and ministry. For many months now we have been talking—in meetings, in gatherings, in the Futures forum, in sermons—about how St George's can identify what kind of church it wants to be, and how St George's can take steps toward growing into its best potentials. We've asked if we want to become a "destination church." We've asked if we want to pick one of the ten practices of thriving congregations described by Diana Butler Bass—say, the practice of hospitality—and make that the focus of our parish life. We've asked if we want to reshape our educational, pastoral, and leadership structures to reflect a more personal, more one-to-one, and less programmatic way of being church. The process of self-study leading to the search for and call of a new Rector can be a time to unleash new leadership and energy for just that kind of serious thinking about mission and potential. While it's only natural to face an open future with some uncertainty, God's gift to St George's in this transition is the chance to make some deeply important choices about where you want to go and what kind of priest can help lead you there.

Several people have asked me, "What happens next?" In the immediate future, until August 10, things will stay much as they have been. Our existing governance structures of Rector, Vestry and Wardens, committees, and so on will remain as they are and continue their work. We may focus more of our work together on the process of saying a good goodbye—and remember, "goodbye" is a

contraction of “God be with ye,” and in the next weeks we’ll pray a lot for God’s presence with each other. We will certainly focus our work on poising St George’s to take a bold new step in its mission. But in many ways things won’t change too much until August 10.

After August 10 will begin the work of preparing St George’s for new clergy leadership. The Bishop’s office will provide one or more names of persons who can act as search consultant, to guide the Vestry through the protocols of the interim period. The Bishop’s office will also provide one or more names of interim clergy, to provide liturgical leadership and pastoral care throughout the entire search and call process. For fairly obvious reasons, this important transition work cannot begin while the current rector is in place, which is why all the “big stuff” can’t start happening until after August 10. The length of the interim period, the design of the search process, the methods of parish self-study, and similar nuts-and-bolts will be planned by the Vestry and search team in the fall.

Through all this time, before and after August 10, the main work of the congregation will be to keep itself open to the leading of God’s Spirit, to pray for each other, and to take its part in God’s mission of communion for the entire world. That is *always* the main work of the congregation.

God does new things in our midst, and while the new things can be challenging, God promises always to be there, giving us new possibilities and inspiring us to our best becomings. May God be with us all as we now venture forth in faith.

Sunday School Scoop

by the Rev. Paul S. Nancarrow

At the end of the program year in May, Rachelle Troyer stepped down as Sunday School Co-Coordinator. On behalf of the entire St George’s community, I want to publicly express our gratitude to Rachelle for her service in this role. Rachelle served the education program for two years, and during that time our Sunday School often functioned as a one-room schoolhouse, with Rachelle telling stories, leading activities, overseeing

crafts, and generally keeping the kids together despite different levels of age and ability. When parents expressed a desire that Sunday School be more closely connected to what goes on in the church service, Rachelle introduced new lectionary-based curriculum materials into the Sunday School mix. All along, she has been a great asset to the Sunday School program.

Thanks, Rachelle, for everything!

The Education Committee is reviewing the staff needs for Christian education in our parish, and will rework the Sunday School Coordinator position(s) over the summer. More news is yet to come.

Youth Group News

Youth are you ready for some volunteer time? We plan on going to Loaves and Fishes on **Thursday, July 31st**, then stop on the way back for a pizza or something. Call Heather if you are able to come, or sign up on the sign up sheet in the Parish Hall. We will arrange rides for any youth who want to go and help out. Indicate that you need a ride on the sign up sheet. See you then!!!

BeFriender Ministry

by Eileen Harvala, BeFriender Ministry Coordinator

BeFriender Ministry has begun at St. George’s with an initial cadre of seven people now trained as BeFrienders. Some are already serving as “special companion” to others. Current BeFrienders include Maurine Bernier, Katheirne Cady, Leslie Olufson, Alan Poulsen, John Stonhouse, Sandy Stonhouse, and Leon Vann. This summer, these BeFrienders will be commissioned at a special service at St. George’s. Please keep these BeFrienders and this ministry in your prayers.

BeFriender Ministry is deeply spiritual, is scripture-based, prayer-based, and deeply rooted in our baptismal call to lay ministry. Trained BeFriender lay ministers embody the caring presence of God and of our faith community by becoming “special

friends” to members who are in need of caring, non-judgmental presences.

