



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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Taking a Breath

I used to resist stopping any parish activities for the summer. I thought it said something very sad about our theology to “close the Church down” for the summer. Where does Jesus go off to in the summer? Does our discipleship go on vacation? While I still feel odd about cutting down service times and not having Christian formation programs for the summer, I am beginning to understand it better. Taking a break from our routines can give us a better perspective.

It's good in all things to take a breath; to just stop what we always do and be quiet or do something completely different. I do that with my prayers sometimes. I try to take more time breathing and listening than speaking and reading.

Stopping for a couple of minutes a day and just breathing, focusing on nothing but the breath of life given to us by God, can really slow us down and open the eyes of our hearts. That's sort of what us Minnesotans do when we shut down things for the summer: just taking a little space to re-create ourselves.

The Greek word *pneuma* is used in the New Testament for breath, wind and spirit. It is the Holy *pneuma* which comes upon Mary as she conceives Jesus (Matt. 1:18; Luke 1:35). It is that same *pneuma* that John the Baptist said Jesus would baptize us with (Luke 3:16). The Holy *pneuma* descended upon our Lord in the form of dove at his baptism (Luke 3:22). It is the same *pneuma* that Jesus breathed on the disciples and still breathes on us and says, “Receive the Holy Spirit,” (John 20:22). In that breath

of Jesus we are recreated into the Body of Christ, the royal priesthood. We are now part of the new creation.

The breath that is in us goes unnoticed. That is the spirit of life that our Creator breathed into us making us living beings (Genesis 2:7). It is worth our while to appreciate it once in a while.

God in Christ has given us so many gifts; so many gifts of spirit and wind. Mostly He has given us breath. Try to take notice a few of those breaths you take this summer.

Fr. Paul Allick

WARDENS' CORNER

By Laura Harmon, Rector's Warden

Since January we've seen a number of changes to our Sunday worship routine. I want to take a moment to thank all the people who've helped to make Sunday mornings a success. Specifically—

- Those who have helped with the Children's Chapel; Sandy Stonhouse, Cyprian Troyer, Rachelle Troyer, Carrie Smith, John Hagerman, Steve Harvala and Tom Harmon.
- Our new acolytes; Addia Troyer, Jason Carlson, Holden Hagerman and Abby Smith.
- Our nursery staff; Patrick Kelley and Jane Carlson.

- Heather Whitesell who has been incredibly busy running both the Sunday school and the youth programs.
- Mary Poulsen and Kathie Brown for organizing the Adult Education.

As we enter the summer season and all the winter and spring activities are winding down, it's important to remember that the work of the church doesn't stop. In fact, we are already busy planning for the fall.

During this last year we've seen a significant increase in participation in our children and youth programs. As we are putting together plans for the 2009-2010 Sunday school and youth programs, we are looking at making some changes to incorporate more kids. Thus we will be asking for more adult/parent involvement to get these programs off the ground. Please give some thought over the summer months to volunteering to help with our children/youth. Help will be needed in the following areas:

- Nursery attendants
- Sunday school teachers
- Children's chapel
- Youth leaders

Hopefully by the end of July we'll be able to relay to everyone what the new programs will look like. Any comments or suggestions regarding any aspect of our Christian education programs (children, youth or adult) are welcome. Please contact me or any member of the Education Committee—Heather Whitesell, Mary Poulsen, Kris Kelley or Wendy Herbers.

Youth News

By Heather Whitesell

Four of the youth and I spent some time downtown at Gethsemane Episcopal church taking part in a Mission trip for kids in the metro area. It was a great learning experience as well as a fun time to bond with other Episcopalian teens. We helped at Mary's Place, the Marie Sendvik Center and did some painting at the Salvation Army. They also learned how to get around using public transportation. Thank you to Jan Hagerman who spent the day with us on Thursday.

Upcoming Events

Riverboat cruise for Acolytes - July 11
Loaves and Fishes - all youth invited Thursday, July 30

CAN YOU HELP?

By Kathie Brown

Do you have interest or expertise in the areas of finance or personnel?

We have split the Finance and Personnel Committee into two separate committees and are looking for at least one more person to serve on each committee. The Finance Committee meets monthly. The Personnel Committee will initially meet monthly and then as needed thereafter. If you can help or would like more information about what is involved in these committees, please contact Lou Michelich at Lou@michelich.com or 763-553-1506.

We are also looking for two people to serve on the Endowment Committee. For further information or to volunteer, please contact John Stonhouse at jstonhouse@visi.com or 952-920-4024.