BeFriender Ministry is lay pastoral care ministry based on four foundational principles:

- God is present
 - ◆ BeFrienders are aware that they are in God’s presence when befriending someone and that the time shared is a blessing to both the person befriended and the BeFriender.
- Caring, not curing
 - ◆ BeFrienders serve as a living reminder of God’s love. They are companions on the journey as others recognize, value, and use their own God-given, Spirit-led wisdom.
- Nonjudgmental presence
 - ◆ BeFrienders understand the importance of hearing another’s story from that person’s perspective. Openness and respect allow them to respond with empathy and without judgment.
- Active listening
 - ◆ There is a healing power in being able to tell one’s story. BeFrienders know the value of active listening skills, which are a critical component of training.

BeFriender lay ministers provide pastoral care through a listening presence to anyone experiencing grief, loss, transition, or other concerns such as cancer, or chronic illness, divorce or separation, abuse, death of a loved one, relocation, job loss or career change, parenting challenges, depression, imprisonment, getting married, Alzheimer’s, financial concerns, addiction, stress of care giving, buying or losing a home, etc. Whatever the circumstances of the person being befriended, a BeFriender can be a friend on the journey. A BeFriender does not take the place of professionals with specific expertise, but can be a companion through the process so that no one has to make the journey alone.

BeFrienders are trained to provide a listening presence to others, not to be experts in the situations that they might encounter. The core concepts and skills taught through the training enable a BeFriender to provide compassionate, empathic

care. BeFriender Ministry is not a crisis ministry, but BeFrienders can be called upon in crisis situations just as they would be in non-crisis situations. BeFrienders accept people as they are without telling them how they should be, listen with compassion without giving advice, and allow others to make their own decisions without trying to decide for them. By providing spiritual and emotional care, BeFrienders provide an opportunity for those they befriend to make choices and to grow.

This ministry is based on the concepts of respect, mutuality, and confidentiality.

If you know someone who needs a BeFriender, please contact Program Administrator, Paul Nancarrow at 952-926-1646, or psnancarrow@gmail.com. Or if you would like more information about BeFriender Ministry, including possibly being trained to be a BeFriender, please contact Eileen Harvala at 952-930-0693, or 952-237-6353 (cell phone), or sixhoops@comcast.net.

GUSS Notes

by The Rev. Paul S. Nancarrow

Grown-Up Sunday School is on hiatus for the summer. In its place, we will be Dwelling in the Word after the 9:00 a.m. Service. This simple form of group Bible reflection will give us the opportunity to grow together in our knowledge of and responsiveness to God’s word to us in scripture. GUSS will resume in the fall—watch this space for upcoming session announcements!

Financial Update

In May (the most recent month for which we have completed records as of press time) we had:

Income	\$20,754.00	90.79% of budget
Expenses	\$19,502.31	100.31% of budget

Please remember to keep your pledges current over the summer months when you are on vacation or

away from St. George's. Our bills continue through the summer months. Thank you!

Tea for You.....Remembered

by Sandy Stonhouse and Mary Poulsen

On one of the beautiful April Saturdays at the first "Tea for You" 15 women gathered at Mary Poulsen's home. We enjoyed a gentle afternoon in the midst of our busy lives.

On July 12 all are invited to Katherine Cady's country porch for a time of fellowship and peaceful moments. Wear your summer shorts or your summer hat and dress. Little girls, sisters, and neighbors are all welcome

Tea for You

July 12 from 2:00 to 4:00 p.m.
Katherine Cady's town home
1030 Zanzibar Lane North in Plymouth
763-473-8364
Please RSVP, so we can plan the food.

Loaves and Fishes

by Beth Dodds

Please join us on Thursday, July 31st as we prepare, serve and clean up for Loaves and Fishes at Holy Rosary Church in Minneapolis. There is plenty of work for everyone and the need is greater in the summer months when the children are off of school. A sign up sheet will be available in the Parish Hall the first part of July.

Juice Sunday

by Camille Schroeder

Sunday, July 6, 2008, is the first Sunday in the month and it is JUICE SUNDAY at St. George's. This is the Sunday when we buy a bottle or two of juice to donate to the St. Louis Park Emergency Program (STEP) food shelf. White grape, orange, cranberry, apple, any kind can be used. Juice boxes are also a good choice. Last month we donated 21

large bottles of juice and 3 packs of juice boxes. What can we do this month?



Environmental Stewardship

by Ryan Anderson

Give us a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Prayers of the People; Book of Common Prayer.

July 7th marks my one-year anniversary of commuting to work by bicycle. My initial goal seemed simple enough – buy a decent bike, get some exercise and bike to work at least a couple of days per week. I figured that I could save some money on gas and reduce my carbon footprint.

I quickly found riding to work was FUN and it felt great. There were so many more things to see, hear and smell—things you miss while driving a car – the smell of fresh flowers, the sounds of kids playing at a daycare or even the smell of an occasional burnt batch of McGarvey's coffee. Needless today, two days to bike commuting quickly became five and I found myself putting more miles on the bike than the car. The winter arrived and I joined thousands of other Twin Cities residents who ride all year long.

I won't sugarcoat it – the first few rides were a bit of a challenge – my four mile trip involved a fair amount of sweat and panting. I also made some poor route choices and ended up going the long way to work on a few occasions. Things got better, of course, with time and experience. By the end of July, I considered myself to be a genuine bike commuter. By spring, I was practically an expert.

The Twin Cities is second only to Portland, Oregon with regards to the number of bike commuters. Given our chilly winters, that's pretty good. There are literally hundreds of miles of bike trails in the Twin Cities including the Midtown Greenway, a

non-stop bike and pedestrian highway. Twin Cities buses are also outfitted with bike racks to help ease longer commutes and more and more businesses have worked bike racks into layouts. I see more bikes on the road every day. I work at Hoigaard's and have seen an increase in bike sales and bike repairs over last year. I suspect the same thing is happening at other shops around the nation.

I figure I've saved more than \$400 on gas alone in the past year. Add insurance, periodic maintenance and repairs and that number could easily climb to \$2,000. Not too shabby. In a year, I figure I have gone about 250 days without burning gas while driving to and from work. The only exhaust I'm kicking out is the CO2 from my lungs!

I challenge you – get your bike out and take it for a spin and replace 1-2 short car rides a month with a trip by bicycle. You may just find that you love biking. I do!

STEP Back to School Drive

by Camille Schroeder

This is the first notice about our annual donation of school supplies for the students who are clients at STEP. It seems that in July many stores feature school supplies at bargain prices and with money tight for a lot of people it makes sense to look for bargains.

This year STEP is being very specific about what they need and don't need. This has come about because of a number of sizable donations from businesses. Please use the following lists when you do your shopping:

We Do Need these school supplies:

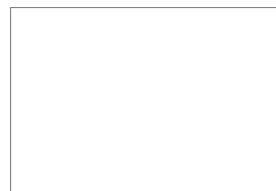
- Black erasable pens
- Red ballpoint pens
- #2 pencils (no mechanical)
- Pink bar erasers
- Markers, 8 count washable
- Colored pencils, 12 count
- Dry Erase markers
- Zippered 3-ring binders

- Rulers, 12" plastic with standard and metric measures
- 3" x 5" index cards
- Scissors, pointed (no blunt)
- Pencil pouches, 3-hole zippered
- Pencil boxes
- College-ruled loose-leaf paper
- College-ruled notebooks, assorted colors
- Wide-ruled notebooks **YELLOW ONLY**

We Do Not need these school supplies:

- Crayons
- Mead composition notebook
- Pocket folders with prongs
- Pocket folders without prongs
- Wide-ruled notebooks except for **yellow**
- Wide-ruled loose-leaf paper
- Highlighters
- Black ballpoint pens
- Blue ballpoint pens
- Binder dividers

Supplies will be delivered to STEP as they are donated at church. The last day for delivery is August 18, 2008. Thanks so much for your help with this worthy cause.



Phone Directory

St. George's has a new phone directory. Please save us postage by picking yours up at the church. If you can't pick one up, please call Patty in the church office, 952-926-1646 and she will mail one to you.

Correction to the Directory :

Kay Sarjeant's phone number is 763-535-6129.