ST. LOUIS PARK EMERGENCY PROGRAM

By Camille Schroeder

Imagine this - **STEP** is already thinking about school supplies. It hardly seems possible, but in order to keep up with the retail world it is happening. Retailers usually have great buys on school supplies in July, so keep your eyes open for bargains. The **St. Louis Park Emergency Program** will again be providing school supplies for its registered students for the coming year. Over 700 students were served last year and the way things are going, an increase in requests is anticipated this year. You can help by donating the needed supplies to STEP. The items most needed at this time are Crayola colored pencils (12 pack), glue sticks, zippered 3- ring binders, Crayola washable markers (8 count), and 1" 3- ring binders. These needs change as requests come in and there will be an update in the August newsletter. Just place your donations in the red wagon in the Narthex.

This year the **Back to School Drive** will take place at St. George's. It will be here because of space limitations at STEP's new temporary headquarters. Expect to see lots of school supplies and many packed bags as we prepare for distribution day on August 26. Volunteer help is needed in August and you can talk with Camille Schroeder or call Kate at STEP at 952-925-4899 to find out about times and jobs that need to be done. This is a fun undertaking.

Another way to help STEP is to donate your used egg cartons and grocery bags. STEP receives eggs each week but they come in bulk form and egg cartons are needed to distribute the eggs to the clients. The grocery bags are needed to pack the groceries that the clients select. This is a good way to recycle these two items. Thanks for helping.

In Search for a New Rector – Discernment Team at Work

By Jane Jacobson, Chair

The Discernment Team, previously referred to as the Transition Team, consists of the following individuals: Dawn Bacon, Gwen Gysland, John Hagerman, Jane Jacobson, Carole Leonard, Alan Poulsen, Cyprian Troyer, Leon Vann and Roxy Zaun. Jane Jacobson has been chosen as the chair. Please keep in mind that the whole parish is in a discernment period as to who we are, what we value and where we want to go in the future.

The team will keep the parish informed as to its progress. However, feel free to contact any member of the team if you have specific questions or concerns.

StG Having Fun in St. Louis Park

An enthusiastic bunch of 15 St. Georgeites showed up for the June 20th St. Louis Park Parktacular Parade. The energizing team included: Ron Zalz, Barbara Behrens, Heather Whitesell and daughter Mari, Kathie Brown, the Troyers -Cyprian, Rachelle, Evan and Addia; Carrie Smith and her girls, Abby, Amelia and Alyssa . Abby proudly carried a big hand puppet, George the Dragon, on her handlebars. Rounding out

the parade walker-bikers were Sandy and John Stonhouse. Cyprian and Rachelle were out front with our StG banner.

Front yard viewing of nearly the entire parade was great as the 91 units formed up and passed in front of the Stonhouse's. Right on schedule, StG bikers and walkers jumped into our parade slot as it passed by. We biked, walked and waved to parade watchers on a sunny warm day. What a colorful celebration of American community.

Financial Update

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

| | | |
|--|-------------------|-------------------|
| Income | \$22,160.71 | 102.41% of budget |
| Expenses | \$18,529.65 | 96.07% of budget |
| Total for month | \$3,631.06 | |
| Year to Date (\$3,049.66) | | |
| Budgeted year to date (\$10,410.11) | | |

A member of the parish recently donated their "Obama" check to the deficit.

In June, \$671 was donated to the Deficit Reduction Fund.

Remember , St. George's bills continue on throughout the summer. If you are gone for a period of time, please keep your pledge up-to-date.

If you want to give funds towards the deficit reduction, please do so, and mark the memo "budget deficit." So far, we have collected over \$6,000 to help reduce the deficit. Every dollar helps. If we all could give an extra few dollars a month, we could go a long way towards reducing the deficit. Thank you!



JUICE SUNDAY is still the first Sunday in the month.



July Birthdays:

- 1 Kendra Karwacki
- 3 Tyler Williams
Melissa Monroe
- 4 Jan Whipple
- 7 Karl Sell
- 8 Nancy Becker
- 9 Julie Rousselow
- 11 Nina Monroe
- 12 Keith Dwyer
- 15 Jasyn Rousselow
- 16 Kevin Milligan
- 17 Amanda Anderson
Philip 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:

- ◆Tom Zaun for re-staining the sign in front of the CEB Building and to Bill Stromberg for putting the letters back on the sign. It looks great.
- ◆Katherine Cady for donating the rose bush that is now in the flower bed in the courtyard.
- ◆Bill Stromberg for coming in and planting a rose bush that was donated by Katherine Cady.
- ◆Alan Poulsen for cleaning out the coffee pot in the kitchen.

◆Gerri Alberg, Barb Behrens, Kathie Brown, Harry Kelley, Carole Leonard, Bill Stromberg and Patty Dittrich for coming in on a cold Saturday to divide hostas, and put mulch down by the Nave windows in the garden.