Calendar of Events July, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Office Closed 6:30 pm – AA (L/L)	4 Office Closed	5
6 9:00am – HE, Rite II 10:15 am- Dwelling in the Word	7	8 7:00 pm- Mothers & More (L/L)	9 7:00 pm - Vestry(CEB)	10 6:30 pm – AA(L/L)	11	12 Tea for You – at Kate Cady's
13 9:00am – HE, Rite II 10:15 am- Dwelling in the Word	14	15	16	17 6:30 pm – AA (L/L)	18	19
20 9:00am – HE, Rite II 10:15 am- Dwelling in the Word 1:00 p.m. BeFriender Training	21	22 Noon – Housemeeting	23	24	25	26
27 9:00am – HE, Rite II 10:15 am- Dwelling in the Word	28 7:00 pm - Buildings & Grounds (CEB)	29	30	31 Loaves & Fishes	HE- Holy Eucharist All Committee meetings are open to the congregation to attend.	PH- Parish Hall LL – Library Lounge CEB – Conference Room Christian Ed. Building

Ministers of the Eucharistic Assembly July, 2008

	July 6 Eighth Sunday After Pentecost	July 13 Ninth Sunday After Pentecost	July 20 Tenth Sunday After Pentecost Father's Day	July 27 Eleventh Sunday After Pentecost	
	Genesis 23:34-38, 42-29 Pslam 45:11-18 Romans 7:15-25a Matthew 11:16-19, 25-30	Genesis 25:19-34 Psalm 119:105-112 Romans 8:1-11 Matthew 13:1-9, 18-23	Genesis 28:10-19a Psalm 139:1-11, 22-23 Romans 8:12-25 Matthew 13:24-30, 36-43	Genesis 29:15-28 Psalm 105:1-11 Romans 8:26-39 Matthew 13:31-33, 44-52	
Chalice	Alan Poulsen Kathie Brown	Steve Harvala Leslie Olufson	John Hagerman Laura Harmon	Cyprian Troyer Glen Wilson	
Lectors	Mary Poulsen John Stonhouse	Gale Winikoff Jeff Evans	John Hagerman Carole Leonard	Leon Vann Marion D. Miller	
Lay Eucharist Visitors	Not available at Press Time	Not available at Press Time	Not available at Press Time	Not available at Press Time	
Greeters	Nina, Mark, and Gage Monroe	Maurine Bernier	Leon and Gayle Vann	Laura, Tom and Nathan Harmon	
Ushers	Bob Miller Lou Michelich	Bruce Becker Tom Zaun	Chuck Murphy Jane Jacobson	Bill Stromberg Kitty Reese	
Coffee Hour	Make – Ron Holbach/ Karen Hurlbert Serve , Clean up – Barb Behrens From June 8 – until after Labor Day there will be one service at 9:00 a.m.	Make – Katherine Cady Serve,Clean up – Alan and Mary Poulsen	Make – Betty Bauer Serve, Clean up – John and Sandy Stonhouse	Make – Carole Leonard Serve/Clean up – Bob and Bonnie Jones	

Notices



July Birthdays:

1	Kendra Karwacki
3	Tyler Williams Melissa Monroe
4	Jan Whipple
7	Karl Sell
8	Nancy Becker
9	Julie Rousselow
11	Gerry Cady Nina Monroe
15	Jasyn Rousselow
16	Kevin Milligan Bredt Leon
17	Amanda Anderson Phillip Eschweiler Nina Johnson Hazen Kraabel Bob Herbers
18	Angela Orsburne Jane Carlson
20	Curtis Olufson
21	Marj Schneck
23	Tracy Keeling
24	Janet Anderson
26	Ron Lonetto III
28	Gale Winikoff Andrea Winikoff
30	Emma Eschweiler Ann Wilson

Thank you to:

- ◆ Bill Stromberg for taking care of countless tasks around the church.
- ◆ Myrt Monroe and members of her family who helped out at Loaves & Fishes in May.
- ◆ Carole Leonard for making those fantastic sign up sheets for various activities here at St. George's.
- ◆ Our special musical guests this summer who make our services so special, and to our talented, Randy Egan, for his wonderful music. You have been a blessing to our music program.
- ◆ Altar Guild for quietly going about their duties and seeing that things get accomplished and our services run smoothly.