◆Carole Leonard, Bill Stromberg, Geri Alberg, Harry Kelley and Patty Dittrich for coming in on a HOT Wednesday evening to plant the flower beds.

◆An anonymous donor for purchasing the flowers for the kidney shaped flower bed in honor of Bob Wheelock's 90th birthday.

◆David Sell, Bill Stromberg, and Patty Dittrich for donating the mulch in the hosta bed along the church windows.

◆Carole Leonard for donating the extra plants for the garden area.

◆St. George's choir for providing music for us on the 4th Sunday of the month.

◆Carole Leonard, Katherine Cady and everyone who helped with the reception after the service for Chuck Murphy.

Celebration Sunday Thank You

By Laura Harmon

Wow! What a great turnout on June 7 to officially welcome all our new members and to recognize the accomplishments of our children. Many thanks are in order. First of all thanks to all our new members who were recognized—Shannon Starr, Carrie Smith, Jenny Voorhees, Ron Zaltz, Barb Behrens, Cathy Asgian, Mary Kuhfeld, Jeff Evans, and David Peterson.....
..Thanks to Mary and Alan Poulsen and Carole Leonard for setting up and decorating on Saturday. Thanks to Kathie Brown and the Poulsens for helping to organize tables and food on Sunday morning. Thanks to all those who helped with clean up (who I didn't see, but really appreciate). And thanks to all the wonderful cooks in our parish.

Congratulations to:

Jacob Carlson, Holden Hagerman, Jason Lian, and Patrick Kelley for surviving the "Mission in the City in June." A huge thank you to Heather Whitesell and Jan Hagerman for supervising the trip, along with other youth leaders from the Twin Cities. Thanks to

Patty Dittrich for driving them down to Gethsemane and picking them up again on Friday evening.

Sympathy to:

Our sympathy to the family of Chuck Murphy. Chuck was one of the founders of our Endowment Fund. Chuck was a long time member of St. George's and served the parish in many ways over the years. Chuck's service was held on Monday, June 22 at St. George's.

Our condolences to the family of Bill Swanson. Bill was a regular usher at the 10:00 a.m. service and was known for the wood carvings he did for the silent auctions.. He will be missed by his St. eorge's family.

What our members are up to-

On June 6, a cold, wet Saturday, Bruce Becker and his granddaughter Abby rode their bikes in a 6- mile Tour de Cure for the American Diabetes Association. Abby was diagnosed with Type I diabetes three years ago. Abby has adjusted well to living with diabetes and is a swimmer, clarinet player, and an avid reader. If you want to read more about this ride and Abby, the link is <http://main.diabetes.org/goto/Bruce.Becker> .

Congratulations to Bruce and Abby for doing this race and helping to raise money for research.

Here is a little blurb that Abby wrote about her experience with being diagnosed.

I'm Abby. Many of you know my story but in case you don't... three years ago when I was in the 3rd grade, I was diagnosed with Type 1 Diabetes. It began when I was at home sick for a couple of days and I started throwing-up, going to the bathroom and I got black circles under my eyes. My mom took me to the doctor. I didn't have enough energy to walk from the car to the front door so I asked my mom to get me a wheelchair. We waited for an eternity... Then finally my name was called. They took my temperature, they took my blood pressure and then they took my blood sugar. Their meter only read blood sugars up to 500. It couldn't read mine. By this time my mom was freakin' out. They took me to the hospital in an ambulance.

The paramedic tried to put an IV in my arm (he didn't succeed) and I had to wear a breathing mask. Their meter couldn't read my blood sugar either!

When I got to the ER, they managed to put the IV in my arm. They took my blood sugar and it was over 800!! My mom was scared. My dad showed up and he was scared too. They had me stay overnight in a hospital room. They came in my room EVERY STINKIN' HALF HOUR to test my blood sugar! I didn't even know they were doing it most of the time because I was so out of it. In the morning I went to a specialist that helped my mom, dad and me understand the basics of what my daily routines would be like now. I later went home to my sisters, and look at me now... still living like a normal kid.

Calling all Youth!

On Thursday, July 30, we will meet at St. George's at 4:15 p.m. and go help serve at Loaves and Fishes in Minneapolis. After we get done serving, we will come back to St. George's, order in some pizzas, watch a movie and talk about how our summer is going. If you can't make it to help at Loaves and Fishes, plan on joining us back at the church at about 6:30 p.m. If you need a ride to St. George's, call Heather, or Patty, 952-926-1646, in the Parish Office and we'll arrange something. Or email Patty at PattyD@StGeorgesonline.org. Enjoy the summer and we'll see you on the 30th!!!!

Calendar of Events July 2009

| Sunday | Monday | Tuesday | Wednesday 1 | Thursday 2 | Friday 3 | Saturday 4 |
|--|--|--------------------------------------|--|--|---|--|
| | | | 7:00-8:30 pm – Discernment Team (CEB) | | Fr. Allick's s day off Office Closed | Happy 4th of July! |
| 5 9:00 am – HE, Rite 2 | 6 | 7 7:00 pm - Finance | 8 7:00-8:30 pm – Discernment Team (CEB) | 9 6:30 pm – AA(LL) Patty on vacation 7/9 – 7/17 | 10 Office Closed Fr. Allick's day off | 11 |
| 12 9:00 am – HE, Rite 2 | 13 | 14 | 15 7:00-8:30 pm – Discernment Team (CEB) Newsletter Deadline | 16 6:30 pm – AA(LL) | 17 Office Closed Fr. Allick's day off | 18 |
| 19 9:00 am – HE, Rite 2 | 20 7:00 pm - Vestry Patty back in office | 21 | 22 7:00-8:30 pm – Discernment Team (CEB) - | 23 6:30 pm – AA | 24 Office Closed Fr. Allick's day off | 25 |
| 26 9:00 am – HE, Rite 2 | 27 | 28 | 29 7:00-8:30 pm – Discernment Team (CEB) | 30 Loaves & Fishes 6:30 pm - AA | 31 Office Closed Fr. Allick's day off | |
| | | | | PH- Parish Hall L/L – Library Lounge | CEB – Christian Education Building | |

Ministers of the Eucharistic Assembly July 2009

| | July 5 Fifth Sunday After Pentecost | July 12 Sixth Sunday After Pentecost | July 19 Seventh Sunday After Pentecost | July 26 Eighth Sunday After Pentecost |
|--------------------------------|---|--|--|--|
| Readings | 2 Samuel 5:1-5,9-10 Psalm 48 2 Corinthians 12:2-10 Mark 6:1-13 | 2 Samuel 6:1-5, 12b-19 Psalm 24 Ephesians 1:3-14 Mark 6:14-29 | 2 Samuel 7:1-14a Psalm 89:20-37 Ephesians 2:11-22 Mark 6:30-34, 53-56 | 2 Samuel 11:1-15 Psalm 14 Ephesians 3:14-21 John 6:1-21 |
| Chalice | Kathie Brown John Hagerman | Leslie O'Donnell Steve Harvala | Eileen Harvala Cyprian Troyer | Alan Poulsen Kathie Brown |
| Lectors | Mary Weekes John Hagerman | Pat Sturcken Steve Harvala | Eileen Harvala Cyprian Troyer | Emma Eschweiler Jeff Evans |
| Greeters | John & Nancy Taylor | Maurine Bernier | Gwen Gysland | Harry & Kris Kelley |
| Ushers | Bill Stromberg Kitty Reese | Bob Miller Bob Jones | Tom Zaun Jane Jacobson | Bruce Becker Leon Vann |
| Coffee Hour Prepare | Ron Holbach Karen Hurlbert | Help Wanted | Betty Bauer | Carole Leonard |
| Serve/clean up | John & Nancy Taylor | John & Sandy Stonhouse | Alan & Mary Poulsen | Bob & Bonnie Jones |

About St. George's

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

www.StGeorgesOnline.org

or

www.SaintG.org

Parish staff:

Paul Allick, Priest-in-Charge
Mildred Cox, Associate Priest
Patty Dittrich, Parish Administrator
Heather Whitesell, Children and Youth Coordinator
Randy Egan, Organist/Choirmaster

Wardens and Vestry:

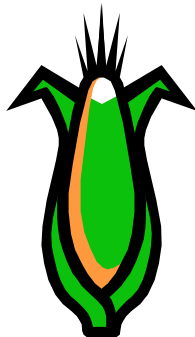
Rector's Warden: Laura Harmon
Parish Warden: Kathie Brown
John Carlson, John Hagerman, Harry Kelley, Mary
Poulsen, Cyprian Troyer, Mary Weekes, Tom Zaun

Our Mission is to:

Listen, Proclaim, Serve, Celebrate!

CornFeed – Mark your calendars

The Cornfeed will be held on Saturday, August 8, at 5:00 p.m. in the Parish Hall. Tickets go on sale July 12. Plan to join your parish family at this fun event.



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RETURN SERVICE REQUESTED

Loaves and Fishes!!

Join us on Thursday, July 30 at Loaves and Fishes at Holy Rosary Church in Minneapolis. A sign-up sheet is in the Parish Hall. Please join us.

Youth! This is going to be our gathering in July. We'll serve at Loaves & Fishes, order pizza and watch a movie back at the church. Plan to be there.