Special Thanks

by Roxy Zaun

I would like to thank my church family for all the prayers, cards, and get well wishes. I would also like to thank Father Paul for taking the time to spend with me just before my surgery. If any of you have had back surgery, you know what I mean when I say EVERYTHING falls to the floor, and when your not suppose to bend or lift anything it can be frustrating! I have regained the use of my leg, still a little weak, but I hope to get back to work soon. It has been a long 3 months. St Georges is my extended family, and I appreciate the caring, and loving community that I belong too. God Bless!

Our Sympathy

To Ron Holbach and Karen Hurlbert on the death of Ron's mother, Elizabeth.

Open Meeting Notices

by John Stonhouse

Here's a reminder request to those holding committee meetings at StG. Please continue to include locations, dates, and times in the "Today" and online. That way, those interested in the subject of your meeting will be able to join you. During deliberation that requires confidentiality, outside attendees may be asked to leave the room. By far most of what "business" we do at StG isn't of the confidential nature and could benefit from both observations and enthusiasm from those not on the committees.

Our "adopted daughter" in Kenya

by Sandy Stonhouse

Since January, 2002, the Supper Club has been writing to Catherine Akinyi and sending monetary support for her health, education and Christian growth. This October she will be a lovely 15 year old.

When the violence following the national election broke out in Kenya in January we were very worried about her safety. Just this June a wonderful letter she wrote arrived reporting the problems in her country. Thankfully she is now safe and proud of the progress she is making in school. Her happy spirit and gratitude for our support still shines through.

Being able to provide this personal support that is actually working fills us with hope that the violence in our world can be healed. Christians working together make a difference.

An Open Invitation for Summer Singers/Instrumentalists

by Randy Egan

St. George's Choir has laid aside their robes and retired to the beach for the duration of the summer, or what passes for summer in these recently bleak parts. As those faithful musicians and their vocal cords take their ease for a bit, it would be a fine thing for other itinerant musicians to take up the slack. If you can sing, play, or even dance, all of June, July, and August are wide open for you to share your gifts. If you are shy of solo work, do consider a duet or trio with musical friends. You do not have to be an opera singer or a keyboard virtuoso to share your gifts with the people of St. George's. God's gift of music comes in many guises, but the simple and pure are always appreciated. Our organist, Randy Egan, would be delighted to hear from you, 612-377-4450.

CornFeed – Saturday, August 23rd

by Harry Kelley

Come join your St. George's Family for our annual "end of summer" cornfeed. I can already taste the sweet goodness of the Gysland family home-grown corn, the tasty fried chicken, and all the farm fresh vegetables. The date is **Saturday, August 23rd from 5:00 p.m. - ????** If you want to help with this event, contact either Harry Kelley, or Carole Leonard. Ticket prices are \$5.00 for adults, Children \$3.00 and a Family Max of \$15.00.

About St. George's

5224 Minnetonka Boulevard
St. Louis Park, MN 55416
952-926-1646

www.StGeorgesOnline.org

or

www.SaintG.org

Parish staff:

The Rev. Canon Paul Nancarrow, Ph.D., Rector
Patty Dittrich, Parish Administrator
Heather Whitesell, Children and Youth Coordinator

Wardens and Vestry:

Eileen Harvala, Rector's Warden
Carole Leonard, Parish Warden
John Carlson, Jeff Evans, Laura Harmon, Karen
Hurlbert, Harry Kelley, Mary Poulsen, Bill Stromberg,
Mary Weekes, Tom Zaub

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Listen, Proclaim, Serve, Celebrate!

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Outreach/Volunteer Opportunities in July

Sunday, July 6 – Juice Sunday for STEP (St. Louis Park Emergency Program) Please bring bottles of non-refrigerated juice or juice boxes to church.

Thursday, July 31 – Loaves and Fishes. Volunteer along with Epiphany Church in Plymouth to prepare, serve and clean up a meal at Holy Rosary Church in Minneapolis.

July – pick up school supplies (list in this newsletter) for STEP's back to school program, or volunteer to help distribute or pack up the supplies.

Enjoy the lazy days of summer, but also remember the need in the community.

